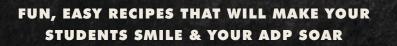
# make your best side, even better!



### BASIC AMERICAN FOODS

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# 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

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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 <b>ranch taters</b> with Rib B Que Sandwich 8	9		11	12
15	meat & cheese taco tuesday! with nacho taters 16		18	19

## cheesy garlic mashed

# chipotle mashed



SERVE with: • MEATBALLS & MARINARA BONELESS CHICKEN WINGS OR NUGGETS • CALZONES • CHICKEN BROCCOLI ALFREDO serve with: • CHICKEN SANDWICH CHIPOTLE VEGGIE /TURKEY WRAP • SHREDDED BEEF SANDWICH • BUFFALO CHICKEN WRAP

Yield : 40, 4.17 oz servings	
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1 pouch EXCE Mast	EL <sup>®</sup> Original B ned SKU 76468	utter	1. Pour water	into a 6-inch	deep, half st	eam table p	an.
1 gal +1 cup Hot v	water (170°-190	)° F)	<ol> <li>Add garlic</li> <li>Add all po</li> </ol>			l spoon for	
1 Tbsp Garli	ic powder		15 sec. Sit	for 5 min.			
12 oz Parm	iesan cheese	, grated	4. Add chees	e and stir wel	l to combine	. Serve.*	
*CCP. Product sho	ould be served i	mmediately.	Ensure that hot f	ood is held at a	temperature a	bove 135°F.	
nutrition	cal. 105	fat 3g	sat. fat 1g	sod. 495mg	carb. 15g	prot. Og	
components			½-cup starc	hy vegetable			

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

			Yield	: 4	10, 4.17 oz	servings			
1 pouch	EXCE Mas	EL <sup>®</sup> Original B ned SKU 76468	utter	1	. Pour water	into a 6-inch	deep, half st	eam table p	an.
1 gal +1 cup	Hoty	water (170°-19)	D° F)			ers to water a tatoes and sti		spoon for	
2 oz	Chip Adol	otle peppers oo sauce, mir	in nced			for 5 min. Se			
* CCP. Prod	uct shc	ould be served i	mmediately.	En	sure that hot fo	ood is held at a	temperature a	bove 135°F.	
nutrition		cal. 70	fat 1g		sat. fat Og	sod. 350mg	carb. 14g	prot. Og	
compone	ents				<sup>1</sup> / <sub>2</sub> -cup starc	hy 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

### nacho taters



serve with: HAMBURGER /CHEESEBURGER SLOPPY JOE / BUN HOTDOG / CORNDOG RIB B QUE SANDWICH

### Yield : 40, 4.17 oz servings

1 pouch EXCE Mash	L <sup>®</sup> Original B ned SKU 76468	utter	1. Pour water	into a 6-inch	deep, half st	eam table pan.
1 gal +1 cup Hot v	vater (170°-190	)° F)		to water and tatoes and sti		l spoon for
1 oz Ranc	h dressing, d	ry	15 sec. Sit	for 5 min. Se	rve.*	
* CCP. Product sho	uld be served i	mmediately. E	nsure that hot f	ood is held at a	temperature a	bove 135°F.
nutrition	cal. 70	fat 1g	sat. fat Og	sod. 395mg	carb. 14g	prot. Og
components			<sup>1</sup> / <sub>2</sub> -cup starc	hy vegetable		

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



serve with: BURRITO / TACO CHILI DOG QUESADILLA TAQUITOS

1 pouch	EXCEL <sup>®</sup> Original E Mashed SKU 76468	Butter B	<ol> <li>Pour water into a 6-inch deep, half steam table p</li> <li>Remove jalapeños from juice, reserve juice, fine</li> </ol>					
1 gal +1 cup	Hot water (170°-19	0° F)	<ul> <li>2. Remove latepends from force, reserve force, intery mince. Add peppers back to juice to equal 3oz. Add peppers to water and stir.</li> </ul>					
3 oz	Jalapeño pepper, minced, solids &	canned, liquid	<b>3.</b> Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min. Serve.*					
* CCP. Produ	uct should be served i	immediately.	Ensure that hot f	food is held at a	temperature al	bove 135°F.		
nutrition	cal. 70	fat 1g	sat. fat Og	sod. 375mg	carb. 14g	prot. Og		
compone		<sup>1</sup> /2-cup starchy vegetable						

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