

KIKKOMAN RECIPES KIDS LOVE



VOLUME
7



YOUR GUIDE TO
School Nutrition
PLUS NEW PARTNERED
RECIPES WITH
Butterball &
School Food Rocks!



kikkoman® 



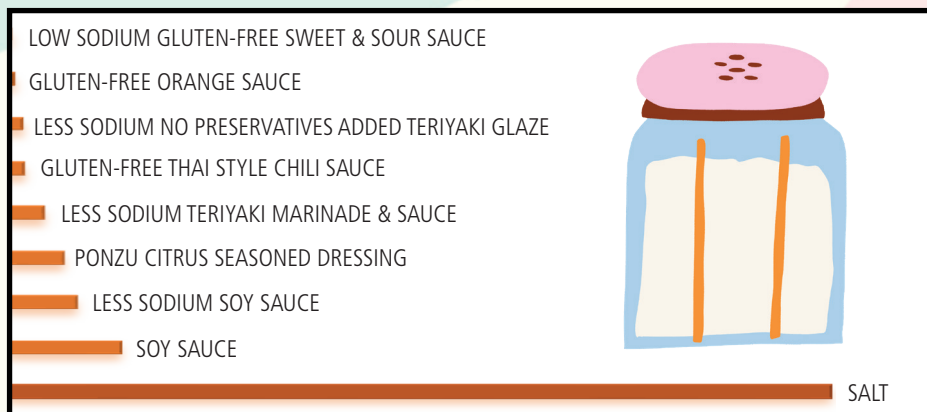
NUTRITIONALS & TRENDS

SCHOOL MEAL REQUIREMENTS

	Breakfast			Lunch		
	K-5	6-8	9-12	K-5	6-8	9-12
Food components	Amount of Food per week (minimum per day)					
Fruit (cups)	5 (1)	5 (1)	5 (1)	2 1/2 (1/2)	2 1/2 (1/2)	5 (1) 1/2
Vegetables (cups)	0	0	0	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Dark green	0	0	0	1/2	1/2	1/2
Red/orange	0	0	0	3/4	3/4	1 1/4
Beans/Peas (legumes)	0	0	0	1/2	1/2	1/2
Starchy	0	0	0	1/2	1/2	1/2
Other	0	0	0	1/2	1/2	3/4
Grains (oz eq)	7-10 (1)	7-10 (1)	7-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat alternates (oz eq)	0	0	0	8-10 (1)	9-10 (1)	10-12 (1)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Daily Amount Based on the Average for a 5-Day Week						
Min-Max calories (Kcal) *	350-500	450-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium target 2 (mg)	≤485	≤535	≤570	≤935	≤1035	≤1080
Trans fat	Nutrition label or manufacture specification much indicate zero grams of trans fat per serving					

Sodium Target 2 (shown) is effective July 1, 2024 (SY 2024-2025). 83 FR 63775

MEETING SODIUM LIMITS WITH KIKKOMAN



mg of sodium/teaspoon

90.4% of school Programs report significant or moderate challenges with the availability of foods that meet target 1A sodium limits and are well accepted by students¹

¹ School Nutrition Trends Report, 2024

Solutions for Schools:

Soy Sauces

Product Code

Soy Sauce	00150
Less Sodium Soy Sauce	00130
Gluten-Free No Preservatives Added Tamari Soy Sauce	00158
Less Sodium Gluten-Free Tamari Soy Sauce	00155



Teriyaki Sauce

Teriyaki Glaze	04910
No Preservatives Added Less Sodium Teriyaki Glaze	01657
Less Sodium Gluten-Free Teriyaki Marinade & Sauce	01045
Less Sodium Teriyaki Marinade & Sauce	01046



Kitchen Essentials

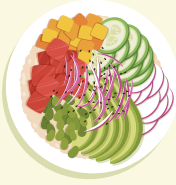
Hoisin Sauce	01542
Katsu Sauce	02154
Lime Ponzu Seasoned Dressing & Sauce	02305
Ponzu Citrus Seasoned Dressing & Sauce	02084
Gluten-Free Orange Sauce	01575
No Preservatives Added Poke Sauce	01658
Rice Vinegar	02020
Gluten-Free Sriracha Hot Chili Sauce	01702
Sushi Sauce (Unagi Tare)	01564
Sweet & Sour Sauce	04902
No Preservatives Added Low Sodium Gluten-Free Sweet & Sour Sauce	01656
Gluten-Free Thai Style Chili Sauce	01546
Wasabi Sauce	00719



*Recipes crafted by Chef
Joe Urban of School
Food Rocks!



KIKKOMAN SALAD IS NOT BORING



OVER 73%

of Gen Alpha Parents are **more inclined** to buy new items from a brand they trust.

Brewed & Loved in USA



OVER 77%

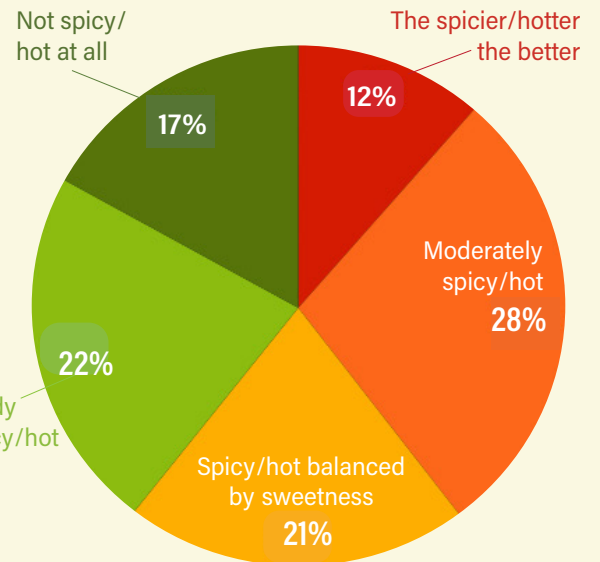
of Gen Alpha Parents say they purchase things that **both the kids and adults will like and eat!**



40% of consumers are more willing to visit a restaurant offering new / innovative flavors! And most of them prefer moderately **spicy condiments**.

Craving a kick? Make your summer salad sing with Kikkoman Summer Salad Sauce Hacks! Transform it into a flavor-packed, mildly spicy dressing that's uniquely yours.

Data source from: DataEssential, SNAP! Keynote | Sauces, Condiments, & Dressings, August 2022 & Technomic, Forecasting the Future of Foodservice, May 2024.



EASY 1-2-3 SALAD DRESSINGS

1 MIX
Follow Kikkoman Sauce Hack Recipes & mix the salad dressings

2 CHOP
Basic Salads are simply a Classic Garden Blend (Iceberg, Shredded Carrots and Purple Cabbage) and a Tri-Colored Coleslaw (Shredded Green Cabbage, Purple Cabbage and Carrots)

3 STORE
Store the pre-mix sauces in squeeze bottles and apply on salad bowl before serving.





BLUE CHEESE

Wasabi Blue Cheese

1 cup Creamy Blue Cheese + 1/4 cup Wasabi Sauce

Spicy Blue Cheese

1 cup Creamy Blue Cheese + 1/4 cup Sriracha Sauce

HONEY MUSTARD

Wasabi Honey Mustard

1 cup Honey Mustard + 1 cup Wasabi Sauce

Sweet Sriracha

1 cup Honey Mustard + 1/4 cup Sriracha Sauce

ORANGE SAUCE

Chinese Chicken Dressing

1 cup Ranch Dressing + 1 cup Kikkoman Orange Sauce

Sweet & Spicy Ranch

1 cup Ranch Dressing + 1/2 Cup Orange Sauce + 1/2 Cup Thai Chili Sauce

SPICY SAUCES

Sweet & Spicy Soy

2 1/4 cups Sushi Sauce (Unagi) + 1 1/2 cups Sriracha Sauce + 1/4 cup Kotteri Mirin

Thai Chili Ranch

1 1/2 cup Thai Chili Sauce + 1/4 cup Sriracha Sauce + 1/4 cup Lime Ponzu Sauce + 2 cups Ranch Dressing

BALSAMIC BASE

Teriyaki Balsamic

1 cup Balsamic Vinaigrette + 1 cup Teriyaki Caste & Glaze

Umami Vinaigrette

1 cup Balsamic Vinaigrette + 1 cup Sushi Sauce

RECIPES KIDS LOVE



Sweet & Sour Tacos With Pineapple Salsa

INGREDIENTS

Tortilla, 6" whole wheat	40 tortillas
Chicken, shredded	3 lbs. 12 oz.
Kikkoman LS Sweet & Sour Sauce	1 pt. ½ c.
Pineapple Salsa	1 qt. 1 c.
Pineapple, chunks	1 pt. ⅓ c.
Onions, chopped	1 ¼ c.
Tomatoes	3 ⅓ med.
Coriander leaves	⅓ c. 1 tbsp. 1 tsp
Jalapeno peppers	1 ⅔ pepper
Olive oil	1 tbsp. 2 tsp.
Salt	⅞ tsp.
Coriander leaf, dried	1 ⅔ tsp.
Cumin seed	1 ¼ tsp.
Garlic	⅞ tsp.

*LS - Low Sodium

Directions

1. Prepare Pineapple Salsa per recipe. Refrigerate until served.
2. Pre-heat convection oven to 350 degrees
3. Combine shredded chicken and Sweet & Sour Sauce in a large mixing bowl.
4. Place Sweet & Sour chicken in hotel pans and bake in oven for 12-15 minutes.
5. Warm tortillas in hot holding cabinet 10 minutes prior to preparation.
6. To assemble tacos, place 2 oz spoodle of sweet & sour chicken over each tortilla, top with 1 oz of pineapple salsa.

Yield: 20 Serving Size: 2 tacos



Nutrients Per Serving:

Calories	302.7	Cholesterol	45 mg	Dietary Fiber	2.9 g
Total Fat	7.7g	Sodium	1,049 mg	Total Sugars	11.7 g
Saturated Fat	2.7g	Carbohydrates	40.6 g	Protein	20.5 g

Spicy Orange Chicken Sandwich



INGREDIENTS

Chicken Breast Fillet, spicy	20 patty
Hamburger whole wheat bun	20 bun
Orange Juice	¼ c. 2 ½ tsp.
Kikkoman Gluten-Free Orange Sauce	1 ½ c. 1 tbsp. 1 7/8 tsp
Kikkoman Gluten-Free Sriracha Sauce	2/3 c. 1 5/8 tsp.
Asian Coleslaw	1 qt. 1 c.
Cabbage, shredded	1 pt. 1 c. 2 tbsp.
Red cabbage, chopped	¼ c. 1 tbsp.
Carrots, chopped	¼ c. 1 tbsp.
Coriander leaves	¼ c. 1 tbsp.
Sesame oil	¼ c. 1 tbsp.
Rice vinegar	¼ c. 1 tbsp.
Red sweet peppers, chopped	1 ¼ c.

Directions

1. Pre-heat oven to 350 degrees.
2. Prepare Asian Slaw: Combine rice vinegar and sesame oil; beat with whisk until well mixed. Add coleslaw mix, red bell pepper and cilantro; stir until well coated. Cover. Refrigerate until served.
3. In a large mixing bowl, combine Orange Sauce, Sriracha Sauce, and orange juice. Mix thoroughly.
4. Heat the Spicy Orange Sauce on stove top on medium heat, stir occasionally.
5. Place hamburger buns in hot holding cabinet to warm 20 minutes prior to serving.
6. Place chicken in single layer on lined sheet pans.
7. Cook for approx. 18 minutes. Product must reach an internal temp. of 165 degrees for 15 seconds.
8. To assemble, dip one chicken fillet in Spicy Orange Sauce and place on bottom hamburger bun, top with 1/4 cup of Asian Slaw and place top hamburger bun on top of Asian Slaw.

Yield: 20 Serving Size: 1 sandwich

*LS - Less Sodium

Nutrients Per Serving:

Calories	432	Cholesterol	55 mg	Dietary Fiber	4.7 g
Total Fat	11 g	Sodium	831.6 mg	Total Sugars	18.8 g
Saturated Fat	1.5 g	Carbohydrates	63.37 g	Protein	26.5 g



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Mongolian BBQ Chicken Lettuce Wrap

INGREDIENTS

Iceberg lettuce	40 leaf, large
Kikkoman Less Sodium Soy Sauce	2 tbsp.
Kikkoman Sushi Sauce	½ c.
Kikkoman Gluten-Free Sriracha	¼ c.
Chicken, cooked, diced	3 lbs.
Tropical Sriracha	1 tbsp.
Chow Mein Noodles	1 lbs.

Directions

1. Preheat oven to 375 degrees.
2. In a large mixing bowl, combine the chicken, diced onions, diced peppers, Sushi Sauce, Soy Sauce, Sriracha Sauce, and Tropical Sriracha seasoning, mix well.
3. Place the Mongolian Chicken mixture in a 4" hotel pan. Cover tightly with foil, cook in the oven for 15-18 minutes.
4. Wash lettuce in a sanitized sink with ice water. Carefully remove the lettuce leaves.
5. Portion a 1.5 oz spoodle of Mongolian Chicken mixture in each lettuce wrap, garnish with Chow Mein noodles and green onions.

Yield: 20 Serving Size: 2 wraps



Nutrients Per Serving:

Calories	178	Cholesterol	51 mg	Dietary Fiber	0.9 g
Total Fat	3 g	Sodium	559.4 mg	Protein	17.4 g
Saturated Fat	0.1 g	Carbohydrates	18.7 g	Iron	1.2 mg



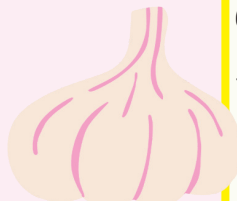
Teriyaki BBQ Meatball Sub

INGREDIENTS

Kikkoman Less Sodium Teriyaki Glaze	1 pt. 1 c.
Kikkoman Less Sodium Soy Sauce	3/4 c.
BBQ Sauce	1 pt. 1/2 c.
Meatballs, frozen, Italian style	300 pcs
Hoagie rolls, whole grain	100 pcs
Mozzarella cheese, shredded	6 lbs. 4 oz.

Directions

1. Prepare the workstation by cleaning and sanitizing all areas.
2. Pre-heat oven to 375 degrees.
3. Place meatballs on lined sheet pans. Place in oven and cook 15-20 minutes. Product must reach internal temperature of 160 degrees for 15 seconds.
4. Combine Teriyaki Glaze, Soy Sauce, and BBQ sauce for Teriyaki BBQ Sauce. Heat the Teriyaki BBQ Sauce on stove top on medium heat, stirring occasionally. Product must reach an internal temperature of 140 degrees for 15 seconds. Cover and place in warmer maintaining an internal temperature of 140-150 degrees.
5. Transfer meatballs to 4" shotgun pans and evenly distribute the Teriyaki BBQ Sauce with the meatballs over each pan. Cover and place in warmer maintaining an internal temperature of 140-150 degrees.
6. Place 3 meatballs and sauce in hoagie rolls and top with 1 oz of mozzarella cheese.
7. Place meatball subs on sheet pan and bake in oven until cheese is melted.



Yield: 100 Serving Size: 1 sub

Nutrients Per Serving:					
Calories	415	Cholesterol	52.2 mg	Dietary Fiber	3.5 g
Total Fat	19.5 g	Sodium	981.5 mg	Protein	19.9 g
Saturated Fat	7.8 g	Carbohydrates	38.5 g	Iron	2.6 mg

RECIPES KIDS LOVE



Teriyaki BBQ pulled Pork Sandwich with Asian Slaw

INGREDIENTS

Pulled pork, carnita style	3 lbs. 2 oz
Hamburger bun, whole wheat	20 buns
Kikkoman LS Teriyaki Glaze	½ c. 1 tsp.
Kikkoman LS Soy Sauce	3 tbsp. 1 tsp.
BBQ Sauce	½ c. 1 tsp.
Asian Coleslaw	1 qt. 1 c.
Cabbage	1 pt. 1 c. 2 tbsp.
Red cabbage	¼ c. 1 tbsp.
Cilantro	¼ c. 1 tbsp.
Sesame oil	¼ c. 1 tbsp.
Rice Vinegar	¼ c. 1 tbsp.
Red bell pepper	1 ¼ c.

*LS - Less Sodium

Directions

1. Heat oven to 375 degrees.
2. Prepare Asian Slaw: Combine rice vinegar and sesame oil; beat with whisk until well mixed. Add coleslaw mix, red bell pepper and cilantro; stir until well coated. Cover. Refrigerate until served.
3. Spray 4" shotgun pans with pan coating spray.
4. Add Teriyaki BBQ ingredients together, mix well, heat in oven.
5. Open 5 lb. Carnita Style Pork and place in shotgun pan. Cover, place in oven and cook for 25-30 minutes. Product must reach an internal temperature of 160 degrees for 15 seconds.
6. Combine Teriyaki BBQ Sauce with Pulled Pork, mixing well.
7. Cover and place Teriyaki BBQ Pork in a warmer maintaining an internal temperature of 140-150 degrees.
8. Place hamburger buns in hot holding cabinet to warm 20 minutes prior to serving.

Yield: 20

Serving Size: 1 sandwich

Nutrients Per Serving:

Calories	398	Cholesterol	35 mg	Dietary Fiber	3.8 g
Total Fat	12.9 g	Sodium	878.6 mg	Total Sugars	12.3 g
Saturated Fat	3.2 g	Carbohydrates	50.4 g	Protein	18.5 g



Mongolian BBQ Chicken Quesadilla

INGREDIENTS

Corn, frozen, cut	3 lbs.
Vegetable oil	1 1/2 c.
Sour cream, light	1 1/2 c.
Tortilla, 6" whole wheat	48 tortilla
Cheese, cheddar, shredded	3 lbs.
Cheese, parmesan, grated	4 oz.
Kikkoman Sushi Sauce	12 oz.



Directions

1. Thaw corn in colander or perforated pan overnight, make sure corn is completely thawed and drained on day of service.
2. Heat large flat top griddle or oven to approx. 375 degrees.
3. Add oil, spread to coat bottom of pan, add corn and sear, stirring occasionally until kernels caramelize to desired color.
4. Transfer corn to hotel pans, add parmesan cheese, Kikkoman Sushi Sauce, sour cream and green onions in equal amounts to each pan. Mix thoroughly and cool.

For Quesadillas:

1. Preheat oven to 350 degrees.
2. Spray 9 lined sheet pans with pan coating spray.
3. Lay 12 tortilla shells per pan.
4. Distribute 2 oz. Tokyo Street Corn mixture and 1 oz. cheese down the middle of each tortilla shell.
5. Fold shell in half and coat lightly with pan coating spray.
6. Place in oven for 10 minutes. Transfer quesadillas to 2" hotel pans.
7. Hold for service.

Yield: 24

Serving Size: 2 quesadillas

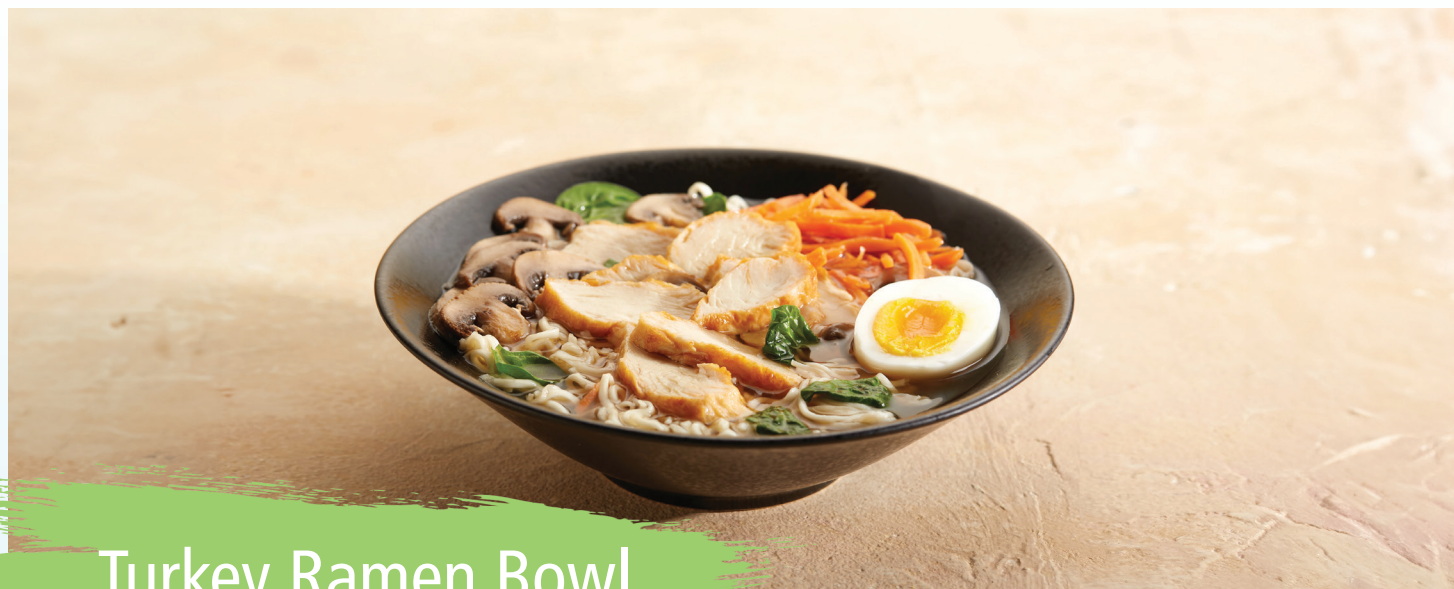
Nutrients Per Serving:

Calories	637	Cholesterol	70 mg	Dietary Fiber	3.2 g
Total Fat	40 g	Sodium	1,205 mg	Total Sugars	9.6 g
Saturated Fat	25 g	Carbohydrates	48.3 g	Protein	21.8 g



KIKKOMAN®

Globally Inspired Dishes with Butterball



Turkey Ramen Bowl

INGREDIENTS

Ramen noodles, whole grain	50 noodle cake
Egg, hard-boiled	25 large
Mushrooms	1 lbs, 9 oz.
Spinach	1 lbs. 9 oz.
Butterball Turkey Medallions	6 lbs. 4 oz.
Carrots, shredded	3 lbs. 2 oz.
Ramen broth	12 lbs. 8 oz.
Chicken broth, less sodium	9 lbs. 6 oz.
Water	3 lbs. 2 oz.
Kikkoman Less Sodium Soy Sauce	1 c. 2 tsp.
Kikkoman Sushi Sauce	1 c. 2 tsp.
Garlic, raw	½ c. 1 tsp.
Ginger root, raw	½ c. 1 tsp.
Sesame oil	½ c. 1 tsp.

Directions

For Ramen Broth:

1. Heat oil on medium heat in a tilt skillet or stove top.
2. Add garlic and ginger and saute for one minute, not brown.
3. Add chicken broth, Soy Sauce and Sushi Sauce whisk. Reduce heat and simmer for 7-10 minutes.

1. Heat Turkey Medallions in steamer for 10-12 minutes.
2. Slice eggs in halves and hold in cooler.
3. Saute spinach until slightly wilted, slice and saute mushrooms.
4. Cook noodles in boiling water for five minutes and drain.

To assemble:

Place ½ cup of ramen noodles in bowl

Add 4 oz of Ramen Broth

Add 3 oz. of Turkey Medallions, ½ of egg, ½ oz. of mushrooms, ½ oz. of spinach and 1 oz. of shredded carrots to bowl.

Optional toppings: Kimchi, green onions

Yield: 50

Serving Size: 1 bowl

Nutrients Per Serving:

Calories	522	Cholesterol	123.8 mg	Dietary Fiber	7.2 g
Total Fat	20.9 g	Sodium	1194.8 mg	Protein	26.8 g
Saturated Fat	1.2 g	Carbohydrates	60.5 g	Iron	4.7 mg

Sweet & Sour Turkey Wrap



INGREDIENTS

Butterball All Natural Turkey Breast	10 lbs. 15 oz.
Tortilla, whole grain	50 tortilla
Kikkoman Low Sodium Sweet & Sour Sauce	3 lbs. 2 oz.
Asian ColeSlaw	3 qt., ½ c.
Cabbage, shredded	1 qt., 1 pt. 1 ¾ c., 1 tbsp.
Cabbage, red, chopped	¾ c., 1 ½ tsp.
Carrots, chopped	¾ c., 1 ½ tsp.
Coriander leaves	¾ c., 1 ½ tsp.
Sesame oil	¾ c., 1 ½ tsp.
Rice vinegar	¾ c., 1 ½ tsp.
Red peppers, sweet, chopped	1 pt., 1 c., 2 tbsp.

Directions

1. Prepare Asian Slaw: Combine rice vinegar and sesame oil; beat with whisk until well mixed. Add coleslaw mix (carrots, cabbage, red bell pepper and cilantro); stir until well coated. Cover. Refrigerate until served.
2. To assemble the wrap: lay out tortillas on a clean surface
3. Spread 1 oz of Sweet & Sour Sauce evenly over the tortillas, leaving a small margin around the edges.
4. On one side of the tortilla, add 3.5 oz of Sliced Turkey, top with 1/4 cup of Asian Slaw.
5. Carefully roll the tortilla tightly from one side, ensuring the fillings are wrapped securely.
6. Cut the wrap diagonally in the middle and serve.

Yield: 50

Serving Size: 1 wrap

Nutrients Per Serving:

Calories	334	Cholesterol	52.2 mg	Dietary Fiber	4 g
Total Fat	10.5 g	Sodium	915.8 mg	Protein	25 g
Saturated Fat	0.1 g	Carbohydrates	37.9 g	Iron	2.9 mg

BUTTERBALL



KIKKOMAN

Globally Inspired Dishes with Butterball



Sweet Thai Chili Turkey Over Fried Rice

INGREDIENTS

Butterball Tenderloin Turkey Medallions	10 lbs.
Kikkoman Less Sodium Teriyaki Glaze	1 pt.
Kikkoman Thai Chili Sauce	1 pt.
Carrots	1 lb
Green bell peppers, chopped	1 lb
Onions	1 lb
Celery	1 c.
Fried Rice	1 gal. 1 qt. 1 c.
White rice, long grain	3 lbs. 8 1/8 oz.
Egg, scrambled	10 egg patty
Water	3 qt.
Low sodium vegetable base	1/4 c.
Butter, salted	1 tbsp. 1 1/2 tsp
Onions, chopped	1 c.
Carrots, diced	1 lbs. 4 1/8 oz.
Frozen peas	1 lbs. 4 1/8 oz.
Garlic powder	1 tbsp. 1 1/2 tsp
Ginger, ground	1/2 tsp.
Kikkoman Less Sodium Soy Sauce	1 1/2 c.
Onions, spring or scallions, chopped	1/2 c.

Directions

1. Preheat oven to 375 degrees.
2. Wash carrots, celery and green peppers.
3. Chop onion & peppers, set aside
4. Slice celery and carrots to about 1/8" thickness, set aside.
5. Divide Turkey into 2" hotel pans. Please in steamer and cook for 15-20 mins.
6. In a mixing bowl, combine Thai Style Chili Sauce and Teriyaki Glaze.
7. Add sauce to cooked Turkey. Mix thoroughly and evenly coat Turkey. Cover.
8. Combine all cut vegetables into a 2" hotel pan. Place in steamer and cook for approx. 8 min. Drain any liquid after cooking.
9. Get the sauced turkey out and combine it with the cooked vegetables. Thoroughly mix and place in shotgun pans for service.

Fried Rice:

1. Preheat braising pan to 350 degrees.
2. Divide rice equally between 4" half pans. Combine water and vegetable base. Add vegetable broth to each pan to cover rice.
3. Cook in steamer for approx. 25 mins. until water is absorbed.
4. Place in warmer maintaining internal temp. of 140-150 degrees.
5. Place egg patties in a 2" hotel pan and steam for 10 mins. (internal temp must reach 145 for 15 seconds) Chop egg patties. Cover and place in warmer.
6. Melt butter in braising pan. Saute onion, carrots and peas for 5 mins. Add garlic powder, ginger and soy sauce and mix thoroughly.
7. Combine cooked rice and chopped eggs to braising pan and mix thoroughly with sauteed veggies. (Must reach internal temp. of 165 degrees for 15 sec.)
8. Divide mixture into shotgun pans and cover. Place in warmer.
9. Garnish each pan with chopped green onions.

Yield: 50

Serving Size: 1/2 cup

Nutrients Per Serving:

Calories	314	Cholesterol	69.8 mg	Dietary Fiber	2 g
Total Fat	2.9 g	Sodium	895.1 mg	Protein	24.4 g
Saturated Fat	.53 g	Carbohydrates	46.4 g	Iron	2.3 mg

Asian Ginger Turkey Soup



INGREDIENTS

Butterball Tenderloin Turkey Medallions	6 lbs. 4 oz
Chicken base	¼ c. ½ tsp.
Onions, chopped	10 oz.
Carrots, raw	¼ c. 1 tbsp.
Kikkoman Less Sodium Soy Sauce	3 tbsp. 2 7/8 tsp.
Ginger, ground	1 7/8 tsp.
Orange juice	2 ½ fl oz.
Black pepper	2 ½ tsp.
Water	1 gal 1 qt 2½. tsp
Celery, chopped	1 ¼ c.

Directions

1. Preheat kettle or braising pan to 350 degrees.
2. Place chicken base, water, onions, carrots, celery and Turkey into kettle or braising pan. Stir and bring to a boil. Simmer for 20 minutes.
3. Add ginger, Soy Sauce, pepper and orange juice. Mix well and continue to simmer for 5 minutes.
4. Pour soup into 4" shotgun pans and hold for

Yield: 50

Serving Size: 1 ½ cup

Nutrients Per Serving:

Calories	65.7	Cholesterol	30.6 mg	Dietary Fiber	.2 g
Total Fat	0.86 g	Sodium	272.7 mg	Protein	12.4 g
Saturated Fat	.01 g	Carbohydrates	2.1 g	Iron	.64 mg

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