



### Green for Go Local

Ingredients in **green** = locally grown or produced



Tomatoes



Lettuce



Peppers



Red Onion

### Cost Guide

Note: These are estimated costs. Budget for a possible 15% change based on cost/waste variations.

- Bun or tortilla: \$0.28
- Ham or chicken: \$0.65
- Cheese: \$0.13
- Dressing: \$0.07
- Tomato, pickle, red onion, cucumber, veggie sticks, and any fruit sides: \$0.46

**Total cost per Elementary School serving: \$1.59**

# Build a Sub, Wrap or Picnic Plate

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 1 x 4" sub bun tortilla, 1 oz (30 g) ham or 1.5 oz (45 g) chicken, 1 Tbsp (15 mL) cheese or half real cheese slice, 1 Tbsp (15 mL) sauce, 2 slices tomato, 4 slices cucumber, 3 slices pickle, 1 slice red onion, 2-2.5 oz (60-75 g) veggie sticks and fruit sides

## Shopping List

Ingredients	For 25	For 50	For 100
<b>4" WW buns, small hamburger buns or 6-7" tortillas</b>	25	50	100
<b>Chicken or ham</b>	1.5 lb (750 g)	3 lb (1.36 kg)	6 lb (2.72 kg)
<b>Cheese (cheddar or mozzarella)</b>	1 lb (454 g)	2 lb (907 g)	4 lb (1.81 kg)
<b>Lettuce</b>	1-2 heads	2-3 heads	4-6 heads
<b>Carrots</b>	1 lb (454 g)	2 lb (907 g)	4 lb (1.81 kg)
<b>Cucumber</b>	2.5 lb (1.14 kg)	5 lb (2.27 kg)	10 lb (4.54 kg)
<b>Tomatoes</b>	2.5 lb (1.14 kg)	5 lb (2.27 kg)	10 lb (4.54 kg)
<b>Dill pickle</b>	8 oz (227 g)	1 lb (454 g)	2 lb (907 g)
<b>Red onion</b>	1 small	1 large	2 large
Sauce* (see next pg.)	1 ½ cups	3 cups	6 cups
<b>Fruit/veg side (total)</b>	5 lb (2.27 kg)	10 lb (4.54 kg)	20 lb (9.08 kg)

## Tips & Tricks

### Modifications

Fill the buns or wraps with cheese, hummus, or eggs for a vegetarian variation. To make it gluten-free, swap in 100% corn tortillas, GF bread or GF English muffins. For Middle and High School Students, offer a 6" sub bun or increase the size of the tortilla to 10" and increase filling amounts by 50%.

### Promotional Tips

- *Announce it:* "Today's special in the cafeteria is Build Your Own Sub Day! Have it your way with a choice of toppings and dressings. Tell us which sauce is your favourite."
- *Local connection:* Featuring and highlighting local ingredients with fun facts is a great learning opportunity and increases student/parent participation. For example:



### Local Feature: Carrot



*Enmapejit* (Mi'kmaq), *carotte* (French), *zanahoria* (Spanish), *karotte* (German)

**Meet Your Farmer:** Wesley, Taproot Farms, Port Williams NS

**Did You Know?** At the right cold storage temperature, NS farmers can store carrots right through the winter. Ask if they may also be able to supply you with seconds (ugly but delicious!) or let you know if they have an abundance you can use.



## Create Your Plate!

### Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

#### ★ More filling ideas:

- ★ Egg
- ★ Tuna
- ★ Beef
- ★ Turkey
- ★ Hummus
- ★ Jamaican baked chicken (see page 16)
- ★ Coldwater shrimp, snow crab or lobster

#### ★ More topping ideas:

- ★ Banana peppers
- ★ Sliced olives
- ★ Microgreens
- ★ Pickled beets
- ★ Veggie sticks: Carrots, broccoli, sweet peppers, celery, turnip, cauliflower, cucumbers, radish
- ★ Popcorn or pretzels
- ★ Veggie chips
- ★ Slaw or potato salad
- ★ Fruit or smoothie popsicles

## Equipment (for 50)

- Squeeze bottles
- 2-3 bus bins
- ½ oz (15 mL) and 1 oz (30 mL) portion cups

## Directions

Note: Wash all produce well.



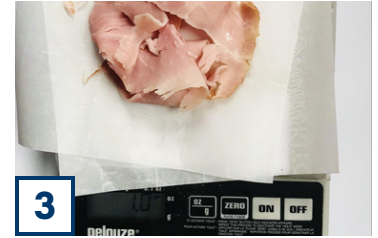
Organize ingredients and sauce options.

Place sauces in squeeze containers, portion into ½ oz (15 mL) paper cups and refrigerate until service time. You may want to portion extra sauces for use as veggie dip.



Wash and chop all the vegetables: shred carrots, slice cucumber, slice tomatoes, slice pickles, slice red onions and cut lettuce into bite-sized pieces.

Slice buns if necessary and store in bus bins.



Weigh meat portions (1 oz / 30 g for ham and 1.5 oz / 45 g for chicken) into containers with parchment or plastic wrap between layers.

Weigh one sample 2 oz (60 g) veggie stick portion as a visual guide for portioning onto plates, unless you are using a salad bar.



Create a mise en place ("everything in its place") station by laying out all the prepared ingredients you need to get ready to plate. Organize the ingredients in the order that you will use them.

If using a salad bar, place toppings in the salad bar.



**For Subs:** Add meat and cheese. If not using a salad bar, place veggie toppings and sticks on the plate beside the bun.

**For Wraps:** Place meat and cheese on top of the tortillas. If not using a salad bar, place veggie toppings on top of the tortilla, and veggie sticks on the side. You may roll the wraps up or leave open-faced so students can remove any toppings they don't want.

**For Picnic Plates:** Place a bun, meat and cheese (plus vegetable toppings and sticks if not using a salad bar) on each plate, keeping all ingredients separate.



Place sauce portions on plates if delivering lunch.

If there is a service line, put the sauce portions on a labelled paper-lined tray so students can choose their favourite flavour after they pick up their plate. Offering a selection of sauces creates a sandwich shop feel, allowing for greater variety and appeal.

**\*Sauce Ideas:** Sweet chili mayo, garlic mayo, curry mayo, teriyaki sauce, barbecue sauce, Caesar dressing, pesto, honey mustard, dijon mustard, cranberry sauce, **ranch dressing** (see page 49)