



--- **JONES DAIRY FARM** --- **BACK^{TO} SCHOOL GUIDE** ---

**6 Easy and Delicious Recipes the Whole
Family Can Enjoy**

CREATED WITH EMILY DINGMANN OF MY EVERYDAY TABLE



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Back-to-school season always brings a shift in energy – the fresh start, the new routine, and the return to a consistent schedule. But it also means something else: it's time to think about ALL the meals again. Breakfast. Lunch. Dinner. Repeat.



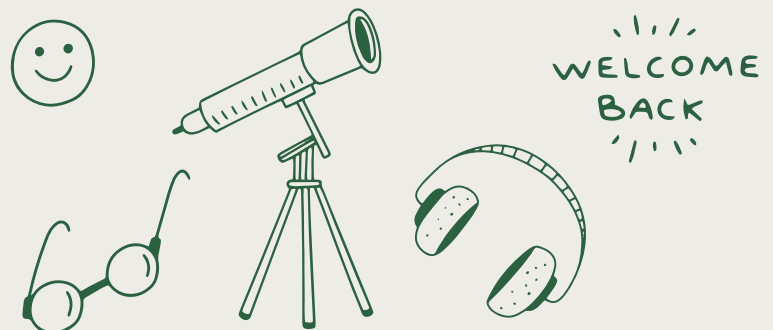
FAST, NUTRITIOUS, AND SUPER DELICIOUS – BUSY WEEKS DESERVE GOOD FOOD

Whether you're packing lunchboxes, feeding a household, or figuring out meals for the first time in a college apartment, these recipes are designed to make the back-to school transition a little smoother.

HIGH-QUALITY PROTEIN MAKES EVERYTHING BETTER – BETTER TASTING, BETTER FOR YOU AND YOUR KIDS

Jones Naturally Smoked Canadian Bacon, All Natural Sausage, and No Antibiotics Ever Meatballs are made from high-quality cuts of meat and are fully cooked, which means they're ready fast and you're already halfway there before you even start.

These recipes are also designed to be nutritionally balanced. They include protein, carbs (energy!), vegetables, and flavor – all important components to include when developing recipes and building meal plans.



Meal Prep Strategies That Save Time

You don't need to spend your entire Sunday in the kitchen to get ahead. A quick, focused session is genuinely enough to make the whole week feel easier:

BATCH COOK STAPLES. Pick one or two things you know you'll use multiple times and cook a big batch.

PREP YOUR VEGETABLES. Taking 20 minutes to wash, chop, and store vegetables at the start of the week pays off every single day.

LEAN ON SHORTCUTS. Here are a few examples: microwavable grain pouches, pre-shredded carrots and cabbage, and frozen fruit and veggies. Most Jones products are either fully cooked and frozen for freshness or ready to eat right out of the package.

PLAN FOR LEFTOVERS. Cook a little extra at dinner, and you already have tomorrow's lunch figured out!

Lunchbox Formula (No Recipe Required)

When it comes to packing lunches for kids, simplicity can work really well. You may not even need a recipe – you just need a formula that can be customized to preferences.

PROTEIN
SOMETHING
CRUNCHY

FRUIT & VEGGIE

+ SOMETHING FUN
AND SWEET

SIMPLE,
CUSTOMIZED LUNCH

JONES ALL
NATURAL SAUSAGE
MINI PANCAKES
BERRIES

+ SIMPLE VEGGIE

BREAKFAST
FOR LUNCH!



MEAL PREP BREAKFAST BOWLS WITH CHICKEN SAUSAGE

BREAKFAST | MEAL PREP | ON-THE-GO

Servings: 4

Prep time: 10 minutes

Cook time: 50 minutes

Total time: 60 minutes

Savory, super-satisfying, and completely customizable, these breakfast bowls are the kind of meal that actually keeps everyone full until lunch. Jones Dairy Farm Golden Brown All Natural Chicken Sausage, roasted potatoes, eggs, and fresh toppings come together in one bowl that's as easy to meal prep as it is to eat. Make a batch on Sunday and breakfast is handled all week.



INGREDIENTS

3 cups frozen diced hash brown potatoes

2 Tbsp. olive oil

1 tsp. salt

1 tsp. garlic powder

1/2 tsp. smoked paprika

Pepper, to taste

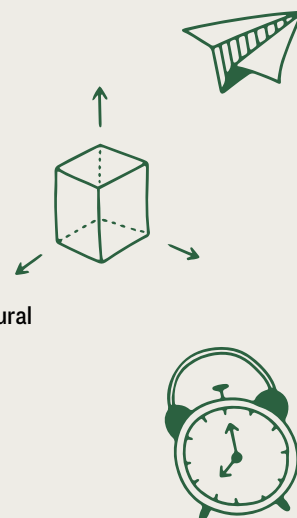
16 Jones Dairy Farm Golden Brown All Natural Chicken Sausage Links

8 eggs

1/4 cup milk

1/2 cup cotija cheese, crumbled

Store-bought pico de gallo, for serving



INSTRUCTIONS

Preheat oven to 400°F. Line a large baking sheet with parchment paper. Add the frozen hash brown potatoes to the prepared baking sheet.

Drizzle with 2 tablespoons of olive oil and season with garlic powder, smoked paprika, salt, and pepper, tossing to coat. Spread in an even layer. Roast for 15 minutes, then flip the potatoes and add the sausage links to the pan. Continue roasting for another 12-15 minutes until the potatoes are golden and crispy and the sausage is heated through.

While the potatoes and sausage are roasting, prepare the eggs. Whisk the eggs and milk in a large bowl and season with salt and pepper. Pour into a parchment-lined 8x8 baking dish.

Remove the potatoes and sausages from the oven and reduce the oven temperature to 325°F. Let sausages cool slightly before slicing into coins.

Bake eggs for 20-25 minutes until the eggs are just set in the center. Remove from the oven and let cool slightly before slicing into 4 equal portions.

To assemble, divide the potatoes, sausage, and a portion of baked eggs between 4 bowls or meal prep containers. Top with cotija cheese, pico de gallo, and salt and pepper to taste.



► **NUTRITION ESTIMATE:** 518 calories, 28g protein, 3g fiber, 30g fat, 34g carbohydrates ◀

TIPS & TRICKS:

SHORTCUT: Frozen diced hash brown potatoes are a great time-saving shortcut – they roast up just as well as fresh and you can skip the peeling and dicing entirely. If you prefer fresh potatoes, substitute 3 cups diced russet potato and add 5-10 minutes to the roasting time.

ADD SOME GREENS: Serve over spinach or arugula to easily add in some extra vegetables.

SWITCH IT UP: Swap out the pico de gallo and cotija for a Greek “salsa” with diced cucumbers, tomatoes, olives, and feta cheese for a completely different flavor profile.

MAKE AHEAD: Store assembled bowls (without pico de gallo and cotija) in airtight containers in the refrigerator for up to 4 days. Reheat in the microwave in 60-second intervals until warmed through, then top with fresh pico de gallo and cotija.



CANADIAN BACON PROTEIN SNACK BOX

SNACK | MEAL PREP | ON-THE-GO

Servings: 4

Prep time: 10 minutes

Cook time: 5 minutes

Total time: 15 minutes

Sometimes the best meal is the one that requires zero cooking. This protein-packed snack box is built around Jones Dairy Farm Naturally Smoked Canadian Bacon – pair it with cheese, crackers, fruit, and your favorite extras for a grab-and-go breakfast, easy lunchbox, or after-school snack that actually satisfies.



INGREDIENTS

2 (6 oz.) packages Jones Dairy Farm Naturally Smoked Canadian Bacon

8 hard boiled eggs

2 cups grapes

2 cups baby carrots

2 cups sliced cucumbers

Whole grain crackers

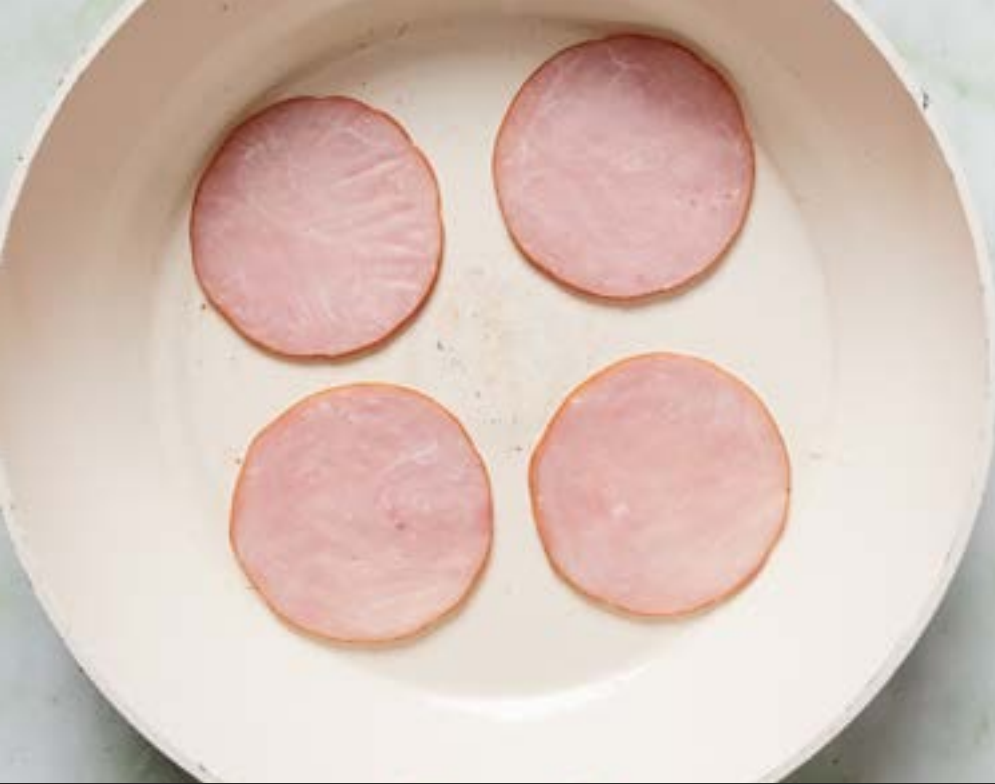
1/2 cup herbed cream cheese spread



INSTRUCTIONS

Arrange the Canadian Bacon, hard boiled egg, grapes, baby carrots, cucumber, crackers, and herbed cream cheese spread in a container or on a plate.





► **NUTRITION ESTIMATE:** 549 calories, 36g protein, 3g fiber, 28g fat, 40g carbohydrates ◀

TIPS & TRICKS:

READY TO EAT: Canadian Bacon is fully cooked and ready to eat straight from the package. Cooking gently over heat adds flavor, but can be skipped entirely on a busy morning.

BUT DON'T OVERCOOK IT: Canadian Bacon is a lean cut, so keep an eye on it in the pan. Cook it just long enough to get some color – too long and it will dry out.

MEAL PREP TIP: You can assemble everything a few days in advance, but leave the crackers in a separate container so they don't get soggy.



LETTUCE WRAPS WITH SOY AND SESAME MEATBALLS

DINNER | QUICK & EASY

Servings: 4

Prep time: 15 minutes

Cook time: 15 minutes

Total time: 30 minutes

Fresh, flavorful, and surprisingly fast, these lettuce wraps are a weeknight dinner that feels anything but boring. Jones Dairy Farm No Antibiotics Ever Chicken Meatballs get tossed in a savory soy and sesame marinade and wrapped in crisp butter lettuce with quick-pickled veggies and rice. Light enough to feel fresh and satisfying enough to keep everyone full.



INGREDIENTS

- 1 medium cucumber, cut into matchsticks
- 2 medium carrots, peeled and cut into matchsticks (or buy shreds!)
- 3 Tbsp. rice vinegar
- 1 tsp. sugar
- 1/4 tsp. salt
- 1 (16 oz.) package Jones Dairy Farm No Antibiotics Ever Chicken Meatballs
- 3/4 cup store-bought soy sesame or teriyaki sauce
- 1 head butter lettuce, leaves separated
- 2 cups steamed white rice
- 3 green onions, thinly sliced
- 2 tsp. sesame seeds

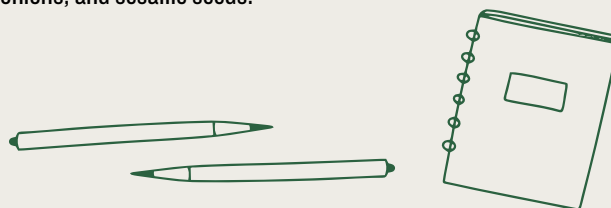


INSTRUCTIONS

Make the quick pickled vegetables. Combine cucumber and carrot matchsticks in a small bowl. Add the rice vinegar, sugar, and salt and toss to combine. Set aside for at least 10 minutes, tossing occasionally, while you prepare the rest of the recipe.

Add the meatballs and sauce to a medium skillet over medium heat, stirring to coat. Cook for 10-12 minutes, stirring occasionally, until the meatballs are heated through and the sauce has thickened slightly. Reduce heat to medium-low once the sauce begins to simmer.

To serve, spoon rice into the bottom of each lettuce leaf. Top with 1-2 meatballs, a small spoonful of the quick pickled vegetables, green onions, and sesame seeds.





► **NUTRITION ESTIMATE:** 405 calories, 24g protein, 2g fiber, 15g fat, 43g carbohydrates ◀

TIPS & TRICKS:

RICE: For the best texture, reach for short-grain or sushi rice – the slight stickiness helps everything hold together in the wrap. These are easy to find in microwavable options, too! Microwavable rice is a great shortcut here and cuts the total time down significantly.

SHORTCUT: For the carrots, bagged pre-shredded carrots are a great time-saver. For the cucumber, a mandoline makes quick work of it – slice thinly, then stack the slices and cut into matchsticks.

RICE: For the best texture, reach for short-grain or sushi rice – the slight stickiness helps everything hold together in the wrap. Or, if you're looking to increase fiber, use brown rice instead of white.

PREP AHEAD: The quick pickled veggies can be made up to 24 hours ahead and stored in the refrigerator – the flavor gets better as it sits.



TACO RICE BOWL WITH SAUSAGE

DINNER | QUICK & EASY

Servings: 4
Prep time: 10 minutes
Cook time: 15 minutes
Total time: 25 minutes

All the flavors of taco night in a hearty, satisfying bowl – and on the table in 25 minutes. Jones Dairy Farm Golden Brown All Natural Pork Sausage gets seasoned with taco spices and served over rice with your favorite toppings. It's endlessly customizable, easy to scale up for the whole family, and the kind of dinner everyone actually gets excited about.



INGREDIENTS

12 Jones Dairy Farm Golden Brown All Natural Pork Sausage links, thinly sliced
1 Tbsp. taco seasoning
1 (15 oz.) can black beans
3 cups cooked white rice
2 cups shredded romaine lettuce
1/2 avocado, diced
1/2 cup cotija cheese, crumbled
Store-bought pico de gallo, for serving
1 lime, cut into wedges
Optional toppings: sour cream, pickled jalapeños, crushed tortilla chips



INSTRUCTIONS

Heat a large skillet over medium-high heat and add the sausage coins in a single layer. Cook for 3-4 minutes per side until lightly browned, heated through and sizzling. Sprinkle with taco seasoning, toss to coat, and cook for another minute. Remove from heat.

While the sausage cooks, warm the black beans in a small saucepan over medium heat with a pinch of salt, or microwave in a bowl for 60-90 seconds until heated through.

To assemble, divide the rice between 4 bowls. Top with the taco sausage crumbles, warmed black beans, shredded lettuce, diced avocado, and a spoonful of pico de gallo. Drizzle with sour cream and finish with cotija and a squeeze of lime. Add pickled jalapeños if desired.





► **NUTRITION ESTIMATE:** 630 calories, 20g protein, 9g fiber, 32g fat, 55g carbohydrates ◀

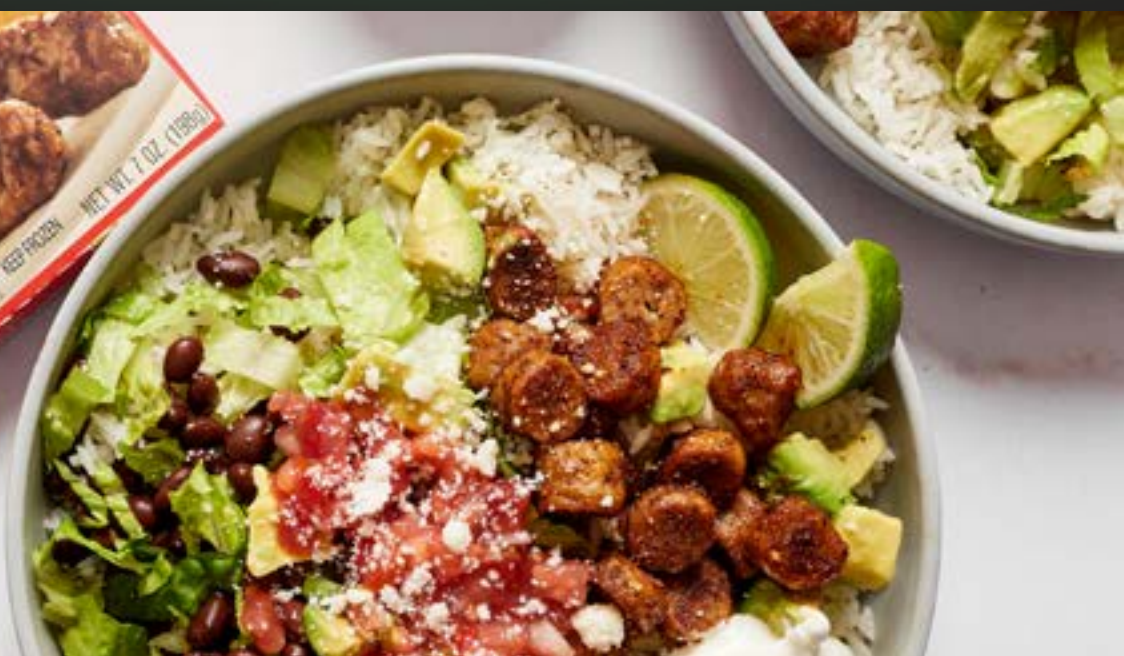
TIPS & TRICKS:

SHORTCUT: Microwave rice pouches make this a true 25-minute meal – no pre-planning required. Store-bought taco seasoning works great here – or use your own blend of cumin, chili powder, garlic powder, and smoked paprika.

REHEATING RICE: If you're reheating leftover rice, add an ice cube to the bowl before microwaving and remove it before serving. It keeps the rice from drying out.

LEFTOVERS: Leftovers keep well in the refrigerator for up to 3 days – store components separately and assemble fresh toppings when serving.

LOOKING TO LOWER CALORIES? Swap in chicken or turkey links.



KIMCHI FRIED RICE WITH CANADIAN BACON

DINNER | QUICK & EASY

Servings: 4

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Bold, savory, and ready in under 30 minutes, this kimchi fried rice is the perfect quick and easy weeknight meal. Jones Dairy Farm Naturally Smoked Canadian Bacon adds a smoky, salty bite that pairs perfectly with tangy kimchi and fluffy rice. It reheats beautifully, which makes it just as good for lunch the next day as it is fresh out of the pan.



INGREDIENTS

2 Tbsp. sesame oil

1 Tbsp. neutral oil (vegetable or avocado)

1 (6 oz.) package Jones Dairy Farm Naturally Smoked Canadian Bacon, diced

2 medium carrots, peeled and diced (~1 cup)

1 cup frozen peas

1 cup frozen shelled edamame

1 cup kimchi, roughly chopped

3 cups cooked refrigerated rice

3 Tbsp. soy sauce

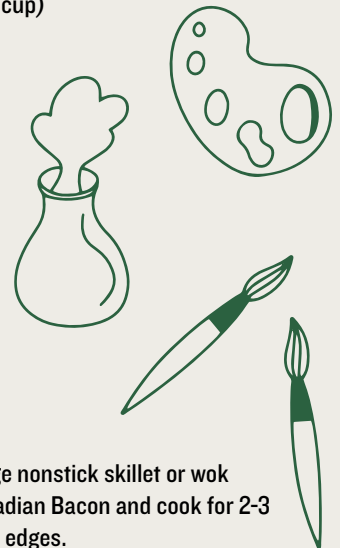
2 tsp. fish sauce

4 eggs, whisked

4 green onions, thinly sliced

Optional toppings: sriracha, gochujang

100%



INSTRUCTIONS

Heat sesame oil and neutral oil in a large nonstick skillet or wok over medium-high heat. Add diced Canadian Bacon and cook for 2-3 minutes until lightly crisped around the edges.

Add the carrots and cook for 2 minutes, stirring frequently. Add the peas, edamame, and kimchi and stir to combine, cooking for another 2 minutes.

Add the rice and break up any clumps, pressing it into the pan. Stir in the soy sauce and fish sauce and toss everything together. Let the rice sit undisturbed for 1-2 minutes to get a little color on the bottom, then stir and repeat once more.

Push the rice mixture to the sides of the pan, creating a well in the center. Pour eggs into the well and scramble quickly until just set, then fold into the rice until evenly distributed.

Remove from heat and stir in half the green onions. Serve topped with remaining green onions and sriracha or gochujang if desired.



► **NUTRITION ESTIMATE:** 482 calories, 26g protein, 5g fiber, 18g fat, 54g carbohydrates ◀

TIPS & TRICKS:

PLAN AHEAD: Prep your rice ahead of time and refrigerate it overnight. Leftover rice that's been chilled is drier than fresh, which means it crisps up better in the pan and gives you that restaurant-style fried rice texture. If you are starting with freshly cooked rice, spread it on a baking sheet and refrigerate for at least 30 minutes before using to remove excess moisture

INGREDIENT SWAP: If you do not have fish sauce on hand, you can swap it for Worcestershire sauce or omit.

A HEALTHY KICK FROM KIMCHI: It's packed with vitamins and gut-friendly probiotics. Plus, it's been shown to boost the immune system, reduce inflammation, and aid in weight management.



CREAMY WHITE CHICKEN SAUSAGE CHILI

DINNER | MEAL PREP | QUICK & EASY

Servings: 6

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Creamy, hearty, and packed with flavor, this white chicken sausage chili is the kind of recipe that will earn a spot in the rotation. Jones Dairy Farm Golden Brown All Natural Chicken Sausage, white beans, salsa verde, and warm spices come together in one pot with just 15 minutes of prep. Blending one can of beans into the base creates a thick and creamy texture, without any dairy.



INGREDIENTS

1 Tbsp. olive oil

20 Jones Dairy Farm Golden Brown All Natural Chicken Sausage Links, thinly sliced

4 cloves garlic, minced

1 tsp. ground cumin

1 tsp. chili powder

1 tsp. oregano

1 tsp. garlic powder

1/2 tsp. sea salt

2 cups salsa verde

3 cups chicken broth

2 (15 oz.) cans white northern beans, rinsed and drained

10 oz. frozen corn

Juice of 1 lime

Toppings: tortilla chips, shredded Monterey Jack, avocado slices, jalapeño, cilantro, sour cream

INSTRUCTIONS

Heat olive oil in a large pot or Dutch oven over medium-high heat. Add the sliced sausage and cook for 5-6 minutes, stirring occasionally, until lightly browned and heated through. Add the garlic, cumin, chili powder, oregano, garlic powder, and salt and cook for 1 minute until fragrant.

Pour in the salsa verde and chicken broth and stir to combine. Transfer one can of the drained beans to a blender with a splash of broth and blend until smooth, then stir into the pot. Add the remaining can of beans and the frozen corn to the pot.

Bring to a simmer and cook for 10-12 minutes, stirring occasionally, until the corn is heated through and the chili has thickened slightly. Squeeze in the lime juice, taste, and adjust seasoning as needed. Serve with desired toppings.



► **NUTRITION ESTIMATE (no toppings):** 370 calories, 21g protein, 10g fiber, 11g fat, 50g carbohydrates ◀

TIPS & TRICKS:

MAKE AHEAD: Store leftovers in an airtight container in the refrigerator for up to 4 days or freeze for up to 3 months. Reheat on the stovetop over medium-low heat, adding a splash of broth if needed to loosen.

DON'T SKIP THIS STEP: Blending one can of beans directly into the chili creates a thick, creamy base without any dairy. It's what gives this chili its texture – don't skip it.

INGREDIENT SWAP: White navy beans work best here, but cannellini or great northern beans are a good substitute.

