

Handout 01.20: Fallback Station Cards

Three dishes that meet every rule of the room (no knives, pre-cooked meat only, stovetop and oven, teacher drains and handles the oven, 20 minutes of cooking) and come in under the \$20 station budget. A team whose own station dish cannot work takes the card closest to its plan. Each card is also the filled example for the Team Station Card Template.

Prices are realistic Long Island supermarket prices for September 2026. Every price is marked *[update from this week's circular]*. Store brand wherever one exists.

Each card makes 7 tasting portions for a station of about seven students.



Fallback Card 1: Rice and Bean Bowl (no meat)

Team: _____ Station: _____ Date: _____

Makes: 7 tasting portions. Allergens: dairy (the cheese and sour cream can be left off any portion). Contains no wheat, no meat, no nuts.

1. Ingredients and cost

Item	Size	Price	Unit	How many	Cost
Store-brand instant white rice <i>[update from this week's circular]</i>	14 oz box	\$2.49	per box	1	\$2.49
Store-brand black beans <i>[update from this week's circular]</i>	15.5 oz can	\$1.19	per can	2	\$2.38
Store-brand salsa <i>[update from this week's circular]</i>	16 oz jar	\$2.49	per jar	1	\$2.49
Store-brand shredded Mexican cheese <i>[update from this week's circular]</i>	8 oz bag	\$2.49	per bag	1	\$2.49
Frozen corn <i>[update from this week's circular]</i>	12 oz bag	\$1.79	per bag	1	\$1.79
Sour cream <i>[update from this week's circular]</i>	8 oz tub	\$1.69	per tub	1	\$1.69
Salt, garlic powder, cooking spray, bowls,		\$0	room		\$0

spoons					
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Total: \$13.33 Under \$20 by \$6.67. Cost per tasting portion: \$1.90.

2. The room's rules

[x] No knives (nothing to cut; the can opener is the only tool) [x] No meat [x] Stovetop only
[x] Teacher not needed except to check the can opener [x] Cooks in 20 minutes

3. Steps

1. Wash hands. Prep Lead sets out every ingredient, the pot, the second pot, the can opener, the colander, the measuring cups, and a spoon per person.
2. Cook Lead measures water for the rice by the box directions into the pot. Turn the burner to high. Handle turned in.
3. Safety Checker opens both cans of beans. Prep Lead pours them into the colander in the sink and rinses them with cold water.
4. When the water boils, Cook Lead adds the rice, stirs once, covers, and turns the burner off. Set the timer for 5 minutes. Do not lift the lid.
5. Cook Lead pours the rinsed beans and the frozen corn into the second pot with a quarter cup of water. Medium heat. Stir until hot, about 5 minutes. Add a pinch of salt and garlic powder.
6. Plate Captain sets one place setting per person: bowl, spoon on the right, napkin, cup of water.
7. Fluff the rice with a fork. Turn off both burners. Safety Checker checks that both knobs are off.
8. Plate Captain builds seven bowls: rice on the bottom, beans and corn on top, a spoonful of salsa, a sprinkle of cheese, a small spoon of sour cream. Leave the cheese and sour cream off any bowl that needs it.
9. Sit and eat. Presenter notes how it looks for the menu card.
10. Clean: Clean Crew washes the pots; everyone wipes; Safety Checker puts leftovers in a labeled container in the refrigerator within the two-hour rule.

4. Roles

Station Manager, Prep Lead, Cook Lead, Plate Captain, Clean Crew 1, Clean Crew 2, Safety and Sanitation Checker.

5. Flowchart

0 to 5	5 to 10	10 to 15	15 to 20	20 to 25	25 to 32	32 to 40
Hands, set out, table set (all)	Water on, cans opened and rinsed (Cook Lead, Safety)	Rice in and covered; beans and corn heating (Cook	Stir beans; fluff rice (Cook Lead, Prep Lead)	Build seven bowls (Plate Captain, Prep	Eat (all)	Clean, station check, leftovers (all; Clean Crew



	Checker, Prep Lead)	Lead)		Lead)		leads)
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6. Safety reminders

1. Pot handles turned in, always.
2. Steam burns; open the rice lid away from your face.
3. Wet hands off the burner knobs.

7. What does done look like?

The dish is done when the rice is fluffy with no crunch and the beans are steaming. The plate looks like a bowl with white rice on the bottom, black and yellow on top, red salsa, and a white spoonful of sour cream in the middle. The station is done when surfaces are sanitized, both pots are washed, both knobs are off, the sink is empty, and leftovers are labeled and in the refrigerator.



Fallback Card 2: Pasta with Vegetables and Jarred Sauce (no meat)

Team: _____ Station: _____ Date: _____

Makes: 7 tasting portions. Allergens: wheat (pasta and bread), dairy (parmesan and butter; can be left off any portion). Contains no meat, no nuts.

1. Ingredients and cost

Item	Size	Price	Unit	How many	Cost
Store-brand penne pasta <i>[update from this week's circular]</i>	1 lb box	\$1.29	per box	1	\$1.29
Store-brand marinara sauce <i>[update from this week's circular]</i>	24 oz jar	\$2.29	per jar	1	\$2.29
Frozen broccoli florets <i>[update from this week's circular]</i>	12 oz bag	\$1.99	per bag	1	\$1.99
Store-brand shredded parmesan <i>[update from this week's circular]</i>	6 oz bag	\$2.49	per bag	1	\$2.49
Italian bread <i>[update from this week's circular]</i>	14 oz loaf	\$2.99	per loaf	1	\$2.99
Butter, garlic powder, salt, foil, plates, forks		\$0	room		\$0

Total: \$11.05 Under \$20 by \$8.95. Cost per tasting portion: \$1.58.

2. The room's rules

[x] No knives (the bread is torn, not sliced) [x] No meat [x] Stovetop and oven [x] Teacher drains the pasta and opens the oven [x] Cooks in 20 minutes

3. Steps

1. Wash hands. Prep Lead sets out everything: large pot, colander (for the teacher), baking sheet, foil, bowl, spoon, measuring cup.
2. Cook Lead fills the large pot two-thirds with water, adds a teaspoon of salt, turns the burner to high, handle in. Lid on to boil faster.
3. Prep Lead tears the bread into seven pieces, puts them on a foil-lined baking sheet, spreads a little softened butter on each with the back of a spoon, and sprinkles garlic powder. Station Manager calls the teacher to put the sheet in the oven at 375 F for 8 minutes.
4. When the water boils, Cook Lead adds the pasta and stirs once. Set the timer for 9 minutes (check the box).
5. At minute 6 of the pasta, Cook Lead adds the frozen broccoli to the same pot. It cooks with the pasta for the last 3 minutes.
6. Plate Captain sets one place setting per person: plate, fork on the left, napkin under the fork, cup of water.
7. Station Manager calls the teacher to drain the pasta and broccoli in the colander. Cook Lead returns them to the pot, off the heat, and pours in the whole jar of sauce. Stir. Put the pot back on low for 2 minutes until the sauce is hot. Burner off.
8. Station Manager calls the teacher to take the bread out of the oven.
9. Plate Captain plates seven portions with a sprinkle of parmesan and one piece of garlic bread each. Sit and eat.
10. Clean: Clean Crew washes the pot; everyone wipes; Safety Checker handles leftovers by the two-hour rule and checks both knobs and the oven are off.

4. Roles

Station Manager, Prep Lead, Cook Lead, Plate Captain, Clean Crew 1, Clean Crew 2, Safety and Sanitation Checker.

5. Flowchart

0 to 5	5 to 10	10 to 15	15 to 20	20 to 25	25 to 32	32 to 40
Hands, set out, table set (all)	Water on; bread torn and buttered; bread into oven (teacher)	Pasta in; timer (Cook Lead)	Broccoli in at minute 6; teacher drains; sauce in	Sauce heats; bread out (teacher); plate (Plate Captain)	Eat (all)	Clean, station check, leftovers (all; Clean Crew leads)

6. Safety reminders

1. Only the teacher touches the pot when it is being drained; steam and boiling water are the two biggest hazards in this dish.
2. Oven mitts are for the teacher; students do not open the oven door.
3. Handle in, lid on, and nobody reaches across the burner.

7. What does done look like?

The dish is done when the pasta bends without snapping and the sauce is steaming. The plate looks like red-coated pasta with green broccoli, a white sprinkle of cheese, and a piece of golden bread on the side. The station is done when the pot is washed, the baking sheet is cool and washed, the oven and burner are off, the sink is empty, and leftovers are labeled in the refrigerator.



Fallback Card 3: Chicken Quesadillas (pre-cooked chicken)

Team: _____ Station: _____ Date: _____

Makes: 7 tasting portions (one half quesadilla each). Allergens: wheat (tortillas), dairy (cheese and sour cream). Contains no nuts. A bean version for a portion that cannot have chicken: swap in the canned black beans from the room pantry if available.

1. Ingredients and cost

Item	Size	Price	Unit	How many	Cost
Fajita-size flour tortillas <i>[update from this week's circular]</i>	20 count	\$3.49	per pack	1	\$3.49
Deli half rotisserie chicken <i>[update from this week's circular]</i>	about 1 lb 4 oz	\$4.99	each	1	\$4.99
Store-brand shredded Mexican cheese <i>[update from this week's circular]</i>	8 oz bag	\$2.49	per bag	2	\$4.98
Store-brand salsa <i>[update from this week's circular]</i>	16 oz jar	\$2.49	per jar	1	\$2.49
Sour cream <i>[update from this week's circular]</i>	8 oz tub	\$1.69	per tub	1	\$1.69
Foil, cooking spray, plates, forks, thermometer		\$0	room		\$0

Total: \$17.64 Under \$20 by \$2.36. Cost per tasting portion: \$2.52.

2. The room's rules

[x] No knives (the chicken is shredded with two forks; quesadillas are folded, not cut) [x]
 Pre-cooked meat only, reheated to 165 F [x] Oven only [x] Teacher opens the oven [x]
 Cooks in 20 minutes

3. Steps

1. Wash hands. Prep Lead sets out everything: two forks, large bowl, two baking sheets, foil, spoon, thermometer.
2. Station Manager calls the teacher to preheat the oven to 375 F (it should already be on).
3. Prep Lead and Cook Lead pull the chicken off the bones with two forks into the bowl. No hands on the raw side of anything; this chicken is cooked, but hands still get washed after.
4. Line both baking sheets with foil. Lay seven tortillas flat.
5. Cook Lead spreads chicken on one half of each tortilla. Plate Captain sprinkles cheese over the chicken. Fold each tortilla in half and press lightly.
6. Station Manager calls the teacher to put both sheets in the oven. Bake 8 to 10 minutes until the cheese melts and the edges are golden.
7. Plate Captain sets one place setting per person: plate, fork on the left, napkin, cup of water.
8. Station Manager calls the teacher to take the sheets out. Safety Checker takes the temperature of the chicken inside one quesadilla: 165 F or back in for 2 minutes.
9. Let cool 2 minutes. Plate Captain plates one folded quesadilla per person with a spoon of salsa and a spoon of sour cream on the side. Sit and eat.
10. Clean: Clean Crew washes the bowl and forks; everyone wipes; the chicken carcass goes in the trash; Safety Checker handles any leftover shredded chicken by the two-hour rule.

4. Roles

Station Manager, Prep Lead, Cook Lead, Plate Captain, Clean Crew 1, Clean Crew 2, Safety and Sanitation Checker.

5. Flowchart

0 to 5	5 to 10	10 to 15	15 to 20	20 to 25	25 to 32	32 to 40
Hands, set out, table set (all)	Shred chicken (Prep Lead, Cook Lead); line sheets (Clean Crew)	Build and fold seven quesadillas (Cook Lead, Plate Captain)	In the oven (teacher); wash the bowl (Clean Crew)	Out of the oven (teacher); temperature check (Safety Checker); plate	Eat (all)	Clean, station check, leftovers (all; Clean Crew leads)

6. Safety reminders

1. Wash hands after handling the chicken even though it is cooked.
2. The baking sheet is hot for ten minutes after it comes out; nobody touches it without the teacher.
3. The thermometer goes into the chicken, not the tortilla; 165 F or it goes back in.

7. What does done look like?

The dish is done when the cheese is melted and stretches when the quesadilla is lifted, and the thermometer reads 165 F. The plate looks like a golden half-moon with a red spoon of salsa and a white spoon of sour cream beside it. The station is done when the bowl and forks are washed, the foil is in the trash, the oven is off, the sink is empty, and leftovers are labeled in the refrigerator.

Cost summary for the teacher

Fallback dish	Station cost	Under \$20 by	Cost per tasting portion	Allergens
1. Rice and Bean Bowl	\$13.33	\$6.67	\$1.90	dairy (optional)
2. Pasta with Vegetables and Jarred Sauce	\$11.05	\$8.95	\$1.58	wheat, dairy (optional)
3. Chicken Quesadillas	\$17.64	\$2.36	\$2.52	wheat, dairy

One period with one station on each fallback: \$42.02. Three stations on the quesadillas: \$52.92. Cap per period: \$60. Multiply by the number of periods taught. *[Sal: every price above is marked to be updated from this week's circular; the store-brand swap idea and price level are from your King Kullen shopping list, March 2026.]*

No-kitchen version (Lesson 1.20 alternative), one station: bagged salad greens (12 oz, \$2.99), canned black beans (15.5 oz, \$1.19), shredded cheese (8 oz, \$2.49), bottled dressing (16 oz, \$2.29), fajita tortillas (20 count, \$3.49) for a cold wrap: about \$12.45 per station *[update from this week's circular]*.