



**KEEP STUDENTS WARM AND COZY
THIS WINTER WITH FLAVOR-PACKED
COMFORT FOODS**

With cooler temperatures and the holiday season fast approaching, start preparing your kitchens to make some quick, healthy soups. Soup is a great staple food because you can adjust the flavors to your students' preferences and add all kinds of healthy ingredients. Serve it as an entree, as a to-go side, or in a soup and salad bar.

January is National Soup Month. Get your students engaged with school lunch by featuring a soup of the week. We have some ideas to get you started featuring tasty, nutritious ingredients and our delicious chicken. Read on to grab the recipes and learn what makes tortilla, chicken noodle, and lasagna soups so popular year after year.



The Tortilla Soup Hype:

Students love tortilla soup because it's filled with the bold, spicy flavors they like and the veggies they're familiar with. They'll smell the savory aroma the second they step in your cafeteria and crave a taste. Plus, they'll be excited by the tortilla strips on top.

Make it Nutritious:

Our recipe includes peppers, beans, and corn, along with chicken stock and sliced chicken breast. Together, all these ingredients give students a healthy, filling meal to fuel them through the rest of their school day.

Pair it With...:

Tortilla soup pairs well with the flavors in most Mexican or TexMex dishes. Serve it with quesadillas, burritos, Mexican rice, or cornbread.



 Recipe: [Chicken Tortilla Soup](#)

CHICKEN NOODLE SOUP

Why Chicken Noodle is Always Popular:

For decades, chicken noodle soup has been a go-to when it's cold outside or when someone is under the weather, but why? The truth is, chicken soup's magic comes from three main features: First, the hot chicken broth helps with hydration and opening nasal passages.¹ Second, chicken is high in the amino acid tryptophan so it helps the body produce serotonin and gives the feeling of comfort.² Third, the carbs from the noodles leave soup eaters feeling full.³ Even if your students don't know *why* they like chicken noodle soup, eating this delicious, hot soup will make them happy and satisfied.

Make it Nutritious:

While chicken noodle soup is inherently nutritious due to its chicken, broth, and veggie staples, we made our recipe even healthier by including lemon, ginger, garlic, and turmeric. These ingredients help with boosting immunity and keeping brain function sharp, which is extra beneficial for students, with their rapidly growing minds and frequent germ exposures.



 Recipe: [Chicken Soup with Lemon and Ginger](#)

CHICKEN LASAGNA SOUP

Creamy Soups for Picky Eaters:

Sometimes it's challenging to get students to eat soup broth. If you're running into that problem, try offering some creamier soup options. Chicken lasagna soup is a great choice for picky eaters because it's creamy and has delicious, fun noodles. Between the cheesy, garlic flavor and the hearty chicken, students will see this as a meal worthy of a regular spot on your menu.

Make Prep Easier:

Use Mafalda pasta in place of lasagna noodles to make this soup easier to prepare. Their ribbon shape and wavy edges gives the appearance of miniature lasagna. You can also use our fully cooked, sliced chicken breast strips so you don't need to pre-cook any chicken.

Make it Nutritious:

This recipe was developed with nutrition and health benefits in mind. It has garlic, mushrooms, and spinach, which provide essential nutrients that can sometimes be difficult to get into students' diets.



 Recipe: [Creamy Chicken Lasagna Soup](#)

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Source 1: NDSU Ag Research, "Prairie Fare: Chicken Soup Good for Colds"
Source 2: UC San Diego, "Good Mood Foods"
Source 3: WebMD, "The Secret Behind Chicken Soup's Medical Magic"