

Menu Inspiration

APL Highlights

chartwells
serving up happy & healthy



Potatoes



Potatoes USA

Power-Packed Potato

Potatoes provide the energy, carbohydrate and potassium kids need to power performance throughout the school day. Not only are they packed with key nutrients, potatoes taste great! Whether mashed, smashed, baked, roasted or grilled, they are certain to be the most popular offering on the line. So what are your students eating?

Help them power up with potatoes!





Fueling Performance

Activity requires adequate fuel for energy and recovery. Potatoes provide the energy, carbohydrates and potassium kids need to fuel them throughout the day.

Include the power-packed potato into your breakfast, lunch and snack menus to give a variety of options for students and staff to choose from.

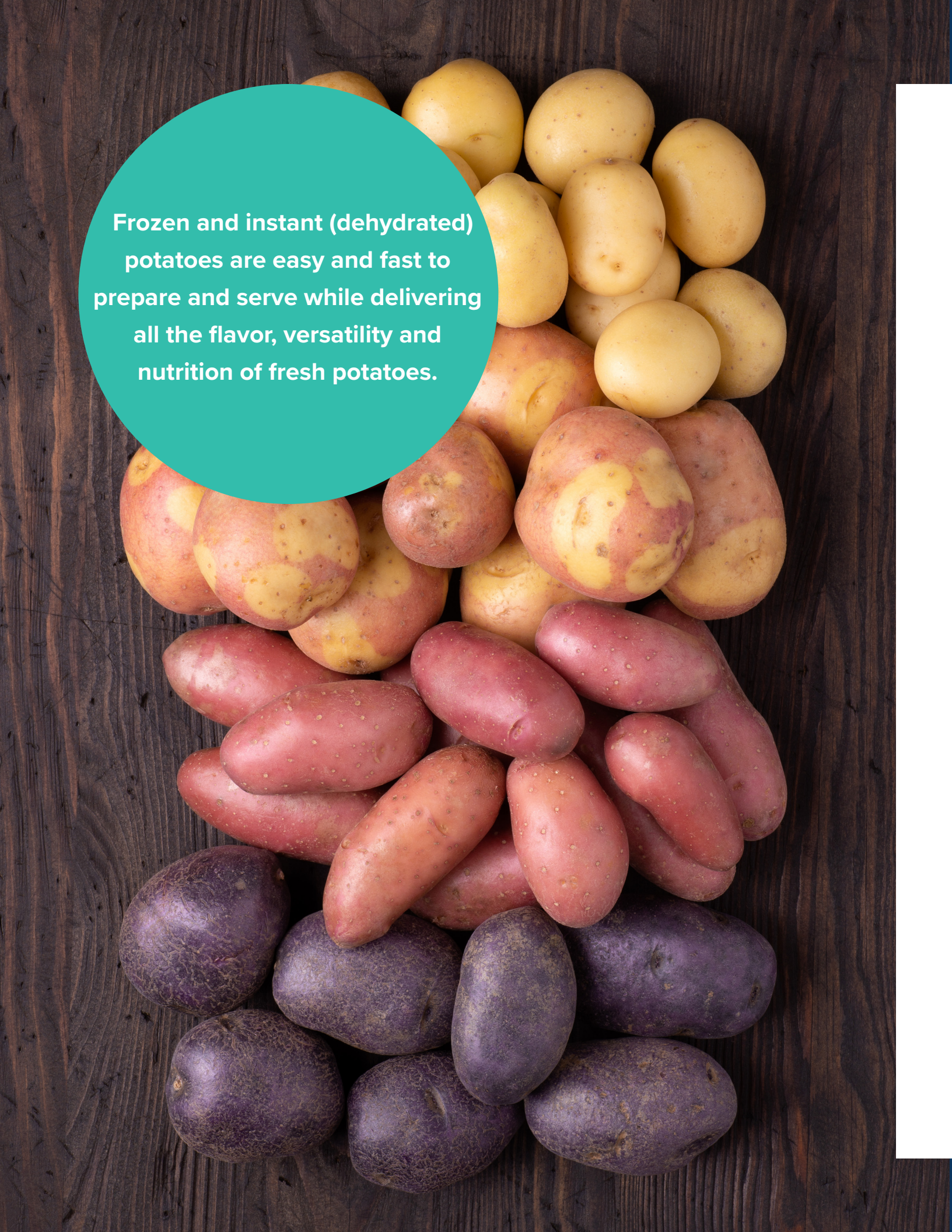
Consider incorporating this nutrient-dense powerhouse in your sports nutrition program to keep your school's athletes in the game longer! Or feature this spudtacular veggie in Discovery Kitchen's Power Up Your Performance or Plant Power education series.



sports
nutrition
EAT TO COMPETE



DISCOVERY
KITCHEN

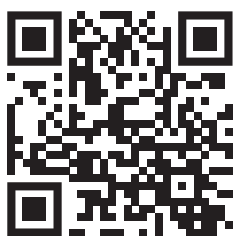


Frozen and instant (dehydrated) potatoes are easy and fast to prepare and serve while delivering all the flavor, versatility and nutrition of fresh potatoes.



From russets, reds, yellows, whites, purples, fingerlings and petites, there are a variety of potato options to provide positive nutrition to help keep students fueled.

What's your favorite?



Scan to find out!

POTATO TYPES

Russet	Thick skin with light fluffy center
Red	Thin skin and stays firm throughout cooking
Yellow	Buttery flavor with a creamy texture
White	Thin skin with nutty flavor and stays firm throughout cooking
Purple	Medium skin with an earthy flavor and vibrant color
Fingerling	Nutty and buttery flavor with a firm texture
Petite	Similar in taste to their larger-sized cousins with more concentrated flavors

Pressed for time or labor?

Consider using instant (dehydrated) potatoes!

Contrary to popular belief, instant (dehydrated) potatoes are REAL potatoes. Whole potatoes are actually put through an advanced process to create premium products. Thanks to the careful processing techniques used, dehydrated/instant potato products retain most of their nutrition.

Convenience potato products (frozen, dehydrated) are economical solutions because they minimize the time needed to prepare dishes, resulting in lower labor needs.

Not only that, there is a diverse selection of fresh, frozen, and dehydrated potato products available to meet the needs of districts. Check out our APL suggested products below!

Item	MIN	Manufacturer
Potato Base Mashed Potatoes	10630	Basic American
Extra Rich Mash Potato Pearls	81837	Basic American
Original Butter Mashed Low Sodium	10799	Basic American
Au Gratin Potato Casserole	20922	Basic American
Scalloped Potato Casserole	94595	Basic American
Hash Brown O'Browns	G5300	Lamb Weston
Hash Brown Rounds	PP50	Lamb Weston
Starz Tater Tots	S0026	Lamb Weston
Crinkle Cut Fries	RR41	Lamb Weston
Seasoned Criss Cut Fries	D23	Lamb Weston
Colossal Crisp Straight Cut Fries	C0057	Lamb Weston
Seasoned Twister Fries	D0073	Lamb Weston
Seasoned Wedge Fries	C27	Lamb Weston
Shoestring Fries	S34	Lamb Weston
Tater Puffs	H30	Lamb Weston
Tater Roundabouts	A26	Lamb Weston
Mini Potato & American Cheese Pierogies	833	Mrs. T's
Potato & American Cheese Stuff Pasta	376	Mrs. T's
Emoticon Potatoes	1000006639	McCain
Smiles Potatoes	OIF03456	McCain
Tater Tots	OIF00215A	McCain

NUTRITIONAL BENEFITS OF POTATOES



A nutritional powerhouse, potatoes are a nutrient-dense vegetable that provides the energy, potassium and vitamin C you need to fuel your day.*

CARBOHYDRATES

Potatoes have **26 grams of carbohydrate per serving, which is 9% of the daily value.** Carbohydrates are a key source of energy for muscles to help you fuel, perform and recover.¹ Carbohydrates are also important for optimal physical and mental performance.²



IRON

Potatoes have **1.1 mg of iron per serving, which is 6% of the daily value and more than half the amount in a 3-ounce beef patty (2.06 mg per serving).**³ Iron is a mineral involved in making proteins that carry oxygen to all parts of the body, including to the muscles.



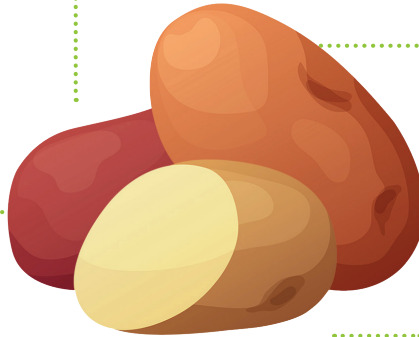
VITAMIN C

Potatoes have **27 mg of vitamin C per serving, which is 30% of the daily value.** Potatoes are considered to be an excellent source of this antioxidant. Vitamin C aids in collagen production—a major component of muscle tissue—and supports iron absorption.⁴



VITAMIN B6

Potatoes have **0.2 mg of vitamin B6 per serving, which is 10% of the daily value and considered to be a good source.** Vitamin B6 plays important roles in carbohydrate and protein metabolism.



POTASSIUM

Potatoes have **620 mg of potassium per serving, which is 15% of the daily value and more than a medium-sized banana (422 mg per serving).**⁵ Potassium is an electrolyte essential for muscle functioning. Potassium is lost in sweat, so it needs to be replenished for optimal performance.²



FIBER

Potatoes have **2 grams of fiber per serving, which is 7% of the daily value.** Dietary fiber has been shown to have numerous health benefits, including improving blood lipid levels, regulating blood glucose and increasing satiety.⁵



PROTEIN

Potatoes have **3 grams of protein per serving.** Protein is a key component of muscle and an important nutrient for athletic performance.

1. Burke LM, Hawley JA, Wong SH, Jeukendrup AE. Carbohydrates for training and competition. J Sports Sci. 2011; 29(Suppl 1):S17-27.

2. Thomas DT, Erdman KA, Burke LM. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. Journal of the Academy of Nutrition and Dietetics. 2016; 116(3):501-528.

3. USDA Food Composition Database. USDA Food Composition Databases v.3.9.5.3_2019-06-13. <https://ndb.nal.usda.gov/ndb/>. Accessed September 5, 2019.

4. Pullar JM, Carr AC, Vissers MCM. The roles of vitamin C in skin health. Nutrients. 2017; 9(8):866.

5. Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health implications of dietary fiber. J Acad Nutr Diet. 2015 November; 115(11):1861-70.


*One medium potato (148g/5.3 oz.) with skin on.

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Kids love them – from traditional applications (mashed, fried, baked) to innovative (bowls, potato pizza or potato nachos) are sure to be the star of the meal.



A close-up photograph of a white ceramic bowl filled with smooth, creamy, yellowish-white mashed potatoes. A small sprig of fresh green thyme is placed diagonally across the middle of the potatoes. In the bottom left corner, the handle of a silver fork is visible, partially submerged in the potatoes. A teal-colored circle is overlaid on the upper left portion of the image, containing white text.

Rich, creamy, and comforting
these mashed are a smash
with kids of all ages.

Garlic Mashed Potatoes

Webtrition Recipe 35038.37

1. Prepare

Refer to Chartwells Schools HACCP Process #2: Same-Day Service with No Leftovers

Mixer Instructions:

Measure 1 gallon boiling water, 1/4 tsp. pepper, 1/4 tsp. salt and 1 tbsp. canola oil into mixing bowl. Use whip attachment, set mixer on low speed. Slowly add 1 lb., 10-1/2 oz. **potatoes** and mix for 1 minute. Turn off mixer before next step.

Sprinkle in 1 tbsp., 1 1/2 tsp. onion powder and 1 tbsp., 1 1/2 tsp. garlic powder. Scrape down bowl and whip on high speed until fluffy (3-5 minutes). Transfer mashed potato to 2.5" inch steamtable pan.

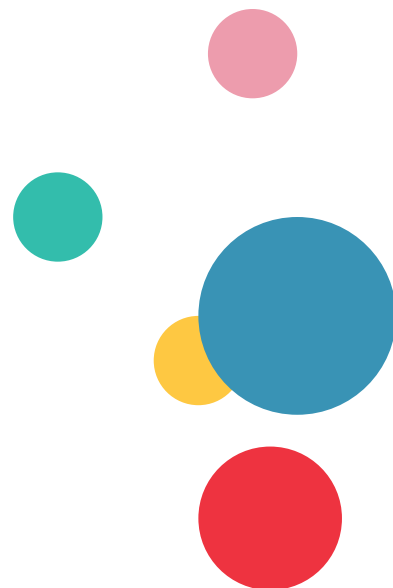
Hand Mix Instructions:

Pour 1 gallon boiling water, 1/4 tsp. pepper, 1/4 tsp. salt and 1 tbsp. canola oil into mixing bowl. Slowly add add 1 lb., 10-1/2 oz. **potato base mashed potatoes** (Basic American MIN 10630). Stir constantly with whisk until smooth. Stir in 1 tbsp., 1 1/2 tsp. onion powder and 1 tbsp., 1 1/2 tsp. garlic powder. Hand whisk an additional minute to fully incorporate evenly. Transfer mashed potato to 2.5" inch steamtable pan.

CCP: Hold for hot service at 140 degrees F or higher.

2. Serve

Portion Size = 1/2 cup (#8 scoop)





Broccoli and Cheese Baked Potato

Webtrition # 434869.14

1. Prepare

Refer to Chartwells Schools HACCP Process #2: Same-Day Service with No Leftovers

Cook the **25 potatoes**: Scrub the potatoes under running water to remove dirt and other contaminants. Pierce skins. Bake for one hour at 425 F until the potatoes are soft and have a minimum internal temperature of 145 degrees F. Cook 1 qt., 2-1/4 cup broccoli.

2. Serve

- Split each potato lengthwise.
- Top each split potato with 1/4 cup of broccoli
- 2 oz (1/2 cup) of mild cheddar cheese sauce

Portion: 1 potato

Potatoes Au Gratin

Webtrition Recipe 34845.1

1. Combine Ingredients

Refer to Chartwells Schools HACCP Process #2: Same-Day Service with No Leftovers

Combine 5 quarts of boiling water, 2 pouches of sauce mix from kit and 4 oz. butter in a 2 1/2 inch deep full size steam table pan. Stir all ingredients together until dissolved. Use whisk to break up clumps and stir until smooth. Add full package (2.25 lb.) of **au gratin potatoes** (Basic American MIN 20922). Stir.

2. Bake

Bake until product is evenly golden brown on top:


Conventional oven: 400 degrees F for 45 minutes

Convection oven:
300 degrees F for 45 minutes

CCP: Heat to 140 degree F or higher.

3. Serve

Portion Size = 1/2 cup
(#8 scoop)



Satisfying layers of comfort are the ultimate feel-good food that provide students the fuel they need to power through the day.



German Potato Salad

Webtrition Recipe: 121149

1. Prepare

Refer to Chartwells Schools HACCP Process #2: Same-Day Service with No Leftovers

1. Cook 1 lb., 8 oz. sliced, **peeled potatoes** in boiling water until just tender. Drain and hold warm for use in step 4.
2. Cook 2 oz. bacon in skillet, reserving drippings for use in step 4. Chop bacon and reserve for use in step 4.
3. Bring 1/4 cup, 2-1/2 tsp. water, 1/4 cup, 2-1/2 tsp. apple vinegar, 1/2 tsp. Kosher salt and 1/2 oz. sugar to a boil in pot.
4. Add 1/4 oz all-purpose flour and 1/2 oz. diced onions to bacon drippings. Stir well to make roux. Add vinegar mixture to roux. Stir until thickened and internal temperature reaches 165F. Pour over potatoes. Internal temperature must reach 145F prior to service.

2. Serve

Garnish with bacon and 1-1/2 tsp. parsley. Hold warm for service.

Portion Size = 1/2 cup (4 oz. spoodle)



Colcannon Mashed Potatoes

An authentic Irish recipe for a delicious potato mash.

Webtrition Name:

2 APL CK12 Potato, Mashed, Colcannon, Homemade

Webtrition Recipes:

121149



Scalloped Potato Casserole

Savory butter sauce with herbs and thin-sliced potatoes.

Webtrition Name:

2 APL CK12 Potato, Scalloped, Casserole

Webtrition Recipes:

34869.22

Reduced Sodium: 34869.22





Brisket Tater “Totchos”

Webtrition Recipe: #136417.5

1. Prepare

Refer to Chartwells Schools HACCP Process #2: Same-Day Service with No Leftovers

Chop or shred cold, thawed beef brisket (Hormel MIN 39029) into bite-sized pieces.

Heat beef brisket in an oven or steamer - refer to instructions on manufacturers packaging.

Heat tater tots (McCain MIN OIF00215A) according to manufacturers instructions.

CCP: Hold for hot service at 140 degrees F or higher.

2. Serve

Place 8 tater tots (2.52 oz by weight) into a boat or serving plate and top with 4 oz. (by weight) of hot beef brisket.

Portion size = 2.52 oz tater tots+4 oz beef

Serving suggestion - as you build you menu consider pairing these with a variety of traditional nacho toppings such as shredded cheeses, cheese sauces, toppings, condiments and salsas.

Spicy Curry Potato Salad

Webtrition Recipe 59461.1

1. Prepare

Refer to Chartwells Schools HACCP Process #4: Complex Food Preparation with Hot Finished Product

Peel and dice 90 **fresh potatoes**; place in a pot of cold water and bring to a boil.

Reduce heat to low and simmer, covered, until fork-tender, 15-20 minutes.

Drain, cover and hold potatoes in warmer until ready to mix with other ingredients.

Heat the 2 tbs. of canola oil in a heavy bottomed pan with a lid over medium high heat. Add 1 tbs. of peeled, fresh garlic and cook for 30 seconds. Add 1 tsp. mustard seeds and 1 tsp. dried pepper flakes. Cover, and briefly allow the seeds to pop.

Stir in the potatoes and 1-1/2 tsp. curry powder and saute until well combined and fragrant, 3 to 4 minutes.

Add the freshly chopped dill, cover and cook over low heat for 2 minutes.

Season with measured amount of salt.

2. Serve

Portion Size = 1/2 cup
(#8 Scoop, 4 oz Spoodle)



**Potatoes are a favorite side dish
beating out pasta and rice.**



Did you know that 69% of patrons look for dishes that use potatoes in new, unexpected ways? Try these Polish potato & cheese pierogies as a sure-fire way to rock your serving line!

Sweet & Sour Potato Pierogi Stir Fry

Webtrition # 124341

1. Prepare

Refer to Chartwells Schools HACCP Process #2: Same-Day Service with No Leftovers

Prepare sweet and sour sauce according to the sub recipe (Webtrition #37927) and hold hot until serving.

Cut the stir fried vegetables according to the sub recipe (Webtrition #37922) and hold cold until serving.

Place **mini potato & American cheese pierogis** (Mrs. T's MIN 833) in boiling water for 3 - 5 minutes. When done, drain well.

Cook the vegetables according to the sub recipe.

Combine the pierogis, vegetables and sauce. Serve.

2. Serve

Top with 2 fluid oz. of sweet & sour sauce, 1/2 cup of stir fried vegetables.

Portion: 12 pierogi with sauce and 1/2 cup vegetables

Sweet & Sour Sauce

Webtrition #37927

Place 1 qt. water in stock pot and bring to a boil. Add chicken base (Minor's MIN 7482646206) and stir until base is dissolved. Simmer for 15 minutes and until internal temperature reaches 165F.

Combine 1 tbsp.+2 tsp. chicken broth, 1-1/2 tsp. white vinegar, 1 tsp. brown sugar, 3/4 tsp. soy sauce, 3/4 tsp. tomato paste, and 1 tbsp.+3/4 tsp. pineapple juice. Bring to boil. Reduce heat to simmer.

Combine 1 tsp. cornstarch and <1 pt. water. Mix until smooth. Add to simmering mixture. Stir occasionally and cook over medium heat until thickened, 6-8 minutes. Use immediately.

Stir Fried Vegetables

Webtrition #37922

Saute 1/4 cup+3/4 tsp. broccoli florets; 1/4 cup+3/4 tsp. carrots, biased cut; 1 tbs.+2 tsp. celery, biased cut; and 1-1/8 tsp. chopped onions in 3/4 tsp. oil over high heat, stirring constantly, for 4 minutes.

Add 1 tbsp.+1-1/4 tsp. julienned green peppers, 1 tbsp.+1-1/4 tsp. sliced zucchini, and 1/2 tsp. chopped garlic and continue to stir fry for 1 minute more.

Add 1/4 tsp. soy sauce and < 1/8 tsp. black pepper to the vegetables. Stir fry quickly for a few seconds.

Cover, lower heat, and steam for 2-3 minutes.

Southwest Potato Tostada

Webtrition Recipe: #147979

1. Prepare

Refer to Chartwells Schools HACCP Process #2: Same-Day Service with No Leftovers

Preheat the oven to 450 F.

Prepare 3 qts. mashed potatoes (Basic American MIN 10799) according to the sub recipe (Webtrition #35038.31).

Arrange 48 6" corn tortillas (Mission MIN10610) on baking sheets lined with parchment paper, and lightly spray the tortillas with oil. Place into the oven and bake for 6-8 minutes or until they are golden and crisp, flip them halfway through cooking to ensure even cooking.

Combine 2 qts. drained black beans, 3 tbsp. ground cumin, 1/4 cup lime juice, 2 cups salsa, and 3 tbs. smoked paprika together and cook over medium heat.

CCP: Heat to 165 degree F or higher for at least 15 seconds.

2. Assemble

Spoon 0.33 cup (#12 scoop) of canned diced green chili peppers onto half of the tostadas, top with 2 ounces of shredded cheddar cheese, and place in the oven for 3-5 minutes or until the cheese is bubbling and melted.

Spoon 1/2 cup (#8 scoop) of the mashed potato mixture onto the non-sauced tortilla. Then spoon 0.33 cup (#12 scoop) of the black beans onto the mashed potatoes. Next place the sauced and cheese corn tortilla on top and serve immediately or hold hot for service.

At the last minute before service garnish each tostada with 1/2 tsp. fresh chopped cilantro.

3. Serve

Portion size = 1 each (tortilla #1 - chilis - cheese - mashed potato - beans - tortilla #2)

Instant Mashed Potatoes

Webtrition #35038.31

Mixer Instructions:

Measure 1 gallon+1 qt.+3/4 cup boiling water, Use whip attachment, set mixer on low speed. Slowly add **Original Butter Mashed Low Sodium potatoes** (Basic American MIN 10799) and mix for 1 minute.

Scrape down bowl and whip on high speed until fluffy (3-5 minutes).

Transfer mashed potato to 2.5" inch steamtable pan.

Hand Mix Instructions:

Pour boiling water in mixing bowl.

Slowly add **Original Butter Mashed Low Sodium potatoes** (Basic American MIN 10799).

Stir constantly with whisk until smooth.

Transfer mashed potato to 2.5" inch steamtable pan.



Forget washing, peeling and boiling— instant (dehydrated) potatoes go to work for you straight from the bag.



Ultimate Hashbrown Burritos

Loaded with hash brown potatoes and tons of flavor.

Webtrition Name:

2 APL CK12 Breakfast, Burrito, Egg, Hash Brown (Lamb Weston G5300)

Webtrition Recipes:

147974.1



Loaded Ranch-Style Mashed Potatoes

Creamy potatoes made with ranch seasoning tastes as good as it is easy to make!

Webtrition Name:

2 APL CK12 Potato, Mashed, Instant (BAF 81837), Cheese Sauce (Gehl Foods 3204), Turkey Bacon (Jennie-O 271106), Ranch (Kraft, Regular, Bulk), 1/2 cup

Webtrition Recipes:

35038.53



Catered Taters

Whether you're catering a big event or serving a small crowd it's essential to rely on recipes that come together easily and satisfy an array of tastes. Potatoes make the perfect dish because they're healthy, filling, and can be prepared in so many different ways. But they don't have to be relegated to the side! The following spuds deserve a center-of-plate look:

Baked Potato with Broccoli & Cheese

Webtrition Recipes:

34869.1, 34869.14, 34869.16

Baked Potato with Broccoli, Cheese & Ham

Webtrition Recipes:

34869.12, 34869.31, 34869.37, 34869.6

Baked Potato with Vegetarian Chili


Webtrition Recipes:

34869, 34869.11

BBQ Pork Baked Potato

Webtrition Recipes:

78295.4



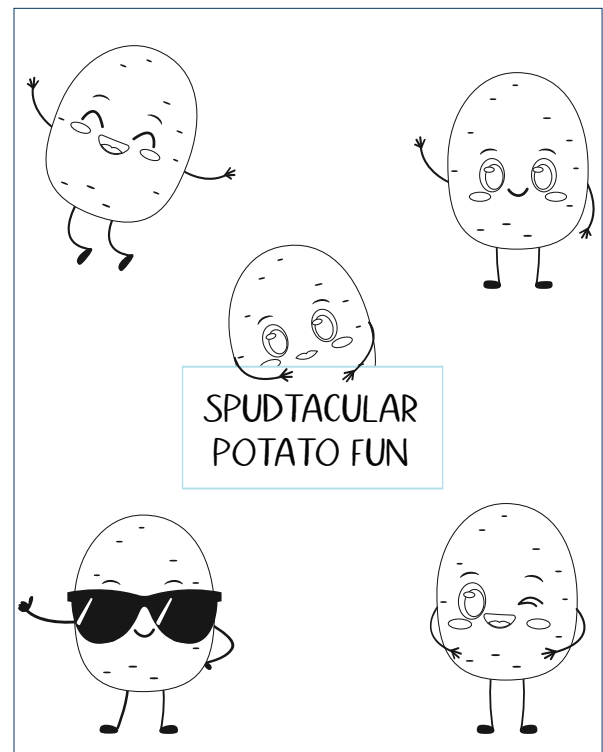
Potatoes are the perfect choice for your school board caterings, district functions, PTO/PTA events or school parties.

MARKETING

Potatoes make for happy students and clean plates!

The key to driving participation is delivering great taste that's easy and fun to eat, and providing exciting new dishes that are simple to prepare, allowing for creativity and versatility. These recipes are sure to fit the bill!

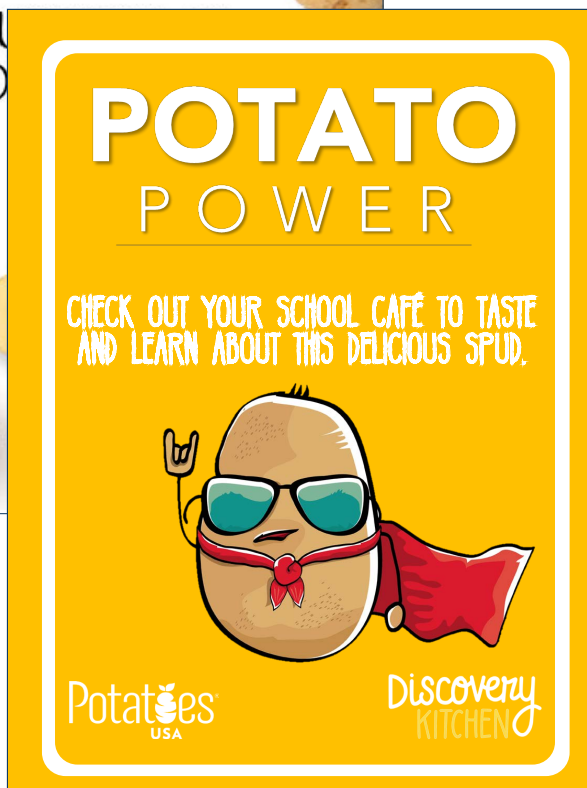
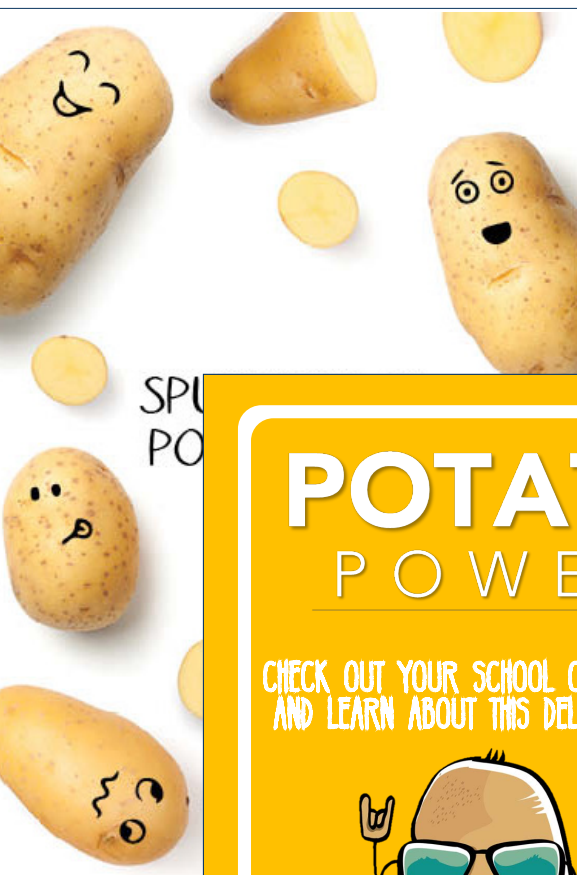
Choose your fun with our two special designs in one easy Fun Day download.
[Click here to download.](#)



Color Pages



Website Resources



Posters & Flyers



Menu Overlays, POS & PIDs

SPUDTACULAR POTATO FUN!

Consider promoting your fun potato sides with messaging that can be used for social media, newsletter blurbs, PA announcements and more. Your messages should include menu items, location and dates served, and a call to action. Customize messages below. Suggested points for customization in [\[brackets\]](#).

We're all about Spudtacular Fun featuring hearty potatoes this month! Check out the [\[top-your-own mashed potato bowls\]](#) at [\[station\]](#) tomorrow.

Did you know? Potatoes are frequently named as Americans' favorite vegetable. Build your own masterpiece for lunch at the Potato Bar on [\[date\]](#). Top your classic russet or sweet potato with toppings like [\[name 2-3 toppings\]](#).

(Elementary) It's Potato Day! Fluffy, creamy mashed or classic baked potatoes are delicious on their own or topped with [\[name 2-3 toppings\]](#).

Bring the Fun!

Potatoes are America's favorite vegetable. Whether they are grown for the fresh market, for processing into French fries or other products, or as seed for the following year, nearly 970,000 acres of potatoes are planted every year! And it's a good thing as the average American consumes about 125 lbs. of the vegetable each year.

And for good reason. They are affordable, versatile, taste great and are nutrient dense. Potatoes have the highest score per dollar (along with sweet potatoes and carrots) on eight important nutrients – potassium, fiber, protein, vitamins C and E, calcium, iron and magnesium. That's a lot of power packed in a small package!

In fact, potatoes help encourage more produce consumption overall: when potatoes are on the plate, kids tend to eat more of the other vegetables present as well.¹ So what are your students eating?



plant power

Introduce students to potatoes and how they grow. This activity will give you the chance to explore the history and facts about potatoes, including the different kinds of potatoes and their possible uses.



¹ 8. Drewnowski A, Rehm CD, Beals KB. White potatoes non-fried do not displace other vegetables in meals consumed by American children and adolescents aged 4-18 yr of age. The FASEB Journal. 2011;25(suppl):lb239.




Online Resources

Recipe Cards

Potatoes USA CHEF SOLUS POTATO PARTY RECIPE CARDS

Recipe Book



ALEX'S FAVORITE FINGERLING POTATO RECIPE

Potato Fingers


1½ pounds fingerling potatoes
2 tablespoons olive oil
1 teaspoon garlic salt

Preheat oven to 400 degrees. Toss the potatoes with the oil and salt in a medium size bowl. Spread out in a single layer on a large shallow baking sheet. Cook, stirring several times, for 30 to 40 minutes or until lightly crisp on the outside and tender on the inside when pierced with a fork.

Visit us for more www.ChefSolus.com for free nutrition education materials for kids and families!
For more potato recipes and information visit PotatoesRaiseTheBar.com Copyright © Nourish Interactive. All Rights Reserved

Potatoes USA CHEF SOLUS POTATO PARTY RECIPE CARDS

Recipe Book



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Activity Sheets

POTATOES IN SCHOOLS A TO Z

According to research, potatoes make for happy kids and clean plates. That's great news for school foodservice operators because the potatoes your students love can help power their performance in school, too. That's right, potatoes provide the carbohydrate, potassium and energy kids need to be their best.

Complete the word search with all the A to Z bolded words. The remaining letters will spell out a secret message!

After School Snack Program. Offering potatoes after school helps meet the USDA's vegetable requirement for reimbursement and provides key nutrients at an affordable price.

Breakfast. Who doesn't love a crispy hash or brunch bowl in the morning? Potatoes are so versatile they can be served at any meal, period!

Carbohydrate. Potatoes provide the energy and carbohydrate kids need to power performance throughout the school day!

Delicious. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

E-newsletter. Sign up today for a monthly newsletter delivered to your email inbox with the latest industry news, tips and tricks from other operators and, of course, delicious school-friendly recipes: PotatoesRaiseTheBar.com

Full Between Classes. One wholesome, satisfying potato with skin contributes 2 grams of fiber to the diet or 8% of the recommended daily value keeping students fuller, longer.

Gluten-Free. Potatoes are naturally gluten-free. An ideal substitution for some of your favorite bread, grain and pasta-based dishes, potatoes add a boost of nutritional benefits too.

Healthy. That's right, potatoes can be part of a healthy diet. It's the toppings that typically put spuds over the top in calories and fat. Try salsa, low-fat cheese and broccoli instead!

Intant. Dehydrated instant potatoes save on time without skipping on nutrition. They also store longer and require less space making them ideal for smaller school kitchens.

Just. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Kids. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Let's. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

More. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Nutrition. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Operators. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Potatoes. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Raise. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

School. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

The. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Under. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Ver. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

With. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Xtra. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

You. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

Zest. Potatoes are a blank canvas for hundreds of flavor combinations. Asian, Italian, American, German, Mediterranean...the possibilities are endless!

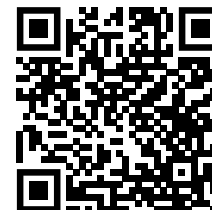
Message: _____!

Potatoes USA

*References to gottita nutrient values are based on a medium, 5.3 oz potato with skin.
All research references can be found at www.potatogoodness.com in the **Potato Nutrition Handbook.

For more information visit PotatoesRaiseTheBar.com

Sticker Templates



Scan for Potatoes USA school cafeteria resources!

