

make your best side,  
**even better!**



**FUN, EASY RECIPES THAT WILL MAKE YOUR  
STUDENTS SMILE & YOUR ADP SOAR**

**BASIC AMERICAN FOODS**

TM

why more mashed  
on the menu?

- **voted most popular**

Kids love mashed potatoes served every way, every day.

- **clean tray approved**

Like magic, when potatoes are paired with entrees, they produce the least plate waste by children.

- **more veggies please**

Kids actually eat more total vegetables when paired with potatoes.

- **super spuds**

Potatoes are packed with the nutrition and energy kids need, including vitamins C, B6 and potassium for healthy growth.

Source: Potatoes USA, Potatoes Raise the Bar

**BASIC AMERICAN FOODS**

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## Basic American Foods Mashed Menu Planner




Your guide to fun and flavorful meals to keep kids happy, and trays clean.

Serving BAF mashed potatoes is a no brainer. Kids love their rich, butter taste and they're versatile enough to pair with all their favorite flavors. And with the fast and easy prep, schools love to make them.

Now we're making it even easier to serve your students their favorite sides with fun, fast recipes to kick up the flavor, and help you whip up the perfect mash to serve with all types of entrées. It's an easy way to increase average daily participation without increasing prep time, or budgets.

And who doesn't love that?

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	cheesy garlic mashed day! with meatballs & spaghetti sauce 4	5
monday special ranch taters with Rib B Que Sandwich 8	9		11	12
15	meat & cheese taco tuesday! with nacho taters 16			19
		17	18	



# cheesy garlic mashed



serve with:

- **MEATBALLS & MARINARA**
- **BONELESS CHICKEN WINGS OR NUGGETS**
- **CALZONES**
- **CHICKEN BROCCOLI ALFREDO**

# chipotle mashed



serve with:

- **CHICKEN SANDWICH**
- **CHIPOTLE VEGGIE /TURKEY WRAP**
- **SHREDDED BEEF SANDWICH**
- **BUFFALO CHICKEN WRAP**

Yield : 40, 4.17 oz servings

1 pouch	EXCEL® Original Butter Mashed SKU 76468
1 gal + 1 cup	Hot water (170°-190° F)
1 Tbsp	Garlic powder
12 oz	Parmesan cheese, grated

1. Pour water into a 6-inch deep, half steam table pan.
2. Add garlic powder to water and stir.
3. Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min.
4. Add cheese and stir well to combine. Serve.\*

\* CCP. Product should be served immediately. Ensure that hot food is held at a temperature above 135°F.

nutrition	cal. 105	fat 3g	sat. fat 1g	sod. 495mg	carb. 15g	prot. 0g
components	½-cup starchy vegetable					

With EXCEL® Original Butter Mashed - Reduced Sodium (SKU 10799) : Sodium 325mg

Yield : 40, 4.17 oz servings

1 pouch	EXCEL® Original Butter Mashed SKU 76468
1 gal + 1 cup	Hot water (170°-190° F)
2 oz	Chipotle peppers in Adobo sauce, minced

1. Pour water into a 6-inch deep, half steam table pan.
2. Add peppers to water and stir.
3. Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min. Serve.\*

\* CCP. Product should be served immediately. Ensure that hot food is held at a temperature above 135°F.

nutrition	cal. 70	fat 1g	sat. fat 0g	sod. 350mg	carb. 14g	prot. 0g
components	½-cup starchy vegetable					

With EXCEL® Original Butter Mashed - Reduced Sodium (SKU 10799) : Sodium 180mg

Want to Reduce Sodium? Try these same recipes with EXCEL® Original Butter Mashed-Reduced Sodium (SKU 10799)

# ranch taters



serve with:

- **HAMBURGER / CHEESEBURGER**
- **SLOPPY JOE / BUN**
- **HOTDOG / CORNDOG**
- **RIB B QUE SANDWICH**

# nacho taters



serve with:

- **BURRITO / TACO**
- **CHILI DOG**
- **QUESADILLA**
- **TAQUITOS**

Yield : 40, 4.17 oz servings

1 pouch	EXCEL® Original Butter Mashed SKU 76468	<ol style="list-style-type: none"> <li>1. Pour water into a 6-inch deep, half steam table pan.</li> <li>2. Add ranch to water and stir.</li> <li>3. Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min. Serve.*</li> </ol>
1 gal + 1 cup	Hot water (170°-190° F)	
1 oz	Ranch dressing, dry	

\* CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135°F.

nutrition	cal. 70	fat 1g	sat. fat 0g	sod. 395mg	carb. 14g	prot. 0g
components	1/2-cup starchy vegetable					

With EXCEL® Original Butter Mashed - Reduced Sodium (SKU 10799) : Sodium 225mg

Yield : 40, 4.17 oz servings

1 pouch	EXCEL® Original Butter Mashed SKU 76468	<ol style="list-style-type: none"> <li>1. Pour water into a 6-inch deep, half steam table pan.</li> <li>2. Remove jalapeños from juice, reserve juice, finely mince. Add peppers back to juice to equal 3oz. Add peppers to water and stir.</li> <li>3. Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min. Serve.*</li> </ol>
1 gal + 1 cup	Hot water (170°-190° F)	
3 oz	Jalapeño pepper, canned, minced, solids & liquid	

\* CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135°F.

nutrition	cal. 70	fat 1g	sat. fat 0g	sod. 375mg	carb. 14g	prot. 0g
components	1/2-cup starchy vegetable					

With EXCEL® Original Butter Mashed - Reduced Sodium (SKU 10799) : Sodium 205mg