

THRIVE SAMPLE MENUS



Thank you for volunteering to provide a meal to Thrive students. We know the quantity of food needed can be overwhelming, and we want to help as much as possible. Below are sample menus that will easily feed 30-40 students. If serving meals with a group, we recommend breaking down the menu and asking each person to bring 1-2 items to make it more manageable.



Each meal consists of the following:

- Paper plates for 40 people
- Napkins for 40 people
- 40 water bottles
- Main course (casserole, protein etc.)
- Fruit (orange, banana, apple, grapes, watermelon, strawberries etc.)
- Vegetable (carrots, side salad, green beans, peas etc.)
- Bread (if desired)
- Dessert (cookie, brownie, ice cream sandwich, popsicle, granola bar etc.)

Any dish you and your family enjoy is perfect for the kids!

Thank you for your willingness to serve.

SAMPLE MENU ONE:



Thai Sriracha Honey Glazed Meatballs

Served over sautéed vegetables and rice
(need to triple recipe to feed 40 kids)

- Prep Time: 5 mins
- Cook Time: 25 mins
- Total Time: 30 mins

Ingredients

MEATBALLS:

- 2 lbs lean ground turkey
- 1 cup whole wheat panko breadcrumbs
- 2 eggs
- 1/4 cup green onions, chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

SAUCE:

- 1/4 cup Sriracha
- 3 tablespoons reduced-sodium soy sauce
- 3 tablespoons rice vinegar
- 3 tablespoons honey
- 1 Tbsp grated fresh ginger
- 3 cloves garlic, minced
- 1/2 teaspoon sesame oil

Instructions

1. Preheat oven to 375°F.
2. In a large bowl, mix together turkey, breadcrumbs, eggs, green onions, garlic powder and salt/pepper until well combined. Shape mixture into 1 1/2-inch balls (you'll make roughly 40 balls) and place spaced apart on prepared baking sheets lightly sprayed with cooking spray.
3. Bake meatballs for 20 to 25 minutes, or until browned and cooked through.
4. While the meatballs are baking, combine all the ingredients for the sauce in a small saucepan and bring to a boil over medium heat, whisking continuously. Reduce heat and simmer for 8 to 10 minutes (the sauce will start to thicken) then toss with the meatballs.
5. Serve immediately over brown rice and top with green onions and a few sesame seeds.

Enjoy!

SAMPLE MENU TWO:



Spaghetti and Meatballs

(need to quadruple (x4) recipe to feed 40 kids)

Ingredients

- 1 pound lean ground meat like beef, turkey, chicken or lamb
- 3 tablespoons olive oil
- 1 cup (130 grams) chopped onion
- 3 garlic cloves, minced (1 tablespoon)
- 2 tablespoons tomato paste
- 1/2 teaspoon dried oregano
- Pinch crushed red pepper flakes
- 1 cup water, broth or dry red wine
- 1 (28-ounce) can crushed tomatoes
- Salt and fresh ground black pepper
- Handful fresh basil leaves, plus more for serving
- 12 ounces dried spaghetti or favorite pasta shape
- 1/2 cup shredded parmesan cheese

Instructions

SAUCE:

- Heat the oil in a large pot over medium-high heat. Add the meat and cook until browned, about 8 minutes. As the meat cooks, use a wooden spoon to break it up into smaller crumbles.
- Add the onions and cook, stirring every once in a while, until softened ~5 minutes.
- Stir in the garlic, tomato paste, oregano, and red pepper flakes and cook, stirring continuously for about 1 minute.
- Pour in the water and use a wooden spoon to scrape up any bits of meat or onion stuck to the bottom of the pot. Stir in the tomatoes, 3/4 teaspoon of salt, and a generous pinch of black pepper. Bring the sauce to a low simmer. Cook, uncovered, at a low simmer for 25 minutes. As it cooks, stir and taste the sauce a few times so you can adjust the seasoning accordingly.

SPAGHETTI:

About 15 minutes before the sauce finishes cooking, bring a large pot of salted water to the boil, and then cook pasta according to package directions, but check for doneness a minute or two before the suggested cooking time.

FINISH:

Take the sauce off of the heat, and then stir in the basil. Toss in the cooked pasta, and then leave for a minute so that the pasta absorbs some of the sauce. Toss again, and then serve with parmesan sprinkled on top.

Enjoy!

SAMPLE MENU THREE:



Chicken Enchiladas

(need 3-4 casseroles for 40 kids)

Ingredients

- 4 cups cooked, shredded chicken
- 2 tsp taco seasoning
- 3 cups mozzarella, shredded
- 3 cups monterey jack, shredded
- 1 cup sour cream
- 10 corn tortillas
- 1 (28 oz) can green enchilada sauce

Instructions

1. Preheat oven to 375°F.
2. In a large bowl combine shredded chicken, 2 cups of the mozzarella and 2 cups of the Monterey jack cheese, sour cream and taco seasoning. Mix until well incorporated.
3. Wrap tortillas in a damp paper or tea towel and microwaves for 1 minute.
4. In a skillet, warm the enchilada sauce. Working with one tortilla at a time, dip it in the enchilada sauce until lightly coated. Scoop 1/3 cup of the enchilada filling into the tortilla and roll tightly. arrange (see side down) in a 9X13 baking dish and repeat with remaining tortillas.
5. Pour remaining enchilada sauce over the prepared enchiladas followed by the remaining cheese.
6. Bake for 25 minutes, until cheese is bubbling.

Enjoy!

SAMPLE MENU FOUR:



Pasta Bake

(need 3 casseroles for 40 kids)

Ingredients

- 2 lbs ground beef
- 1 package pasta cooked and drained (rotini spiral)
- 2 jars spaghetti sauce
- 1 cup parmesan cheese
- 1 package mozzarella cheese

Instructions

- Brown beef and drain
- Stir in cooked noodles and spaghetti sauce and 1/2 cup parmesan cheese
- Spoon into 11x14 baking dish
- Top with mozzarella cheese and rest of parmesan cheese
- Bake at 350 for 45 minutes

Enjoy!