

Cookbook for Certification Test District

Created by HPS Menu Planner

Cookbook for Certification Elementary School

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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	2 5/8 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 1/2 Quart	READY_TO_EAT None	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	2 Tablespoon		224839
SPICE CHILI POWDER MILD	1/4 Cup		331473
SPICE CUMIN GRND	3 Tablespoon		273945
SPICE PAPRIKA	1 Tablespoon		518331
SPICE ONION POWDER	1 Tablespoon		126993
SEASONING ANCHO CHILI	1/4 Cup		748570

Description	Measurement	Prep Instructions	DistPart #
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
Beans, Peas, and Lentils	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	
Saturated Fat		2.23g	
Trans Fat		0.72g	
Cholesterol		49.03mg	
Sodium		327.74mg	
Carbohydrates		28.50g	
Fiber		4.15g	
Total Sugar		5.83g	
Added Sugar		0.00g	
Protein		17.62g	
Vitamin A	122.40mcg	Vitamin C	2.20mg
Calcium	36.83mg	Iron	2.32mg

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	2 Cup		733061
GINGER CHPD IN OIL	1 Cup		464310
JUICE ORNG CONC 3+1	1 Quart		119997
SUGAR BROWN LT	6 Cup		860311
SPICE CINNAMON GRND	2 5/8 Tablespoon		224723
SPICE NUTMEG GRND	2 5/8 Tablespoon		224944
SALT IODIZED	1 1/4 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	UNPREPARED	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	0.125
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Beans, Peas, and Lentils	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
Saturated Fat	1.53g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	143.27mg
Carbohydrates	28.65g
Fiber	1.71g
Total Sugar	19.83g
Added Sugar	11.52g
Protein	0.82g
Vitamin A	7374.75mcg
Vitamin C	10.40mg
Calcium	14.32mg
Iron	0.28mg

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 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
Beans, Peas, and Lentils	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	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		65.00mg	
Sodium		590.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Total Sugar		4.00g	
Added Sugar		0.00g	
Protein		24.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.72mg

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 1/4IN MED	4 1/2 Pound		654541
MARGARINE SLD	2 Cup		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
FLOUR WHOLE WHEAT 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	266 Ounce	4 cans	244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart		222011
LEMON JUICE 100	1 1/4 Cup		311227
BROTH CHIX	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
Beans, Peas, and Lentils	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	
Saturated Fat		1.84g	
Trans Fat		0.00g	
Cholesterol		207.69mg	
Sodium		709.30mg	
Carbohydrates		37.03g	
Fiber		2.42g	
Total Sugar		4.80g	
Added Sugar		0.00g	
Protein		114.59g	
Vitamin A	378.23mcg	Vitamin C	6.95mg
Calcium	103.76mg	Iron	1.66mg

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, cos or romaine, raw	100 cup shredded		11251
Cucumber, with peel, raw	25 cup slices		11205
Tomatoes, red, ripe, raw, year round average	25 cup cherry tomatoes		11529

Preparation Instructions

For the daily salad - 1 cup Romaine 11251 (credits 1/2 cup DG); 1/4 cup tomato 11529 (R/O); 1/4 cup cucumber 11205 (O)

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

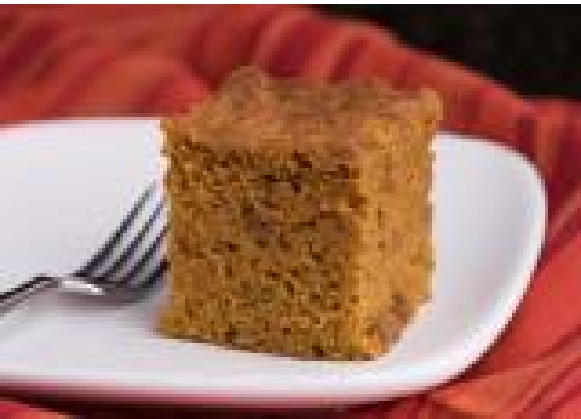
Serving Size: 1.00 Serving

Amount Per Serving			
Calories		18.60	
Fat		0.24g	
Saturated Fat		0.04g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		6.14mg	
Carbohydrates		3.94g	
Fiber		1.56g	
Total Sugar		1.97g	
Added Sugar		0.00g	
Protein		1.07g	
Vitamin A	516.51mcg	Vitamin C	7.71mg
Calcium	23.40mg	Iron	0.63mg

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 #
FLOUR WHOLE WHEAT STONE GROUND	2 Quart		330094
FLOUR BRD BLCHD SEAL OF 50 ARDENT	1 5/8 Quart		284351
BAKING POWDER	2 Tablespoon		361032
BAKING SODA	1 1/4 Tablespoon		513849
SALT IODIZED	1 1/4 Tablespoon		108286
SPICE CINNAMON GRND	2 5/8 Tablespoon		224723
SPICE NUTMEG GRND	2 Teaspoon		224944
SPICE GINGER GRND	2 Teaspoon		513695
SUGAR BROWN MED	1 5/8 Quart		580449
OIL CANOLA	3 Cup		330252
EGG WHL LIQ W/CITRIC	5/8 Cup		874302
EGG LIQ SUB FF CHOLEST FR 15-2 GCHC	1 1/4 Cup		762841
EXTRACT VANILLA PURE	2 5/8 Tablespoon		513873

Description	Measurement	Prep Instructions	DistPart #
PUMPKIN FCY	2 1/4 Quart		186244
RAISINS DRD GOLDEN	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
Beans, Peas, and Lentils	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**	
Saturated Fat		0.11g**	
Trans Fat		0.00g**	
Cholesterol		5.98mg**	
Sodium		218.85mg**	
Carbohydrates		29.51g**	
Fiber		1.86g**	
Total Sugar		15.55g**	
Added Sugar		0.00g**	
Protein		3.21g**	
Vitamin A	0.00mcg**	Vitamin C	0.09mg**
Calcium	28.70mg**	Iron	0.91mg**

**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-12039

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW WHL PLD	16 Ounce		438261
SPICE PAPRIKA	1/4 Cup		518331
SPICE CHILI POWDER MILD	2 Tablespoon		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 1/4 Tablespoon		225061
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
CHIX DCD 1/2IN WHT CKD	12 3/4 Pound		599697
SEASONING ANCHO CHILI	1/4 Cup		748570
ONION GREEN DCD 1/4IN	1 1/2 Pound		319228
ONION RED DCD 1/4IN	2 Pound		429201
CELERY DCD 1/2IN	52 Ounce		503924
LETTUCE ICEBERG PREM	40 Ounce		162170

Description	Measurement	Prep Instructions	DistPart #
TOMATO SLCD 1/4IN	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		37.74mg	
Sodium		422.49mg	
Carbohydrates		13.86g	
Fiber		0.96g	
Total Sugar		10.02g	
Added Sugar		0.96g	
Protein		18.21g	
Vitamin A	370.12mcg	Vitamin C	5.91mg
Calcium	19.63mg	Iron	0.50mg

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 1/2IN	2 Pound		426059
PEPPERS GREEN DCD 1/4IN	2 Pound		198331
GARLIC MINCED IN WTR	2 5/8 Tablespoon		907713
SALT IODIZED	1 1/4 Tablespoon		108286
SPICE PEPR BLK REST GRIND	2 Teaspoon		225061
SPICE CELERY SALT	1 1/4 Tablespoon		231517
MUSHROOM SLCD 1/16IN	1 1/4 Quart		444823
THYME FRESH	1 1/4 Tablespoon		562726
BROTH CHIX NO MSG	1 1/2 Gallon		261564
TOMATO PASTE 26	50 Tablespoon		100196
RICE BRN PARBL WGRAIN	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	13 Cup		560712

Description	Measurement	Prep Instructions	DistPart #
CRANBERRY DRIED SWTND	1 Quart		350882
CHEESE PARM SHVD	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	0.000
Fruit	0.080
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.092
Beans, Peas, and Lentils	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	
Saturated Fat		2.00g	
Trans Fat		0.00g	
Cholesterol		10.00mg	
Sodium		434.95mg	
Carbohydrates		84.07g	
Fiber		3.22g	
Total Sugar		6.22g	
Added Sugar		0.00g	
Protein		12.50g	
Vitamin A	0.02mcg	Vitamin C	0.10mg
Calcium	128.99mg	Iron	2.40mg

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	200 Each		710650
JELLY APPLE-GRAPE	200 Tablespoon		100927
PEANUT BUTTER CRMY	200 Tablespoon		279013
YOGURT DANIMAL STRAWB N/F	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	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	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	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		400.00mg	
Carbohydrates		72.00g	
Fiber		6.00g	
Total Sugar		38.00g	
Added Sugar		30.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	200.00mg	Iron	2.50mg

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 1/2IN	6 Pound		426059
PEPPERS GREEN DCD 1/4IN	10 Ounce		198331
SPICE GARLIC POWDER	3 Tablespoon		513857
SPICE PEPR BLK REST GRIND	1 Tablespoon		225061
TOMATO PUREE 1.045	1 1/2 Gallon		100242
SALT IODIZED	2 5/8 Tablespoon		108286
BROTH BF NO MSG	2 Quart	Add 1 Quart of water base	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	2 Tablespoon		513709
SPICE THYME GRND	1 Tablespoon		513822
CARROT SHRD MED	2 1/2 Pound		313408
Tap Water for Recipes	12 Gallon	UNPREPARED	000001WTR

Description	Measurement	Prep Instructions	DistPart #
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
Beans, Peas, and Lentils	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	
Saturated Fat		4.74g	
Trans Fat		1.31g	
Cholesterol		59.93mg	
Sodium		350.70mg	
Carbohydrates		33.19g	
Fiber		4.62g	
Total Sugar		7.90g	
Added Sugar		0.08g	
Protein		21.76g	
Vitamin A	10630.79mcg	Vitamin C	2.44mg
Calcium	36.76mg	Iron	2.79mg

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 #
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	200 Ounce		23579
Rolls, dinner, whole-wheat	100 roll (1 oz)		18348
Catsup	200 Tablespoon		11935
Pickles, cucumber, dill or kosher dill	200 Slice	2 Slices of Pickle	11937

Preparation Instructions

For the hamburger - 2 oz ground beef 23579; 2 oz roll 18348; 2 tsp catsup 11935; 2 slice pickles 11937

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		325.51	
Fat		12.03g	
Saturated Fat		4.04g	
Trans Fat		0.60g**	
Cholesterol		47.60mg	
Sodium		762.70mg	
Carbohydrates		38.27g	
Fiber		4.44g	
Total Sugar		12.12g	
Added Sugar		0.00g**	
Protein		18.59g	
Vitamin A	11.38mcg	Vitamin C	1.72mg
Calcium	90.57mg	Iron	2.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich With Yogurt



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, whole-wheat, commercially prepared	200 Slice		18075
Peanut Butter, Smooth	200 Tablespoon		51540
Jellies	100 serving 1 tbsp		19300
Yogurt, High-Protein, Strawberry, Cups	50 Cup		51545

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		517.13	
Fat		18.24g	
Saturated Fat		3.46g	
Trans Fat		0.01g**	
Cholesterol		5.99mg	
Sodium		502.50mg	
Carbohydrates		66.01g	
Fiber		6.05g	
Total Sugar		29.53g	
Added Sugar		0.00g**	
Protein		23.99g	
Vitamin A	0.00mcg	Vitamin C	4.98mg
Calcium	204.50mg	Iron	2.34mg

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

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 1/2 Gallon		518551
JUICE LIME	1 Cup		199028
SPICE PARSLEY FLAKES	1 Cup		259195
SPICE CUMIN GRND	2 Tablespoon		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	2 Cup		217523
VINEGAR APPLE CIDER 5	1 Cup		430795
CORN CUT IQF	3 1/4 Cup	BAKE	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	READY_TO_EAT	100330

Description	Measurement	Prep Instructions	DistPart #
ONION RED DCD 1/4IN	2 Cup		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 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	0.139
Beans, Peas, and Lentils	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		
Saturated Fat	2.08g		
Trans Fat	0.00g		
Cholesterol	9.60mg		
Sodium	205.66mg		
Carbohydrates	18.57g		
Fiber	4.93g		
Total Sugar	6.64g		
Added Sugar	5.44g		
Protein	5.74g		
Vitamin A	240.12mcg	Vitamin C	14.37mg
Calcium	9.50mg	Iron	0.21mg

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	2 1/4 Quart		311227
GARLIC WHL FRSH	1 1/4 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	2 Tablespoon		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
Beans, Peas, and Lentils	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	
Saturated Fat		0.24g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		352.16mg	
Carbohydrates		41.55g	
Fiber		12.17g	
Total Sugar		1.00g	
Added Sugar		0.00g	
Protein		12.51g	
Vitamin A	0.72mcg	Vitamin C	7.68mg
Calcium	59.50mg	Iron	1.83mg

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	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	3 Tablespoon		108286
SPICE PEPR RED CRUSHED	2 Teaspoon		430196
SPICE PEPR BLK REST GRIND	1 1/4 Tablespoon		225061
SPICE PEPR RED CAYENNE GRND	2 Teaspoon		225088
SPICE TURMERIC GRND	2 Tablespoon		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
Beans, Peas, and Lentils	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**	
Saturated Fat		2.00g**	
Trans Fat		0.00g**	
Cholesterol		65.00mg**	
Sodium		622.80mg**	
Carbohydrates		1.96g**	
Fiber		0.00g**	
Total Sugar		0.96g**	
Added Sugar		0.96g**	
Protein		18.00g**	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	0.84mg**	Iron	1.14mg**

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

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	1/2 Cup		107662
ONION DCD 1/2IN	2 1/2 Pound		426059
PEPPERS GREEN DCD 1/2IN	3 3/4 Cup		283959
SPICE CHILI POWDER HOT	1 1/2 Cup		224707
SPICE CUMIN GRND	1/2 Cup		777072
SPICE GARLIC GRANULATED	2 5/8 Tablespoon		513881
SPICE ONION POWDER	1 1/4 Tablespoon		126993
SAUCE HOT 4-1GAL CRWNCOLL	1/2 Cup		264471
SUGAR BROWN MED	1 Cup	UNSPECIFIED	108626
TOMATO CRSHD	23 1/4 Cup		444588
TOMATO DCD IN JUICE	1 1/16 Quart	READY_TO_EAT None	501031
BEAN KIDNEY RED LT	27 1/2 Cup		118788
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR
YOGURT PLN FF NAT	2 Quart	READY_TO_EAT Ready to eat	705850

Description	Measurement	Prep Instructions	DistPart #
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
Beans, Peas, and Lentils	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	
Saturated Fat		3.06g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		418.69mg	
Carbohydrates		28.13g	
Fiber		7.53g	
Total Sugar		7.49g	
Added Sugar		0.00g	
Protein		10.23g	
Vitamin A	21.11mcg	Vitamin C	4.78mg
Calcium	169.02mg	Iron	2.60mg

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 #
Carrots, baby, raw	25 Cup		11960
Celery, raw	12 1/2 cup chopped		11143
Cucumber, with peel, raw	25 cup slices		11205

Preparation Instructions

5/8 cup vegetable sticks (1/4 c baby carrots [36.5 g]; 1/4 cup cucumber; 1/8 cup celery)
For the baby carrots - used 1/2 cup=73 grams

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.375
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		12.05	
Fat		0.07g	
Saturated Fat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		24.84mg	
Carbohydrates		2.82g	
Fiber		0.86g	
Total Sugar		1.47g	
Added Sugar		0.00g	
Protein		0.37g	
Vitamin A	2517.32mcg	Vitamin C	1.59mg
Calcium	15.04mg	Iron	0.26mg

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	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 1/4 Tablespoon		430196
SPINACH LEAF FLAT CLND	6 1/2 Quart		329401
TOMATO PASTE 26	3 1/2 Cup		100196
SALT IODIZED	2 Tablespoon		108286
ONION DCD IQF	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	0.260
RedVeg	0.200
OtherVeg	0.066
Beans, Peas, and Lentils	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	
Saturated Fat		0.54g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		195.45mg	
Carbohydrates		5.23g	
Fiber		1.62g	
Total Sugar		2.02g	
Added Sugar		0.00g	
Protein		1.97g	
Vitamin A	5235.16mcg	Vitamin C	14.21mg
Calcium	65.82mg	Iron	1.72mg

Nutrition - Per 100g

No 100g Conversion Available	
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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	1 Cup		330252
ONION DCD 1/2IN	2 1/4 Pound		426059
SPICE GINGER GRND	1 1/4 Tablespoon		513695
GARLIC MINCED IN WTR	1/4 Cup		907713
PEPPERS RED DCD 3/8IN	1 1/4 Quart		581992
TOMATO DCD IN JUICE	3 7/8 Cup	READY_TO_EAT None	501031
SAUCE TOMATO	3 5/8 Cup		306347
SALT IODIZED	1 1/4 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	Mix with 1 Gallon of Water and Bring to a Boil	157686

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	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 3/8 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	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.161
OtherVeg	0.211
Beans, Peas, and Lentils	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**
Saturated Fat	0.00g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	183.72mg**
Carbohydrates	76.58g**
Fiber	2.74g**
Total Sugar	1.91g**
Added Sugar	0.00g**
Protein	8.59g**
Vitamin A 200.02mcg**	Vitamin C 11.75mg**
Calcium 17.17mg**	Iron 2.20mg**

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

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 #
FLOUR WHOLE WHEAT STONE GROUND	1 1/2 Quart		330094
CORNMEAL WHT SELF RISING 25 GENM	1 5/8 Quart	BAKE Refer to your desired recipe or formula for preparation instructions.	198060
SUGAR CANE GRANUL	2 Cup		108642
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Ounce		683700
SALT IODIZED	1 Tablespoon		108286
EGG WHL LIQ	1 1/4 Cup		284122
MILK PWD INST FF	1 3/4 Quart		113336
OIL CANOLA	1 Cup		330252
PEPPERS RED DCD 3/8IN	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	0.124
Grain	2.091
Fruit	0.000
GreenVeg	0.000
RedVeg	0.030
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.025

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	118.39**
Fat	0.98g**
Saturated Fat	0.16g**
Trans Fat	0.00g**
Cholesterol	13.74mg**
Sodium	315.76mg**
Carbohydrates	22.21g**
Fiber	1.57g**
Total Sugar	8.85g**
Added Sugar	0.00g**
Protein	5.35g**
Vitamin A	121.84mcg**
Vitamin C	7.55mg**
Calcium	141.92mg**
Iron	0.81mg**

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

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 #
FLOUR WHOLE WHEAT STONE GROUND	1 7/8 Quart		330094
FLOUR WHEAT HI-GLUTEN UNBLCHD	1 3/4 Pound		683491
BAKING SODA	2 5/8 Tablespoon		513849
SPICE GINGER GRND	3/8 Cup		513695
SPICE CINNAMON GRND	2 5/8 Tablespoon		224723
SPICE CLOVES GRND	2 Teaspoon		224774
MARGARINE SLD	1 1/4 Cup		733061
SUGAR BROWN MED	3 Cup	UNSPECIFIED	108626
MOLASSES	1 1/4 Quart		234303
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR
EGG WHL LIQ	2 5/8 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	0.249
Grain	1.013
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	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	
Saturated Fat		1.22g	
Trans Fat		0.00g	
Cholesterol		24.21mg	
Sodium		205.47mg	
Carbohydrates		30.58g	
Fiber		1.16g	
Total Sugar		18.61g	
Added Sugar		0.08g	
Protein		3.33g	
Vitamin A	159.60mcg	Vitamin C	0.00mg
Calcium	42.78mg	Iron	1.75mg

Nutrition - Per 100g

No 100g Conversion Available	
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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	1 Cup		224707
SPICE CUMIN GRND	1 1/4 Cup		273945
SPICE GARLIC POWDER	1/2 Cup		224839
SPICE ONION POWDER	2 5/8 Tablespoon		126993
SPICE PEPR RED CRUSHED	1 1/4 Tablespoon		513768
SPICE PEPR BLK REST GRIND	2 5/8 Tablespoon		225061
ONION DCD 1/2IN	5 Pound		426059
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH	1 Cup		192716
TOMATO CRSHD	23 1/4 Cup		444588
Salsa, Low-Sodium, Canned	2 Quart	READY_TO_EAT	100330
CORN WHL KERNEL STD GRADE	10 Cup		244805
BEAN KIDNEY 6-10 COMM	25 7/8 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
Beans, Peas, and Lentils	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	
Saturated Fat		2.03g	
Trans Fat		1.01g	
Cholesterol		26.39mg	
Sodium		583.74mg	
Carbohydrates		23.37g	
Fiber		4.83g	
Total Sugar		5.69g	
Added Sugar		0.60g	
Protein		11.54g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	5.60mg	Iron	1.36mg

Nutrition - Per 100g

No 100g Conversion Available	
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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	400 Slice		722360
BREAD WHL WHE PULLMAN SLCD	200 Each		710650
BUTTER ALT LIQ ZT	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	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	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	
Saturated Fat		5.40g	
Trans Fat		0.00g	
Cholesterol		30.00mg	
Sodium		1048.80mg	
Carbohydrates		28.00g	
Fiber		4.00g	
Total Sugar		4.00g	
Added Sugar		2.00g	
Protein		20.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	464.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Breast Sandwich KC



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38087
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	200 Ounce		5747
Rolls, dinner, whole-wheat	100 roll (hamburger, frankfurter roll)		18348

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		184.33	
Fat		3.55g	
Saturated Fat		0.87g	
Trans Fat		0.01g**	
Cholesterol		58.93mg	
Sodium		222.90mg	
Carbohydrates		18.98g	
Fiber		2.78g	
Total Sugar		3.14g	
Added Sugar		0.00g	
Protein		20.54g	
Vitamin A	5.67mcg	Vitamin C	0.00mg
Calcium	42.19mg	Iron	1.16mg

**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 #
Barbecue Chicken or Turkey Salad USDA Recipe for Schools	50 Cup		51641
Bread, white wheat	200 Slice		18967

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		260.55	
Fat		5.31g	
Saturated Fat		1.52g	
Trans Fat		0.02g	
Cholesterol		39.04mg	
Sodium		529.45mg	
Carbohydrates		32.89g	
Fiber		5.99g	
Total Sugar		7.79g	
Added Sugar		0.00g**	
Protein		19.46g	
Vitamin A	2.24mcg**	Vitamin C	4.97mg
Calcium	419.38mg	Iron	3.76mg

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

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter and Jelly Sandwich with Black hummus on side



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38382
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Jellies	100 serving 1 tbsp		19300
Peanut butter, smooth style, without salt	100 Tablespoon		16398
Black Bean Hummus USDA Recipe for Schools	25 Cup		51673

Preparation Instructions

Black bean hummus is served on the side.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		375.60	
Fat		11.84g	
Saturated Fat		2.36g	
Trans Fat		0.02g**	
Cholesterol		0.00mg	
Sodium		399.76mg	
Carbohydrates		55.15g	
Fiber		7.97g	
Total Sugar		16.21g	
Added Sugar		0.00g**	
Protein		14.54g	
Vitamin A	55.13mcg	Vitamin C	5.62mg
Calcium	144.14mg	Iron	2.53mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40251
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bread, whole-wheat, commercially prepared	200 Slice		18075
Cheese, cheddar, sharp, sliced	100 slice (1 oz)		1270

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		214.14	
Fat		6.60g	
Saturated Fat		2.96g	
Trans Fat		0.16g	
Cholesterol		12.76mg	
Sodium		374.23mg	
Carbohydrates		27.61g	
Fiber		3.84g	
Total Sugar		2.81g	
Added Sugar		0.00g**	
Protein		11.09g	
Vitamin A	33.91mcg	Vitamin C	0.00mg
Calcium	194.71mg	Iron	1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pepperoni and Pineapple Pizza



Servings:	150.00	Category:	Entree
Serving Size:	1.00 1 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43993
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SFS TONY'S SMART WG PEPPERONI 50-50 NET WT 26.88LBS 12-8PK CN	150 Piece		124246
Pineapple, canned, juice pack, drained	18 3/4 cup, chunks		9354

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.125
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 1 Slice

Amount Per Serving			
Calories		292.98	
Fat		0.02g**	
Saturated Fat		3.56g	
Trans Fat		0.00g	
Cholesterol		15.24mg	
Sodium		539.98mg	
Carbohydrates		36.54g	
Fiber		4.23g	
Total Sugar		11.23g	
Added Sugar		2.54g	
Protein		15.10g	
Vitamin A	0.68mcg**	Vitamin C	2.13mg
Calcium	243.65mg	Iron	2.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

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