



Maple Elementary

SCHOOL COOKBOOK

Vol. 1 Spring 2026 Fundraiser

Message from the PTA:

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Funds raised through this cookbook help the PTO support school programs, classroom needs, and activities that benefit our students and teachers. Your purchase plays a direct role in making these efforts possible.

We appreciate your support of our school community and hope this cookbook is a useful and enjoyable resource in your kitchen.

Thank you for being part of what helps our school succeed.

Sincerely,
The PTA

How to use this cookbook:

Click the page number in the Table of Contents and you'll be sent to that section.

Table of Contents

Breakfast.....	4
Side Dish	7
Salad	12
Main Dish	14
Dessert.....	21



Measurement Conversions

Volume

- 3 teaspoons = 1 tablespoon
- 16 tablespoons = 1 cup
- 1 cup = 8 fluid ounces
- 2 cups = 1 pint
- 4 cups = 1 quart
- 16 cups = 1 gallon

Weight

- 1 pound = 16 ounces
- 1 ounce = 28.3 grams

Bakery Style Muffins

BY:

PREP: 15

COOK: 23

SERVINGS: 6

ingredients

- 3 cups flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 3/4 tsp salt
- 1/2 cup melted butter
- 1 cup sugar
- 2 eggs
- 1 cup milk
- 1 tsp vanilla
- 1.5 cups choc chips

directions

1. Bake at 425°F for 8 mins, then drop to 350°F for 15 mins.

notes:

12-count standard tins need shorter bake time (check after 7-8 mins at 350°F).

Banana Sour Cream Bread

BY: **Karen B.**

PREP: **15**

COOK: **1**

SERVINGS: **4**

ingredients

- 1 cup butter
- 3 cups sugar
- 4 eggs
- 2 cups bananas
- 1 cup sour cream
- 2 tsp vanilla
- 2 tsp cinnamon
- 1/2 tsp salt
- 2 tsp baking soda
- 4 cups flour
- 1 cup walnuts

directions

1. Cream butter/sugar
2. Add wet, then dry
3. Bake in greased/dusted loaf pans at 300°F for 1 hour.

notes:

Makes four 7x3 inch loaf pans.

Creamy Broccoli and Chickpea Soup

BY: **Jacob M.**

PREP: **10**

COOK: **35**

SERVINGS: **6**

ingredients

- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 6-8 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 ½ teaspoons cumin
- 1 teaspoon ground coriander
- 1 teaspoon Turmeric
- ½ teaspoon Black pepper
- ½ teaspoon Smoked paprika
- ½ teaspoon Garam masala
- ½ teaspoon Salt
- 4 cups low or no sodium vegetable broth (960g)
- 30 ounces cans chickpeas, drained and rinsed (2 cans or 850g)
- 5-6 cups broccoli florets, cut into bite size pieces (450g)
- 13.5 ounces canned coconut milk, (382g)
- 1 tablespoon lemon juice

directions

1. In a large pot, add 2 tablespoon olive oil and heat over medium heat. Once hot, add in 1 diced onion and ¼ teaspoon salt. Stir together and let cook for 5-7 minutes until soft and translucent.
2. Add in 6-8 cloves minced garlic and 1 tablespoon grated ginger. Stir and let cook for about 1 minute or until fragrant.
3. Add in 1 ½ teaspoon cumin, 1 teaspoon each ground coriander and turmeric, ½ teaspoon each black pepper, smoked paprika, garam masala, and salt and stir. Cook for 30-60 seconds, then add ½ cup of your vegetable stock and scrap the bottom of your pot and stir together. Then add remaining 3 ½ cups vegetable broth and all of your chickpeas. Bring to a boil, then reduce heat and simmer for 15 minutes.
4. Then, add in your 5-6 cups of broccoli and cook for another 5-8 minutes depending on your preference. Pour in coconut milk and stir together. Turn off heat and add in your lemon juice. Stir together and adjust seasonings to taste.

Homemade Mac and Cheese

BY: **Smith Family**

PREP: **15**

COOK: **15**

SERVINGS: **5**

ingredients

- 1/2 lb uncooked elbow macaroni, * (225 g)
- 3 tablespoons butter, (43 g)
- 2 Tablespoons all-purpose flour, (16 g)
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 1/2 cups milk, , any kind (360 ml)
- 3/4 cup half and half, (180 ml)
- 2 1/2 cups shredded cheddar cheese*, (250 g)

directions

1. Preheat the oven to 325 degrees F and lightly grease an 8' square (or similar size) baking dish.
2. Cook the macaroni to al dente, according to package instructions. Drain and set aside.
3. Make the sauce: Melt the butter in a medium saucepan over medium heat. Blend in the flour, salt, and pepper. Cook for 2 minutes. Slowly add the milk and half and half, stirring constantly, and cook over medium-low heat for a few minutes until the mixture has thickened like the consistency of gravy, about 5-7 minutes. Remove from heat and stir in 1 cup shredded cheese, stirring just until melted.
4. Combine: Add the cooked macaroni noodles and toss to coat. Pour half or the pasta mixture into the prepared baking dish. Sprinkle 1/2 cup cheese over the top. Add remaining pasta and sprinkle with remaining cheese.
5. Bake for 15-20 minutes or until cheese is melted on top.

1-Hour Dinner Rolls

BY:

PREP: 20

COOK: 15

SERVINGS: 24

ingredients

- 4 cups flour
- 1/4 cup sugar
- 1 tbsp yeast
- 1.5 tsp salt
- 1 cup warm water
- 1/3 cup melted butter
- 1 egg

directions

1. 4 cups flour
2. 1/4 cup sugar
3. 1 tbsp yeast
4. 1.5 tsp salt
5. 1 cup warm water
6. 1/3 cup melted butter
7. 1 egg

notes:

Brush with butter before AND after baking.

Alabama White BBQ Sauce

BY: Susan G.

PREP: 5

COOK: 0

SERVINGS: 0

ingredients

- 1 cup mayo
- 1/4 cup ACV
- 1 tbsp brown sugar
- 1 tbsp spicy brown mustard
- 1 tsp lemon juice
- 1 tsp horseradish
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp garlic powder
- 1/4 tsp paprika

directions

1. Whisk all ingredients in a bowl until smooth
2. Transfer to a jar
3. Refrigerate up to 1 week.

notes:

Sub half mayo with Greek yogurt for a lighter version.



Salad

Broccoli Salad

BY: **Smith Family**

PREP: **20**

COOK: **0**

SERVINGS:

ingredients

- 8 cups broccoli florets cut into bite-sized pieces
- ½ cup dried cranberries
- ¼ cup sunflower seeds
- ½ cup bacon bits
- 1 cup mayonnaise
- 3 tablespoons apple cider vinegar
- 2 tablespoons granulated sugar
- Salt and black pepper to taste

directions

1. Whisk together dressing ingredients in a medium bowl. Set aside.
2. In a large bowl, combine broccoli, onion, cranberries, sunflower seeds, and bacon bits. Pour the prepared dressing over and mix well.
3. Refrigerate for at least one hour before serving.



Main Dish



Bacon-Wrapped Pesto Pork Tenderloin

BY: Frank T.

PREP: 30

COOK: 20

SERVINGS: 4

ingredients

- 10 bacon strips
- 1 pork tenderloin (1 pound)
- 1/4 teaspoon pepper
- 1/3 cup prepared pesto
- 1 cup shredded Italian cheese blend
- 1 cup fresh baby spinach

directions

1. Preheat oven to 425°. Arrange bacon strips lengthwise in a foil-lined 15x10x1-in. pan, overlapping slightly.
2. Cut tenderloin lengthwise through the center to within 1/2 in. of bottom. Open tenderloin flat; pound with a meat mallet to 1/2-in. thickness. Place tenderloin on center of bacon, perpendicular to strips.
3. Sprinkle pepper over pork. Spread with pesto; layer with cheese and spinach. Close tenderloin; wrap with bacon, overlapping ends. Tie with kitchen string at 3-in. intervals. Secure ends with toothpicks.
4. In a 12-in. skillet, brown roast on all sides, about 8 minutes. Return to baking pan; roast in oven until a thermometer inserted in pork reads 145°, 17-20 minutes. Remove string and toothpicks; let stand 5 minutes before slicing.

Slow Cooker Chili

BY: **Julie F.**

PREP: **10**

COOK: **210**

SERVINGS: **10**

ingredients

- 2 lb lean Ground Beef, (90/10 or 93/7)
- 1 large onion, diced
- 3 garlic cloves, minced
- 2 tsp cumin powder
- 2 Tbsp chili powder
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 1/2 tsp salt, or to taste
- 1/2 tsp black pepper
- 15 oz can black beans, drained and rinsed
- 30 oz kidney beans, two 15oz cans, drained and rinsed
- 30 oz diced tomatoes, with their juice
- 10 oz diced tomatoes and green chilis, with their juice
- 30 oz tomato sauce

directions

1. Place a large skillet over medium-high heat and sauté beef until it releases fat (4-5 minutes), breaking it up with a spatula.
2. Add onion to the skillet and sauté until tender (4-5 minutes). Add minced garlic and seasonings: cumin, chili powder, garlic powder, dried oregano, salt and pepper. Cook another 30 seconds stirring constantly. Transfer to a 6 Qt slow cooker.
3. Add remaining ingredients into the slow cooker: rinsed and drained beans, diced tomatoes with their juice, diced tomatoes and green chilis with juice and tomato sauce. Stir to combine and cook on high for 3-4 hours or on low for 6-8 hours. Season to taste if desired and serve warm.

Apple Spice Pork Chops

BY: **Suzy L**

PREP: **10**

COOK: **25**

SERVINGS: **4**

ingredients

- 4 bone-in chops
- 1 tsp salt
- 1/2 tsp pepper
- 1 tbsp olive oil
- 2 apples
- 1 yellow onion
- 2 tbsp butter
- 1/2 cup beef broth
- 1 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg"

directions

1. Season/sear chops 5-7 mins per side
2. Remove chops
3. Sauté apples/onions in butter
4. Add broth, sugar, spices
5. Simmer chops 10 mins until reduced.

notes:

Use sweet-tart apples like Gala or Fuji.

Asian Meatballs

BY: **Smith Family**

PREP: **15**

COOK: **20**

SERVINGS: **6**

ingredients

- "1 lb beef
- 1 lb pork
- 1 cup Panko
- 2 eggs
- 1/2 cup parsley
- 1/4 cup green onion
- 3 garlic cloves
- 1 tsp ginger
- 1 tsp salt
- 1/2 tsp pepper
- (Sauce: Hoisin, rice vinegar, soy, sesame oil)"

directions

1. Bake meatballs at 400°F for 18-20 mins
2. Simmer sauce ingredients in a pan
3. Toss meatballs in sauce

notes:

Work meat lightly for fluffy meatballs. Freeze up to 3 months.

Asian Pork Roast

BY: Mrs. Pickett

PREP: 10

COOK: 75

SERVINGS: 6

ingredients

- 3 lb pork loin roast
- 1/4 cup hoisin
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tsp five-spice powder
- 2 garlic cloves"

directions

1. Whisk marinade
2. Rub over pork and marinate 2+ hours
3. Bake at 375°F for 60-75 mins until 145°F
4. Rest 15 mins

Baked Pork Tenderloin

BY: **Suzy L.**

PREP: **10**

COOK: **20**

SERVINGS: **4**

ingredients

- 1 lb pork tenderloin
- 1 tbsp olive oil
- 2 tbsp brown sugar
- 1 tsp salt
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp pepper

directions

1. Rub with oil/spices
2. Sear in cast iron
3. Bake at 400°F for 15-20 mins until 145°F
4. Rest 10 mins.

notes:

Flexible for various sizes. Double/triple spices for large groups.



Dessert

Oatmeal Cookies

BY: **Jim T.**

PREP: **15**

COOK: **10**

SERVINGS: **30**

ingredients

- 1 cup butter
- 1 cup brown sugar
- 1/2 cup white sugar
- 2 eggs
- 1 tsp vanilla
- 1.5 cups flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp salt
- 3 cups oats

directions

1. Cream butter/sugars
2. Add eggs/vanilla, then dry
3. Stir in oats
4. Bake at 350°F for 8-10 mins.

notes:

Let sit on pan 5 mins before moving to wire rack.