WHY
BLUEBERRIES
Are The Right Choice

Blueberries add energy, flavor and healthy rewards to school menus, and it’s easy to make them a part of your school foodservice program. These little blue dynamos can have a big impact on your students’ interest in eating more foods that meet school nutrition standards.

Why Blueberries?

- **Low-labor**: no pitting, peeling or chopping
- **Family-friendly**: beloved by parents and kids
- Illuminated by a "health halo"
- **Sweet taste** with the nutrition of fruit
- Bursting with **culinary versatility** and cross-utilization ideal for schools
- Available **year-round**

Go Sweet or Savory

Your simple **blueberry base sauce** can be applied across the menu for a week’s worth of menu items!

**Breakfast**
- Use as a topping for pancakes, French toast and oatmeal
- Layer with yogurt and granola for a simple and delicious parfait
- Mix into cream cheese for a fruity spread on bagels and toast
- Add to smoothies for a bright pop of color

**Lunch**
- Mix with mayo or mustard to create a flavorful condiment for sandwiches
- Blend with BBQ sauce for a savory dip for chicken fingers
- Spread a layer on pizza for a savory, tangy twist on a cafeteria favorite

**Snack + Dessert**
- Use in place of grape jam on the classic PB&J sandwich
- Stir into seltzer water for a refreshing spritzer to replace soda
- Layer with yogurt and vanilla wafers for a dessert parfait

Saucy Blueberries

48 (2-ounce) servings

**Ingredients**
- Sugar*: ¾ cup (6 ounces)
- Cornstarch: 3 tablespoons (2 ounces)
- Blueberries, frozen, unthawed: 5-⅛ quarts (6-½ pounds)

**Instructions**
1. In saucepan, combine sugar and cornstarch
2. Add frozen blueberries
3. Toss to coat
4. Cover and cook over medium heat, stirring occasionally, until mixture begins to boil, about 15 minutes
5. Remove lid and cook, stirring constantly, until boiling and thickened, about 5 minutes

**Meal Pattern Contribution per serving:**
½ cup fruit = 1 F/V serving

*Blueberries vary in sweetness – add additional sugar, if desired
Savory Blueberry Pizza
48 slices of pizza

Ingredients
- Presheeted, whole grain-rich frozen pizza dough: 6 dough sheets (12” x 16” or 24.5 oz sheet)
- Mozzarella cheese, grated: 4 pounds, 8 ounces
- Blueberries, fresh or frozen: 2 pounds, 1 ounce
- Turkey ham, sliced: 2 pounds, 10 ounces
- Red onion, thinly sliced: 1 pound, 2 ounces
- Basil, fresh, thinly sliced: 4 1/2 ounces
- Black pepper, ground: 3/8 teaspoon

Instructions
1. Lightly spray three full-size sheet pans (18” x 26” x 1”) with pan release spray. Place 2 frozen presheeted (12” x 16”) dough pieces on each pan. Thaw and rise according to manufacturer instructions.
2. Once dough has risen, pinch sheets together to form one dough sheet in each pan. Lightly perforate the surface of the pizza dough with tines of a fork or pizza dough docker in several places. Form dough to edges of pan.
3. Leaving a 1-inch border, evenly sprinkle each pan with 12 ounces grated mozzarella cheese and 11 ounces blueberries.
4. Top again by layering another 12 ounces of grated cheese, 14 ounces of turkey ham, and 6 ounces of diced onions evenly over each pan.
5. Bake until crust is golden brown, cheese is melted and blueberries are softly cooked. Conventional oven: 400° F for 11–13 minutes. Convection oven: 350° F for 10–12 minutes.
6. Remove from oven; top each pan with 1 1/2 ounces basil and 1/8 teaspoon pepper.
7. Cut each pan 4x4 for 16 slices of pizza per pan, 48 slices total.
8. CCP: Hold for hot service at 135° F or higher.

Nutrition per serving: Calories: 370, Total Fat: 11 g, Saturated Fat: 5.5 g, Cholesterol: 44 mg, Sodium: 790 mg, Carbohydrates: 45 g, Fiber: 4 g, Protein: 20 g

Meal Pattern Contribution per serving: 1 oz equivalent meat/meat alternate, 1/8 cup fruit and 1 oz equivalents grains/breads.

Blueberry Breakfast Bark
50 servings (6.5 oz wt portions)

Ingredients
- Blueberries, frozen: 4 pounds, 8 ounces
- Greek yogurt, vanilla: 6 pounds, 4 ounces
- Greek yogurt, plain: 6 pounds, 4 ounces
- Granola, plain: 3 pounds, 4 ounces

Instructions
1. Line a full sheet pan with parchment paper.
2. In a stainless steel mixing bowl, add the vanilla yogurt and granola.
3. Mix well and place onto the sheet pan, on top of the parchment. Spread this mixture out until level and smooth.
4. In a stainless steel mixing bowl, add the plain yogurt and half of the frozen blueberries.
5. Mix well and place onto the sheet pan, on top of the granola/yogurt layer. Spread this mixture out until level and smooth.
6. Sprinkle on the remaining half of the frozen blueberries and lightly press on them to stick into the yogurt.
7. Cover with plastic wrap and freeze overnight.
8. Remove prior to service and allow to temper for 5 minutes. Cut the full sheet pan 5 rows wide x 10 rows long and place individual servings onto plates or bowls. Keep individual servings frozen until service time.
9. Follow HACCP Step 1 and discard at the end of service.

Nutrition per serving: Calories: 215, Total Fat: 2 g, Saturated Fat: 0 g, Cholesterol: 3 mg, Sodium: 125 mg, Carbohydrates: 40 g, Fiber: 3 g, Protein: 11 g

Meal Pattern Contribution per serving: 1 oz equivalent meat/meat alternate, 1/8 cup fruit and 1 oz equivalents grains/breads.

For more school-friendly blueberry recipes, check out BlueberriesInSchools.com.