

Just Meat K12 Recipes



Just Meat Chicken Fajitas



A colorful, flavor-packed favorite featuring sautéed peppers, onions, and warm Just Meat Original tucked inside a whole-grain tortilla. Bright, familiar flavors make this a kid-approved staple.

Ingredient	Amount
Just Meat Original	4 lb 1 oz
Bell peppers, sliced	3 lb
Onions, sliced	2 lb
Vegetable oil	¼ cup
Fajita seasoning	¼ cup
Water	½ cup
Whole-grain tortillas (8")	25 each

*Optional: salsa or lime wedges as needed
(Fajita seasoning: chili powder, cumin, garlic powder, paprika)*

Directions

Heat oil in a large skillet or tilt skillet over medium-high.

Add onions and peppers; sauté 5–7 minutes until softened.

Add Just Meat and seasoning (mixed with water) to pan. Stir until coated and hot ($\geq 165^{\circ}\text{F}$).

Portion ½ cup fajita mixture into each tortilla.

Serve with salsa or lime wedge if desired.

Meal Pattern Contribution

2 oz eq M/MA

2 oz eq Grains

½ cup Other Veg

Yield: 25 servings (1 wrap each)



Just Meat Chicken Teriyaki Noodle Bowl



Tender Just Meat Original tossed with noodles, broccoli, and carrots in a light soy-ginger glaze for a fun, slurpable, globally inspired lunch bowl.

Ingredient	Amount
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Just Meat Original	4 lb 1 oz
Whole-grain noodles (spaghetti or lo mein)	3 lb (dry)
Broccoli florets	2 lb
Carrots, shredded	1 lb
Vegetable oil	¼ cup
Soy sauce	¾ cup
Garlic powder	1 tbsp
Ground ginger	1 tsp

Optional: drizzle of teriyaki glaze as needed

Directions

Cook noodles; drain well. Steam broccoli and carrots until tender.

Heat oil in skillet; add vegetables and soy sauce with garlic and ginger.

Cook Just Meat in a tilt skillet, pan, or bake at 350°F for 12-15 minutes until temperature reaches 165°F.

Stir in Just Meat and noodles; toss until evenly coated and hot ($\geq 135^{\circ}\text{F}$).

Serve 1 cup per portion.

Meal Pattern Contribution

2 oz eq M/MA
1 oz eq Grains
½ cup Other Veg

Yield: 25 servings (1 cup each)



Just Meat Buffalo Chicken Wrap



Zesty Buffalo Just Meat wrapped up with crisp lettuce and diced tomato for a bold, yet balanced, flavor kids love. Optional ranch drizzle for extra cooling flavor.

Ingredient	Amount
Just Meat Buffalo	4 lb 1 oz
Whole-grain tortillas (8")	25 each
Shredded lettuce	1 lb 9 oz
Diced tomato	1 lb 9 oz

Optional: plant-based ranch dressing as needed

Directions

Cook Just Meat in a tilt skillet, pan, or bake at 350°F for 12-15 minutes until internal temperature reaches 165°F.

Lay out tortillas and add 2 oz eq chicken, ¼ cup lettuce, and 2 tbsp tomato.

Wrap tightly; hold hot ($\geq 135^{\circ}\text{F}$) or cold ($\leq 41^{\circ}\text{F}$).

Offer ranch dressing as an optional sauce.

Meal Pattern Contribution

2 oz eq M/MA

2 oz eq Grains

¼ cup Red/Orange Veg

Yield: 25 servings (1 wrap each)



Just Meat Chicken Fried Rice



A quick, hearty favorite packed with brown rice, vegetables, and tender Just Meat. A flavorful global dish using ingredients every kitchen has on hand.

Ingredient	Amount
Just Meat Original	4 lb 1 oz
Cooked brown rice	4 qt (≈6 lb)
Frozen mixed vegetables (peas, carrots, corn)	2 lb 8 oz
Vegetable oil	¼ cup
Soy sauce, low-sodium	¾ cup
Garlic powder	1 tbsp
Onion powder	1 tbsp

Directions

Cook Just Meat in a tilt skillet, pan, or bake at 350°F for 12-15 minutes until temperature reaches 165°F.

Heat oil in skillet or tilt skillet. Add vegetables; cook until tender.

Stir in rice, soy sauce, garlic, and onion powder.

Add heated Just Meat and mix thoroughly.

Portion 1 cup per serving with #8 scoop.

Meal Pattern Contribution

2 oz eq M/MA

1 oz eq Grains

½ cup Mixed Veg

Yield: 25 servings (1 cup each)



Just Meat BBQ Chicken Sliders



A smoky, tangy twist on a school classic. BBQ Just Meat piled on a whole-grain slider bun for a hearty, hand-held favorite. Great for themed BBQ days or quick-serve menus.

Ingredient	Amount
Just Meat Original	4 lb 1 oz
BBQ sauce, low-sodium	2 cups
Whole-grain slider buns	25 each

Optional: coleslaw mix or pickles as needed

Directions

Cook Just Meat in a tilt skillet, pan, or bake at 350°F for 12-15 minutes until temperature reaches 165°F. Toss with BBQ sauce.

Portion 2 oz eq per bun.

Top with optional slaw or pickles for crunch and serve hot.

Meal Pattern Contribution

2 oz eq M/MA

2 oz eq Grains

¼ cup Other Veg (if coleslaw served)

Yield: 25 sliders (1 each)



Just Meat Southwest Chicken Salad Wrap



Southwest-inspired and easy to love. Just Meat joins black beans, corn, and crisp lettuce with a splash of salsa in a hearty whole-grain wrap.

Ingredient	Amount
Just Meat Original	4 lb 1 oz
Whole-grain tortillas (8")	25 each
Black beans	2 lb
Corn kernels	1 lb 8 oz
Shredded lettuce	1 lb 8 oz
Salsa	2½ cups

Directions

Combine black beans and corn; chill.

Cook Just Meat in a tilt skillet, pan, or bake at 350°F for 12-15 minutes until internal temperature reaches 165°F.

On each tortilla, spread 2 tbsp salsa, add 2 oz Just Meat, 2 tbsp bean-corn mix, and ¼ cup lettuce.

Wrap tightly; serve warm or cold

Meal Pattern Contribution

2 oz eq M/MA

2 oz eq Grains

¼ cup Legume Veg

¼ cup Other Veg

Yield: 25 servings (1 wrap each)

