



THIS RECIPE MEETS:



1 CUP
DARK GREEN VEGETABLE



2 OZ. EQ.
MEAT/MEAT ALTERNATE



2 OZ. EQ.
GRAIN



Chik'N Ranch Wrap

SERVING SIZE: 1 WRAP | **YIELDS:** 24 WRAPS | **HAACCP PROCESS:** #3 COMPLEX FOOD PREPARATION

INGREDIENTS

WEIGHT

MORNINGSTAR FARMS® VEGAN CHIK'N NUGGETS #28989-97762	96 NUGGETS
TORTILLAS, WHOLE GRAIN OR WHOLE GRAIN-RICH, 8 INCH — USDA # 110394	24 WRAPS
CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDED, CHILLED - USDA #100012	3 CUPS
LETTUCE, ROMAINE, SHREDDED	24 CUPS
DRESSING, RANCH, LOW FAT, LOW SODIUM	24 OZ.

DIRECTIONS

1. PREHEAT OVEN TO 375° F
2. PLACE FROZEN NUGGETS ON BAKING SHEET AND HEAT FOR 14-16 MINUTES. FOR CRISPIER NUGGETS, TURN NUGGETS OVER HALFWAY THROUGH HEATING TIME. COOK TO AN INTERNAL TEMPERATURE OF 165° F OR HIGHER.
3. ALLOW NUGGETS TO COOL FOR 2-3 MINUTES.
4. ARRANGE 1 CUP OF SHREDDED ROMAINE DOWN CENTER OF WRAP.
5. PLACE 4 NUGGETS (3.03 OZ.) ON TOP OF LETTUCE.
6. PLACE 1/8 CUP OF SHREDDED CHEESE ON TOP OF NUGGETS.
7. DRIZZLE 1 OZ. OF RANCH DRESSING USING LADLE OVER NUGGETS AND CHEESE.
8. FOLD AND WRAP.
9. CUT ON BIAS AND PLACE IN CLAMSHELL OR WRAPPER.
10. HOLD OUTSIDE OF TEMPERATURE DANGER ZONE UNTIL SERVICE.

Did You Know?

Swapping just one meat-based meal for a plant-based meal per week for an entire year could save:



184

car miles of greenhouse gas emissions



THIS RECIPE MEETS:



1/2 CUP
DARK GREEN VEGETABLE



2 OZ. EQ.
MEAT/MEAT ALTERNATE



1 OZ. EQ.
GRAIN



Orange Chik'N Bowl

SERVING SIZE: 1 BOWL | YIELDS: 25 BOWLS | HAACCP PROCESS: #3 COMPLEX FOOD PREPARATION

INGREDIENTS

WEIGHT

MORNINGSTAR FARMS® VEGAN CHIK'N NUGGETS #28989-97762	125 NUGGETS
RICE, BROWN, LONG GRAIN, PARBOILED, COOKED - USDA #101031	12.5 CUPS
BROCCOLI FLORETS, COOKED	12.5 CUPS
ORANGE SAUCE, LOW SODIUM, REDUCED CALORIE	25 OZ.

DIRECTIONS

1. PREHEAT OVEN TO 375° F
2. PLACE FROZEN NUGGETS ON BAKING SHEET AND HEAT FOR 14-16 MINUTES. FOR CRISPIER NUGGETS, TURN NUGGETS OVER HALFWAY THROUGH HEATING TIME. COOK TO AN INTERNAL TEMPERATURE OF 165° F OR HIGHER.
3. HEAT ORANGE SAUCE ACCORDING TO INSTRUCTION AND RESERVE UNTIL READY TO ASSEMBLE DISH.
4. PREPARE BROWN RICE ACCORDING TO INSTRUCTION AND RESERVE UNTIL READY TO ASSEMBLE DISH.
5. PREPARE BROCCOLI ACCORDING TO INSTRUCTION AND RESERVE UNTIL READY TO ASSEMBLE DISH.
6. HOLD ALL OUTSIDE OF TEMPERATURE DANGER ZONE UNTIL SERVICE.

PLATING INSTRUCTIONS

1. PORTION 4 OZ. (1/2 CUP) OF COOKED RICE IN BOWL USING A #8 SCOOP.
2. PORTION 5 NUGGETS (3.8 OZ) OVER RICE.
3. USE 4OZ. SPOODLE TO PORTION SERVING OF BROCCOLI IN BOWL.
4. FINISH WITH 1 OZ. LADLE OF ORANGE SAUCE AND SERVE.

Did You Know?

Swapping just one meat-based meal for a plant-based meal per week for an entire year could save:

 **200**
shower's worth of water



Vegan Chik'n Nuggets

(CN Labeled)

#28989-97762

10 lb. / 1 ct.

Product & Case Images



Product Features

A delicious meat free addition to any diet, Morningstar Farms Chik'n Nuggets feature lightly seasoned veggie nuggets with a crispy, crunchy outside and tender inside; For a quick lunch or dinner, our Chik'n nuggets are ideal for lunch and dinner. Bulk packed, Morningstar Farms Chik'n Nuggets are a excellent source of protein (12g per serving; 20 percent of daily value), and are cholesterol free.

Case Specifications

GTIN # 00028989977625

Case Ct. 10lb./1ct.

Case Dimensions 13.31"L x 10.56"W x 6.12"H

Case Cube 0.5 CF

Case Gross Wt. 10.7 lb.

Case Net Wt. 10 lb.

Cases/Pallet 84

Pallet Configuration 12x7 (41.83 CF)

Shelf Life 455 Days

Preparation Instructions

Keep frozen until ready to use; Heat to a minimum internal temperature of 165 degrees Fahrenheit.

CN Label

2

Oz. Meat Alternative
(5 Nuggets)



Buy American Compliant



CACFP Compliant



Smart Snacks Compliant
(With Entree Exception)



Made with Colors & Flavors from Natural Sources



Vegan



Kosher Status

Nutrition Facts

Serving Size 4 Nuggets (86g)
Servings Per Container: 53

Amount Per Serving

Calories 200

	% Daily Value*
Total Fat 9 g	12%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 370 mg	16%
Potassium 360 mg	6%
Total Carbohydrate 20 g	7%
Dietary Fiber 3 g	9%
Sugars 2 g	
Protein 12 g	

Vitamin A 0%	Vitamin C
Calcium 30 mg	Iron 1.7 mg
Vitamin D 0 %	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Water, wheat flour, soy flour, vegetable oil (corn, canola and/or sunflower oil), soy protein isolate. Contains 2% or less of wheat gluten, wheat starch, yellow corn flour, methylcellulose, potato starch, cornstarch, yeast extract, sugar, salt, natural flavors, dextrose, spices, onion powder, yeast, potassium chloride, glutamic acid, paprika (color), leavening (sodium acid pyrophosphate, sodium bicarbonate), garlic powder, citric acid, xanthan gum, barley malt extract.

Allergen Information

SOYBEANS OR SOYBEAN DERIVATIVES, WHEAT OR WHEAT DERIVATIVES.

Kellogg's



THIS RECIPE
MEETS:



2 OZ. EQ.
GRAIN



2.25 OZ. EQ.
MEAT/MEAT ALTERNATE



Southwestern Burgerdilla

SERVING SIZE: 1 PIECE | YIELDS: 24 PIECES | HAACCP PROCESS: #3 COMPLEX FOOD PREPARATION

INGREDIENTS

WEIGHT

MORNINGSTAR FARMS® SPICY BLACK BEAN BURGER #28989-49938

24 BURGERS

TORTILLAS, WHOLE GRAIN OR WHOLE GRAIN-RICH, 8-INCH - USDA #110394

24 TORTILLAS

CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED, CHILLED - USDA #100018 (48 SLICES)

48 SLICES

DIRECTIONS

1. PREHEAT OVEN TO 350° F
2. PLACE ONE SLICE OF CHEESE ON HALF OF TORTILLA.
3. BREAK BLACK BEAN BURGER IN HALF AND PLACE BOTH HALVES ON HALF OF TORTILLA WRAP OVER CHEESE.
4. TOP WITH 1 SLICE OF CHEESE.
5. FOLD OTHER HALF OF WRAP ON TOP.
6. BAKE FOR 14-15 MINUTES OR UNTIL CHEESE IS MELTED. COOK TO AN INTERNAL TEMPERATURE OF 165° F OR HIGHER.
7. HOLD OUTSIDE OF TEMPERATURE DANGER ZONE UNTIL SERVICE.

Did You
Know?

Swapping just one meat-based meal for a plant-based meal per week for an entire year could save:



1,000
square feet of land



**THIS RECIPE
MEETS:**



**2 OZ. EQ.
GRAIN**



**2.25 OZ. EQ.
MEAT/MEAT ALTERNATE**



Spicy Black Bean Cheeseburger

SERVING SIZE: 1 SANDWICH | **YIELDS:** 24 SANDWICHES | **HAACCP PROCESS:** #3 COMPLEX FOOD PREPARATION

INGREDIENTS

MORNINGSTAR FARMS® SPICY BLACK BEAN BURGER #28989-49938

24 BURGERS

HAMBURGER BUNS, WHOLE GRAIN OR WHOLE GRAIN RICH

24 BUNS

CHEESE, PEPPER JACK, PASTEURIZED, SLICED, CHILLED

24 SLICES

DIRECTIONS

1. PREHEAT OVEN TO 350° F
2. PLACE FROZEN BURGERS IN A SINGLE LAYER ON A BAKING SHEET.
3. PLACE 1 SLICE OF CHEESE ON EACH BURGER.
4. BAKE FOR 14-15 MINUTES. COOK TO AN INTERNAL TEMPERATURE OF 165° F OR HIGHER.
5. PLACE BURGER ON BUN AND HOLD OUTSIDE OF TEMPERATURE DANGER ZONE UNTIL SERVICE.

**Did You
Know?**

Swapping just one meat-
based meal for a plant-
based meal per week for
an entire year could save:



200

shower's worth of water



Spicy Black Bean Burger

(CN Labeled)

#28989-49938

2.9 oz. / 48 ct.

Product & Case Images



Product Features

A delicious meat free meal for any diet, Morningstar Farms Spicy Black Bean Veggie Burgers are a savory blend of black beans, brown rice, onions, corn, and tomatoes; For a tasty lunch, dinner or barbeque to please vegetarians and meat lovers alike. 48 Bulk packed patties, Morningstar Farms Spicy Black Bean Veggie Burgers are an excellent source of protein (14g per serving; 26% of daily value); Good source of fiber (contains 5g total fat per serving); Contains no artificial flavors or colors.

Case Specifications

GTIN # 00028989499387

Case Ct. 2.9oz./48ct.

Case Dimensions 14.72"L x 8.6"W x 4.45"H

Case Cube 0.32 CF

Case Gross Wt. 9.2 lb.

Case Net Wt. 8.69 lb.

Cases/Pallet 180

Pallet Configuration 12x15 (57.24 CF)

Shelf Life 548 Days

Preparation Instructions

Keep frozen until ready to use; Heat to a minimum internal temperature of 165 degrees Fahrenheit.

CN Label

2.25

Oz. Meat
Alternative



Buy American
Compliant



CACFP
Compliant



Smart Snacks
Compliant
(With Entree Exception)



Made with
Colors & Flavors
from Natural
Sources



Vegetarian



Kosher Status

Nutrition Facts

Serving Size 1 Burger (82g)
Servings Per Container: 0

Amount Per Serving

Calories 150

	% Daily Value*
Total Fat 5 g	6%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 320 mg	14%
Potassium 290 mg	6%
Total Carbohydrate 16 g	6%
Dietary Fiber 5 g	18%
Sugars 2 g	
Protein 14 g	

Vitamin A 0%	Vitamin C
Calcium 60 mg	Iron 1.3 mg
Vitamin D 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Water, cooked black beans (black beans, water), cooked brown rice (water, brown rice), onions, vegetable oil (corn, canola and/or sunflower oil), whole kernel corn, soy flour, sodium caseinate (milk), egg whites, tomatoes, wheat gluten, onion powder, bulgur wheat, green chiles. Contains 2% or less of calcium caseinate (milk), cornstarch, spices, tomato powder, tomato juice, salt, cooked onion and carrot juice concentrate, garlic powder, natural flavor, paprika, soy sauce powder (soybeans, wheat, salt), jalapeño peppers, gum arabic, citric acid, turmeric, xanthan gum.

Allergen Information

EGGS OR EGG DERIVATIVES, MILK OR MILK DERIVATIVES, SOYBEANS OR SOYBEAN DERIVATIVES, WHEAT OR WHEAT DERIVATIVES.

