



# AN A+ GUIDE TO SERVING DUMPLINGS IN SCHOOL



## What is a Dumpling?

Dumplings are deliciously crescent-shaped and filled with meat or vegetables and crimped closed. They are incredibly versatile and easily served in the cafeteria as an entrée, side or snack!

## Did you Know?

Most Asian countries have their own specific type of dumpling with its own unique name!



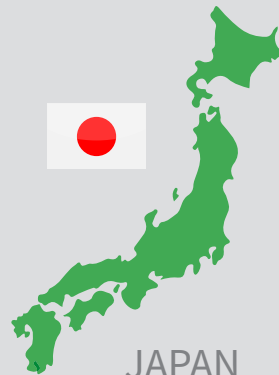
CHINA

**Wontons, Jiaozi**



SOUTH KOREA

**Mandu**



JAPAN

**Gyoza**



NEPAL

**Momo**

## FEED KIDS WHAT THEY CRAVE



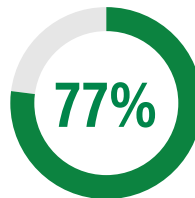
I would eat dumplings if my school served them. It would be a different flavor than what we usual eat!<sup>1</sup>

*Baily, Middle School Student*

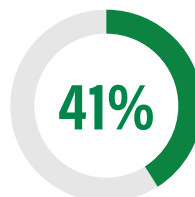


We had a REALLY good lunch today! It was teriyaki dumplings and there were good vegetables in it like carrots and peas. I hope we have them again!

*6th Grader, Fargo Public School District*



of students want more Asian food on the menu that reminds them of their restaurant favorites.<sup>1</sup>



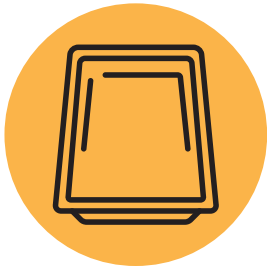
of students specifically want dumplings on the menu.<sup>1</sup>



# EASY TO MAKE AS 1-2-3...Serve!

CHEF ONE® Dumplings can be made in a few simple steps.  
Bake or steam from frozen and serve to your kids in 20 minutes!

1.



One 4" Steam Pan

+

2.



150 Dumplings

+

3.



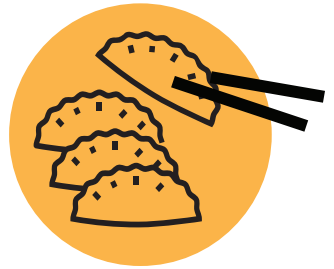
Convection Oven  
350 °F



20  
Min.

=

Serve!



6 Dumplings =  
1 Serving

(2M/MA 2G)

FEEDS 25 KIDS!



## SERVE IN A VARIETY OF FORMATS



As an Entrée



As Part of a  
Combo Meal



As a Grab and  
Go Option

# DUMPLINGS AS AN ENTRÉE

## The Building Blocks to a Creditable Meal

Dumplings can be easily served as the main entrée of a fully compliant meal

A portion of 6 dumplings will provide 2 M/MA, 2G and will be sure to keep your kids full!

Just add vegetables, fruit and milk for a fully creditable meal that meets current nutritional requirements.



1/2 Cup Fruit



6 Dumplings  
+ 1 oz. Sauce



Milk



1/2 Cup Vegetables



6 Dumplings = 1 Serving  
(2M/MA 2G)



## OR TRY AS A STIR FRY

Dumplings can easily be served to meet the taste of students young and old. Try one of our sweet or spicy stir fry recipes — we guarantee your kids will love them!



### MANDARIN ORANGE DUMPLING

Serve it sweet for younger grade levels



OR



### SPICY SZECHUAN DUMPLING

Turn up the heat for older students











# DUMPLINGS AS PART OF A MEAL

## Easy to Add to Your Asian Lineup

Dumplings can be easily integrated onto your Asian line as part of a combo meal to help deliver a fully creditable meal. Dumplings add a new option that will be sure to drive participation.

APPETIZERS	SIDES	ENTRÉES	
<b>WW Chicken and Vegetable Dumplings</b> SERVING: 3 Pieces 	<b>FRIED RICE</b> SERVING: 1/2 CUP 	<b>ORANGE CHICKEN</b> SERVING: 1 OZ. + SAUCE 	
	<b>WHITE RICE</b> SERVING: 1/2 CUP 	<b>TERIYAKI CHICKEN</b> SERVING: 1 OZ. + SAUCE 	

2M/MA 2G



6 Dumplings  
2 G, 2 M/MA

NO SCOOPS

3 Dumplings  
1 G, 1 M/MA

1 SCOOP  
1 G

1 SCOOP  
1 M/MA

## AN AUTHENTIC GRAB-AND-GO OPTION



Dumplings are an easy addition to your grab-and-go offerings. Use take-out boxes to easily feed restaurant-style meals outside the lunchroom.

**DID YOU KNOW?**

**55%**  
of students wish Asian meals at school were more like restaurants<sup>2</sup>



2. K12 Asian Exploration, C+R Research, 2019



Scan to learn more about our K12 Dumplings!

Call 1-888-554-7421 or visit  
[www.SchwansFoodService.com](http://www.SchwansFoodService.com)

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