

Going Beyond Pizza on Your Menu

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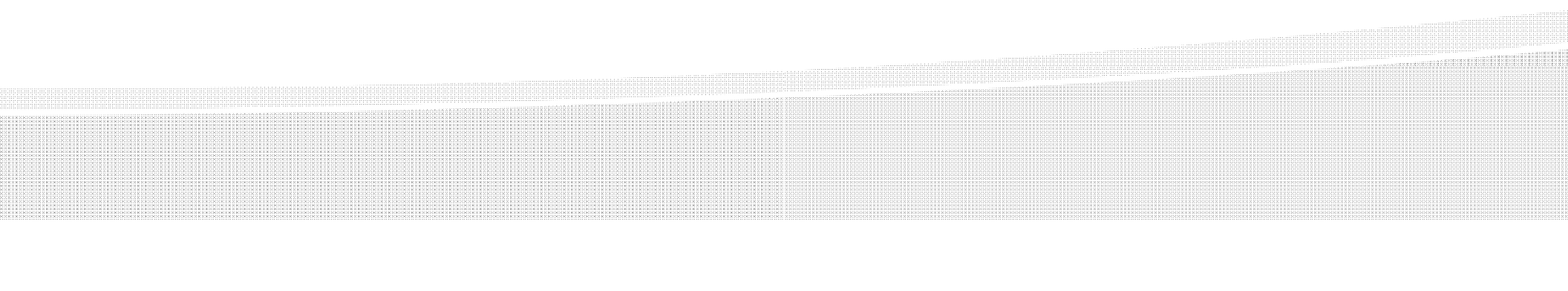
Objectives:

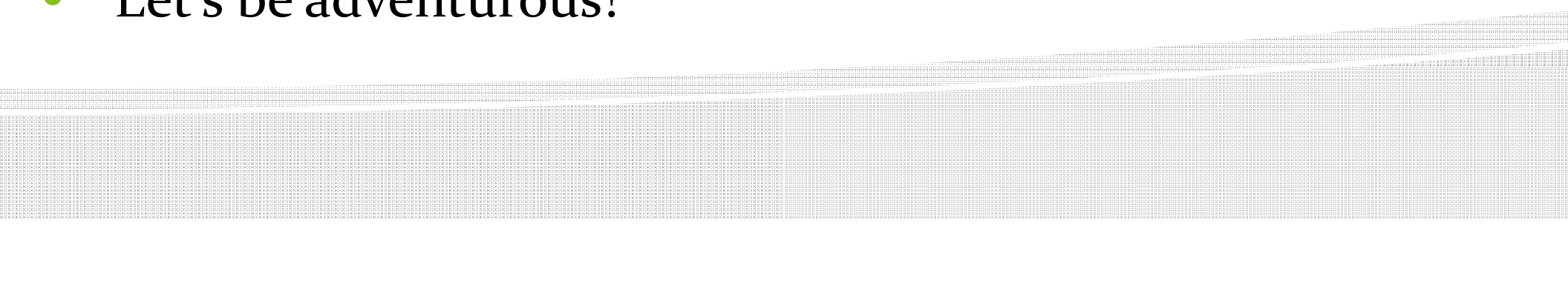
- Helping you find ways to **optimize** the products you purchase
- Adding variety to your menu that will be **acceptable** to your student customers
- Letting your staff be **creative** and involved in menu changes
- Finding new ways to **comply** with whole grain regulations
- **Increasing participation** by enticing students to try new menu offerings

Students Love Pizza



But, they also love choices!

- Choices increase participation
 - More uses of your current products optimizes your storage space
 - Insures that product is fresher by more frequent turnover of inventory
 - Challenges the staff to create their own menu ideas
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- With a little imagination you can turn a pizza dough into more than a cheese pizza?
 - Strudels, calzones, strombolis, sandwich pockets, piadas, pinwheels, turnovers, folded cones, stuffed wedges, pizzatas, kolaches, beerocks, quiche or new pizza flavors
 - Let's be adventurous!
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A whole grain sheeted dough is like a canvas and you are the artist!



The dough sheets come frozen, so place the sheets on parchment lined sheet pans.



Place the pans on a rack with a plastic cover or cover each pan with a plastic sheet to keep the dough from drying out as it thaws.



We begin by placing pans of frozen dough on a covered rack in the cooler to thaw overnight.



Or Thaw dough covered at room temp



On service day, let covered dough sheets set at room temperature to temper for 1 to 2 hours

OR

If a proof box is available, proof until dough is double in thickness at 100°F & 85% Humidity



Use a pizza cutter to mark and cut the sheet of dough into portions

12 cuts = 2 oz. eq. portions



Let's Start with a Pizzata



Place 2 oz. cooked meat or cheese and vegetables in the center of each dough square, moisten dough with water and fold over edges to seal

**Bake at 350°F in a convection oven
12-15 min. until internal temperature is 165°F**



Serve warm with your choice of dipping sauce

Using the same method you can create a Breakfast Calzone



Use scrambled eggs, potatoes & cheese for the filling

Let's try another fold-over style sandwich for a great "grab 'n go" breakfast.

We start with the 12 cut portions, again:



Top each dough square with $\frac{1}{2}$ oz. scrambled egg, $\frac{1}{4}$ c. chopped kale, 2 Tbsp. diced red onion & $\frac{1}{2}$ oz. shredded cheese



Fold and over-lap two opposite corners this time.
Bake at 325°F until crust is golden brown

You have the Breakfast Frittata Fold-over



2 oz. eq. grain, 1 oz. M/MA & $\frac{1}{4}$ cup vegetable

Let's try some more fold-over sandwiches.
You can call them "Italian Piadas"
Once more, start with 12 cut portions:



Place 2 oz. meat & cheese filling down center of each dough square and spray dough with water



Now you have created the
Philly Cheesesteak Piada



Bake at 325°F until dough is golden brown



Look for other popular ethnic flavor combinations for your students

- German flair -cabbage & cooked beef
- Spicy Mexican Taco filling
- Tangy Cuban with ham, Swiss cheese, dill pickle and yellow mustard
- Southern Pork BBQ & coleslaw
- ❖ Vegetarian fillings of cheese & vegetables
- Asian vegetables and pork



Here are some more Finished Piada Sandwiches



You can even try a different fold with the dough square to make a Cone Sandwich



Just fold two of the opposite corners over and pinch seam to close

Here are great “grab & go”
Pepperoni & Cheese Cones



Try Pigs in a Blanket with the dough squares



Still another fold of the Dough Squares make
Sandwich Pockets from cut squares



Place 2 oz. cooked beef crumbles & cheddar cheese in the center of the dough square.

Add 1 tsp. catsup & ½ tsp. mustard.

Top with 3 dill pickles or cucumber slices.

Moisten dough edges with water.



Cheeseburger Pocket

Bring all 4 corners into the center and pinch the 4 seams to seal the filling in the dough



Turn the pocket over and bake with seams on the bottom at 325°F for 12-15 minutes.

A Cheeseburger Pocket Sandwich provides
2 oz. eq. grain & 2 oz. Meat/Meat Alternate



Create German Beerocks

Combine: 2 oz. cooked lean ground beef
1 oz. chopped onion
 $\frac{1}{4}$ tsp. nutmeg & $\frac{1}{4}$ tsp. black pepper.

Add: 2 oz. shredded cabbage,
then scoop the mixture on the dough



Fold the edges over the filling. Pinch edges to seal dough



Bake in 325°F convection oven until crust is light golden brown and filling reaches 165°F.



**Beerock or Kolache provides 2 oz. eq. grain,
2 oz. M/MA and 1/8 cup vegetable servings**

Mini-Bread Bowls

Can be prepared with the filling baked in or bake and filled later



Place dough squares in large greased muffin tins and form into bowl. Add filling of your choice.

Mini-bread bowls



Each bowl should contain 2 oz. eq. grain & 2 oz. M/MA . Bake until crust is brown and filling reach 165°F. Serve warm.

For another idea, start with the full sheet of whole grain dough



Layer sliced meat and cheese over the 12"x16" sheeted dough and roll into a log.



Spread the dough with $\frac{1}{2}$ cup pesto
6 slices ham, 6 slices cheese & 6
slices turkey salami



Cut the log into 8 or 12 rolls
8 cut= 3 oz. eq. & 2.25 M/M
12 cut= 2 oz. eq. & 1.5 M/M

Place rolls in greased muffin tins or on a lined sheet pan



Bake at 325°F until dough is golden brown and center reaches 160°F



Pesto Pinwheels

Stromboli Sandwich Slices are another idea

Use a sheeted whole grain pizza dough



Place 4 oz. shredded mozzarella cheese down the center 1/3 of the dough.



Top the cheese with 8 oz. sliced meat

Fold 1/3rd of the dough over the meat filling



Top the folded dough with 4 oz. shredded mozzarella & 2 cups sliced pickled vegetables

Fold the last 3rd section of dough over the vegetables.
Pinch the seam to seal dough, brush with olive oil and spr
with Italian herbs.



Cut 3 vents in the top of the dough log.
Bake at 325°F to internal temperature of 165°F

Slice the Stromboli into 8 slices to provide
3 oz. eq. grain, 2 oz. M/MA &
 $\frac{1}{4}$ cup vegetable per slice



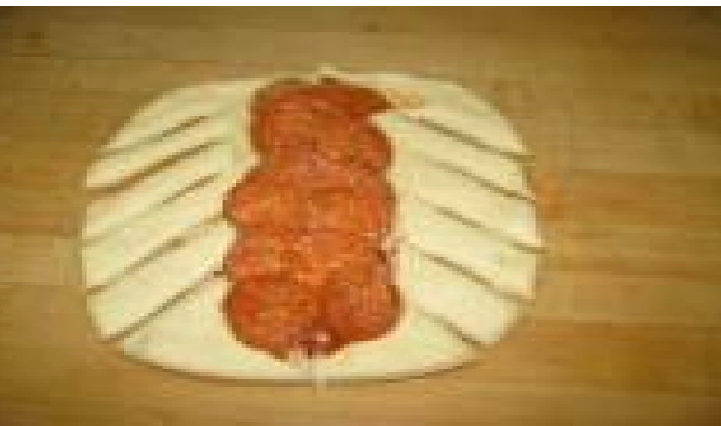
Create a strudel with a sheet of dough



Temper the thawed dough



Cut 8 diagonal strips on each side of the dough



Spread 24 oz. filling down the center



Fold every other strip over filling

Bake the strudel at 350°F in a convection oven until crust is golden brown.



Slice baked strudel into 12 portions. Each portion provides 2 oz. eq. grain and 2 oz. M/MA

Use the Sheeted Dough for a Breakfast Quiche



Dock the proofed dough



Top with shredded cheese & other ingredients

Combine:
2 c. Liquid eggs
2 c. Milk
1 Tbsp. Parmesan
2 Tbsp. parsley
1 tsp. pepper
3 c. diced sweet potato
2 c. shredded Cheese

Pour over dough & Bake.



Pour egg/cheese mixture over dough



Bake the quiche until set in center & crust is browned

Breakfast Quiche is cut into 12 portions
for 2 oz. eq. grain & 2 oz. M/MA & $\frac{1}{4}$ c. veggie



Mexican Black Bean & Cheese Squares

“pizza with a twist”



Use a fork to dock the proofed dough.



Spread 8 oz. mild salsa over the dough.

Top salsa with:

8 oz. cooked beef crumbles,

8 oz. drained canned black beans

8 oz. shredded cheddar cheese

Mexican Black Bean Squares



**Place pan in a 325°F convection oven.
Bake 20-25 min. or until the crust is golden brown.
Remove from oven and cut into 12 squares**

**Each slice=2 oz. eq. grains & 2 oz. M/MA.
You may top baked squares with 2 c. shredded Romaine, 2 c. finely diced tomatoes and ¼ c. crushed unsalted tortilla chips**

Let's look at a “trendy product” FLATBREAD



2 oz. eq.
6" x 6" whole grain
Flatbread

4.5 oz. eq.
12" X 12" whole grain
Extra Thin Flatbread



12"x12" Whole Grain Flatbread Menu Ideas



PC#00825 100% Whole Grain Extra Thin Flatbread 12"x12"

Wrap Sandwiches



WARM Flatbread at 325°F for 2-3 min.



SPREAD with $\frac{1}{4}$ c. hummus



LAYER with 4 oz. Meat & 2 oz. Cheese



COVER with shredded 2 c. Romaine
& 1 c. diced avocado or cucumber



TOP with sliced tomato



CUT into 4 portions

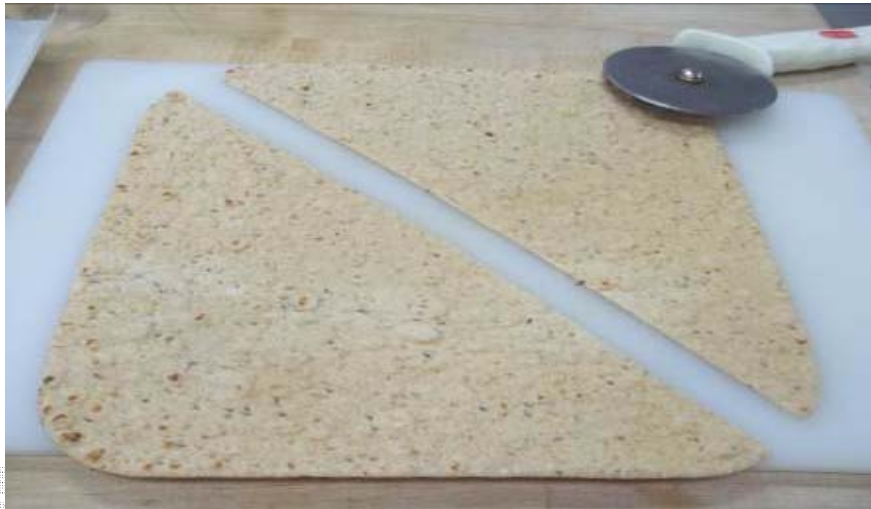


ROLL into a tight log & chill



SERVE Each $\frac{1}{4}$ log slice
provides: 1 oz. eq. grain & 1.25 M/M
 $\frac{3}{4}$ cup vegetable servings

Flatbread Salad Cones



Salad Fillings for Cones

Taco Salad



Chicken Caesar Salad



Mediterranean Salad



Asian Chicken Salad



6"x6" WG Flatbread #14010 Menu Ideas

Flatbread Folded Sandwiches



Assemble sandwich ingredients



Spread sauce over flatbread



prinkle cheese over sauce



Top cheese with meat and vegetables

Heat topped flatbread until cheese is melted,
then fold in half diagonally

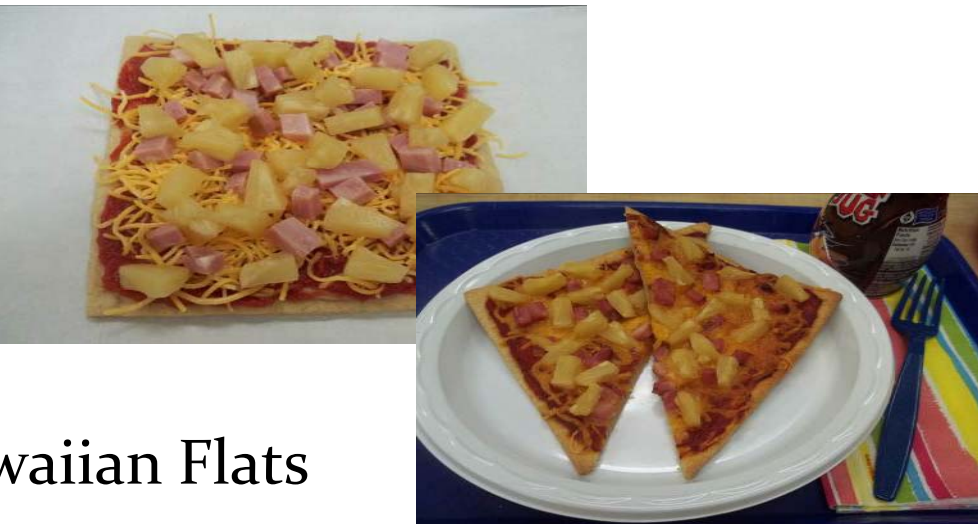


325° F Convection Oven



serve whole or cut in half. You may also place in a Panini Grill to melt the
cheese

Other 6"x6" Flatbread Ideas



Hawaiian Flats



BBQ Pork Flats



Spicy Bean and Veggie Flats



Breakfast Panini Sandwiches

Grilled Cheese Sandwich with A Twist



1 oz. shredded Cheese



Heat flatbread with cheese 1 min



**Add 1 oz. sliced turkey &
1/4 c. chopped Broccoli.
Fold.**



**Toast on Panini Grill
or Flat top Grill**



Other Grilled Panini Varieties



1.
2 oz. mild salsa, 1 oz. diced cooked chicken, 1 tsp. fajita spices,
1 oz. shredded mozzarella cheese, 1 oz. sliced red onion,
1 ½ oz. sliced red pepper and 1 ½ oz. sliced green pepper.



2.



3.



1.
1 ½ oz. scrambled eggs and turkey ham
1 oz. shredded cheese



2.



3.

For Breakfast, Lunch or Snacks
Flatbreads can brighten your Menu and tempt your
students to give them a try



**Flatbread French
Toast**



**A Healthy Sandwich
Lunch**



**Or a Tasty Fruit
Tart**

Challenge your staff to create signature menu items using the Flatbread as a starter

Hold an “Iron Chef” contest using ingredients in your kitchen

Feature the winning ideas on your menus

Use signature names for the new items

Offer a prize to the person who comes up with a name for the new items

Take a photo with the winning idea’s creator and post on your menu or a poster





Did we meet the Objectives?

Did we, help you find ways to optimize products you purchase

Show how to add variety to your menu that will be acceptable to your student customers

Discover how to let your staff be creative and involved in menu changes

Help you find new ways to comply with whole grain regulations

Discover ways to increase participation by enticing students to try new menu offerings

Get creative and you too can get a thumbs up from your students!



Thank you for sharing your time with us!