FOR NUTRITIOUS, GRAB-AND-GO MEAL SOLUTIONS
THINK POTATOES!

Discover how you can transform potatoes in your freezer and dry storage into grab-and-go meal solutions that students will love. With shipments uncertain and staffing limited, try these recipes to help reduce menu fatigue and help keep kids fuller longer and power their performance.[1,2] Research suggests that potatoes have the highest score per dollar (along with sweet potatoes and carrots) on eight important nutrients including potassium, fiber, protein, vitamins C and E, calcium, iron and magnesium.[3] These kid favorites not only taste great hot, but also chilled! Click on the recipe name to access the link, or go to **PotatoGoodness.com/recipes** and search the recipe name.

Taters on the Half Shell

Spud Sandwich Stackers

Twisted Mash Ranch Roll Ups

Sriracha Ranch Potato and Chicken Salad

Tot Egg Cups

Buffalo Chicken Potato Slam Dunks

CHILLED GRAB & GO POTATOES FOR BREAKFAST

- Taters on the Half Shell
- Tot Egg Cups
- Crispy Potato Pancake Coins
- Potato Power Energy Bites

CHILLED GRAB & GO POTATOES FOR LUNCH

- Wrapped Tater Dipz
- Twisted Mash Ranch Roll Ups
- Spud Sandwich Stackers
- Potato Pizza Boats
- Backyard BBQ Spud Stuffers
- Buffalo Chicken Potato Slam Dunks
- Party Potato Salad
- Sriracha Ranch Potato and Chicken Salad

DID YOU KNOW?

Potatoes provide nutrient-dense complex carbs and are more energy-packed than any other popular vegetable! A medium (5.3 oz), skin-on potato has:

- 30% of your daily value of **vitamin C**
- More **potassium** than a medium-sized banana (15% of daily value)
- **Vitamin B6** and **iron**
- 3 grams of **protein,** 2 grams of **fiber**
- **No** fat, **no** sodium, **no** cholesterol

Potatoes USA

THERE'S MORE ONLINE!

Visit **PotatoGoodness.com** for more recipes, storage tips, and information about potatoes! And share the recipes with families in your community who may be looking for breakfast and lunch ideas.

For additional information or help creating your next meal solution, contact Potatoes USA. We are here to help our school heroes! Email PotatoesRaiseTheBar@PotatoesUSA.com OR call 303-369-7783.

1. Holt SHA, et al., A satiety index of common foods. *Eur J Clin Nut.*1995. 49: 675-690.
2. Gelibter A, et al., Satiety following intake of potatoes and other carbohydrate test meals. Ann Nutr Metab. 2013;62:37-43.
3. Drewnowski A., New metrics of affordable nutrition: which vegetables provide most nutrients for least cost? J Acad Nutr Diet. 2013 Sep;113(9):1182-7.