

Cookbook for Certification High School

Created by HPS Menu Planner

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Turkey and Beef Macaroni

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11728

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon	UNPREPARED	000001WTR
SALT SEA 36Z TRDE	2 2/3 Tablespoon		748590
PASTA ELBOW MACAR 51 WGRAIN 2-10	6 1/4 Pound		229941
TURKEY GROUND RAW 4-5 PERD	10 Pound		202060
ONION DCD 1/4 2-5 RSS	1 3/4 Pound		198307
TOMATO PASTE 26% 6-10 REDG	2 3/5 Quart	READY_TO_EAT None	773549
TOMATO DCD NSA 6-10 ANGELA MIA	3 1/16 Quart		827614
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Gallon		580562
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon		225045
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
Beef, Fine Ground 85/15, Frozen	6 Pound		100158

Preparation Instructions

Directions:

Heat water to a rolling boil.

Add salt.

Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.

Add onions. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

(Optional) Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/2 cup red/orange vegetable, and 1 oz equivalent grains.

7: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	1.836
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.537
OtherVeg	0.017
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	253.05		
Fat	8.01g		
SaturatedFat	2.43g		
Trans Fat	0.72g		
Cholesterol	52.63mg		
Sodium	334.54mg		
Carbohydrates	28.50g		
Fiber	4.15g		
Sugar	5.83g		
Protein	18.42g		
Vitamin A	122.40IU	Vitamin C	2.20mg
Calcium	38.03mg	Iron	2.32mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Orange Glazed Sweet Potatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11729
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	2 Cup		733061
GINGER CHPD IN OIL 12-4.25Z	1 Cup		464310
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1 Quart		119997
SUGAR BROWN LT 12-2 P/L	6 Cup		860311
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	2 2/3 Tablespoon		224944
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
FLAVORING VANILLA IMIT 1-QT KE	1 Ounce		110736
POTATO SWT DCD 3/4 2-5 P/L	16 1/2 Pound		869351
STARCH CORN 24-1 ARGO	1/4 Cup		108413
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart		350882

Preparation Instructions

Directions:

In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2-3 minutes. Remove from heat and set aside for step 2.

Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommended to cook in batches of 25. Set remaining ginger mixture aside for step 6.

Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.

Critical Control Point: Heat to 135 °F or higher.

While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium-high heat. Bring to a boil.

Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.

Add cranberries. Simmer uncovered for 1 minute. Stir well. Set aside for step 9.

After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 12 scoop (1/3 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup red/orange vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup vegetable and 1/8 cup fruit.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	146.73		
Fat	3.76g		
SaturatedFat	1.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	142.87mg		
Carbohydrates	28.65g		
Fiber	1.71g		
Sugar	19.83g		
Protein	0.82g		
Vitamin A	7374.75IU	Vitamin C	10.40mg
Calcium	14.65mg	Iron	0.28mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Tuna and Noodles

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11756
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL EGG 1/4 MED 2-5 KE	4 1/2 Pound		654541
MARGARINE SLD 30-1 GCHC	2 Cup		733061
CELERY JUMBO 16-24CT 40 MARKON	1 1/2 Quart		198536
ONION SPANISH JUMBO 50 MRKN	1 3/4 Pound		200778
PEPPERS GREEN XL 40-50CT 20 MRKN	1 1/8 Quart		147192
WHOLE WHEAT FLOUR STONE GROUND 50	1 Quart		330094
MILK WHT FF 4-1GAL RGNLBRND	1 Gallon		557862
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon		225037
PARSLEY CALIF CLND 4-1 RSS	1 Ounce		272396
TUNA CHNK WHT ALBA 6-66.5Z GCHC	266 Ounce	4 cans	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart		222011
LEMON JUICE 100 12-32FLZ GCHC	1 1/3 Cup		311227
BROTH CHIX 12-5 COLLEGE INN	16 Cup		264865

Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	16.369
Grain	1.000
Fruit	0.000
GreenVeg	0.045
RedVeg	0.000
OtherVeg	0.340
Legumes	0.000
Starch	0.050

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	645.32
Fat	5.77g
SaturatedFat	1.84g
Trans Fat	0.00g
Cholesterol	207.69mg
Sodium	709.30mg
Carbohydrates	37.03g
Fiber	2.42g
Sugar	4.80g
Protein	114.59g
Vitamin A 378.23IU	Vitamin C 6.19mg
Calcium 103.76mg	Iron 1.66mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Breast Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11761

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each		786520
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	290.00
Fat	9.50g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	590.00mg
Carbohydrates	26.00g
Fiber	3.00g
Sugar	4.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Daily Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11762

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	100 Cup		735787
CUCUMBER 1-24CT MARKON	25 Cup		238653
TOMATO 6X6 LRG 25 MRKN	25 Cup		199036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	20.05
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.50mg
Carbohydrates	4.25g
Fiber	1.63g
Sugar	2.50g
Protein	1.48g
Vitamin A 388.50IU	Vitamin C 6.53mg
Calcium 22.58mg	Iron 0.52mg

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Nutrition - Per 100g

No 100g Conversion Available

Brown Rice Pilaf

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12036

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2 2-5 RSS	2 Pound		426059
PEPPERS GREEN DCD 1/4 2-3 RSS	2 Pound		198331
GARLIC MINCED IN WTR 12-32Z	2 2/3 Tablespoon		907713
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE CELERY SALT 32Z TRDE	1 1/3 Tablespoon		231517
MUSHROOM SLCD 1/16 10 MRKN	1 1/4 Quart		444823
THYME FRESH 8Z MRKN	1 1/3 Tablespoon		562726
BROTH CHIX NO MSG 12-5 HRTHSTN	1 1/2 Gallon		261564
TOMATO PASTE 26 6-10 GCHC	50 Tablespoon		100196
RICE BRN PARBL WGRAIN 25 GCHC	6 1/2 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SPINACH 12-8Z	13 Cup		560712
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart		350882
CHEESE PARM SHVD 2-5 PG	2 1/2 Cup		140560
PARSLEY CALIF CLND 4-1 RSS	1/2 Cup		272396

Preparation Instructions

Directions:

Place onions, peppers, and garlic in a food processor. Blend ingredients until minced. Place onion mixture in a medium stock pot uncovered over medium heat for 1 minute.

Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute stirring constantly.

Add chicken broth and tomato paste to onion mixture. Stir well. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 5.

Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove rice from oven. Set aside for step 9.

Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with parsley.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	4.160
Fruit	0.080
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.092
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	440.04
Fat	6.32g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	434.58mg
Carbohydrates	84.07g
Fiber	3.22g
Sugar	6.22g
Protein	12.50g
Vitamin A 0.02IU	Vitamin C 0.10mg
Calcium 129.32mg	Iron 2.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Barbecue Chicken Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12039

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW WHL PLD 30 RSS	16 Ounce		438261
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 7/8 Quart		100129
SPICE GARLIC POWDER 6 TRDE	2 Teaspoon		513857
SUGAR BROWN LT 12-2 P/L	1 1/2 Pound		860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon		225061
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
CHIX DCD 1/2 WHT CKD 2-5 GCHC	12 3/4 Pound		599697
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
ONION GREEN DCD 1/4 2-3 P/L	1 3/5 Pound		319228
ONION RED DCD 1/4 2-5 RSS	2 Pound		429201
CELERY DCD 1/2 2-5 RSS	52 Ounce		503924
LETTUCE ICEBERG PREM 6CT MRKN	40 Ounce		162170
TOMATO SLCD 1/4 5 RSS	60 Ounce		786535

Preparation Instructions

Directions:

See E-19 for recipe ingredients and directions. Set ranch dressing aside for step 4.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) ranch dressing.

Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce,

black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) barbecue sauce.

Set barbecue sauce aside for step 4.

Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Place barbecued chicken salad on plated lettuce.

Place tomato on top of barbecued chicken salad.

(Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) on bottom of roll, top with lettuce, then tomato, then top of roll.

Critical Control Point: Hold at 41 °F or lower.

Portion with No. 12 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

6: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

7: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.150
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	137.70		
Fat	1.12g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	37.40mg		
Sodium	422.49mg		
Carbohydrates	13.86g		
Fiber	0.96g		
Sugar	10.02g		
Protein	18.21g		
Vitamin A	370.12IU	Vitamin C	5.91mg
Calcium	19.64mg	Iron	0.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Ranch Dressing

Servings:	100.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12040

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTERMILK 1 4-1QT RGNLBRND	1 5/8 Quart		245621
LEMON JUICE 100 12-32FLZ GCHC	2 2/3 Tablespoon		311227
YOGURT PLN FF NAT 6-32Z YOPL	2 1/2 Cup	READY_TO_EAT Ready to eat	705850
SOUR CREAM L/F 4-5 RGNLBRND	1 Cup	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
MAYONNAISE LT 4-1GAL GFS	3 1/3 Cup		429406
SPICE ONION POWDER 19Z TRDE	1/4 Cup		126993
SPICE GARLIC GRANULATED 24Z TRDE	1/4 Cup		513881
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061
SPICE CHIVE DEHY CHPD 1Z TRDE	2 Teaspoon		513474
SPICE PARSLEY FLAKES 2Z TRDE	2 Tablespoon		259195
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286

Preparation Instructions

Directions:

Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.

Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.

Add rest of ingredients to mixture in mixing bowl. Mix for 2-3 minutes on low speed until blended.

Chill at least 12 hours before serving to allow to thicken. Refrigerate until service.

Notes:

- 1: Special Tip:
- 2: Add an additional 8 oz of
- 3: reduced calorie sala
- 4: d dressing or lowfat mayonnaise
- 5: per 50 servings for an
- 6: excellent vegetable dip.
- 7: Updated July 2014

Meal Components (SLE)

Amount Per Serving

Meat	0.050
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	27.23		
Fat	0.85g		
SaturatedFat	0.21g		
Trans Fat	0.00g		
Cholesterol	6.89mg		
Sodium	153.82mg		
Carbohydrates	4.90g		
Fiber	0.00g		
Sugar	1.95g		
Protein	1.04g		
Vitamin A	16.00IU	Vitamin C	0.00mg
Calcium	42.46mg	Iron	0.01mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meat Sauce (Ground Beef and Ground Pork)

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12048

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2 2-5 RSS	6 Pound		426059
PEPPERS GREEN DCD 1/4 2-3 RSS	10 Ounce		198331
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061
TOMATO PUREE 1.045 6-10 GCHC	1 1/2 Gallon		100242
SALT IODIZED 25 CARG	2 2/3 Tablespoon		108286
BROTH BF NO MSG 12-49Z HRTHSTN	2 Quart	Add 1 Quart of water base	504599
SPICE PARSLEY FLAKES 2Z TRDE	1/2 Cup		259195
SPICE BASIL GRND 12Z TRDE	1/4 Cup		513636
SPICE OREGANO LEAF 8.5 TRDE	1/4 Cup		228443
SPICE MARJORAM LEAF 3.5Z TRDE	2 Tablespoon		513709
SPICE THYME GRND 12Z TRDE	1 Tablespoon		513822
CARROT SHRD MED 2-5 RSS	2 1/2 Pound		313408
Tap Water for Recipes	12 Gallon	UNPREPARED	000001WTR
PASTA SPAG 51 WGRAIN 2-10	6 1/4 Pound		221460
Beef, Fine 85/15	11 Pound		100158
PORK GRND 80/20 2-6 HALP	6 Pound		579042

Preparation Instructions

Directions:

Brown ground beef and ground pork uncovered over medium high heat in a large stock pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to stock pot.

Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.

Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Set aside beef/pork mixture for step 10.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef/pork mixture in stock pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

4: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	324.39
Fat	14.09g
SaturatedFat	4.74g
Trans Fat	1.31g
Cholesterol	59.93mg
Sodium	321.96mg
Carbohydrates	29.46g
Fiber	3.37g
Sugar	6.03g
Protein	21.05g
Vitamin A 1904.42IU	Vitamin C 0.89mg
Calcium 22.43mg	Iron 2.57mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Hamburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE DILL SLCD HAMB 2900CT 5GAL	50 Ounce	2 Slices of Pickle	149209
BEEF STK PTY CKD 2.45Z 6-5 JTM	100 Each		661851
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	200 Teaspoon		100129
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	100 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	318.33
Fat	13.50g
SaturatedFat	4.80g
Trans Fat	0.80g
Cholesterol	49.00mg
Sodium	521.42mg
Carbohydrates	29.33g
Fiber	4.00g
Sugar	6.67g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 53.50mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Marinated Black Bean Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12051
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon		518551
JUICE LIME 4-1GAL REALIME	1 Cup		199028
SPICE PARSLEY FLAKES 2Z TRDE	1 Cup		259195
SPICE CUMIN GRND 5 TRDE	2 Tablespoon		777072
GARLIC WHL FRSH 5	7/8 Cup		907673
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1/2 Cup		524948
HONEY SQZ BTL 16Z 4-3CT GCHC	2 Cup		217523
VINEGAR APPLE CIDER 5 4-1GAL GCHC	1 Cup		430795
CORN CUT IQF 30 GCHC	3 1/4 Cup	BAKE	285620
PEPPERS GREEN DCD 1/4 2-3 RSS	1 1/2 Pound		198331
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992
Salsa, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330
ONION RED DCD 1/4 2-5 RSS	2 Cup		429201
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	4 Ounce		466240
CHEESE CHED SHRD 6-5 COMM	2 Pound		199720

Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Meal Components (SLE)

Amount Per Serving

Meat	0.320
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.138
Legumes	0.256
Starch	0.007

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	134.05
Fat	4.02g
SaturatedFat	2.08g
Trans Fat	0.00g
Cholesterol	9.60mg
Sodium	205.66mg
Carbohydrates	18.57g
Fiber	4.93g
Sugar	6.64g
Protein	5.74g
Vitamin A 240.12IU	Vitamin C 14.37mg
Calcium 9.50mg	Iron 0.21mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Black Bean Hummus

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12052

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	50 Cup		518551
BEAN GARBANZO LO SOD 6-10 P/L	50 Cup	Boil Beans First	597991
LEMON JUICE 100 12-32FLZ GCHC	2 1/4 Quart		311227
GARLIC WHL FRSH 5	1 1/3 Quart		907673
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	3/4 Cup		524948
SALT IODIZED 25 CARG	1 Tablespoon		108286
SPICE CUMIN GRND 5 TRDE	1/4 Cup		777072
SPICE PEPR WHITE GRND 17Z TRDE	2 Tablespoon		513776
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart		219550

Preparation Instructions

Directions:

Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.

Using a rubber spatula, scrape black bean mixture into a large bowl.

Add cilantro. Stir well.

Transfer 3 qt 1/2 cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 1/2"). Cover pans tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or lower.

(Optional) Serve with chips.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

5: Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate.

6: OR

7: Legume as Vegetable: 1/2 cup legume vegetable.

8: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

9: Legume as Meat/Meat Alternate: 2 oz meat/meat alternate.

10: OR

11: Legume as Vegetable: 1/2 cup vegetable.

12: How to Cook Dry Beans

13: Special tip for preparing dry beans:

14: SOAKING BEANS

15: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

16: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

17: COOKING BEANS

18: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

19: Critical Control Point: Hold for hot service at 135 °F or higher.

20: OR

21: Chill for later use.

22: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

23: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

24: 1 lb dry garbanzo beans or chickpeas = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	235.31		
Fat	2.68g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	351.89mg		
Carbohydrates	41.55g		
Fiber	12.17g		
Sugar	1.00g		
Protein	12.51g		
Vitamin A	0.72IU	Vitamin C	2.49mg
Calcium	59.75mg	Iron	1.83mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Kati-Kati Baked Chicken

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12053

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SUGAR CANISTER 24-20Z GCHC	1/2 Cup		449237
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup		224723
SPICE ALLSPICE GRND 16Z TRDE	1/4 Cup		513601
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SALT IODIZED 25 CARG	3 Tablespoon		108286
SPICE PEPR RED CRUSHED 12Z TRDE	2 Teaspoon		430196
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon		225061
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Teaspoon		225088
SPICE TURMERIC GRND 15Z TRDE	2 Tablespoon		514187
SPICE CUMIN GRND 15Z TRDE	1/2 Cup		273945
OIL CANOLA 9-48FLZ P/L	3/4 Cup		330252
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Piece		786520
PARSLEY CALIF CLND 4-1 RSS	2 Ounce		272396

Preparation Instructions

Directions:

Combine garlic powder, sugar, cinnamon, allspice, paprika, salt, red pepper flakes, black pepper, cayenne pepper, turmeric, cumin, and oil in a small bowl. Stir well.

Toss chicken portions in spice mixture. Allow chicken to marinate for at least 30 minutes.

Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 350 °F for 10-15 minutes. Convection oven: 325 °F for 8-12 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove from oven.

Garnish with parsley.

Critical Control Point: Hold for hot service at 135 °F or higher.

(Optional) Serve with Baked Jollof Rice and Sauteed Spinach and Tomatoes. See B-28 and I-25 for recipe ingredients and directions.

Serve 1 chicken breast (2 oz).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 chicken breast provides 2 oz equivalent meat/meat alternates.

5: CACFP Crediting Information: 1 chicken breast provides 2 servings meat/meat alternates.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	153.80		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	621.97mg		
Carbohydrates	1.96g		
Fiber	0.00g		
Sugar	0.96g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.57mg	Iron	1.14mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Jollof Rice

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL CANOLA 9-48FLZ P/L	1 Cup		330252
ONION DCD 1/2 2-5 RSS	2 1/4 Pound		426059
SPICE GINGER GRND 16Z TRDE	1 1/3 Tablespoon		513695
GARLIC MINCED IN WTR 12-32Z	1/4 Cup		907713
PEPPERS RED DCD 3/8 2-3 RSS	1 1/4 Quart		581992
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	3 7/8 Cup	READY_TO_EAT None	501031
SAUCE TOMATO 6-10 GCHC	3 5/8 Cup		306347
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Teaspoon		225088
SPICE PAPRIKA 16Z TRDE	1/2 Teaspoon		518331
SPICE CURRY POWDER 17Z TRDE	1/4 Cup		224804
BASE VEG LO SOD 12-1 KNOR	1 Gallon	Mix with 1 Gallon of Water and Bring to a Boil	157686
RICE BRN PARBL WGRAIN 25 GCHC	7 1/2 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
PEAS & CARROT 12-2.5 GCHC	2 2/5 Quart		119458
CILANTRO CLEANED 4-1 RSS	1 3/4 Quart		219550

Preparation Instructions

Directions:

Heat oil in a large stock pot.

Add onions, ginger, garlic, and bell peppers. Saute uncovered over medium heat for about 3 minutes or until translucent.

Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently.

Add stock. Stir well. Set aside for step 6.

Place 1 qt 2 Tbsp 1 1/2 tsp brown rice (1 lb 10 oz) in each steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 135 °F or higher.

Remove from oven. Fluff rice. Set aside for step 11.

Steam vegetables for 1 minute to ensure that peas are bright in color.

Fold 2 1/3 cups 1 Tbsp (about 12 oz) vegetables in rice mixture.

Hold for hot service at 135 °F or higher.

Garnish with cilantro.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.161
OtherVeg	0.210
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	359.66		
Fat	3.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	183.35mg		
Carbohydrates	76.58g		
Fiber	2.74g		
Sugar	1.91g		
Protein	8.59g		
Vitamin A	200.02IU	Vitamin C	11.75mg
Calcium	17.50mg	Iron	2.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Sauteed Spinach and Tomatoes

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12056
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	3/4 Cup		733061
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992
GARLIC MINCED IN WTR 12-32Z	1/2 Cup		907713
GINGER FRSH 5 P/L	1/2 Cup		552321
SPICE PEPR RED CRUSHED 12Z TRDE	1 1/3 Tablespoon		430196
SPINACH LEAF FLAT CLND 4-2.5 RSS	6 1/2 Quart		329401
TOMATO PASTE 26 6-10 GCHC	3 1/2 Cup		100196
SALT IODIZED 25 CARG	2 Tablespoon		108286
ONION DCD IQF 6-4 GCHC	12 Cup		261521

Preparation Instructions

Directions:

Heat margarine over medium heat in a large stock pot.

Add onions, bell peppers, garlic, ginger, and red pepper flakes. Saute uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.

Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.

Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 16 scoop (1/3 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation

of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 16 scoop) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other

5: vegetable

6: CACFP Crediting Information: 1/3 cup (No. 16 scoop) provides 3/8 cup vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.200
OtherVeg	0.178
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	29.96
Fat	1.34g
SaturatedFat	0.54g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	167.60mg
Carbohydrates	3.93g
Fiber	0.84g
Sugar	2.02g
Protein	0.67g
Vitamin A 330.05IU	Vitamin C 14.21mg
Calcium 10.46mg	Iron 0.31mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Gingerbread

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12057

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND 50	1 7/8 Quart		330094
FLOUR WHEAT HI-GLUTEN UNBLCHD 50	1 13/16 Pound		683491
BAKING SODA 36Z GCHC	2 2/3 Tablespoon		513849
SPICE GINGER GRND 16Z TRDE	3/8 Cup		513695
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon		224723
SPICE CLOVES GRND 16Z TRDE	2 Teaspoon		224774
MARGARINE SLD 30-1 GCHC	1 1/3 Cup		733061
SUGAR BROWN MED 25 GCHC	3 Cup	UNSPECIFIED	108626
MOLASSES 4-1GAL P/L	1 1/3 Quart		234303
Tap Water for Recipes	1 1/3 Quart	UNPREPARED	000001WTR
EGG WHL LIQ 6-5 GCHC	2 2/3 Cup		284122

Preparation Instructions

Directions:

Place flour, baking soda, ginger, cinnamon, and cloves in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted.

Add eggs.

Add molasses mixture to dry ingredients and stir until lumps are removed.

(Optional) Add lemon or orange zest.

Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until edges are dark and middle is firm to touch:

Conventional oven: 350 °F for 35-45 minutes. Convection oven: 325 °F for 30-35 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	163.06
Fat	3.31g
SaturatedFat	1.22g
Trans Fat	0.00g
Cholesterol	24.21mg
Sodium	205.47mg
Carbohydrates	30.58g
Fiber	1.16g
Sugar	18.61g
Protein	3.33g
Vitamin A 159.60IU	Vitamin C 0.00mg
Calcium 42.78mg	Iron 1.75mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Chili

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL LIQ CORN NT 6-1GAL GFS	1/2 Cup		107662
ONION DCD 1/2 2-5 RSS	2 1/2 Pound		426059
PEPPERS GREEN DCD 1/2 2-3 RSS	3 3/4 Cup		283959
SPICE CHILI POWDER HOT 17Z TRDE	1 1/2 Cup		224707
SPICE CUMIN GRND 5 TRDE	1/2 Cup		777072
SPICE GARLIC GRANULATED 24Z TRDE	2 2/3 Tablespoon		513881
SPICE ONION POWDER 19Z TRDE	1 1/3 Tablespoon		126993
SAUCE HOT 4-1GAL CRWNCOLL	1/2 Cup		264471
SUGAR BROWN MED 25 GCHC	1 Cup	UNSPECIFIED	108626
TOMATO CRSHD 6-10 ANGM	23 3/10 Cup		444588
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	1 1/16 Quart	READY_TO_EAT None	501031
BEAN KIDNEY RED LT 6-10 GCHC	27 1/2 Cup		118788
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR
YOGURT PLN FF NAT 6-32Z YOPL	2 Quart	READY_TO_EAT Ready to eat	705850
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart		150250
No. 3 Bulgur Wheat	12 1/4 Cup		12291968KD

Preparation Instructions

Directions:

Heat the oil in a steam-jacketed kettle.

Add the onions and sauté 3 minutes, until translucent.

Add the green peppers and sauté 2 minutes, until tender.

Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.

Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.

Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Heat to 140° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.

Notes:

1: Comments:

2: *See Marketing Guide.

3: Serving Information:

4: ¾ cup (6 oz ladle) provides:

5: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 oz equivalent grains.

6: OR

7: Legume as Vegetable: 1 oz equivalent meat alternate, 1/8 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.

8: Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

9: Special Tip:

10: This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

11: A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.125
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	195.05
Fat	5.50g
SaturatedFat	3.06g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	418.69mg
Carbohydrates	28.13g
Fiber	7.53g
Sugar	7.49g
Protein	10.23g
Vitamin A 21.11IU	Vitamin C 4.78mg
Calcium 169.02mg	Iron 2.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cornbread

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12116

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND 50	1 1/2 Quart		330094
CORNMEAL WHT SELF RISING 25 GENM	1 2/3 Quart	BAKE Refer to your desired recipe or formula for preparation instructions.	198060
SUGAR CANE GRANUL 25 GCHC	2 Cup		108642
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Ounce		683700
SALT IODIZED 25 CARG	1 Tablespoon		108286
EGG WHL LIQ 6-5 GCHC	1 1/3 Cup		284122
MILK PWD INST FF 50 P/L	1 3/4 Quart		113336
OIL CANOLA 9-48FLZ P/L	1 Cup		330252
PEPPERS RED DCD 3/8 2-3 RSS	3 Cup		581992
CORN WHL KERNEL R/SOD 6-10 P/L	2 1/2 Cup		222011

Preparation Instructions

Directions:

Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.

Combine eggs, milk, and oil in a large bowl. Stir well.

Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. **DO NOT OVERMIX.**

For 50 servings, mix for 2-3 minutes on medium speed. For 100 servings, mix for 2-3 minutes on medium speed.

Pour batter on a sheet pan lightly coated with pan release spray.

For 50 servings, pour 4 lb 8 oz (1 qt 3 1/2 cups) batter on 1 half-sheet pan (18" x 13" x 1"). For 100 servings, pour 9 lb (3 qt 3 cups) batter on 1 full sheet pan (18" x 26" x 1").

Bake until lightly browned:

Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 20-25 minutes.

Remove from oven. Cool for 10 minutes.

Portion:

For 50 servings, cut each pan 5 x 10 (50 pieces per pan). For 100 servings, cut each pan 10 x 10 (100 pieces per pan).

Variation: Add peppers and corn to step 3. Continue with step 4.

Notes:

1: *See Marketing Guide for purchasing information on foods on that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	118.39
Fat	0.98g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	13.74mg
Sodium	315.48mg
Carbohydrates	22.21g
Fiber	1.57g
Sugar	8.85g
Protein	5.35g
Vitamin A 121.84IU	Vitamin C 7.55mg
Calcium 142.16mg	Iron 0.81mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Vegetable Sticks

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12117

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	25 Cup		510637
CUCUMBER SELECT 24CT MRKN	25 Cup		418439
CELERY STIX 4-3 RSS	3 1/2 Pound		781592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.094
OtherVeg	0.810
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	27.09
Fat	0.03g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	104.85mg
Carbohydrates	5.86g
Fiber	2.98g
Sugar	3.50g
Protein	1.20g
Vitamin A 4026.19IU	Vitamin C 1.83mg
Calcium 53.89mg	Iron 0.11mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Taco Soup

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12118

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	8 1/2 Pound		100158
SPICE CHILI POWDER HOT 17Z TRDE	1 Cup		224707
SPICE CUMIN GRND 15Z TRDE	1 1/4 Cup		273945
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SPICE ONION POWDER 19Z TRDE	2 2/3 Tablespoon		126993
SPICE PEPR RED CRUSHED 3.75 TRDE	1 1/3 Tablespoon		513768
SPICE PEPR BLK REST GRIND 16Z TRDE	2 2/3 Tablespoon		225061
ONION DCD 1/2 2-5 RSS	5 Pound		426059
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z HVALL	1 Cup		192716
TOMATO CRSHD 6-10 ANGM	23 3/10 Cup		444588
Salsa, Low-Sodium, Canned	2 Quart	READY_TO_EAT	100330
CORN WHL KERNEL STD GRADE 6-10 KE	10 Cup		244805
BEAN KIDNEY 6-10 COMM	25 9/10 Cup		173860

Preparation Instructions

Directions:

Brown ground beef uncovered over medium high heat in a large stock pot.

Add spices. Stir well.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove beef mixture and set aside for step 7.

Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.

Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.

Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Serve immediately or cover and place in a warmer until ready for service.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available

2: .

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

6: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup

7: red/orange vegetable, and ¼ cup additional

8: vegetable.

9: Legume as Vegetable: 1 oz equivalent meat/meat

10: alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and

11: ¼ cup additional vegetable.

12: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

13: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup

14: vegetable.

15: Legume as Vegetable: 1 oz meat/meat alternate and ¾

16: cup vegetable.

17: How to Cook Dry Beans

18: Special tip for preparing dry beans:

19: SOAKING BEANS

20: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight.

Discard the water. Proceed with recipe.

21: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and

22: boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

23: COOKING BEANS

24: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

25: Critical Control Point: Hold for hot service at 135 °F or higher.

26: OR

27: Chill for later use.

28: Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

29: 1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	196.75		
Fat	6.81g		
SaturatedFat	2.03g		
Trans Fat	1.01g		
Cholesterol	26.39mg		
Sodium	583.74mg		
Carbohydrates	23.37g		
Fiber	4.83g		
Sugar	5.69g		
Protein	11.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.60mg	Iron	1.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12480
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650
JELLY APPLE-GRAPE 6-10 GCHC	100 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	200 Tablespoon		279013

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	335.00mg
Carbohydrates	45.00g
Fiber	6.00g
Sugar	17.00g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 2.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich W/Yogurt

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12504
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650
JELLY APPLE-GRAPE 6-10 GCHC	200 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	200 Tablespoon		279013
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	100 Each	READY_TO_EAT READY_TO_EAT	885750

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	490.00
Fat	17.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	400.00mg
Carbohydrates	72.00g
Fiber	6.00g
Sugar	38.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 2.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pumpkin Muffin Squares

Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17623
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND 50	2 Quart		330094
FLOUR BRD BLCHD SEAL OF 50 ARDENT	1 5/8 Quart		284351
BAKING POWDER 6-5 CLABBER GIRL	2 Tablespoon		361032
BAKING SODA 36Z GCHC	1 1/3 Tablespoon		513849
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	2 Teaspoon		224944
SPICE GINGER GRND 16Z TRDE	2 Teaspoon		513695
SUGAR BROWN MED 50 GCHC	1 2/3 Quart		580449
OIL CANOLA 9-48FLZ P/L	3 Cup		330252
EGG WHL LIQ W/CITRIC 15-2 GCHC	2/3 Cup		874302
EGG LIQ SUB FF CHOLEST FR 15-2 GCHC	1 3/10 Cup		762841
EXTRACT VANILLA PURE 1-PT GCHC	2 2/3 Tablespoon		513873
PUMPKIN FCY 6-10 GCHC	2 1/3 Quart		186244
RAISINS DRD GOLDEN 1-5	10 Ounce		559970

Preparation Instructions

Directions:

Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine sugar and oil in a large bowl.

Add eggs and vanilla extract. Stir well.

Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.

Fold in pumpkin and raisins. Stir well.

Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until golden brown:

Conventional oven: 350 °F for 40-45 minutes. Convection oven: 325 °F for 35-40 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	130.29		
Fat	0.55g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	5.98mg		
Sodium	218.48mg		
Carbohydrates	29.51g		
Fiber	1.86g		
Sugar	15.55g		
Protein	3.21g		
Vitamin A	0.00IU	Vitamin C	0.09mg
Calcium	29.02mg	Iron	0.91mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Toasted Cheese Sandwich D-07

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-18865
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	1 1/2 Cup		733061
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650
CHEESE AMER 160CT SLCD R/F 6-5 LOL	200 Slice		722360

Preparation Instructions

Directions:

Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5

Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices.

Top each slice of bread with 2 slices (2 oz) of cheese.

Cover with remaining bread slices.

Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes
DO NOT OVERBAKE

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Notes:

1: Comments:

2: *See Marketing Guide.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	234.00
Fat	8.64g
SaturatedFat	3.58g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	646.40mg
Carbohydrates	26.00g
Fiber	4.00g
Sugar	3.00g
Protein	13.00g
Vitamin A 180.00IU	Vitamin C 0.00mg
Calcium 272.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spartan Toasted Cheese Sandwich

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21370

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GFS	3/4 Cup		113271
BREAD WHT PULLMAN SLCD 12-28Z	100 Slice		197132
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	200 Slice		189071

Preparation Instructions

Directions:

Brush approximately ½ oz (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.

Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.

Top each slice of bread with 2 oz (1 slice) of cheese.

Cover with remaining bread slices.

Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.

Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.

If desired, cut each sandwich diagonally in half. Serve immediately.

CCP: Hold for hot service at 140°F or warmer.

Portion is 1 sandwich.

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	304.00
Fat	12.64g
SaturatedFat	5.48g
Trans Fat	0.72g
Cholesterol	30.00mg
Sodium	752.40mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	6.00g
Protein	18.00g
Vitamin A 120.00IU	Vitamin C 0.00mg
Calcium 406.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Peach cup

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21371

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IRREGULAR XL/S 6-10 KE	100 Cup	Open Can portions out peaches in container	535362

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	120.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	32.00g		
Fiber	2.00g		
Sugar	30.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ARL Buttered Green Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22012
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	1 Cup	BAKE	100307
Milk, fluid, 1% fat, without added vitamin A and vitamin D	1 Cup	bake with beans	1175

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	134.48		
Fat	2.37g		
SaturatedFat	1.54g		
Trans Fat	0.00g**		
Cholesterol	12.20mg		
Sodium	387.36mg		
Carbohydrates	18.18g		
Fiber	4.00g		
Sugar	14.69g		
Protein	10.22g		
Vitamin A	114.68IU	Vitamin C	0.00mg
Calcium	305.00mg	Iron	0.07mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Spartan Turkey Bagel

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	100 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	12 1/2 Pound		211729
CHEESE AMER 160CT SLCD R/F 6-5 LOL	100 Slice		722360
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup		702595

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	254.45
Fat	4.13g
SaturatedFat	1.25g
Trans Fat	0.06g
Cholesterol	56.17mg
Sodium	421.83mg
Carbohydrates	29.01g
Fiber	4.01g
Sugar	5.50g
Protein	25.97g
Vitamin A 26.66IU	Vitamin C 0.03mg
Calcium 134.64mg	Iron 2.46mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spartan Grilled Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22453

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	400 Slice		722360
BREAD WHL WHE PULLMAN SLCD 12-22Z	200 Each		710650
BUTTER ALT LIQ ZT 3-1GAL PHASE	1 Cup	READY_TO_EAT Ready to use.	488710

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	299.20
Fat	12.24g
SaturatedFat	5.40g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1048.80mg
Carbohydrates	28.00g
Fiber	4.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 464.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spartan Nachos

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27113

Ingredients

Description	Measurement	Prep Instructions	DistPart #
"Taco in a bag" Nacho Cheese Tortilla Chips	200 Ounce	READY_TO_EAT	20360-0112
84-2.6Z SALSA CUP REDG REDSC2Z	100 Each		536690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	266.67
Fat	12.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	400.00mg
Carbohydrates	37.33g
Fiber	4.00g
Sugar	1.33g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.33mg	Iron 1.33mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spartan BBQ Bacon Chicken Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27114

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each		786520
SAUCE BBQ 4-1GAL GCHC	100 Tablespoon		734136
Cheese, Mozzarella, Part Skim, Shredded	100 Ounce		100021
BACON CKD FASTN EASY 3-100CT HRML	100 Slice		594954
4 inch whole grain hamburger buns - 30 ct	100 bun		3480

Preparation Instructions

Heat chicken patties in oven to 135 degrees. Top with warm bacon slice, BBQ sauce and mozzarella cheese. Wrap in foil. Keep warm.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	518.44		
Fat	23.85g		
SaturatedFat	9.33g		
Trans Fat	0.00g		
Cholesterol	112.00mg		
Sodium	1279.59mg		
Carbohydrates	9.00g		
Fiber	2.28g		
Sugar	9.00g		
Protein	37.35g		
Vitamin A	0.00IU	Vitamin C	0.33mg
Calcium	2.25mg	Iron	0.95mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Walking Taco

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	100 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
TACO FILLING BEEF 4-5 GCHC	12 1/2 Pound		776548
CHEESE CHED MLD SHRD FINE 4-5 GCHC	6 1/4 Pound		191043
SALSA 103Z 6-10 REDG	7 Pound	READY_TO_EAT None	452841

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER, DRAIN WELL.

1. In a tilt-skillet, cook beef and drain fat.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Add taco seasoning mix (optional) and water, blend well. Bring to a boil. Reduce heat and simmer for 20-30 minutes.

3. Crush individual bags of chips and open.

3. Add 2 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

1.5 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable

OR

1.5 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

Updated October 2013

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.187
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	276.20
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	487.65mg
Carbohydrates	24.74g
Fiber	3.00g
Sugar	1.75g
Protein	12.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 161.50mg	Iron 2.05mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberries and Whipped Cream

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27240
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	100 Cup		212768
CREAM WHIP 40 HVY ESL 12-1QT GCHC	100 Tablespoon	Whipped Cream - Yield 2X volume after whipped	428801

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.600
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	168.60		
Fat	12.48g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	50.00mg		
Sodium	1.55mg		
Carbohydrates	11.91g		
Fiber	3.10g		
Sugar	7.15g		
Protein	1.07g		
Vitamin A	18.24IU	Vitamin C	89.34mg
Calcium	24.31mg	Iron	0.62mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spartan Cheese Pizza

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29704
School:	Certification Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
16 Sliced WG Cheese Pizza	100 Slice		232441

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	290.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	290.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 500.00IU	Vitamin C 12.00mg
Calcium 300.00mg	Iron 3.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Celery Sticks w/ Peanut Butter

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30561
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STALK CLEANED 10 RSS	14 Pound		478318
USDA Commodity Smooth Peanut Butter	12 1/2 Cup		100396

Preparation Instructions

Wash hands. Refer to our Standard Operating Procedures (SOP).

Wash and cut celery into 1/2 inch by 4 inch sticks. Portion 6 celery sticks into 5.5 ounce souffle. Portion 2 tablespoons of peanut butter into 2 ounce souffle, serve together.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.512
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	208.91		
Fat	16.10g		
SaturatedFat	3.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.80mg		
Carbohydrates	10.05g		
Fiber	3.02g		
Sugar	4.02g		
Protein	7.46g		
Vitamin A	285.10IU	Vitamin C	1.97mg
Calcium	25.40mg	Iron	0.13mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31549
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	27 Ounce	(38.4 oz turkey, raw, ground; no more than 15% fat)	5669
Oats, rolled, unenriched, quick cooking, dry, no salt added [100466]	7 Ounce		50456
Soup, beef broth, less/reduced sodium, ready to serve	1/2 Cup		6188
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1 1/2 Ounce		1154
Onions, cooked, boiled, drained, without salt	6 Ounce		11283
Spices, parsley, dried	1/8 Cup		2029
Spices, pepper, black	1 1/4 tsp, ground		2030
Salt, table	2 1/2 Teaspoon		2047
Beef, fine ground, crumbles, pan-browned, 15% fat [100158]	19 Ounce	(25.6 oz beef, ground, raw, no more than 15% fat)	50512
Soup, chicken broth, low sodium, canned	4 1/4 Cup		6970
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	2 1/2 Ounce		20080
Margarine-like spread, SMART BEAT Smart Squeeze	2 Ounce		4676
Mushrooms, white, cooked, boiled, drained, without salt	2 Ounce		11261
Spices, onion powder	1 Teaspoon		2026
Mustard, prepared, yellow	1 Tablespoon		2046
Tomatoes, Diced, No Salt Added, Canned	4 Ounce		51504

Description	Measurement	Prep Instructions	DistPart #
Egg, white, raw, fresh	1/2 Cup		1124

Preparation Instructions

Preparation Instructions: Combine all ingredients and bake at 350 F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	192.95
Fat	9.51g
SaturatedFat	2.83g
Trans Fat	0.08g**
Cholesterol	51.78mg
Sodium	335.96mg
Carbohydrates	9.45g
Fiber	1.38g
Sugar	1.54g**
Protein	16.95g
Vitamin A 226.28IU	Vitamin C 1.30mg**
Calcium 52.97mg**	Iron 1.91mg**

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Barbecue Chicken Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31899
School:	Certification Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW WHL PLD 30 RSS	16 Ounce		438261
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 7/8 Quart		100129
SPICE GARLIC POWDER 6 TRDE	2 Teaspoon		513857
SUGAR BROWN LT 12-2 P/L	1 1/2 Pound		860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon		225061
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
CHIX DCD 1/2 WHT CKD 2-5 GCHC	12 3/4 Pound		599697
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
ONION GREEN DCD 1/4 2-3 P/L	1 3/5 Pound		319228
ONION RED DCD 1/4 2-5 RSS	2 Pound		429201
CELERY DCD 1/2 2-5 RSS	52 Ounce		503924
LETTUCE ICEBERG PREM 6CT MRKN	40 Ounce		162170
TOMATO SLCD 1/4 5 RSS	60 Ounce		786535

Preparation Instructions

Directions:

See E-19 for recipe ingredients and directions. Set ranch dressing aside for step 4.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz)

ranch dressing.

Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) barbecue sauce.

Set barbecue sauce aside for step 4.

Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Place barbecued chicken salad on plated lettuce.

Place tomato on top of barbecued chicken salad.

(Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) on bottom of roll, top with lettuce, then tomato, then top of roll.

Critical Control Point: Hold at 41 °F or lower.

Portion with No. 12 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

6: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

7: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	137.70		
Fat	1.12g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	37.40mg		
Sodium	422.49mg		
Carbohydrates	13.86g		
Fiber	0.96g		
Sugar	10.02g		
Protein	18.21g		
Vitamin A	370.12IU	Vitamin C	5.91mg
Calcium	19.64mg	Iron	0.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Sandwich Bagel Turkey & Chs

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32062
School:	Certification Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	100 Each		230264
TURKEY PULLED WHT CKD 2-5 GCHC	12 1/2 Pound		211729
CHEESE AMER YEL 160CT SLCD 4-5 GCHC	101 Slice		271411
LETTUCE LEAF GRN WASHED TRMD 2-5 RSS	1 Cup		702595
TOMATO RANDOM 2 25 MRKN	1 Cup		508616

Preparation Instructions

Directions:

WASH HANDS.

WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER.

1. Slice turkey.
2. Layer 2 ounces turkey breast, 1 slice cheese, lettuce leaf and a tomato slice on one half of bagel.
3. Place other half of bagel over top.
4. Serve.

CCP: COLD FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MAXIMUM OF 40 DEGREES F.

Tip: May toast bagel for added crunch or add lite mayonnaise or mustard for more flavor.

Child Nutrition information: 1 sandwich provides= 2 oz eq grain, 2.5 oz meat/meat alternate, 1/4 c. additional vegetable

Notes:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.28
Fat	6.68g
SaturatedFat	2.53g
Trans Fat	0.06g
Cholesterol	61.29mg
Sodium	464.42mg
Carbohydrates	29.09g
Fiber	4.03g
Sugar	5.56g
Protein	25.01g
Vitamin A 41.65IU	Vitamin C 0.28mg
Calcium 104.47mg	Iron 2.51mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ARL unflavored skim milk

Servings:	100.00	Category:	Milk
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32115
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk, fluid, 1% fat, without added vitamin A and vitamin D	50 Pint		1175
Cream, fluid, heavy whipping	2 cup, fluid (yields 2 cups whipped)		1053

Preparation Instructions

100 cups of milk for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	106.59
Fat	2.80g
SaturatedFat	1.82g
Trans Fat	0.01g**
Cholesterol	13.57mg
Sodium	107.69mg
Carbohydrates	12.21g
Fiber	0.00g
Sugar	12.72g
Protein	8.26g
Vitamin A 132.47IU	Vitamin C 0.01mg
Calcium 305.80mg	Iron 0.07mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak - arl

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32578
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	27 Ounce	(38.4 oz turkey, raw, ground; no more than 15% fat)	5669
Oats, rolled, unenriched, quick cooking, dry, no salt added [100466]	7 Ounce		50456
Soup, beef broth, less/reduced sodium, ready to serve	1/2 Cup		6188
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1 1/2 Ounce		1154
Onions, cooked, boiled, drained, without salt	4 2/3 Ounce		11283
Spices, parsley, dried	1/8 Cup		2029
Spices, pepper, black	1 1/4 tsp, ground		2030
Salt, table	2 1/2 Teaspoon		2047
Beef, fine ground, crumbles, pan-browned, 15% fat [100158]	19 Ounce	(25.6 oz beef, ground, raw, no more than 15% fat)	50512
Soup, chicken broth, low sodium, canned	4 1/4 Cup		6970
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	2 1/2 Ounce		20080
Margarine-like spread, SMART BEAT Smart Squeeze	2 Ounce		4676
Mushrooms, white, cooked, boiled, drained, without salt	2 Ounce		11261
Spices, onion powder	1 Teaspoon		2026
Mustard, prepared, yellow	1 Tablespoon		2046
Tomatoes, Diced, No Salt Added, Canned	4 Ounce		51504

Preparation Instructions

Preparation Instructions: Combine all ingredients and bake at 350 F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	192.29
Fat	9.51g
SaturatedFat	2.83g
Trans Fat	0.08g**
Cholesterol	51.78mg
Sodium	335.88mg
Carbohydrates	9.30g
Fiber	1.36g
Sugar	1.47g**
Protein	16.93g
Vitamin A 226.25IU	Vitamin C 1.22mg**
Calcium 52.64mg**	Iron 1.91mg**

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Apples + Cheese arl

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32590
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	100 Serving	READY_TO_EAT Rinse under cool water and let dry	310
Cheddar Cheese Stick	100 Gram		
Bananas, raw	1 Pound		9040
Crackers; Cheez-It Crackers Pepper Jack, 36/3 oz	1		119235

Preparation Instructions

Added 119235 to recipe on 07/28/22

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	208.99
Fat	9.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	192.01mg
Carbohydrates	24.78g
Fiber	4.03g
Sugar	17.98g
Protein	6.44g
Vitamin A 0.71IU	Vitamin C 0.10mg
Calcium 27.06mg	Iron 0.21mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ARL - Tornado Bfast

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Tornado	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33904
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
A breakfast Tornado with a blend of scrambled eggs, crumbled turkey sausage, tomatoes, cheddar and Monterey Jack Cheeses, jalapeno and picante sauce wrapped in a freshly baked whole grain tortilla that is partially fried to a golden crisp.	1 Each		122530
PANCAKE & PORK SAUSAGE ON A STICK, FULLY COOKED, FROZEN, INDIVIDUAL OVEN-SAFE WRAPPERS, WHOLE GRAIN PANCAKE BATTER AROUND A MAPLE FLAVOR PORK SAUSAGE, PROVIDES 1.0 oz EQUIVALENT MEAT FOR CN + 1.25 oz EQUIVALENT GRAINS, CONTAINS WHEAT,SOY, EGG, MILK	1		120106

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Tornado

Amount Per Serving

Calories	3.56
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.57mg
Sodium	7.43mg
Carbohydrates	0.44g
Fiber	0.04g
Sugar	0.09g
Protein	0.16g
Vitamin A 0.06IU**	Vitamin C 0.00mg**
Calcium 0.17mg**	Iron 0.01mg**

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available