

Cookbook for KATHY'S TEST SCHOOL

Created by HPS Menu Planner

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HPS Taco Soup

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23430
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
Beef, Fine 85/15	8 1/2 Pound	100158
SPICE CHILI POWDER HOT	1 Cup	224707
SPICE CUMIN GRND	1 1/4 Cup	273945
SPICE GARLIC POWDER	1/2 Cup	224839
SPICE ONION POWDER	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	126993
SPICE PEPR RED CRUSHED	1 1/3 Tablespoon	513768
SPICE PEPR BLK REST GRIND	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	225061
ONION DCD 1/2"	5 Pound	426059
Tap Water for Recipes	1 Gallon	000001WTR
DRESSING MIX RNCH	1 Cup	192716
TOMATO CRSHD	1 Gallon 1 Quart 1 Pint 1 3/10 Cup (23 3/10 Cup)	444588
Salsa, Low-Sodium, Canned	2 Quart	100330
CORN WHL KERNEL STD GRADE	2 Quart 1 Pint (10 Cup)	244805
BEAN KIDNEY 6-10 COMM	1 Gallon 2 Quart 1 9/10 Cup (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	0.300
OtherVeg	0.150
Legumes	0.250
Starch	0.100

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

HPS Daily Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23431
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
LETTUCE ROMAINE CHOP	6 Gallon 1 Quart (100 Cup)	735787
CUCUMBER 1-24CT MARKON	1 Gallon 2 Quart 1 Cup (25 Cup)	238653
TOMATO 6X6 LRG	1 Gallon 2 Quart 1 Cup (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	5.000
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

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Chicken Breast Sandwich

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23429
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each	786520
BUN HAMB SLCD WHEAT WHL 4IN 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

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Tuna and Noodles

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23439
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	4 Gallon	000001WTR
PASTA NOODL EGG 1/4" MED	4 1/2 Pound	654541
MARGARINE SLD	1 Pint	733061
CELERY JUMBO 16-24CT	1 1/2 Quart	198536
ONION YELLOW JUMBO	1 3/4 Pound	200778
PEPPERS GREEN XL 40-50CT	1 1/8 Quart	147192
WHOLE WHEAT FLOUR STONE GROUND	1 Quart	330094
MILK WHT FF	1 Gallon	557862
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon	225037
PARSLEY CALIF CLND	1 Ounce	272396
TUNA CHNK WHT ALBA	16 Pound 10 Ounce (266 Ounce)	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart	222011
LEMON JUICE 100	1 1/3 Cup	311227
BROTH CHIX	1 Gallon	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

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Nutrition - Per 100g

No 100g Conversion Available

HPS 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-23441
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
Tap Water for Recipes	6 Gallon	000001WTR
SALT SEA	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	748590
PASTA ELBOW MACAR 51 WGRAIN	6 1/4 Pound	229941
TURKEY GROUND RAW	10 Pound	202060
ONION DCD 1/4IN	1 3/4 Pound	198307
TOMATO PASTE 26%	2 3/5 Quart	773549
TOMATO DCD NSA	3 1/16 Quart	827614
BASE BEEF NO MSG LO SOD	1 Gallon	580562
SPICE PEPR BLK (30 MESH) REG GRIND	1 Tablespoon	225045
SPICE GARLIC POWDER	1 Fluid Ounce	224839
SPICE CHILI POWDER MILD	1/4 Cup	331473
SPICE CUMIN GRND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	273945
SPICE PAPRIKA	1 Tablespoon	518331
SPICE ONION POWDER	1 Tablespoon	126993
SEASONING ANCHO CHILI	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	246.25		
Fat	7.61g		
SaturatedFat	2.23g		
Trans Fat	0.72g		
Cholesterol	49.03mg		
Sodium	327.74mg		
Carbohydrates	28.50g		
Fiber	4.15g		
Sugar	5.83g		
Protein	17.62g		
Vitamin A	122.40IU	Vitamin C	2.20mg
Calcium	36.83mg	Iron	2.32mg

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Nutrition - Per 100g

No 100g Conversion Available

HPS 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-23440
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
MARGARINE SLD	1 Pint	733061
GINGER CHPD IN OIL	1 Cup	464310
JUICE ORNG CONC 3+1	1 Quart	119997
SUGAR BROWN LT	1 Quart 1 Pint (6 Cup)	860311
SPICE CINNAMON GRND	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	224723
SPICE NUTMEG GRND	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	224944
SALT IODIZED	1 1/3 Tablespoon	108286
FLAVORING VANILLA IMIT	1 Ounce	110736
POTATO SWT DCD 3/4IN	16 1/2 Pound	869351
STARCH CORN	1/4 Cup	108413
Tap Water for Recipes	1 1/4 Quart	000001WTR
CRANBERRY DRIED SWTND	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	0.110
GreenVeg	0.000
RedVeg	0.370
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	146.70		
Fat	3.76g		
SaturatedFat	1.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	143.27mg		
Carbohydrates	28.65g		
Fiber	1.71g		
Sugar	19.83g		
Protein	0.82g		
Vitamin A	7374.75IU	Vitamin C	10.40mg
Calcium	14.32mg	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

HPS Barbecue Chicken Salad

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23450
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
ONION YELLOW WHL PLD	1 Pound	438261
SPICE PAPRIKA	1/4 Cup	518331
SPICE CHILI POWDER MILD	1 Fluid Ounce	331473
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 7/8 Quart	100129
SPICE GARLIC POWDER	2 Teaspoon	513857
SUGAR BROWN LT	1 1/2 Pound	860311
SAUCE WORCESTERSHIRE	1 Cup	109843
SPICE PEPR BLK REST GRIND	1 1/3 Tablespoon	225061
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup	265103
CHIX DCD 1/2" WHT CKD	12 3/4 Pound	599697
SEASONING ANCHO CHILI	1/4 Cup	748570
ONION GREEN DCD 1/4IN	1 3/5 Pound	319228
ONION RED DCD 1/4IN	2 Pound	429201
CELERY DCD 1/2IN	3 Pound 4 Ounce (52 Ounce)	503924
LETTUCE ICEBERG PREM	2 Pound 8 Ounce (40 Ounce)	162170
TOMATO SLCD 1/4"	3 Pound 12 Ounce (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	2.040
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.150
OtherVeg	0.393
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	37.74mg		
Sodium	422.49mg		
Carbohydrates	13.86g		
Fiber	0.96g		
Sugar	10.02g		
Protein	18.21g		
Vitamin A	370.12IU	Vitamin C	5.91mg
Calcium	19.63mg	Iron	0.50mg

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Nutrition - Per 100g

No 100g Conversion Available

HPS Brown Rice Pilaf

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23448
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
ONION DCD 1/2"	2 Pound	426059
PEPPERS GREEN DCD 1/4IN	2 Pound	198331
GARLIC MINCED IN WTR	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	907713
SALT IODIZED	1 1/3 Tablespoon	108286
SPICE PEPR BLK REST GRIND	2 Teaspoon	225061
SPICE CELERY SALT	1 1/3 Tablespoon	231517
MUSHROOM SLCD 1/16IN	1 1/4 Quart	444823
THYME FRESH	1 1/3 Tablespoon	562726
BROTH CHIX NO MSG	1 1/2 Gallon	261564
TOMATO PASTE 26%	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)	100196
RICE BRN PARBL WGRAIN	6 1/2 Pound	516371
SPINACH	3 Quart 1 Cup (13 Cup)	560712
CRANBERRY DRIED SWTND	1 Quart	350882
CHEESE PARM SHVD	1 Pint 1/2 Cup (2 1/2 Cup)	140560
PARSLEY CALIF CLND	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	434.95mg
Carbohydrates	84.07g
Fiber	3.22g
Sugar	6.22g
Protein	12.50g
Vitamin A 0.02IU	Vitamin C 0.10mg
Calcium 128.99mg	Iron 2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS 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-23451
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
ONION DCD 1/2"	6 Pound	426059
PEPPERS GREEN DCD 1/4IN	10 Ounce	198331
SPICE GARLIC POWDER	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	513857
SPICE PEPR BLK REST GRIND	1 Tablespoon	225061
TOMATO PUREE 1.045	1 1/2 Gallon	100242
SALT IODIZED	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	108286
BROTH BF NO MSG	2 Quart	504599
SPICE PARSLEY FLAKES	1/2 Cup	259195
SPICE BASIL GRND	1/4 Cup	513636
SPICE OREGANO LEAF	1/4 Cup	228443
SPICE MARJORAM LEAF	1 Fluid Ounce	513709
SPICE THYME GRND	1 Tablespoon	513822
CARROT SHRD MED	2 1/2 Pound	313408
Tap Water for Recipes	12 Gallon	000001WTR
PASTA SPAG 51 WGRAIN	6 1/4 Pound	221460
Beef, Fine 85/15	11 Pound	100158
PORK GRND 80/20	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	2.136
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.880
OtherVeg	0.192
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	339.94
Fat	14.09g
SaturatedFat	4.74g
Trans Fat	1.31g
Cholesterol	59.93mg
Sodium	350.70mg
Carbohydrates	33.19g
Fiber	4.62g
Sugar	7.90g
Protein	21.76g
Vitamin A 10630.79IU	Vitamin C 2.44mg
Calcium 36.76mg	Iron 2.79mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS 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-23452
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BREAD WHL WHE PULLMAN SLCD	200 Each	710650
JELLY APPLE-GRAPE	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)	100927
PEANUT BUTTER SMOOTH	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)	279013

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
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

HPS Black Bean Hummus

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23453
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	3 Gallon 1 Pint (50 Cup)	518551
BEAN GARBANZO LO SOD 6-10 P/L	3 Gallon 1 Pint (50 Cup)	597991
LEMON JUICE 100	2 1/4 Quart	311227
GARLIC WHL FRSH	1 1/3 Quart	907673
OIL BLND SOY/POM OLV 90/10	3/4 Cup	524948
SALT IODIZED	1 Tablespoon	108286
SPICE CUMIN GRND	1/4 Cup	777072
SPICE PEPR WHITE GRND	1 Fluid Ounce	513776
CILANTRO CLEANED	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	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.106
Legumes	1.000
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	352.16mg		
Carbohydrates	41.55g		
Fiber	12.17g		
Sugar	1.00g		
Protein	12.51g		
Vitamin A	0.72IU	Vitamin C	2.49mg
Calcium	59.50mg	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

HPS Marinated Black Bean Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23454
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon	518551
JUICE LIME	1 Cup	199028
SPICE PARSLEY FLAKES	1 Cup	259195
SPICE CUMIN GRND	1 Fluid Ounce	777072
GARLIC WHL FRSH	7/8 Cup	907673
SEASONING ANCHO CHILI	1/4 Cup	748570
CILANTRO CLEANED	2 5/8 Quart	219550
OIL BLND SOY/POM OLV 90/10	1/2 Cup	524948
HONEY SQZ BTL 16Z	1 Pint	217523
VINEGAR APPLE CIDER 5%	1 Cup	430795
CORN CUT IQF	1 Pint 1 1/4 Cup (3 1/4 Cup)	285620
PEPPERS GREEN DCD 1/4IN	1 1/2 Pound	198331
PEPPERS RED DCD 3/8IN	1 1/2 Quart	581992
Salsa, Low-Sodium, Canned	1 5/8 Quart	100330
ONION RED DCD 1/4IN	1 Pint	429201
PEPPERS JALAP SLCD 128CT	4 Ounce	466240
CHEESE CHED SHRD	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 3/4 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 3/4 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 3/4 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	0.139
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

HPS Hamburger

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23455
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
PICKLE DILL SLCD HAMB 2900CT	3 Pound 2 Ounce (50 Ounce)	149209
BEEF STK PTY CKD 2.45Z	100 Each	661851
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 Quart 1 Fluid Ounce 2 1/16 Teaspoon (200 Teaspoon)	100129
BUN HAMB SLCD WHEAT WHL 4IN 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 2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS 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-23456
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
SPICE GARLIC POWDER	1/2 Cup	224839
SUGAR CANISTER	1/2 Cup	449237
SPICE CINNAMON GRND	1/4 Cup	224723
SPICE ALLSPICE GRND	1/4 Cup	513601
SPICE PAPRIKA	1/4 Cup	518331
SALT IODIZED	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	108286
SPICE PEPR RED CRUSHED	2 Teaspoon	430196
SPICE PEPR BLK REST GRIND	1 1/3 Tablespoon	225061
SPICE PEPR RED CAYENNE GRND	2 Teaspoon	225088
SPICE TURMERIC GRND	1 Fluid Ounce	514187
SPICE CUMIN GRND	1/2 Cup	273945
OIL CANOLA	3/4 Cup	330252
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Piece	786520
PARSLEY CALIF CLND	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	154.73		
Fat	8.11g		
SaturatedFat	2.01g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	622.80mg		
Carbohydrates	1.96g		
Fiber	0.00g		
Sugar	0.96g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.84mg	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

HPS Vegetable Chili

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23457
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
OIL LIQ CORN NT	1/2 Cup	107662
ONION DCD 1/2"	2 1/2 Pound	426059
PEPPERS GREEN DCD 1/2IN	1 Pint 1 3/4 Cup (3 3/4 Cup)	283959
SPICE CHILI POWDER HOT	1 1/2 Cup	224707
SPICE CUMIN GRND	1/2 Cup	777072
SPICE GARLIC GRANULATED	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	513881
SPICE ONION POWDER	1 1/3 Tablespoon	126993
SAUCE HOT 4-1GAL CRWNCOLL	1/2 Cup	264471
SUGAR BROWN MED	1 Cup	108626
TOMATO CRSHD	1 Gallon 1 Quart 1 Pint 1 3/10 Cup (23 3/10 Cup)	444588
TOMATO DCD IN JUICE	1 1/16 Quart	501031
BEAN KIDNEY RED LT	1 Gallon 2 Quart 1 Pint 1 1/2 Cup (27 1/2 Cup)	118788
Tap Water for Recipes	1 Cup	000001WTR
YOGURT PLN FF NAT	2 Quart	705850
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart	150250
No. 3 Bulgur Wheat	3 Quart 1/4 Cup (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, ¼ cup red/orange vegetable, and ¼ oz equivalent grains.

6: OR

7: Legume as Vegetable: 1 oz equivalent meat alternate, 1/8 cup legume vegetable, ¼ cup red/orange vegetable, 1/8 cup other vegetable, and ¼ 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	0.280
OtherVeg	0.110
Legumes	0.280
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

HPS Vegetable Sticks

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23458
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
CARROT BABY WHL CLEANED	1 Gallon 2 Quart 1 Cup (25 Cup)	510637
CUCUMBER SELECT	1 Gallon 2 Quart 1 Cup (25 Cup)	418439
CELERY STIX	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	0.750
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	87.45
Fat	0.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.10mg
Carbohydrates	20.38g
Fiber	7.73g
Sugar	10.78g
Protein	1.27g
Vitamin A 32127.62IU	Vitamin C 12.43mg
Calcium 105.00mg	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

HPS 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-23459
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
MARGARINE SLD	3/4 Cup	733061
PEPPERS RED DCD 3/8IN	1 1/2 Quart	581992
GARLIC MINCED IN WTR	1/2 Cup	907713
GINGER FRSH	1/2 Cup	552321
SPICE PEPR RED CRUSHED	1 1/3 Tablespoon	430196
SPINACH LEAF FLAT CLND	1 Gallon 2 1/2 Quart (6 1/2 Quart)	329401
TOMATO PASTE 26%	1 Pint 1 1/2 Cup (3 1/2 Cup)	100196
SALT IODIZED	1 Fluid Ounce	108286
ONION DCD IQF	3 Quart	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	0.260
RedVeg	0.200
OtherVeg	0.066
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	39.06
Fat	1.34g
SaturatedFat	0.54g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	195.45mg
Carbohydrates	5.23g
Fiber	1.62g
Sugar	2.02g
Protein	1.97g
Vitamin A 5235.16IU	Vitamin C 14.21mg
Calcium 65.82mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

HPS Jollof Rice

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23460
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	DistPart #
OIL CANOLA	1 Cup	330252
ONION DCD 1/2"	2 1/4 Pound	426059
SPICE GINGER GRND	1 1/3 Tablespoon	513695
GARLIC MINCED IN WTR	1/4 Cup	907713
PEPPERS RED DCD 3/8IN	1 1/4 Quart	581992
TOMATO DCD IN JUICE	1 Pint 1 7/8 Cup (3 7/8 Cup)	501031
SAUCE TOMATO	1 Pint 1 5/8 Cup (3 5/8 Cup)	306347
SALT IODIZED	1 1/3 Tablespoon	108286
SPICE PEPR RED CAYENNE GRND	1/2 Teaspoon	225088
SPICE PAPRIKA	1/2 Teaspoon	518331
SPICE CURRY POWDER	1/4 Cup	224804
BASE VEG LO SOD	1 Gallon	157686
RICE BRN PARBL WGRAIN	7 1/2 Pound	516371
PEAS & CARROT 12-2.5 GCHC	2 2/5 Quart	119458
CILANTRO CLEANED	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	0.211
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		360.90	
Fat		3.15g	
SaturatedFat		0.01g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		183.72mg	
Carbohydrates		76.58g	
Fiber		2.74g	
Sugar		1.91g	
Protein		8.59g	
Vitamin A	200.02IU	Vitamin C	11.75mg
Calcium	17.17mg	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
