

Aztec Grain Salad

Component: Grain and Fruit

Recipe Category

Recipe # B-24r Modified

Ingredients	50 Servings		Weight	Measure	Directions
	Weight	Measure			
Quinoa, dry Or Bulgur, dry (see notes)	3 lb 14 oz OR 2 lb 11 oz	2 qt 1 ½ cup cups 2 qt			<ol style="list-style-type: none"> Rinse quinoa (or bulgur) in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa (or bulgur) and water in a covered stockpot and bring to a boil. Reduce heat and simmer 10-15 minutes for quinoa (only 3-5 minutes for bulgur). Water should be completely absorbed. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Transfer cooked quinoa (or bulgur) to sheet pan to cool. Continue to step 5 immediately or refrigerate. If refrigerating, cool to 71 °F or lower within 2 hours and 41 °F or lower within 6 hours. Combine ginger, cinnamon, orange juice concentrate, olive oil, brown sugar, mustard, vinegar, salt, and pepper. Whisk until smooth. In steam table pan combine quinoa (or bulgur), apples, raisins, cranberries, and dressing mixture. Mix well. Sprinkle cilantro over mixture and toss. Cover and refrigerate at 41 °F. Critical Control Point: If using quinoa or bulgur prepared in advance and refrigerated, cool to 41 °F or lower within 2 hours. If completing all steps at once, cool to 41 °F or lower within 4 hours.
Water for quinoa OR Water for bulgur		1 gal 3 cups OR 1 gallon			
Ground ginger		2 tsp			
Ground cinnamon		1 Tbsp 2 tsp			
Frozen orange juice concentrate		1 ½ cup			
Olive oil		2/3 cup			
Brown sugar		2 Tbsp 2 tsp			
Dijon mustard		1 Tbsp			
Apple cider vinegar		1 cup			
Salt		1 tsp			
Ground black pepper		2/3 tsp			
Ground white pepper		½ tsp			
Fresh cilantro, finely chopped		2 Tbsp			
*Fresh Granny Smith apples, peeled, cored, diced 1/4" (other crisp apple will also work)		4 qt 1 cup			
Golden raisins, seedless, finely chopped		1 qt			
Dried cranberries, finely chopped		1 qt			

Aztec Grain Salad

Component: Grain and Fruit

Recipe Category

Recipe # B-24r Modified

Notes:

Nutrient information for recipe with quinoa determined using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 1 cup = ½ cup fruit + 1 grain serving

1-2 years: varies; see menu notes
 3-5 years: varies; see menu notes
 6-18 years: varies; see menu notes

Yield:

50 Servings:

 100 Servings:

Volume:

50 Servings:

 100 Servings:

Nutrients Per Serving (for recipe with quinoa)

Calories	247 kcal	Saturated Fat	0.71 g	Iron	1.81 mg
Protein	5.33 g	Cholesterol	0 g	Calcium	75.21 mg
Carbohydrate	46.05 g	Vitamin A	5.71 mcg RAE	Sodium	64.08 mg
Total Fat	5.16 g	Vitamin C	15.32 mg	Dietary Fiber (2016)	4.33 g

Nutrients Per Serving (for recipe with bulgur)

Calories	205 kcal	Saturated Fat	0.53 g	Iron	0.89 mg
Protein	3.52 g	Cholesterol	0 g	Calcium	67.44 mg
Carbohydrate	42.32 g	Vitamin A	5.58 mcg RAE	Sodium	65.70 mg
Total Fat	3.50 g	Vitamin C	15.32 mg	Dietary Fiber (2016)	4.86 g

Baked Chicken

Component: Meat/Meat Alternate

Recipe Category: Main Dish

D-06 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw chicken thighs, without bone, without skin	6 lb 12 oz				<p>1. Place 12-13 chicken thighs in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>2. In separate small bowl, combine garlic powder, paprika, celery seed, onion powder, and black pepper. Mix well and sprinkle over chicken.</p> <p>3. Place chicken in oven and bake until lightly browned. Conventional oven: 375° F for approximately 35 minutes. Convection oven: 350° F for approximately 40 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>4. Drain and discard liquid and fat.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Garlic powder (adjust or omit as needed)		1 Tbsp			
Paprika		1 Tbsp			
Celery seed, ground		½ tsp			
Onion powder		½ tsp			
Black pepper		½ tsp			

Serving: 1 ½ oz meat/ meat alt

Yield:

Volume:

Baked Chicken

Component: Meat/Meat Alternate

Recipe Category: Main Dish

D-06 modified

1-2 years: $\frac{2}{3}$ serving (1 oz)
3-5 years: 1 serving (1 $\frac{1}{2}$ oz)
6-18 years: 1 $\frac{1}{3}$ serving (2 oz)

50 Servings:

50 Servings:

100 Servings:

100 Servings:

NOTES:

Nutrient information calculated using Food Processor.

Nutrients Per Serving

Calories	72.25	Saturated Fat	0.45 g	Iron	0.69 mg
Protein	12.48 g	Cholesterol	48.81 mg	Calcium	1.00 mg
Carbohydrate	0.25 g	Vitamin A	3.41 RAE mcg	Sodium	53.52 mg
Total Fat	2.24 g	Vitamin C	0.01 mg	Dietary Fiber (2016)	0.08 g

Baked Potatoes

Vegetable

Recipe # modified USDA Mixing Bowl

Ingredients	48 serving		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh white or russet potatoes, 80 count		25 each			<ol style="list-style-type: none"> 1. Wash potatoes well under running water and scrubbed with a clean vegetable brush. Peeling away any hard to clean outer surface spots. 2. Cut in half lengthwise, skin on. 3. Mix granulated garlic, celery salt, pepper, paprika, and salt. 4. Spread 2 Tbsp (1 oz) of oil in each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 4 pans. For 100 servings, use 8 pans. 5. Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up. 6. Sprinkle spice mixture over potatoes. 7. Turn potatoes cut-side down for browning. <p>Bake: Conventional oven: 450° F for 25-30 minutes Convection oven: 425° F for 20-25 minutes Bake until the surface is golden-brown</p> <ol style="list-style-type: none"> 8. CCP: Hold for hot service at 135° F or warmer.
Granulated garlic		1/2 tsp			
Ground black or white pepper		1 tsp			
Paprika		1 Tbsp 1 tsp			
Salt		1 tsp			
Vegetable oil		1/2 cup			

Baked Potatoes

Vegetable

Recipe # modified USDA Mixing Bowl

Notes:

Nutrient information in progress

Serving:

1-2 years:

3-5 years:

6-18 years:

Nutrients Per Serving

Calories

Protein

Carbohydrate

Total Fat

Saturated Fat

Cholesterol

Vitamin A

Vitamin C

Iron

Calcium

Sodium

Dietary Fiber

BBQ Pork Slider

Recipe Component Meat

Recipe Category Main dish

Recipe # KSU Developed

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Brown sugar		½ cup			<p>1. Preheat oven to 350 °F.</p> <p>2. Stir together the brown sugar, chili powder, paprika, garlic powder, salt, black pepper and cayenne pepper in a small bowl.</p> <p>3. Rub the mixture all over the pork roast.</p> <p>4. Place the roast in a large roaster on a bed of the onion halves.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>5. Roast until tender, about 25-30 minutes per pound of roast. Let stand for at least 3 minutes before slicing or shredding.</p> <p><i>Internal temperature taken at the center of the thickest part of the roast must reach 145° F for 15 seconds.</i></p> <p>6. Thinly slice or shred the meat with two forks.</p> <p>7. If advanced prep, store in shallow pans and refrigerate immediately. If not advance prep, immediately go to step 8.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 135° F to 70° F in 2 hours AND 70° F to 41° F within four hours for safety.</i></p> <p>8. Pour broth and water in a large pot and heat to a boil. Add meat and barbeque sauce, and simmer on low for 20 minutes.</p> <p><i>Continued</i></p>
Chili powder		2 Tbsp			
Paprika		2 Tbsp			
Garlic powder (adjust as needed)		4 tsp			
Salt		½ tsp			
Black pepper		2 tsp			
Cayenne pepper		2 tsp			
Onions, cut into halves		6 each			
Pork loin roast, with bone, ¼- inch trim OR Pork loin roast, without bone, ¼- inch trim	13 lbs 4 oz OR 10 lbs 14 oz				
Low sodium broth		3 cups			
Water		1/2 cup			
Barbecue sauce		3 cups			
Mini whole grain rolls (1 oz each)		50			

BBQ Pork Slider

Recipe Component Meat

Recipe Category Main dish

Recipe # KSU Developed

					<p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>9. Place two ounces of meat on each roll.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
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Serving: 1 sandwich provides 2 oz meat and 1 grain
1-2 years: ½ sandwich
3-5 years: 1 sandwich
6-18 years: 1 sandwich

Notes:
Nutrient Information from Food Processor



Nutrients Per Serving					
Calories	236.78	Saturated Fat	2.18 g	Iron	1.59 mg
Protein	19.74 g	Cholesterol	48.19 g	Calcium	52.82 mg
Carbohydrate	24.07 g	Vitamin A	16.09 RAE mcg	Sodium	385.58 mg
Total Fat	6.97 g	Vitamin C	0.39 mg	Dietary Fiber	2.55 g

BBQ Pulled Pork

Component: Meat

Recipe Category: Main dish

Recipe # KSU Developed

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Brown sugar		8 Tbsp			<ol style="list-style-type: none"> 1. Preheat oven to 350 ° F. 2. Stir together the brown sugar, chili powder, paprika, garlic powder, salt, black pepper and cayenne in a small bowl. 3. Rub the mixture all over the pork roast. 4. Place the roast in a large roaster on a bed of the onion halves. 5. Roast until fork-tender and falling apart, and the internal temperature is at least 170 °F (about 40 minutes per pound of roast). Remove the pork from the cooking dish and set it on a cutting board. 6. Shred tor thinly slice he meats. 7. If advanced prep, store in shallow pans and refrigerate immediately. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Keep refrigerated until ready to begin step 8. If not advance prep, immediately go to step 8. 8. Pour broth and water in a large pot and heat to a boil. Add meat and barbeque sauce, and simmer for 30 minutes. Heat to 165 °F or higher for at least 15 seconds. 9. CCP: Hold for hot service at 135° F or higher.
Chili powder		2 Tbsp			
Paprika		2 Tbsp			
Garlic powder		4 tsp			
Salt		½ tsp			
Black pepper		2 tsp			
Cayenne pepper		2 tsp			
Onions, cut into halves		6 each			
Pork loin roast, with bone, ¼-inch trim OR Pork loin roast, without bone, ¼-inch trim	13 lbs 4 oz OR 10 lbs 14 oz				
Barbecue sauce		3 cups			
Low sodium broth		3 cups			
Water		½ cup			

BBQ Pulled Pork

Component: Meat

Recipe Category: Main dish

Recipe # KSU Developed

Serving: 2 oz meat

1-2 years: 1 oz meat

3-5 years: 1 1/2 oz meat

6-18 years: 2 oz meat

Notes:

Nutrient Information from Food Processor

Nutrients Per Serving

Calories	161.37	Saturated Fat	1.94 g	Iron	0.90 mg
Protein	17.28 g	Cholesterol	48.19 g	Calcium	22.76 mg
Carbohydrate	9.58 g	Vitamin A	16.09 RAE mcg	Sodium	237.88 mg
Total Fat	5.64 g	Vitamin C	0.39 mg	Dietary Fiber	0.42 g (2016 = 0.27)

Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-Vegetable

Main Dish

D120A

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pinto beans, canned, low sodium, drained, rinsed OR Dry pinto beans, cooked (See Notes Section)	11 lb OR 11 lb	1 gal 2 qt (2 1/2 No. 10 cans) OR 1 gal 2 qt			<p>1. Combine beans, onions, garlic powder, pepper, chili powder, cumin, paprika, onion powder, salt (optional) water, and tomato paste in a medium stock pot. Stir well.</p> <p>2. Simmer over medium heat uncovered for 15 minutes, stirring occasionally.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> <p>3. To make burrito bowl combine with cilantro brown rice (see recipe), diced tomatoes, shredded lettuce (3 years old and older) and shredded cheese. See portion sizes for each listed with the serving information.</p> <p>4. First layer: Portion rice mixture. Second layer: Portion bean mixture. Third layer: Portion tomatoes and shredded lettuce. Garnish with cheese.</p>
*Onions, raw, chopped	6 oz	1 cup 3 Tbsp 1 tsp			
Garlic powder (adjust if necessary)		1 Tbsp			
Ground black pepper		2 tsp			
Chili powder		3 Tbsp			
Ground cumin		2 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Salt (omit if low-sodium beans are not available)		1 tsp			
Water		2 qt 1 cup			
Tomato paste, canned, no-salt-added	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)			

Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-Vegetable

Main Dish

D120A

Serving: 1/2 cup bean mixture with 1 Tbsp of shredded cheese = 1.5 oz meat/alt	Yield:	Volume:
<p>1-2 years: 1/4 cup rice, 1/3 cup bean mixture, 1/8 cup tomatoes, (no lettuce for this age group), 2 tsp shredded cheese</p> <p>3-5 years: 1/4 c rice, 1/2 cup bean mixture, 1/8 cup tomatoes, 1/4 cup shredded lettuce, 1Tbsp shredded cheese</p> <p>6-18: 1/2 c rice, 2/3 cup beans, 1/4 cup tomatoes, 1/2 cup shredded lettuce, 1 Tbsp plus 1 tsp shredded cheese</p> <p>First layer: Portion rice mixture Second layer: Portion bean Third layer: Tomato and lettuce Garnish with cheese</p>		

Nutrients Estimate Per Serving of complete burrito bowl for 1-2 years

Calories	130.2	Saturated Fat	0.73 g	Iron	2.07 mg
Protein	6.28 g	Cholesterol	2.64 mg	Calcium	86.04 mg
Carbohydrate	22.89 g	Vitamin A	28.51 mcg RAE	Sodium	193.89 mg
Total Fat	1.72 g	Vitamin C	4.59 mg	Dietary Fiber (2016)	5.16 g

Nutrients Estimate Per Serving of complete burrito bowl for 3-5 years

Calories	176.67	Saturated Fat	1.06 g	Iron	3.07 mg
Protein	9.03	Cholesterol	3.96 mg	Calcium	129.97 mg
Carbohydrate	30.40	Vitamin A	63.71 mcg RAE	Sodium	292.49 mg
Total Fat	2.44 g	Vitamin C	5.60 mg	Dietary Fiber (2016)	7.55 g

Nutrients Estimate Per Serving of complete burrito bowl for 6-18 years

Calories	263.92	Saturated Fat	1.46 g	Iron	4.29
Protein	12.78 g	Cholesterol	5.27 mg	Calcium	176.76 mg
Carbohydrate	46.45 g	Vitamin A	108.43 mcg RAE	Sodium	391.91 mg
Total Fat	3.49 g	Vitamin C	9.69 mg	Dietary Fiber (2016)	10.66 g

Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-Vegetable

Main Dish

D120A

Notes: How to Cook Dry Beans

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ 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.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 135 °F or higher.

OR Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked beans.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature Onion	7 oz	14 oz

Bean Enchilada Bake

Recipe Component Meat/Meat Alt and Grain

Recipe Category Main dish

KSU Developed

Ingredients	50 serving		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pinto beans, canned, low sodium OR Dry pinto beans, uncooked	14 lb 3 oz (undrained) OR 3 lb 11 oz (dry)	2.1 No. 10 cans OR 19 cups (drained) OR 8 ⅔ cups (dry)			<p>1. If using dry beans, prepare according to the directions at the end of this recipe.</p> <p>2. For both types of beans, rinse and drain.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>3. Heat olive oil over medium heat. Add bell pepper and onion and sauté over medium heat for 5 minutes. Add garlic and beans, cook one minute.</p> <p>4. Stir in salsa, tomato sauce, stewed tomatoes, onion powder, garlic powder, and cumin.</p> <p>5. Bring mixture to a boil. Reduce heat; simmer, uncovered for 15 minutes.</p> <p>6. Spread 1/3 of bean mixture into baking dish coated with cooking spray. Top with ½ of the tortillas. Spread 1/3 bean mixture onto the tortillas. Sprinkle on ½ of the cheese. Layer with remaining tortillas and bean mixture.</p> <p>7. Cover and bake at 350 ° F for about 25 minutes.</p> <p>8. Uncover and sprinkle with remaining cheese. Bake 5-10 minutes until cheese is melted.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Continued</i></p>
Olive oil		3 Tbsp			
*Bell peppers, fresh, chopped, ¼-inch		3 ½ cups			
*Onion, raw, chopped, ¼-inch		3 ½ cups			
*Garlic, fresh, minced (adjust as needed)		9 cloves			
Salsa		6 cups			
Tomato sauce, no-added-salt	60 oz				
Stewed tomatoes, no added salt	30 oz				
Onion powder		1 ½ Tbsp			
Garlic powder		1 ½ Tbsp			
Cumin		1 ½ Tbsp			

Bean Enchilada Bake

Recipe Component Meat/Meat Alt and Grain

Recipe Category Main dish

KSU Developed

WGR tortillas	50 oz			Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F.
Cheddar cheese, reduced fat, shredded	1 lb 8 oz	6 cups		

Notes:

Nutrient Information in progress.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Bell Pepper	1 lb 8 oz	3 lb
Onion	1 lb 9 oz	3 lb 1oz

Serving: 2 oz meat, 1 oz grain equivalent

1-2 years: ½ serving

3-5 years: ¾ serving

6-18 years: 1 serving

Notes: How to Cook Dry Beans

SOAKING BEANS

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.

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.

COOKING BEANS

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

OR Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 ⅔ cups dry or 5 ¼ cups cooked beans.

Beef Paprikash

Component: Meat/ vegetable (extra)

Recipe Category: Main dish

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beef crumbles, pre-cooked OR Ground beef, raw, no more than 10% fat	7 lb 8 oz OR 8 lb 5 oz				<p>1. If using pre-cooked beef crumbles go to step #2. Brown ground beef.</p> <p>2. Add onions and red peppers to cooked beef. Simmer for 4– 5 minutes or until the onions become translucent.</p> <p>3. Add the diced tomatoes, crushed tomatoes, and dry seasonings. Mix to incorporate. Combine the beef base and water to create beef stock. Add to the mixture. Season with paprika and black pepper. Bring to a simmer and cook 15-20 minutes.</p> <p>CCP: Cook until a minimum internal temperature of 165°F has been reached for 15 seconds.</p> <p>Whisk cornstarch and second listed water into a smooth liquid. While stirring the beef mixture, add cornstarch mixture. Simmer for 5 minutes. Remove from heat and stir in the sour cream. DO NOT COOK (sour cream will separate and dish will become watery).</p> <p>CCP: Hold hot for service at 135°F or above.</p>
Onions, raw, chopped	3 1/8 lb				
Peppers, sweet, red, raw	6 1/4 lb				
Tomatoes, canned, diced, low sodium	3 1/8 lb				
Tomatoes, concentrated crushed, low sodium	1 1/2 lb				
Garlic powder (adjust down as needed)		1/4 cup			
Caraway seeds		3 Tbsp			
Thyme leaf, dried whole		1/8 cup			
Beef base (dry), reduced sodium	2 oz				
Water		1 qt 1 cup			
Paprika	5 oz				
Black pepper, ground		3/4 tsp			
Sour cream, reduced fat	4 lb				
Cornstarch		1/3 cup			
Water		1/3 cup			

Beef Paprikash

Food Component: Meat/ vegetable

Recipe Category: main dish

Recipe #

Notes:

Alternative method: Add the cornstarch and the second listed water to the beef mixture to thicken. Serve the sour cream on the side at the time of service.

Serving: 1 cup provides 2 oz meat, 5/8 cup vegetable

1-2 years: 1/2 cup

3-5 years: 3/4 cup

6-18 years: 1 cup

Nutrients Per Serving

Calories	276	Saturated Fat	6.66	Iron	3.08 mg
Protein	20.84	Cholesterol	75.30	Calcium	116.74 mg
Carbohydrate	14.62	Vitamin A	169 RAE	Sodium	151 mg
Total Fat	14.87	Vitamin C	77.10	Dietary Fiber	3.58 mg

Picadillo Beef

Component: Meat

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef, 90% lean, fresh or frozen, raw	6 lb 4 oz				<ol style="list-style-type: none"> 1. Brown ground beef on medium-high heat. Drain. 2. Add onions, bell peppers, and garlic to ground beef. Saute on medium-high heat until onions and bell peppers are soft. Stir frequently. 3. Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat. 4. Serve ½ cup (No. 8 scoop) picadillo over ¼ cup (No. 16 scoop) rice. Garnish with 1 tsp cilantro (optional). 5. Critical Control Point: Hold at 140 degrees F or higher.
Onions, raw, ¼" diced	2 lb 9 oz	2 qt 2 ¼ cups			
Green bell peppers, raw, ¼" diced	2 lb 9 oz	2 qt ½ cup			
Garlic, fresh, minced		8 clove OR 4 tsp			
Tomatoes with juice, diced, canned	25 oz	3 cup			
Tomato sauce, no added salt, canned	29 oz	3 ½ cup			
Raisins, seedless, unpacked	16 oz	4 cups			
Oregano, dry		2 tsp			
Cumin, dry, ground		4 tsp			
Cilantro, fresh, chopped (optional)	4 oz	1 cup 2 tsp			

Picadillo Beef

Component: Meat

Notes:

Serving: ½ cup equals 1 ½ oz meat

1-2 years: 1/3 cup

3-5 years: ½ cup

6-18 years: 2/3 cup



Nutrients Per Serving

Calories	161.45 kcal	Saturated Fat	2.27 g	Iron	1.91 mg
Protein	12.70 g	Cholesterol	36.85 mg	Calcium	29.07 mg
Carbohydrate	15.32 g	Vitamin A-RAE	18.28 mcg	Sodium	87.03 mg
Total Fat	5.89 g	Vitamin C	24.98 mg	Dietary Fiber	1.92 g

Beef Stroganoff

Meat/Meat Alternate

Main Dish

D-24 Modified

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Raw ground beef (no more than 10% fat)	8 lb 5 oz				<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. 2. Sprinkle flour over beef and stir. 3. Add onions, granulated garlic, parsley, and pepper. Stir to combine. Cook over low heat for approximately 5 minutes. 4. Add milk and undiluted soup to beef mixture. Stir until well blended. Bring to boil. Reduce heat and cover. Simmer for 40-45 minutes. 5. CCP: Heat to 155° F or higher for at least 15 seconds. 6. CCP: Hold for hot service at 135° F or higher. 7. Serve over cooked rice or noodles.
Enriched all- purpose flour	4 ½ oz	1 cup 1 Tbsp			
*Fresh onions, chopped, ¼-inch	1 lb 12 oz	1 qt ¾ cup			
OR	OR	OR			
Dehydrated onions	5 ¼ oz	2 ¾ cups			
Granulated garlic (adjust as needed)		1 ½ tsp			
Dried parsley		⅓ cup			
Ground black or white pepper		1 tsp			
Low-fat milk		3 ⅓ cups			
Canned condensed cream of mushroom soup	7 lb 13 oz	4 qt (2 ½ No. 3 cans)			

Beef Stroganoff

Meat/Meat Alternate

Main Dish

D-24 Modified

Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb	4lb

Serving: ¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate.	Yield:	Volume:
1-2 years: 3/8 cup (0.5 serving) 3-5 years: 5/8 cup (0.85 serving) 6-18 years: 3/4 cup (1 serving)	50 Servings: about 14 lb 14 oz 2 medium half-steamtable pans 100 Servings:	50 Servings: about 2 gallons 1 ½ quarts 100 Servings:

Nutrients Per Serving			
Calories	196	Saturated Fat	3.52 g
Protein	17.38 g	Cholesterol	53.25 mg
Carbohydrate	10.21 g	Vitamin A	4.67 RAE mcg
Total Fat	9.13 g	Vitamin C	1.45 mg
		Iron	2.26 mg
		Calcium	44.56 mg
		Sodium	332.46 mg
		Dietary Fiber	0.83 g

Beef-Vegetable Stew

Meat, Vegetable

Main Dish

D-16 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat, ¼-inch cubed	10 lb 5 oz				1. Brown beef cubes in oil. Drain. Continue immediately. 2. Add onions, flour, granulated garlic, paprika, pepper, and thyme. 3. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for 1 hours. 4. Add carrots and potatoes. Return to a boil and simmer for 35 minutes. 5. Add peas. Cook until peas are heated thoroughly and meat, potatoes, and carrots are tender. Approximately 20 minutes. 6. CCP: Heat to 165° F or higher. 7. For service to children under 2 years, puree or finely chop meat and vegetables (including peas). 8. CCP: Hold for hot service at 135° F or higher.
Vegetable oil		½ cup			
*Fresh onions, chopped OR Dehydrated onions	1 lb	2 ⅔ cups OR 1 ½ cups			
Enriched all-purpose flour	12 oz	2 ¾ cups			
Granulated garlic (opt)		1 Tbsp 1 ½ tsp			
Paprika		1 Tbsp			
Ground black or white pepper		1 ½ tsp			
Dried thyme		1 tsp			
Water or low sodium beef stock, non-MSG		1 gal 2 qt			
Fresh carrots, 1/4-inch slice		2 qt 2 ½ cups			
Fresh potatoes, diced		1 qt 2 ½ cups			
Green peas, frozen	3 lb	1 qt 3 cups			

Beef-Vegetable Stew

Meat, Vegetable

Main Dish

D-16 modified

Notes:

Modified with fresh potatoes, fresh carrots, and frozen peas.
Nutrient information calculated using Food Processor with one-half water and one-half low sodium beef stock.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Potatoes, fresh	2 lb 15 oz	5 lb 14 oz
Carrots, fresh, unpeeled	5 lb 1 oz	10 lb 2 oz

Serving: 1 cup (8 oz ladle) provides 2 oz of cooked lean meat and ½ cup of vegetable.

Yield:

1-2 years: ½ cup

50 Servings: 3 gallons 2 cups

3-5 years: ¾ cup

6-18 Years: 1 cup

100 Servings: 6 gallons 1 qt

Nutrients Per Serving

Calories	200	Saturated Fat	1.84 g	Iron	2.61 mg
Protein	21.32 g	Cholesterol	54.43 mg	Calcium	30.01 mg
Carbohydrate	14.69 g	Vitamin A	237.42 RAE mcg	Sodium	114.57 mg
Total Fat	6.48 g	Vitamin C	7.35 mg	Dietary Fiber	2.47 g (2016 = 2.28 g)

Beets

Vegetable

Recipe Category:

KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beets, fresh, without tops OR Beets, fresh, pared, ready to cook	13 lb 4 oz OR 10 lb 3 oz				<ol style="list-style-type: none"> 1. For unpared beets, trim and peel. 2. Wash fresh beets under cold running water. 3. Cut into ½-inch pieces. 4. Placed drained cut beets into a large mixing bowl and add canola oil. Toss until beets are evenly coated with oil. 5. Place into a baking dish and roast in oven at 400°F. 6. Roast for 35-45 minutes or until vegetables are tender and can be easily mashed with a fork. 7. CCP: Cook to 135° F or warmer. 8. CCP: Hold at 135° F or warmer.
Canola oil		½ cup			

Beets

Vegetable

Recipe Category:

KSU Developed

Serving: ½ cup cooked, cubed, vegetables	Yield:	Volume:
1-2 years: ½ serving 3-5 years: ½ serving 6-18 years: Varies; see recipe	50 Servings: 100 Servings:	50 Servings: 100 Servings:

NOTES:

Nutrient information in progress.

Nutrients Per Serving		
Calories	Saturated Fat	Iron
Protein	Cholesterol	Calcium
Carbohydrate	Vitamin A	Sodium
Total Fat	Vitamin C	Dietary Fiber

Black Beans

Component: Meat Alternate or Vegetable

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Black beans, dry OR Black beans, canned, no added salt (undrained)	5 lb 8 oz OR 24 lbs 12 oz	3.6 No. 10 cans			<p>1. For dried beans, boil 1 $\frac{3}{4}$ 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. Add fresh water and boil gently with lid until tender, about 2 hours. Beans should mash easily with a fork. Continue to step 3.</p> <p>2. For canned beans, drain and rinse. Place beans in large pot, add just enough water to cover beans, and simmer for 15 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p>3. Remove from heat and drain most of the liquid, but not all.</p> <p>4. Sprinkle olive oil over beans and toss lightly.</p> <p>5. In separate bowl, mix paprika, garlic powder, onion powder, oregano, and salt.</p> <p>6. Sprinkle seasoning mixture over beans and toss lightly. Serve.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Olive oil		1/4 cup			
Paprika		3 Tbsp			
Garlic powder (adjust if needed)		1 Tbsp			
Onion powder		2 tsp			
Oregano		2 tsp			
Salt (omit if no added salt or low sodium canned beans are not available)		1 tsp			

Black Beans

Component: Meat Alternate or Vegetable

Recipe #KSU Developed

Notes:

Nutrient information from Food Processor.

Serving: 1/2 cup provides 2 oz equivalent meat/meat alternate or 1/2 cup vegetable.

1-2 years: 1/4 cup for meat alternate; 1/8 cup for vegetable at lunch

3-5 years: 3/8 cup for meat alternate; 1/4 cup for vegetable at lunch

6-18 years: 1/2 cup for meat alternate; 1/2 cup for vegetable at lunch

Nutrients Per Serving

Calories	121	Saturated Fat	0.25 g	Iron	2.41 mg
Protein	7.34 g	Cholesterol	0 mg	Calcium	44.26 mg
Carbohydrate	20.34 g	Vitamin A	10.50 RAE	Sodium	212.61 mg
Total Fat	1.49 g	Vitamin C	3.27 mg	Dietary Fiber (2016)	8.49 g

Black Bean, Tomato and Corn Salsa

Component: Vegetable

Recipe Category: side dish

Recipe #

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Black beans, canned, no added salt	8 lb 2 oz	3 qt 2 1/3 cups			<p>1. Drain and rinse beans. Drain tomatoes. Mix beans, corn, and diced tomatoes.</p> <p>2. Finely chop cilantro and scallions/green Onions (optional). Add to bean mixture from Step 1.</p> <p>3. Dressing: Whisk oil, garlic, vinegar, cumin, pepper and lime juice together. Pour over salad and chill to marinate until service.</p> <p>CCP: Cool to 41° F or lower within 4 hours.</p> <p>CCP: Hold at 41°F or below for cold service</p>
Tomatoes, red, ripe, chopped		3 1/8 cups			
Corn, frozen, cooked and drained		3 qt 2 5/8 cups			
Onions, spring or scallions (incl. tops and bulb) raw, (Optional)	9 1/4 oz	2 1/8 cups			
Cilantro, raw, chopped		3 1/8 cup			
Vegetable Oil		2 cups 2 Tbsp			
Garlic, granulated (adjust as necessary)		1/4 cup			
Vinegar, cider		3 1/8 cup			
Cumin, ground		2½ Tbsp			
Pepper, black		1 tsp			
Lime Juice		1 cup			

Black Bean, Tomato and Corn Salsa

Food Component: Vegetable

Recipe Category: Side dish

Recipe #

Notes:

1) Nutrients calculated using Food Processor.

Serving: $\frac{3}{4}$ cup ($\frac{1}{4}$ cup legumes, $\frac{1}{4}$ cup starchy, $\frac{1}{4}$ cup other)

1-2 years: $\frac{1}{2}$ cup

3-5 years: $\frac{1}{2}$ cup

6-18 years: $\frac{3}{4}$ cup

Nutrients Per Serving

Calories	204	Saturated Fat	0.82 g	Iron	1.88 mg
Protein	6.04 g	Cholesterol	0 mg	Calcium	34.88 mg
Carbohydrate	24.16 g	Vitamin A	16.10 RAE mcg	Sodium	100.33 mg
Total Fat	10.18 g	Vitamin C	8.25 mg	Dietary Fiber (2016)	6.56g

Breakfast Taco

Component: Meat/Meat Alternate-Grain

Recipe Category: Breakfast

Recipe #J-02

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pasteurized frozen whole eggs, thawed OR Pasteurized fresh eggs, large	5 lb	2 qt 1 ½ cups OR 45 each			<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>1. Blend eggs, corn (not for CDC), milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt.</p> <p>2. Pour 1 gal 2 cups of the above egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with foil or metal lid.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes Steamer: 30 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p>3. Sprinkle 5 oz (1 ¼ cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan)</p> <p>4. Place one portion in center of each tortilla. Fold tortilla in half. May serve each taco with 1 Tbsp (1 oz) of salsa.</p> <p><i>Continued</i></p>
Frozen whole-kernel corn (not for CDCs & optional for older children)	1 lb	2 ¾ cups			
Low-fat 1% milk		¾ cup			
Green peppers, fresh, diced, ¼"	8 oz	1 ½ cups 2 Tbsp			
*Fresh onions, diced, ¼" OR Dehydrated onions	14 oz OR 2 ½ oz	2 ⅓ cups OR 1 ¼ cups			
*Fresh tomatoes, diced, ¼", optional	2 oz	¼ cup 1 Tbsp			
Prepared yellow mustard	2 oz	¼ cup			
Granulated garlic(adjust as needed)		2 tsp			
Hot pepper sauce		1 tsp			
Salt		½ tsp			
Cheddar cheese, reduced fat, shredded	10 oz	2 ½ cups			
WGR tortillas, 6-inch		50 each			

Breakfast Taco

Component: Meat/Meat Alternate-Grain

Recipe Category: Breakfast

Recipe #J-02

					Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.
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Notes:
For best results, cook egg filling in a steamer

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mild Onion	1 lb	2 lb
Tomato	2.5 oz	5 oz

Serving: 1 taco provides 2 oz equivalent meat/meat alternate, 1 serving of grains/breads.
1-2: 1 taco
3-5: 1 taco
6-18: 1 taco

Nutrients Per Serving					
Calories	186	Saturated Fat	2.85 g	Iron	0.60 mg
Protein	10.37 g	Cholesterol	172.38 mg	Calcium	73.41 mg
Carbohydrate	18.07 g	Vitamin A	76.23 RAE mcg	Sodium	333.78 mg
Total Fat	8.33 g	Vitamin C	4.87 mg	Dietary Fiber	2.27 g (2016 = 0.38 g)

Broccoli

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Broccoli, fresh, untrimmed OR Broccoli, fresh, trimmed, ready to use OR Broccoli, frozen, cut or chopped	9 lb 15 oz OR 8 lb 2 oz OR 10 lb 8 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> For fresh broccoli, stems should be peeled prior to serving to children under 3. Cut the florets into ½ inch pieces and the stems into ¼ inch pieces for even cooking. Steam or boil for about 6-8 minutes. For boiling, only add enough water to cover the broccoli. Remove from heat when stem pieces are tender. Drain and serve <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

Notes:

Nutrients calculated using Food Processor for broccoli, boiled, drained, chopped.

Broccoli

Component: Vegetable

Side Dish

Recipe #KSU Developed

Serving: ½ cup cut, cooked, drained vegetable

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

Nutrients Per Serving

Calories	27.30	Saturated Fat	0.06 g	Iron	0.52 mg
Protein	1.86 g	Cholesterol	0 mg	Calcium	31.20 mg
Carbohydrate	5.60 g	Vitamin A	60.37 RAE mcg	Sodium	31.98 mg
Total Fat	0.32 g	Vitamin C	50.62 mg	Dietary Fiber (2016)	2.57 g

Broccoli Salad

Component: Vegetable/ fruit

Recipe Category: Side Dish

Recipe #

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
*Broccoli, washed and trimmed	6 lb				1. Cut florets into small bite-sized pieces. If serving to children under 6, steam until soft. 2. Trim and peel onion. Cut into small dice. 3. May use food processor to chop raisin if serving children under 6. 4. Whisk mayonnaise, vinegar and sugar in a large bowl 5. Add the broccoli, onion and raisins. Cover. Refrigerate until ready to serve. CCP: Refrigerate immediately. Hold at 41° F or colder. Mix lightly before serving
Red onion (optional)		1 medium			
Reduced-fat mayonnaise	1 lb	1 qt			
Cider vinegar		1/2 cup			
Granulated sugar		1/4 cup			
Raisins (omit or chop for children under 6)	1 lb 8 oz	1 qt 1/2 cup			

Broccoli Salad

Food Component: Vegetable

Recipe Category: side dish

Recipe #

Notes:

Estimated weight of 50 servings for Food Processor Analysis = 9 lbs

Nutrient information calculate using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Broccoli	7 lb 13 oz	15 lb 8 oz

Serving: 1/2 cup provides 3/8 cup vegetable, 1/8 cup fruit

Yield:

Volume:

1-2 years: 1/4 cup

50 Servings:

50 Servings: About 1 gal 2 qt 1 cup

3-5 years: varies

100 Servings:

100 Servings: About 3 gal 2 cup

6-18 years: varies

Nutrients Per Serving

Calories	97.50	Saturated Fat	0.52 g	Iron	0.86 mg
Protein	2.02 g	Cholesterol	2.99 mg	Calcium	33.61 mg
Carbohydrate	14.54 g	Vitamin A	82.37 RAE mcg	Sodium	90.89 mg
Total Fat	3.82 g	Vitamin C	50.89 mg	Dietary Fiber (2016)	1.97 g

Brown Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

	50 Servings		12.5 Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		2 qt ¼ cups			<p>1. Preheat oven to: 350°F conventional oven, 325°F convection oven.</p> <p>2. Boil water.</p> <p>3. Spray steam table pan (12" x 20" x 2 1/2") with pan release cooking spray. For 12.5 servings use 1/2 size steam table pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>4. Place brown rice in each steam table pan</p> <p>5. Pour boiling water over brown rice. Cover pans tightly with foil.</p> <p>6. Bake: conventional oven for 40 minutes, convection oven 325°F for 40 minutes.</p> <p>7. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p> <p><i>If pre-prep, grains and pastas should be spread on a sheet pan, loosely covered and rapidly cooled under refrigeration. Cooling must progress from 135° F to 70° F in 2 hours AND 70° F to 41° F within four hours for safety.</i></p>
Brown rice, long-grain, regular, dry	3 lb 6 oz				

Brown Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

Notes:

Nutrient information from USDA recipe.

Serving: ½ cup provides 1 serving

1-2 years: ½ serving

3-5 years: ½ serving

6-18 years: 1 serving

Training Session: 1/2 cup

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	133.70 kcal	Saturated Fat	2.10 g	Iron	0.47 mg
Protein	2.52 g	Cholesterol	N/A	Calcium	3.93 mg
Carbohydrate	24.20 g	Vitamin A	N/A	Sodium	4.16 mg
Total Fat	3.11 g	Vitamin C	N/A	Dietary Fiber	1.53 g

Bean Burrito

Recipe Component Grains Meat

Recipe Category Main dish

Recipe # USDA Recipes for Child care

	50 serving		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Onion, chopped, ¼-inch	5 oz	¾ c 2 Tbsp			<ol style="list-style-type: none"> 1. Combine onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 15 minutes. 2. Using a mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with pureed beans. 3. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding. 4. Portion bean mixture with No. 8 scoop (1/2 cup) onto each tortilla. Fold around beans envelope style. 5. Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
OR	OR	OR			
Dehydrated onion	1 oz	1/2 cups			
Granulated garlic		1 Tbsp			
Ground black or white pepper		2 tsp			
Canned tomato paste	1 lb 12 oz	3 c 2 Tbsp			
Water		1 qt			
Chili powder		3 Tbsp			
Ground cumin		2 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Canned black beans, drained		2 ⅓ No 10 can			
Reduced fat cheddar cheese, shredded	3 lb 3oz	3 qt 3 ½ c			
WGR flour tortilla (at least 0.9 oz each)	50 each				

Bean Burrito

Recipe Component Grains Meat

Recipe Category Main dish

Recipe # USDA Recipes for Child care

Reduced fat cheddar cheese, shredded (optional)	13 oz	3 ¾ c			<p>6. CCP: Heat to 165° F or higher. Conventional oven: 375° F for 15 minutes. Convection oven: 325° F for 15 minutes.</p> <p>7. Sprinkle shredded cheese (optional) evenly over burritos before serving.</p> <p>8. CCP: Hold for hot service at 140° F or warmer. Portion is 1 burrito.</p>
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Nutrients Per Serving

Calories Protein Carbohydrate Total Fat	Saturated Fat Cholesterol Vitamin A Vitamin C	Iron Calcium Sodium Dietary Fiber
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Serving:
1-2 years:
3-5 years:
6-18 years:

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Cajun Baked Fish

Component: Meat

Recipe Category: main dish

Recipe #D-46

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Paprika		2 tsp			<p>1. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.</p> <p>2. Place 25 fish portions into each ungreased steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>3. Sprinkle 1/4 cup of lemon juice and 1 Tbsp 2 tsp of seasoning mix over the top of each pan.</p> <p>4. Drizzle 3/8 cup of melted margarine over the seasonings in each pan.</p> <p>5. Bake: Conventional oven: 350° F for 20 minutes Convection oven: 350° F for 15 minutes</p> <p>Fish should flake easily with a fork.</p> <p>CCP: Heat to 145° F or higher for at least 15 seconds.</p> <p>CCP: Hold for hot service at 135° F or higher.</p>
Granulated garlic		2 tsp			
Onion salt		2 tsp			
Red pepper		1/2 tsp			
Ground black pepper		3/4 tsp			
Dried oregano		1 tsp			
Dried thyme		1 tsp			
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each			
Lemon juice		1/2 cup			
Melted butter	6 oz	3/4 cup			

Cajun Baked Fish

Food Component: Meat

Recipe Category: main dish

Recipe #

Notes: For infants substitute tuna.

Nutrient Information calculated using Food Processor

Serving: 1 portion provides 2.25 oz meat/ meat alternate	Yield:		Volume:	
1-2 years: 1/2 portion	50 Servings:	About 7 lb 14 oz	50 Servings:	2 steam table pans
3-5 years: 2/3 portion				
6-18 years: 1 portion	100 Servings:	About 15 lb 12 oz	100 Servings:	4 steam table pans

Nutrients Per Serving					
Calories	94.67	Saturated Fat	0.85g	Iron	0.56 mg
Protein	17.13 g	Cholesterol	42.52 mg	Calcium	10.34 mg
Carbohydrate	0.45 g	Vitamin A	51.21 RAE	Sodium	136.16 mg
Total Fat	2.71 g	Vitamin C	0.96 mg	Dietary Fiber	0.09 g

Carrots

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Carrots, fresh, without tops OR Carrots, frozen, sliced	12 lb 5 oz OR 10 lb 4 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> 1. If using fresh carrots, peel and cut into 1/8" inch slices, or 1/4" dice. 2. Steam or boil for about 30 minutes for fresh carrots and for about 8-11 minutes for frozen carrots. For boiling, only add enough water to cover the carrots. <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <ol style="list-style-type: none"> 3. Remove from heat when carrots are tender and easily mashable with a fork. 4. Drain and serve. <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

Notes:

Carrots

Component: Vegetable

Side Dish

Recipe #KSU Developed

Nutrient information calculated using Food Processor for carrots, boiled, drained, sliced.

Serving: ½ cup sliced, cooked, drained vegetables.

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

Nutrients Per Serving

Calories	27.30	Saturated Fat	0.02 g	Iron	0.27 mg
Protein	0.59 g	Cholesterol	0 mg	Calcium	23.40 mg
Carbohydrate	6.41 g	Vitamin A	664.29 RAE mcg	Sodium	45.24 mg
Total Fat	0.14 g	Vitamin C	2.81 mg	Dietary Fiber (2016)	2.34 g

Cauliflower

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Cauliflower, fresh, whole, trimmed OR Cauliflower, fresh, florets, ready to use OR Cauliflower, frozen	11 lb 7 oz OR 7 lb 2 oz OR 10 lb 15 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> For fresh whole cauliflower, trim into florets. Cut the florets into ½-inch pieces. Steam or boil about 7-9 minutes. For boiling, only add enough water to cover the cauliflower. Remove from heat when pieces are tender and can be easily cut with a fork. <p>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135°F.</p> <ol style="list-style-type: none"> Drain and serve. <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

Notes:

Cauliflower

Component: Vegetable

Side Dish

Recipe #KSU Developed

Nutrients calculated using Food Processor for cauliflower, boiled, drained, 1" pieces

Serving: 1/2 cup cooked, drained vegetable

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

Nutrients Per Serving

Calories	14.26	Saturated Fat	0.04 g	Iron	0.20 mg
Protein	1.14 g	Cholesterol	0 mg	Calcium	9.92 mg
Carbohydrate	2.55 g	Vitamin A	0.37 RAE mcg	Sodium	9.30 mg
Total Fat	0.28 g	Vitamin C	27.47 mg	Dietary Fiber (2016)	1.34 g

Cheese Pizza

Recipe Component: Grain, Meat/Meat Alternate

Recipe Category

D-30 Modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
WGR pizza dough in pans (18" x 26" x 1") OR WGR Pourable Pizza Crust from recipe		2 ½ half sheet pans OR 50 servings from recipe			<p>1. For dough use pre-made WGR dough or use WGR pourable pizza crust recipe.</p> <p>2. Combine olive oil, granulated garlic, tomato paste, water, dried basil, dried oregano, dried marjoram, dried thyme, onion powder, and salt. Heat sauce mixture to a low simmer. Continue at a low simmer for 40 minutes, stirring occasionally.</p> <p>4. Spoon sauce on to pre-made crusts. Spread to the edge and use spoon to distribute evenly.</p> <p>5. Sprinkle parmesan cheese evenly over sauce.</p> <p>6. Add onion, peppers, olives, spinach and mushrooms as desired.</p> <p>7. Sprinkle mozzarella cheese evenly over pizzas.</p> <p>8. Bake until crust is golden brown and cheese is melted and slightly brown.</p> <p>Conventional oven: 450° F for 20-23 minutes. Convection oven: 425° F for 16-20 minutes.</p> <p>9. Cut each sheet pan 4 x 5 (20 pieces per pan). Cut each half-sheet pan 2 x 5 (10 pieces per pan).</p> <p>10. CCP: Hold at 135° F or higher.</p>
Olive oil		½ cup			
Granulated garlic		2 ½ tsp			
No added salt canned tomato paste		3 cups 2 Tbsp (¼ No. 10 can)			
Water		1 qt 2 ½ cups			
Dried basil		2 tsp			
Dried oregano		2 tsp			
Dried marjoram		½ tsp			
Dried thyme		½ tsp			
Onion powder		1 tsp			
Fennel seed, ground or crushed		½ tsp			
Salt (omit if no added salt version of tomato paste is not available).		1 tsp			
Parmesan cheese		2 ½ cups			
Mozzarella cheese	5 lb 13 oz				

Cheese Pizza

Recipe Component: Grain, Meat/Meat Alternate

Recipe Category

D-30 Modified

Onion, peppers, olives, spinach, mushrooms, as desired (optional)

Notes:

Nutrient information calculated using Food Processor



Serving: 1 piece provides 2 oz equiv WGR grain and ¼ cup vegetable.

1-2 years: ½ piece

3-5 years: 1 piece

6-18 years: 1 piece

Nutrients Per Serving

Calories	309	Saturated Fat	6.72 g	Iron	1.97 mg
Protein	19.10 g	Cholesterol	31.68 g	Calcium	806.29 mg
Carbohydrate	31.94 g	Vitamin A	22.90 RAE mcg	Sodium	542.65 mg
Total Fat	13.93 g	Vitamin C	3.57 mg	Dietary Fiber	3.07 g (2016 = 2.64 g)

Cheesy Noodles with Beef

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Onions		2 medium			<p>1. Trim and peel onions. Cut into ¼-inch dice</p> <p>2. Cook the onions, oil and salt over low heat, stirring occasionally, until the onions are very soft, 35 to 40 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more.</p> <p>3. Add beef to the onion mixture and sprinkle with the celery seed powder. Cook over medium-high heat, crumbling with a spoon or spatula, until the beef is no longer pink and is brown, about 30 minutes. Drain and hold until step 7.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>4. Meanwhile, bring water and salt to a boil in a large stockpot. Add macaroni and stir well. Cook until the macaroni is slightly undercooked, about 6 minutes. Drain the macaroni and rinse with cool water. Set aside.</p> <p>5. Preheat convection oven to 375°F or conventional oven to 400°F. For 50 servings, coat one 4-inch full hotel pan with cooking spray. Heat the milk and half of the broth in a saucepan over medium-high heat until boiling. <i>Continue</i></p>
Vegetable oil		¼ cup			
Salt, cooked with onions		½ tsp			
Minced garlic (adjust as needed)		¼ cup			
Ground beef, 90% lean	7 lb				
Celery seed powder		1 tsp			
Water		1 gal 1 qt			
Salt for boiling water		1 tsp			
Whole-wheat elbow macaroni, dry	5 lb				
Chicken broth, low sodium		2 qt divided			
Low-fat milk		1 qt			
Dried dill leaves		3 Tbsp			
Dried parsley leaves		3 Tbsp			
Dried ground thyme		2 Tbsp			
Ground mustard seed		1 ½ Tbsp			

Cheesy Noodles with Beef

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

Ground black pepper		1 Tbsp			<p>6. Stir in the dill, parsley, thyme, mustard powder and pepper.</p> <p>7. Whisk cornstarch and the remaining broth in a medium bowl. Slowly whisk into the boiling milk mixture. Whisking constantly, return to a boil and cook until slightly thickened, 2 to 3 minutes. Remove from the heat and stir in cheese</p> <p>8. Combine the drained macaroni, ground beef mixture and sauce in the prepared hotel pan. Stir well to combine and cover tightly with foil. Bake until the internal temperature reaches 165°F, 40 to 50 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Cornstarch		6 Tbsp			
Shredded reduced-fat cheddar cheese	1 lb	1 qt 1 cup			

Cheesy Noodles with Beef

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

Notes:

Recipe modified by decreasing salt and using 90% lean ground beef.
Nutrient information calculated using Food Processor.

Serving: approximately 1 cup + 1 Tbsp; provides 2 oz equiv meat/meat alternate and 2 oz equiv WGR grain

1-2 years: ½ c + 1/2 Tbsp

3-5 years: ¾ c + 1/2 Tbsp

6-18 years: 1 c + 1 Tbsp



Picture from: *New School Cuisine: Nutritious and Seasonal Recipes for School Cooks* by School Cooks

Nutrients Per Serving

Calories	335.09	Saturated Fat	4.12 g	Iron	3.54 mg
Protein	23.10 g	Cholesterol	49.15 mg	Calcium	126.00 mg
Carbohydrate	36.78 g	Vitamin A	28.03 RAE mcg	Sodium	169.49 mg
Total Fat	11.27 g	Vitamin C	0.63 mg	Dietary Fiber	4.44 g

Cheesy Noodles with Beef (Separate)

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, raw, diced ¼"		2 medium			<p>1. Trim and peel onions. Cut into ¼-inch dice</p> <p>2. Cook the onions, oil and salt over low heat, stirring occasionally, until the onions are very soft, 35 to 40 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more.</p> <p>3. Add beef to the onion mixture and sprinkle with the celery seed powder. Cook over medium-high heat, crumbling with a spoon or spatula, about 30 minutes. Drain and hold until step 7.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>4. Meanwhile, bring water and salt to a boil in a large stockpot. Add macaroni and stir well. Cook until the macaroni is slightly undercooked, about 6 minutes. Drain the macaroni and rinse with cool water. Set aside.</p> <p>5. Preheat convection oven to 375°F or conventional oven to 400°F. For 50 servings, coat two 4-inch full hotel pans with cooking spray. Heat the milk and half of the broth in a saucepan over medium-high heat until boiling. Stir in the dill, parsley, thyme, mustard powder and pepper.</p> <p>Continued</p>
Vegetable oil		¼ cup			
Salt		½ tsp			
Garlic, fresh, minced (adjust as needed)		¼ cup			
Ground beef, raw, no more than 10% fat	7 lb				
Celery seed powder		1 tsp			
Water		1 gal 1 qt			
Salt for boiling water		1 tsp			
Whole-wheat elbow macaroni, dry	5 lb				
Chicken broth, low sodium		2 qt divided			
Milk, low-fat		1 qt			
Dill leaves, dried		3 Tbsp			
Parsley leaves, dried		3 Tbsp			
Ground thyme, dried		2 Tbsp			
Ground mustard seed		1 ½ Tbsp			

Cheesy Noodles with Beef (Separate)

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

Ground black pepper		1 Tbsp			
Cornstarch		6 Tbsp			
Cheddar cheese, reduced-fat, shredded	1 lb	1 qt 1 cup			<p>6. Whisk cornstarch and the remaining broth in a medium bowl. Slowly whisk into the boiling milk mixture. Whisking constantly, return to a boil and cook until slightly thickened, 2 to 3 minutes. Remove from the heat and stir in cheese</p> <p>7. Combine the drained macaroni and 2/3 of the sauce in one prepared hotel pan. Combine the remaining 1/3 of sauce with the meat in the second hotel pan. Stir both pans well to combine and cover tightly with foil. Bake 40 to 50 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>

Notes:

Recipe modified by decreasing salt and using 90% lean ground beef.
Nutrient information calculated using Food Processor.

Serving: approximately 1 cup + 1 Tbsp; provides 2 oz equiv meat/meat alternate and 2 oz equiv WGR grain

1-2 years: ½ c + 1/2 Tbsp

3-5 years: ¾ c + 1/2 Tbsp

6-18 years: 1 c + 1 Tbsp



Cheesy Noodles with Beef (Separate)

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

Nutrients Per Serving				
Calories	335.09	Saturated Fat	4.12 g	Iron 3.54 mg
Protein	23.10 g	Cholesterol	49.15 mg	Calcium 126.00 mg
Carbohydrate	36.78 g	Vitamin A	28.03 RAE mcg	Sodium 169.49 mg
Total Fat	11.27 g	Vitamin C	0.63 mg	Dietary Fiber 4.44 g

Cheesy Rice Casserole

Recipe Component: Meat alt/ veg/ grain

Recipe Category: main dish

Recipe: Modified New School Cuisine Cookbook p. 124

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		3 qt			<p>1. Bring water to a boil in a large pot. Add rice, cover, reduce heat to low and cook until tender, about 40 minutes. Spread rice on sheet pan and let cool 10-15 minutes. Proceed to step # 6 within 30 minutes of starting to let the rice cool.</p> <p><i>Grains and pastas should be spread on a sheet pan, loosely covered and rapidly cooled under refrigeration.</i></p> <p>2. While rice is cooking, bring a large saucepan of water to a boil. Add spinach and cook until tender, about 1 minute. Cool and squeeze out excess liquid. Chop into ¼-inch pieces.</p> <p>3. Heat oil in a large skillet over medium heat. Add onions and garlic. Cook, stirring occasionally, until translucent, about 10 minutes. Remove from the heat. Stir in the spinach and thyme. Set aside.</p> <p>4. Preheat oven to 325°F. For 48 servings, coat two 2-inch hotel pans with cooking spray.</p> <p>5. Purée cottage cheese in a food processor fitted with a steel blade until smooth. Transfer to a large bowl. Next purée eggs and Parmesan cheese until smooth. Transfer to the large bowl with the pureed cottage cheese.</p> <p>6. Hold aside 1 cup of shredded cheddar cheese per hotel pan. Add milk, shredded cheddar cheese, salt and pepper to the cottage cheese mixture. Mix until smooth.</p> <p>Continued</p>
Brown rice	2 lb 12 oz	1 qt 2 ⅔ cup			
*Spinach leaves, fresh		10 cups			
Vegetable oil		1 ½ cup			
*Onion, raw, diced 1/4"	3 lb				
Garlic, fresh, minced		¾ cup			
Thyme leaves, dried		1 Tbsp			
Cottage cheese, nonfat		1 qt 2 ¼ cup			
Pasteurized fresh eggs, large		25 large			
Parmesan cheese, grated		¾ cup			
Cheddar cheese, reduced-fat, shredded	3 lb 8 oz	3 qt 2 cup, divided			
Low-fat milk		1 qt 2 ¼ cup			
Salt		1 Tbsp			
Ground black pepper		1 Tbsp 1 tsp			

Cheesy Rice Casserole

Recipe Component: Meat alt/ veg/ grain

Recipe Category: main dish

Recipe: Modified New School Cuisine Cookbook p. 124

					<p>7. Add the rice and the spinach mixture to the cheese mixture; stir to combine.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>8. Divide the mixture between the prepared pans. Sprinkle each pan with 1 cup of the remaining cheddar cheese. Loosely cover with foil and bake for 25 minutes. Remove foil and bake until light brown (about 10 minutes).</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> <p>.</p>
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Cheesy Rice Casserole

Recipe Component: Meat alt/ veg/ grain

Recipe Category: main dish

Recipe: Modified New School Cuisine Cookbook p. 124

Notes:

Nutrient Information calculated using Food Processor.
Crediting of rice is based on 25 grams of dry rice = one grain serving.

Serving: 1/2 cup provides 2.5 oz meat alternate, 1 oz grain, 1/4 cup vegetable

1-2 year olds: ¼ cup

3-5 year olds: ⅓ cup

6-12 year olds: ½ cup



Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Spinach, ready-to-use	1 lb 10 oz	3 lb 3 oz
Mature onions, whole	3 lb 7 oz	6 lb 14 oz

Nutrients Per Serving

Calories	337.58	Saturated Fat	5.77 g	Iron	1.10 mg
Protein	18.23 g	Cholesterol	119.63 mg	Calcium	401.54 mg
Carbohydrate	27.52 g	Vitamin A	139.88 RAE mcg	Sodium	532.99 mg
Total Fat	17.21 g	Vitamin C	4.58 mg	Dietary Fiber (2016)	1.67 g

Cherry Tomato & Corn Salad

Component: Vegetable

Salad

Recipe #New School Cuisine p 28, modified

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Cherry or grape tomatoes		7 pints			<ol style="list-style-type: none"> 1. Cut tomatoes to create age-appropriate sized non-round pieces. For CDCs cut into ¼-inch pieces without circular surfaces. For SAC cut into ½-inch pieces without circular surfaces. 2. Refrigerate until ready to use. 3. Bring a large pot of water to a boil. Cook corn until just tender, about 8 minutes for fresh or about 3 minutes for frozen. Drain and let cool. 4. Meanwhile, whisk together olive oil, lemon juice and salt. Finely chop basil leaves. 5. To cut corn off the cobs, stand each ear on its flat end on a cutting board. Cut off the kernels with a sharp knife. Put in a large bowl. 6. Add tomatoes, basil, cheese, and oil mixture. Toss to combine. Serve immediately or cover and refrigerate until ready to serve. 7. CCP: Hold at 41° F or colder.
Corn, husked OR Frozen corn		21 medium ears OR 11 cups			
Fresh basil OR Dried basil	0.8 oz	OR 1 Tbsp			
Shredded part- skim mozzarella cheese		3 cups			
Olive oil		1/3 cup			
Juice of lemon OR Lemon juice		1 lemons Or 3 Tbsp.			
Salt		1 tsp			

Cherry Tomato & Corn Salad

Component: Vegetable

Salad

Recipe #New School Cuisine p 28, modified

Notes:

Nutrient information calculated using Food Processor.
Modified to provide ½ cup vegetables per serving.

Serving: ½ cup + 1 Tbsp provides ½ cup vegetables.

1-2 years: varies see menu notes

3-5 years: varies see menu notes

6-18 years: varies see menu notes



Nutrients Per Serving

Calories	66.21	Saturated Fat	0.88 g	Iron	0.27 mg
Protein	3.34 g	Cholesterol	3.75 mg	Calcium	56.53 mg
Carbohydrate	8.48 g	Vitamin A	22.39 RAE	Sodium	104.11 mg
Total Fat	2.95 g	Vitamin C	8.42 mg	Dietary Fiber	1.19 g

Chicken Alfredo With a Twist

Component: Meat/Meat Alternate-Grains

Recipe Category: Main Dish

Recipe #D-54r

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		6 gallons			<p>1. If starting with raw chicken, prepare according to recipe named "chicken breast for salads and dishes."</p> <p>2. Heat water to a rolling boil</p> <p>3. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.</p> <p>4. Pour into steam table pans (12" x 20" x 4"). For 50 servings, use 2 pans.</p> <p>5. Combine soup, fat free half-and-half, pepper, garlic powder, Parmesan cheese, and cooked chicken for sauce. Heat on medium heat in saucepan until hot and sauce is smooth and uniform.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds</i></p> <p>6. Combine noodles and sauce immediately before serving.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Rotini pasta, whole-grain, dry	4 lb	5 qt 1 ½ cups			
Cream of chicken soup, condensed, low-fat, reduced sodium	9 lb 6 oz	1 gal 3 cups (3 No. 3 cans)			
Fat-free half and half		3 qt			
Ground white (or black) pepper		2 tsp			
Garlic powder (adjust as needed)		1 tsp			
Parmesan cheese, grated	1 lb 1 oz	1 ½ qt			
Frozen, pre-cooked diced chicken, thawed, ¼-inch or smaller pieces for under 3 years old and ½-inch piece for 3 years old and older.	6 lb 8 oz cooked	1 gal 1 ¼ qt			
OR Raw chicken, prepared according to recipe: "chicken for salads and dishes" and cut ¼-inch or smaller pieces for under 3 years old and ½-inch piece for 3 years old and older.		OR 50 servings			

Chicken Alfredo With a Twist

Component: Meat/Meat Alternate-Grains

Recipe Category: Main Dish

Recipe #D-54r

Notes:

Keep noodles and sauce separate until serving time to maintain consistency of sauce.
Sauce will thicken upon standing.
Nutrient Information calculated using Food Processor

Serving: 1 cup (8 fl oz spoodle) provides 2 ¼ oz equivalent meat and 1¼ oz equivalent grains.

1-2 years: ½ cup

3-5 years: ¾ cup

6-18 years: 1 cup

Nutrients Per Serving

Calories	345	Saturated Fat	3.45 g	Iron	1.94 mg
Protein	23.12 g	Cholesterol	54.31 mg	Calcium	155.13 mg
Carbohydrate	41.76 g	Vitamin A	53.34 RAE	Sodium	620.42 mg
Total Fat	9.01 g	Vitamin C	0.41 mg	Dietary Fiber	4.04 g

Chicken Alfredo With a Twist (Separate)

Component: Meat/Meat Alternate-Grains

Recipe Category: Main Dish

Recipe #D-54r

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, frozen, pre-cooked diced, thawed, ¼-inch or smaller pieces for under 3 years old and ½-inch piece for 3 years old and older. OR Raw chicken, prepared according to recipe: “chicken for salads and dishes” and cut ¼-inch or smaller pieces for under 3 years old and ½-inch piece for 3 years old and older.	6 lb 8 oz cooked	1 gal 1 ¼ qt OR 50 servings			<p>1. If starting with raw chicken, prepare according to recipe named “chicken breast for salads and dishes.”</p> <p>2. Heat water to a rolling boil</p> <p>3. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.</p> <p>4. Pour into steam table pans (12” x 20” x 4”). For 50 servings, use 2 pans.</p> <p>5. Combine soup, fat free half-and-half, pepper, garlic powder, Parmesan cheese. Heat on medium heat in saucepan until hot and sauce is smooth and uniform.</p> <p>6. Combine cooked chicken with 1/3 of sauce. Heat on medium heat in saucepan until hot.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds</i></p> <p>7. Combine noodles and remaining sauce 2/3 of sauce immediately before serving.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Water		6 gallons			
Rotini pasta, whole-grain, dry	4 lb	5 qt 1 ½ cups			
Cream of chicken soup, condensed, low-fat, reduced-sodium	9 lb 6 oz	1 gal ¾ qt (3 No. 3 cans)			
Fat-free half and half		3 qt			
Ground white (or black) pepper		2 tsp			
Garlic powder (adjust as needed)		1 tsp			
Parmesan cheese, grated	1 lb 1 oz	1 ½ qt			

Chicken Alfredo With a Twist (Separate)

Component: Meat/Meat Alternate-Grains

Recipe Category: Main Dish

Recipe #D-54r

Notes:

Keep noodles and sauce separate until serving time to maintain consistency of sauce.

Sauce will thicken upon standing.

Nutrient Information calculated using Food Processor

Serving: 1 cup (8 fl oz spoodle) provides 2 ¼ oz equivalent meat and 1¼ oz equivalent grains.

1-2 years: ½ cup

3-5 years: ¾ cup

6-18 years: 1 cup

Nutrients Per Serving

Calories	345	Saturated Fat	3.45 g	Iron	1.94 mg
Protein	23.12 g	Cholesterol	54.31 mg	Calcium	155.13 mg
Carbohydrate	41.76 g	Vitamin A	53.34 RAE	Sodium	620.42 mg
Total Fat	9.01 g	Vitamin C	0.41 mg	Dietary Fiber	4.04 g

Chicken and Cheese Quesadilla

Main Dish

Recipe KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, frozen, chopped	4 lbs	2 qt			<ol style="list-style-type: none"> 1. Thaw, drain, and squeeze excess liquid from spinach. 2. Preheat oven to 350°F. 3. Heat oil on medium heat. 4. Add spinach, cooked chicken, garlic powder, and onion powder. 5. Heat spinach and chicken mixture until 165° F. 6. Prepare quesadillas: Place half of the tortillas on a sheet pan (18" x 26" x 1"). Evenly distribute the spinach and chicken mixture on the tortillas. Top 6-inch tortillas with 1/3 cup of shredded cheese and 8-inch tortillas with ½ cup of shredded cheese. 7. Place remaining tortillas on top. 8. Spray the tops of the filled quesadillas with nonstick cooking spray. Bake for 15 minutes. 9. Critical Control Point: Heat to 140° F or higher for at least 15 seconds. 10. Remove from the oven. Cut each 6-inch quesadilla into 4 wedges. Cut each quesadilla 8-inch quesadilla into 6 wedges. 11. One serving = 2 wedges.
Canola oil		1 Tbsp			
Frozen, cooked diced chicken, thawed OR Raw chicken, prepared according to recipe: "chicken for salads and dishes" and diced into ½-inch pieces	3 lb 4 oz cooked	2 qt 2 ½ cup OR 25 servings			
Garlic powder		2 Tbsp 2 tsp			
Onion powder		1 Tbsp 2 tsp			
WGR tortillas, 6" OR WGR tortillas, 8"		50 OR 34			
Mozzarella cheese, low-fat, shredded		2 lbs 4 oz			
Nonstick cooking spray		4 sprays			

Chicken and Cheese Quesadilla

Main Dish

Recipe KSU Developed

Notes:
Nutrient information in progress.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 2 wedges provides 1.5 oz equivalent meat and about 1 oz equivalent grains.
1-2 years: see menu
3-5 years: see menu
6-18 years: see menu

Nutrients Per Serving		
Calories	Saturated Fat	Iron
Protein	Cholesterol	Calcium
Carbohydrate	Vitamin A	Sodium
Total Fat	Vitamin C	Dietary Fiber

Chicken Breasts (for salads and dishes)

Component: Meat

Recipe # KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil spray		1 tsp			<ol style="list-style-type: none"> 1. Preheat oven to 325°F. 2. Lightly spray shallow baking pan and place chicken, evenly spaced, on pan. 3. Add chicken broth to dish. 4. Sprinkle chicken with garlic powder and pepper. 5. Lightly cover with foil. Bake for 50-60 minutes. Insert a thermometer into the thickest part of the chicken. Check the largest pieces. 6. CCP Heat to 165° F or higher for at least 15 seconds. 7. Remove chicken from pan and allow to cool prior to dicing. 8. Use immediately or cover and refrigerate until ready to use. 8. Cool to 41° F or lower within 4 hours.
Chicken breast, boneless, fresh or frozen without skin (lb)	9 lbs				
Ground black pepper		¾ tsp			
Garlic powder (optional)		2 tsp			
Low sodium chicken broth/stock		¾ cup			

Chicken Breasts (for salads and dishes)

Component: Meat

Recipe # KSU Developed

Notes:

Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 2 oz cooked chicken

1-2 years: ½ serving

3-5 years: ¾ serving

6-18 years: 1 serving

Nutrients Per Serving

Calories	100	Saturated Fat	0.48 g	Iron	0.32 mg
Protein	18.47 g	Cholesterol	59.60 mg	Calcium	4.48 mg
Carbohydrate	0.16 g	Vitamin A	7.36 RAE mcg	Sodium	37.90 mg
Total Fat	2.26 g	Vitamin C	0.00	Dietary Fiber (2016)	0.02 g

Chicken Breasts (for salads and dishes)

Component: Meat

Recipe # KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil spray		1 tsp			<ol style="list-style-type: none"> 1. Preheat oven to 325°F. 2. Lightly spray shallow baking pan and place chicken, evenly spaced, on pan. 3. Add chicken broth to dish. 4. Sprinkle chicken with garlic powder and pepper. 5. Lightly cover with foil. Bake for 50-60 minutes. Insert a thermometer into the thickest part of the chicken. Check the largest pieces. 6. CCP Heat to 165° F or higher for at least 15 seconds. 7. Remove chicken from pan and allow to cool prior to dicing. 8. Use immediately or cover and refrigerate until ready to use. 8. Cool to 41° F or lower within 4 hours.
Chicken breast, boneless, fresh or frozen without skin (lb)	9 lbs				
Ground black pepper		¾ tsp			
Garlic powder (optional)		2 tsp			
Low sodium chicken broth/stock		¾ cup			

Chicken Breasts (for salads and dishes)

Component: Meat

Recipe # KSU Developed

Notes:
Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 2 oz cooked chicken
 1-2 years: ½ serving
 3-5 years: ¾ serving
 6-18 years: 1 serving

Nutrients Per Serving			
Calories	100	Saturated Fat	0.48 g
Protein	18.47 g	Cholesterol	59.60 mg
Carbohydrate	0.16 g	Vitamin A	7.36 RAE mcg
Total Fat	2.26 g	Vitamin C	0.00
		Iron	0.32 mg
		Calcium	4.48 mg
		Sodium	37.90 mg
		Dietary Fiber (2016)	0.02 g

Caesar Chicken Wrap

Meat/Meat Alternate

USDA modified

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Chicken breast, cooked	5 lbs 14 oz				<p>Note this recipe if for same day use only.</p> <ol style="list-style-type: none"> 1. Dice chicken into age appropriate sized pieces. 2. If serving children age 5 years or under, chop lettuce. 3. Combine chicken, salad dressing, and romaine lettuce. Toss lightly. 4. Sprinkle parmesan cheese over mixture and toss lightly. 4. Place 2/3 cup chicken mixture on to each tortilla. 5. Roll in the form of a burrito. Cut diagonally in half. 6. Cover and refrigerate until ready to use. 7. CCP: Cool to 41° F or lower within 4 hours. 8. CCP: Hold product at 41°F or lower.
Caesar or Italian salad dressing		1 cup			
Romaine lettuce, ready-to-serve, raw	3 lbs				
Grated parmesan cheese		1 cup			
WGR tortilla, 8-inch		48			

Caesar Chicken Wrap

Meat/Meat Alternate

USDA modified

Notes:
Nutrient information from Food Processor. May use 6-inch tortilla. If using 6-inch tortillas see nutrients below.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 sandwich using 8-inch tortilla provides 2 oz equivalent meat/meat alternate, 1/4 cup of vegetable and 1.5 oz grain equivalent.	Yield:	Volume:
1-2 years: not for under 3 3-5 years: 1 wrap 6-18 Years: 1 wrap	50 Servings: 100 Servings:	50 Servings: 100 Servings:

Nutrients Per Serving for 8-inch WGR Tortilla			
Calories	232.64	Saturated Fat	1.99 g
Protein	16.75 g	Cholesterol	41.51 mg
Carbohydrate	23.50 g	Vitamin A	47.05 RAE mcg
Total Fat	8.25 g	Vitamin C	7.02 mg
		Iron	0.63 mg
		Calcium	32.81 mg
		Sodium	435.48 mg
		Dietary Fiber	3.37 g

Nutrients Per Serving for 6-inch WGR Tortilla			
Calories	178.47	Saturated Fat	1.57 g
Protein	15.09 g	Cholesterol	41.51 mg
Carbohydrate	14.34 g	Vitamin A	47.05 RAE mcg
Total Fat	6.79 g	Vitamin C	7.02 mg
		Iron	0.63 mg
		Calcium	32.81 mg
		Sodium	302.14 mg
		Dietary Fiber	2.12 g

Chicken Curry

Recipe Component: Meat

Recipe Category

Recipe # KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil spray		1 tsp			<p>1. Preheat oven to 350°F.</p> <p>2. Lightly spray shallow baking pan and place chicken, evenly spaced, on pan.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>3. Add chicken broth to dish.</p> <p>4. Sprinkle chicken with salt, pepper, and curry powder.</p> <p>5. Loosely cover with foil. Bake for 50-60 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i></p> <p>6. While chicken is baking, heat oil over med-high heat. Add the onions and cook, stirring occasionally, until softened, about 5 minutes. Stir in the garlic, ginger and additional curry powder. Cook until fragrant, about a minute more.</p> <p>7. Combine flour and cold water, mixing thoroughly to make a lump free slurry. Set aside for step 9.</p> <p>8. Add chicken broth to the onion and garlic mixture. Bring to a boil, and then reduce the heat to medium.</p> <p>9. Add flour slurry to the broth, stirring constantly as you bring mixture to a boil then reduce heat to low.</p>
Chicken, boneless, fresh or frozen without skin	9 lbs				
Chicken broth/stock, low sodium		3/4 cup			
Salt (omit if low sodium chicken stock is not available)	½ tsp				
Pepper	1 tsp				
Curry powder	2 Tbsp				
Canola oil	1 cup				
*Onions, raw, chopped ½"	6 1/2 cups				
Garlic, fresh minced (adjust as needed)	27 cloves				
*Ginger, fresh, grated	1 Tbsp	1 tsp			
Curry powder	1 Tbsp	1 tsp			
Chicken broth, low sodium Water, cold	2 qt				
Flour	⅔ cup				
Water, cold	1 cup				
Yogurt, plain, low fat	2 ¼ cup				
Cilantro, fresh	1 cup				

Chicken Curry

Recipe Component: Meat

Recipe Category

Recipe # KSU Developed

					<p>10. Remove baked chicken from pan and dice into age-appropriate sized pieces.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>11. Add the cooked chicken to the thickened sauce, turn the heat to medium-low, and bring to a simmer. Stir in the yogurt and cilantro then simmer for 2 more minutes.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
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Chicken Curry

Recipe Component: Meat

Recipe Category

Recipe # KSU Developed

Notes:

Omit salt if low sodium chicken stock/broth is not available. Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature Onion	3 lb 3 oz	6 lb 6 oz



Serving: 1 serving provides 2 oz meat

1-2 years: ½ serving

3-5 years: ¾ serving

6-18 years: 1 serving

Nutrients Per Serving

Calories	166.03 kcal	Saturated Fat	1.02 g	Iron	0.85 mg
Protein	22.07 g	Cholesterol	60.48 mg	Calcium	47.30 mg
Carbohydrate	6.74 g	Vitamin A	10.83 RAE mcg	Sodium	106.55 mg
Total Fat	5.52 g	Vitamin C	2.39 mg	Dietary Fiber	0.78 g

Chicken (for salads and dishes)

Component: Meat

Recipe # KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil spray		About ½ tsp			<p>1. Preheat oven to 325°F.</p> <p>2. Lightly spray shallow baking pan and place chicken, evenly spaced, on pan.</p> <p>3. Add chicken broth to dish.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>4. Sprinkle chicken with pepper and garlic powder.</p> <p>5. Lightly cover with foil. Bake for 50-60 minutes. Insert a thermometer into the thickest part of the chicken. Check the largest pieces.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>6. Remove chicken from pan and allow to cool prior to dicing.</p> <p>7. Use immediately or cover and refrigerate until ready to use.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Chicken, breast or thighs, boneless, fresh or frozen without skin (lb)	9 lbs				
Chicken broth/stock, low sodium		¾ cup			
Ground black pepper		¾ tsp			
Garlic powder (optional)		2 tsp			

Chicken (for salads and dishes)

Component: Meat

Recipe # KSU Developed

Notes:

Nutrient information calculated using Food Processor.

Serving: 2 oz cooked chicken

1-2 years: ½ serving

3-5 years: ¾ serving

6-18 years: 1 serving

Nutrients Per Serving

Calories	100	Saturated Fat	0.48 g	Iron	0.32 mg
Protein	18.47 g	Cholesterol	59.60 mg	Calcium	4.48 mg
Carbohydrate	0.16 g	Vitamin A	7.36 RAE mcg	Sodium	37.90 mg
Total Fat	2.26 g	Vitamin C	0.00	Dietary Fiber (2016)	0.02 g

Chicken Salad Sandwich

Component: Meat/Meat Alternate

E-07 KSU Modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked, chicken, chilled, chopped OR Chicken breast for salads	6 lb 6 oz	1 gal 1 qt 50 servings			1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. 2. Add salad dressing or mayonnaise. Mix lightly until well blended. 3. Spread in shallow pan to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service. 5. Portion with No. 8 scoop (½ cup) onto a slice of bread. Spread evenly and top with a second slice of bread. Cut in to four even quarter pieces if serving children age 5 years and under.
*Fresh celery, chilled, chopped	1 lb 5 oz	1 qt 1 cup			
*Fresh onions (optional), chopped OR Dehydrated onions (onions)	12 oz OR 2 ¼ oz	2 cups 2 Tbsp OR 1 cup 2 Tbsp			
Sweet pickle relish, chilled, undrained	13 oz	1 ½ cups			
Ground black or white pepper		2 tsp			
Dry mustard		1 Tbsp 1 ½ tsp			
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 9 ½ oz OR 1 lb 9 ½ oz	3 ¼ cups OR 3 ¼ cups			
WGR bread, slice, 1 oz		100 slices			

Chicken Salad Sandwich

Component: Meat/Meat Alternate

E-07 KSU Modified

Notes:
See recipe for preparing chicken breasts. Nutrient information from Food Processor based on 1 oz bread slice.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Chicken breast, boneless, fresh or frozen without skin See recipe for preparing chicken breasts.	9 lb	18 lb
Celery	1 lb 12 oz	3 lb 8 oz
Mature onions	14 oz	1 lb 12 oz

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:	Volume:
1-2 years: 2 quarter pieces of sandwich 3-5 years: 3 quarter pieces of sandwich 6-18: 1 full sandwich	50 Servings: about 10 lb 14 ½ oz 100 Servings:	50 Servings: about 1 gallon 2 ¼ quarts 2 pans 100 Servings:

Nutrients Per Serving			
Calories	275.50	Saturated Fat	1.00 g
Protein	18.19 g	Cholesterol	49.73 mg
Carbohydrate	32.52 g	Vitamin A	10.67 RAE mcg
Total Fat	5.22 g	Vitamin C	1.47 mg
		Iron	2.32 mg
		Calcium	69.41 mg
		Sodium	388.23 mg
		Dietary Fiber	6.75 g

Chicken Salad Sandwich on WGR Pita Bread

Component: Meat/Meat Alternate

E-07 KSU Modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked, chicken, chilled, chopped OR Chicken breast for salads	6 lb 6 oz	1 gal 1 qt 50 servings			<ol style="list-style-type: none"> 1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. 2. Add salad dressing or mayonnaise. Mix lightly until well blended. 3. Spread in shallow pan to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Cover. Refrigerate until step 6. 5. CCP: Cool to 41° F or lower within 4 hours. 6. Cut pita in half and place ¼ cup of the chicken salad into each pocket. 7. Add ¼ cup fresh spinach to each pocket. 8. Serve immediately or store at 41° F or lower.
*Fresh celery, chilled, chopped	1 lb 5 oz	1 qt 1 cup			
*Fresh onions (optional), chopped OR Dehydrated onions (onions)	12 oz OR 2 ¼ oz	2 cups 2 Tbsp OR 1 cup 2 Tbsp			
Sweet pickle relish, chilled, undrained	13 oz	1 ½ cups			
Ground black or white pepper		2 tsp			
Dry mustard		1 Tbsp 1 ½ tsp			
Reduced calorie salad dressing OR Low-fat mayonnaise	1 lb 9 ½ oz OR 1 lb 9 ½ oz	3 ¼ cups OR 3 ¼ cups			
WGR pita, 2 oz each		50 pita			
Fresh spinach		3 quarts 1 cup			

Chicken Salad Sandwich on WGR Pita Bread

Component: Meat/Meat Alternate

E-07 KSU Modified

Notes:

See recipe for preparing chicken breasts. Nutrition information in progress.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken breast, boneless, fresh or frozen without skin See recipe for preparing chicken breasts.	9 lb	18 lb
Celery	1 lb 12 oz	3 lb 8 oz
Mature onions	14 oz	1 lb 12 oz

Serving: Sandwich made ½ large pita provides 1 oz meat and 1 grain serving.

1-2 years:

3-5 years:

6-18 years: For snack, sandwich made ½ large pita

Nutrients Per Serving

Calories	Saturated Fat	Iron
Protein	Cholesterol	Calcium
Carbohydrate	Vitamin A	Sodium
Total Fat	Vitamin C	Dietary Fiber

Chili

Recipe Meat

Recipe Category Main dish

Recipe #

Ingredients	48serving		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef	8 lb				<p>1. Brown ground beef. Remove with slotted spoon and set aside</p> <p>2. Saute onion until translucent. Add cumin, chili powder, paprika, garlic powder, onion powder, and black pepper to onions. Cook 1 minute, stirring constantly.</p> <p>3. Add tomato paste to onion spice mixture. Cook 2 minutes, stirring constantly. Add tomato puree, low sodium beef broth, salt, oregano and bay leaf. Stir well. Return browned ground beef to mixture. Cover and simmer over low heat for 40 minutes, stirring occasionally.</p> <p>4. Remove bay leaf.</p> <p>5. Drain pinto beans. If beans are not low sodium, rinse beans under cold water. Add drained pinto beans and return to simmer for 15 minutes.</p> <p>5. CCP: Heat to 165° F or higher.</p> <p>8. CCP: Hold for hot service at 135° F or warmer.</p>
Onion, chopped, ¼-inch	2.5 lb				
Chili powder		¾ c			
Ground cumin		⅔ cup			
Paprika		5 Tbsp 1 tsp			
Onion powder		5 Tbsp 1 tsp			
Garlic powder		6 Tbsp			
Black or white pepper		1 Tbsp 1 tsp			
Canned tomato paste	12 oz	12 oz			
Tomato puree	86 oz				
Low sodium beef broth		1 gal 2 cup			
Bay leaf	4				
Oregano		1 Tbsp 1 tsp			
Salt		2 tsp			
Low sodium canned pinto beans	120 oz (undrained weight)				

Chili

Recipe Meat

Recipe Category Main dish

Recipe #

Notes:

Nutrient information in progress.

Serving:

1-2 years:

3-5 years:

6-18 years:

Nutrients Per Serving

Calories
Protein
Carbohydrate
Total Fat

Saturated Fat
Cholesterol
Vitamin A
Vitamin C

Iron
Calcium
Sodium
Dietary Fiber

Cilantro Brown Rice

Component, Grain

Recipe Category

Recipe #D-60r

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt			<p>1. Preheat oven to: 350°F conventional oven, 325°F convection oven</p> <p>2. Boil water.</p> <p>3. Place 1 lb 11 oz of long grain (or 1 lb 14 oz of med grain or 1 lb 13 oz par boiled) brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pan, for 100 servings, use 4 pans.</p> <p>4. Pour water (1 quarts 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.</p> <p>5. Bake: conventional oven: 350°F for 50 minutes, convection oven: 325°F for 50 minutes.</p> <p>6. Remove from oven and let stand covered for 5 minutes.</p> <p>7. Sprinkle brown rice with granulated garlic and salt-free seasoning. Mix well. Fold in cilantro.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p> <p><i>If pre-prep, grains and pastas should be spread on a sheet pan, loosely covered, and rapidly cooled under refrigeration. Cooling must progress from 135° F to 70° F in 2 hours AND 70° F to 41° F within four hours for safety.</i></p>
Brown rice, long grain, regular, dry	3 lb 6 oz	2 qt ¼ cup			
OR Brown rice, medium grain, dry regular	OR 3 lb 12 oz	OR 2 qt			
OR Brown rice, long grain, dry, parboiled	OR 3 lb 10 oz	OR 2 qt 1 cup			
Granulated garlic (optional)		2 tsp			
Chili-lime seasoning blend, salt-free		2 Tbsp			
Cilantro, fresh, chopped		½ cup			

Cilantro Brown Rice

Food Component, Grain

Recipe Category Main Dish

Recipe #

Notes:

Nutrient Analysis from Food Processor.

Serving: ½ cup rice is one grain serving

1-2 years : ¼ cup

3-5 years: ¼ cup

6-18 years: ½ cup

Nutrients Per Serving

Calories	125	Saturated Fat	0.26	Iron	0.58 mg
Protein	2.78 g	Cholesterol	0	Calcium	3.24 mg
Carbohydrate	25.93 g	Vitamin A	0.54 RAE	Sodium	4.19 mg
Total Fat	0.98 g	Vitamin C	0.04 mg	Dietary Fiber (2016)	1.63 g

Cinnamon Sweet Potato Cubes

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Sweet potatoes, fresh, whole	13 lbs 12 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <p>1. Peel and cut the potatoes into ¼-inch cubes.</p> <p>2. Place the potato cubes into a large mixing bowl and add canola oil. Toss until the potato sticks are evenly coated with oil.</p> <p>3. In a small bowl, mix together sugar, cinnamon, and salt.</p> <p>4. Place potatoes into a baking dish. Evenly sprinkle cinnamon mixture over the potatoes. Roast in oven at 350°F. Roast for 34-40 minutes or until potatoes are tender and lightly browned.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135°F.</i></p>
Canola oil		½ cup			
Sugar		4 Tbsp			
Cinnamon		3 Tbsp			
Salt		1 tsp			

Cinnamon Sweet Potato Cubes

Component: Vegetable

Side Dish

Recipe #KSU Developed

Notes:

Nutrient information from Food Processor.

Serving: ½ cup provides ½ cooked, sliced vegetable

1-2 years: varies see menu notes

3-5 years: varies see menu notes

6-18 years: varies see menu notes

Nutrients Per Serving

Calories	112.86	Saturated Fat	0.19 g	Iron	0.52 mg
Protein	1.52 g	Cholesterol	0 mg	Calcium	35.53 mg
Carbohydrate	21.98 g	Vitamin A	918.35 RAE mcg	Sodium	53.61 mg
Total Fat	2.35 g	Vitamin C	8.03 mg	Dietary Fiber (2016)	1.83 g

Cinnamon Sweet Potato Sticks

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Sweet potatoes, fresh, whole	13 lbs 12 oz				<ol style="list-style-type: none"> 1. Peel and rinse the potatoes under cold running water. 2. Cut the potatoes into sticks approximately ½ x 3 inch sticks. 3. Place the potato strips into a large mixing bowl and add canola oil. Toss until the potato sticks are evenly coated with oil. 4. In a small bowl, mix together cinnamon, sugar, and salt. 5. Place potatoes into a baking dish. Evenly sprinkle cinnamon mixture over the potatoes. Roast in oven at 350°F. Roast for 34-40 minutes or until potato sticks are tender and lightly browned. 6. CCP: Hold at 135° F or warmer.
Canola oil		½ cup			
Sugar		4 Tbsp			
Cinnamon		3 Tbsp			
Salt		1 tsp			

Cinnamon Sweet Potato Sticks

Component: Vegetable

Side Dish

Recipe #KSU Developed

Notes:

Nutrient information from Food Processor.

Serving: ½ cup provides ½ cooked, sliced vegetable

1-2 years: varies see menu notes

3-5 years: varies see menu notes

6-18 years: varies see menu notes

Nutrients Per Serving

Calories	112.86	Saturated Fat	0.19 g	Iron	0.52 mg
Protein	1.52 g	Cholesterol	0 mg	Calcium	35.53 mg
Carbohydrate	21.98 g	Vitamin A	918.35 RAE mcg	Sodium	53.61 mg
Total Fat	2.35 g	Vitamin C	8.03 mg	Dietary Fiber (2016)	1.83 g

Coconut Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

	50 Servings		12.5 Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		2 qt ¼ cups			<ol style="list-style-type: none"> 1. Preheat oven to: 350° F conventional oven 325° F convection oven 2. Boil water. 3. Spray steam table pan with a pan release cooking spray. (For 12.5 servings use 1/2 size steam table pan). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4. Place brown rice and coconut (add to rice) in each steam table pan (12" x 20" x 2 1/2"). 5. Pour boiling water over brown rice and coconut mixture. Stir. Cover pans tightly with foil. 6. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. 7. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice.
Brown rice, long-grain, regular, dry	3 lb 6 oz				
Unsweetened coconut, shredded (add to rice), OPTIONAL		2 cups			
Coconut can be omitted					

Coconut Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

Notes:

Nutrient information from USDA recipe.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: ½ cup provides 1 serving

1-2 years: ½ serving

3-5 years: ½ serving

6-18 years: 1 serving

Training Session: 1/2 cup

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	133.70 kcal	Saturated Fat	2.10 g	Iron	0.47 mg
Protein	2.52 g	Cholesterol	N/A	Calcium	3.93 mg
Carbohydrate	24.20 g	Vitamin A	N/A	Sodium	4.16 mg
Total Fat	3.11 g	Vitamin C	N/A	Dietary Fiber	1.53 g

Coleslaw

Component: Vegetable

Recipe Category: Salad

Recipe #E-09

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Cabbage, fresh, chilled, finely chopped	3 lb 11 oz	1 gal 2 qt			<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.</p> <p>2. If serving to children under 3 years of age, finely chop all ingredients to 1/8-inch size or less.</p> <p>3. Dressing: In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.</p> <p>4. Pour dressing over vegetables. Mix thoroughly.</p> <p>5. Spread into pan(s) (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>6. Cover. Refrigerate immediately until ready to serve.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p>7. Mix lightly before serving.</p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p>
*Carrots, fresh finely shredded	6 oz	1 ¾ cups			
*Green pepper, fresh, chopped (optional)	2 ½ oz	½ cup			
Reduced calorie salad dressing OR Reduced fat mayonnaise	14 oz 14 oz	1 ¾ cups 1 ¾ cups			
Sugar		2 Tbsp			
Celery seed, ground		2 tsp			
Dry mustard		1 tsp			
White vinegar		2 Tbsp			

Coleslaw

Component: Vegetable

Recipe Category: Salad

Recipe #E-09

Notes:

- 1) For best results, shred cabbage and store overnight; add dressing just before serving.
- 2) If recipe is prepared in advance, the yield will be reduced.
- 3) Nutrients calculated using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Cabbage	4 lb 12 oz	9 lb 8 oz
Carrots	8 oz	16 oz
Green peppers	4 oz	8 oz

Serving: ¼ cup (No. 16 scoop) provides ¼ cup of vegetable

1-2 years: ⅛ cup (**only serve to this group if all ingredients are finely chopped to ⅛- inch or less**)

3-5 years: ¼ cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories	42.85	Saturated Fat	0.47 g	Iron	0.22 mg
Protein	0.54 g	Cholesterol	2.77 mg	Calcium	15.86 mg
Carbohydrate	2.92 g	Vitamin A	31.61 RAE mcg	Sodium	75.81 mg
Total Fat	3.43 g	Vitamin C	13.65 mg	Dietary Fiber (2016)	0.96 g

Collard Greens

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Collard greens, fresh, untrimmed OR Collard greens, frozen, chopped	16 lb 4 oz OR 10 lb 15 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> For fresh collard greens, trim, remove stems. Chop the leaf portion into ½-inch pieces for even cooking For fresh or frozen, steam or boil for about 8-10 minutes or until leaves are VERY tender. For boiling, only add enough water to cover the greens. Remove from heat when leaves are tender. <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <ol style="list-style-type: none"> Drain and serve. <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

Notes:

Collard Greens

Component: Vegetable

Side Dish

Recipe #KSU Developed

Nutrient information calculated using Food Processor for boiled, drained, chopped, collard greens.

Serving: ½ cup, chopped, cooked vegetable, leaves only

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories	31.35	Saturated Fat	0.04 g	Iron	1.07 mg
Protein	2.57 g	Cholesterol	0 mg	Calcium	133.95 mg
Carbohydrate	5.37 g	Vitamin A	361.00 RAE mcg	Sodium	14.25 mg
Total Fat	0.68 g	Vitamin C	17.29 mg	Dietary Fiber (2016)	3.80 g

Creamy Vegetable Dip

Component: Condiment

E-13 modified

Ingredients	32 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Low fat plain yogurt		1 cup			<p>1. Combine all ingredients. Blend well.</p> <p>2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p>
Reduced calorie salad dressing OR Light mayonnaise		2 ½ cups OR 2 ½ cups			
Low-fat milk		½ cup			
Dried parsley		2 Tbsp			
Granulated garlic (adjust as needed)		1 tsp			
Onion powder		1 tsp			
Salt		1 tsp			
Ground black or white pepper		½ tsp			

Notes:

Creamy Vegetable Dip

Component: Condiment

E-13 modified

Nutrient information calculated using Food Processor.

Serving: 2 Tbsp (1-oz ladle)	Yield:
1-2 years: varies see menu notes	50 Servings: about 1 qt
3-5 years: varies see menu notes	
6-8 years: varies see menu notes	100 Servings: about 2 qt

Nutrients Per Serving					
Calories	70	Saturated Fat	1.04 g	Iron	0.08 mg
Protein	0.70 g	Cholesterol	7.21 mg	Calcium	21.54 mg
Carbohydrate	2.52 g	Vitamin A	3.40 RAE mcg	Sodium	198.94 mg
Total Fat	6.33 g	Vitamin C	0.25 mg	Dietary Fiber	0.07 g

Crispy Baked Chicken

Component: Meat/Meat Alternate

Main Dishes

D-29

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken thighs, raw, boneless, skinless	9 lb 4 oz				<p>1. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.</p> <p>2. In a separate bowl, combine flour, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.</p> <p>3. Coat oiled chicken with seasoned flour. Arrange approximately 25 pieces of chicken on each ungreased sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>4. Bake: Conventional oven: 400° F for 45-55 minutes. Convection oven: 350° F for 30-35 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>5. Transfer to steam table pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Vegetable oil		1 ½ cups			
Enriched all-purpose flour	1 lb	3 ¾ cups			
Poultry seasoning		1 Tbsp 1 ½ tsp			
Ground black or white pepper		1 Tbsp			
Paprika		1 ½ tsp			
Granulated garlic (adjust as needed)		1 Tbsp 1 ½ tsp			

Crispy Baked Chicken

Component: Meat/Meat Alternate

Main Dishes

D-29

Notes:

Nutrient information calculated using Food Processor

Serving: 1 portion = 2 oz cooked meat

1-2 years: ½ portion

3-5 years: ¾ portion

6-18: 1 portion

Nutrients Per Serving

Calories	189.90	Saturated Fat	1.12 g	Iron	1.39 mg
Protein	18.05 g	Cholesterol	66.89 mg	Calcium	3.70 mg
Carbohydrate	7.34 g	Vitamin A	1.91 RAE mcg	Sodium	73.43 mg
Total Fat	9.68 g	Vitamin C	0.02 mg	Dietary Fiber	0.34 g (2016 = .08 g)

Enchilada Casserole

Recipe Component Meat

Recipe Category Main dish

Recipe # ACD Pintrest

Ingredients	50 serving		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef, no more than 10% fat	6 lb 8 oz				<ol style="list-style-type: none"> 1. Cook ground beef, green paper, and onion over medium heat. Add garlic and cook one minute. Drain. 2. Stir in the beans, salsa, tomato sauce, stewed tomatoes, onion powder, garlic powder, and cumin. 3. Bring mixture to a boil. Reduce heat; simmer, uncovered for 15 minutes. 4. Spread 1/3 of meat sauce into baking dish coated with cooking spray. Top with 1/2 of the tortillas. Spread 1/3 meat sauce onto the tortillas. Sprinkle on 1/2 of the cheese. Layer with remaining tortillas and meat sauce. 5. Cover and bake at 350 ° F for about 25 minutes. 6. Uncover and sprinkle with remaining cheese. Bake 5-10 minutes until cheese is melted and reaches an internal temperature of 165 ° F in center of casserole.
Bell peppers, chopped, 1/4-inch		3 1/2 cups			
Onion, chopped, 1/4-inch		3 1/2 cups			
Garlic, minced (adjust as needed)		9 cloves			
Salsa		6 cups			
No-added-salt tomato sauce	60 oz				
Stewed tomatoes	30 oz				
Onion powder		1 Tbsp			
Garlic powder (opt)		1 Tbsp			
Cumin		1 Tbsp			
WGR tortillas	50 oz				
Shredded cheddar cheese preferably reduced fat		6 cups			

Enchilada Casserole

Recipe Component Meat

Recipe Category Main dish

Recipe # ACD Pintrest

Notes:

Nutrient Information in progress.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 2 oz meat, 1 oz grain equivalent

1-2 years: 1 oz

3-5 years: 1 ½ oz

6-18 years: 2 oz

Nutrients Per Serving

Calories
Protein
Carbohydrate
Total Fat

Saturated Fat
Cholesterol
Vitamin A
Vitamin C

Iron
Calcium
Sodium
Dietary Fiber

English Muffin Pizza

Component: Grain/Meat Alternate

KSU Developed

Ingredients	48 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
WGR English muffins, 2 oz		48 each			1. Cut the English muffins in half and lightly toast the halves in the oven. 2. Spread 1 Tbsp of sauce on top of each muffin half and top with ¼ tsp of Parmesan cheese. 3. Add optional vegetables by evenly distributing on top of the muffin halves. 4. Add 2 Tbsp of mozzarella cheese to each muffin half. 5. Toast in oven until cheese melts. <i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i> <i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i>
Marinara sauce OR Pizza sauce from recipe		6 cups OR 48 servings from recipe			
*Parmesan cheese, grated		½ cup			
*Mozzarella cheese, reduced fat, shredded	3 lbs	12 cups			
Diced bell peppers (optional)		3 cups			
Sliced mushrooms (optional)		3 cups			
Diced onion (optional)		3 cups			
Sliced olives (optional)		3 cups			

Notes:

English Muffin Pizza

Component: Grain/Meat Alternate

KSU Developed

Nutrients calculated using Food Processor for 2 English muffin pizzas from 2 English muffin halves.
Note: 1 cup marinara sauce = 4 servings from recipe.

Serving: 2 English muffin pizzas from 2 muffin halves.

1-2 years: 1 pizza

3-5 years: 1 pizza

6-18 years: 2 pizzas

Nutrients Per Serving (2 halves)

Calories	236	Saturated Fat	2.64 g	Iron	1.65 mg
Protein	14.78 g	Cholesterol	15.72 mg	Calcium	267.83 mg
Carbohydrate	30.32 g	Vitamin A-RAE	10.00 RAE mcg	Sodium	491.96 mg
Total Fat	6.87 g	Vitamin C	4.71 mg	Dietary Fiber	4.55 g (2016 = 0.55 g)

Frittata with Swiss Chard

Component: Meat/Meat Alternate

Recipe Category Main Dish

Recipe New School Cuisine p 178, modified

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Swiss chard (or Spinach)	1 lb				<p>1. Preheat convection oven to 325°F or conventional oven to 350°F. For 48 servings, coat bottom and sides of two 2-inch full hotel pans with cooking spray. For 72 servings, coat bottom and sides of three 2-inch full hotel pans with cooking spray.</p> <p>2. Rinse chard but do not dry. Trim tough stem ends and discard. Chop leaves and stems into ¼ inch pieces. Set aside.</p> <p>3. Heat oil in a 16-inch skillet over low heat. Add the onions. Cook, stirring occasionally, until the onions are translucent, 8 to 10 minutes.</p> <p>4. Stir in the chard. Cook, stirring occasionally, until the chard begins to wilt, 8 to 10 minutes. Remove from the heat and set aside.</p> <p>5. Whisk eggs in a large bowl. Add garlic and salt. Whisk until well combined. Set aside 2 Tbsp cheese per full hotel pan. Stir remaining cheese into egg mixture.</p> <p>6. Divide the egg mixture evenly between the prepared pans. Evenly distribute the chard on top of the egg mixture in each pan. Sprinkle each pan with 2 Tbsp cheese.</p> <p>8. Bake until the top is beginning to brown and internal temperature reaches 155 °F or higher for at least 15 seconds, about 20 to 25 minutes. Cut each pan into 24 squares. Critical Control Point: Hold at 135 °F or higher.</p>
Canola oil or vegetable oil		¼ cup			
Chopped onions		2 cups			
Eggs		50 large			
Granulated garlic		3 tsp			
Salt		1 ½ tsp			
Shredded reduced-fat Cheddar cheese		2 ¼ cups, divided			

Frittata with Swiss Chard

Component: Meat/Meat Alternate

Recipe Category Main Dish

Recipe New School Cuisine p 178, modified

Notes:

Nutrient Analysis from Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 1 piece provides 2 oz equiv of meat/meat alternate.

1-2 years : ½ piece
 3-5 years: ¾ piece
 6-18 years: 1 piece

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	106.64	Saturated Fat	2.31 g	Iron	0.79 mg
Protein	7.94 g	Cholesterol	189.35 mg	Calcium	77.31 mg
Carbohydrate	1.73 g	Vitamin A	109.88 RAE mcg	Sodium	188.32 mg
Total Fat	7.38 g	Vitamin C	3.20 mg	Dietary Fiber (2016)	0.27 g

WGR Fruit & Bran Muffins

Component: Grain

Recipe Category

Recipe #

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Bran cereal		1½ qt			<p>1. Combine cereal and milk in a large bowl; let stand for 15 minutes.</p> <p>2. Add flour, brown sugar, applesauce, eggs, baking soda, baking powder, vanilla and salt. Mix until just combined.</p> <p>3. Fold in blueberries, cover and refrigerate at least 1 hour or overnight.</p> <p>4. Preheat convection oven to 375°F or conventional oven to 400°F.</p> <p>5. Coat muffin tin cups or large sheet pans with cooking spray or use muffin tin liners.</p> <p>6. If using muffin tins scoop about 2 Tbsp. batter into each prepared muffin tin. Bake until the muffin tops spring back lightly when tapped, 14 to 19 minutes.</p> <p><i>To check for doneness, a knife inserted into the center of the thickest part of the food must come out clean.</i></p> <p>7. If using sheet pans, cut into 50 squares.</p>
Low fat milk		1 qt			
Whole wheat flour		1 qt			
Brown sugar		2 2/3 cups (packed)			
Applesauce, unsweetened		2 cups			
Fresh eggs, pasteurized, large		4 large			
Baking soda		1 Tbsp. + 1 tsp			
Baking powder		1 Tbsp. + 1 tsp			
Vanilla extract		2 tsp			
Salt		1 tsp			
*Blueberries, fresh or frozen		1 qt + 1/3 cup			

WGR Fruit & Bran Muffins

Component: Grain

Recipe Category

Recipe #

Notes:

You can use frozen blueberries in this recipe. Thaw and drain excess liquid and add to the batter just before you're ready to scoop and bake.

Nutrient Information from Food Processor

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Blueberry, frozen	1 lb 8 oz	3 lb

Serving: 1 muffin provides 1 oz. equivalent WGR grain and 1/8 cup fruit.

1-2 years: 1/2 muffin square

3-5 years: 1/2 muffin square

6-18 years: 1 muffin square

Nutrients Per Serving

Calories	121	Saturated Fat	0.32 g	Iron	1.88 mg
Protein	3.09 g	Cholesterol	16.12 mg	Calcium	50.22 mg
Carbohydrate	26.57 g	Vitamin A	42.44 RAE	Sodium	236.29 mg
Total Fat	1.02 g	Vitamin C	1.44 mg	Dietary Fiber	2.32 g (2016 = 1.44 g)

Greek Turkey Burger Sliders

Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

USDA Recipe modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Greek yogurt, plain, low-fat	1 lb	2 cups			<p>1. Prepare Tzatziki Sauce: In a medium bowl, mix 1/2 of yogurt, cucumber, mint leaves, and lemon juice. Save remaining yogurt for step #10. For 50 servings: makes 3 cups 2 tablespoons. Chill sauce.</p> <p>2. CCCP: Cool to 41 °F or lower within 4 hours.</p> <p>3. Prepare burgers. Preheat oven to 400 °F.</p> <p>4. Thaw, drain, and squeeze excess liquid from spinach. Yields: For 50 servings, about 4 cups.</p> <p>6. In a medium bowl, mix spinach, ground turkey, remaining yogurt, oregano, garlic powder, salt, and pepper.</p> <p>7. Shape into 4 oz patties. Place patties on sheet pan(s) lined with parchment paper lightly coated with nonstick cooking spray. For 50 servings, use 2 - 18" x 26" x 1" sheet pans.</p> <p>8. Bake for 20 minutes.</p> <p>CCCP: Heat to 165 °F or above for 15 seconds.</p> <p>9. Place a turkey burger and a tomato into each slider roll. Top with 1 tablespoon Tzatziki sauce.</p> <p>10. Serve immediately.</p>
Cucumber, fresh peeled, diced	1 lb	2 cup			
Mint leaves, fresh, chopped OR Mint leaves, dried, crushed		1/3 cup OR 1 Tbsp 1 tsp			
Lemon juice		2 Tbsp 2 tsp			
Spinach, frozen, chopped	4 lbs 14 oz	2 qts 2 1/2 cups			
Raw ground turkey, lean	9 lb				
Nonstick cooking spray		2 sprays			
Oregano, dried		2 Tbsp 2 tsp			
Garlic, powder (adjust/decrease as needed)		2 Tbsp 2 tsp			
Salt, table		1 Tbsp			
Black pepper, ground		1 Tbsp			
WGR slider rolls (minimum of 1 oz each)		50			

Greek Turkey Burger Sliders

Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

USDA Recipe modified

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Notes:

Nutrient information calculated using Food Processor. Nutrients calculated using 1.25 oz. slider roll.

Serving: 1 slider provides 2 oz meat, 1 oz grain

1-2 years: ½ slider

3-5 years: 1 slider

6-18 years: 1 slider

Nutrients Per Serving

Calories	239	Saturated Fat	2.20 g	Iron	2.79 mg
Protein	21.02 g	Cholesterol	61.33 mg	Calcium	126.61 mg
Carbohydrate	20.99 g	Vitamin A	285.96 RAE mcg	Sodium	416.89 mg
Total Fat	8.95 g	Vitamin C	3.00 mg	Dietary Fiber	4.10 g (2016 = 1.45 g)

Green Beans

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Green beans, fresh, trimmed, ready to use OR *Green beans, fresh, whole, untrimmed OR Green beans, cut, frozen	9 lb OR 10 lb 6 oz OR 8 lb 12 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> For fresh beans, trim by breaking off the end (the top and tail) as you wash them. If uncut, cut into ¾-inch pieces. Steam or boil for about 8-10 minutes. For boiling, only add enough water to cover the beans. Remove from heat when beans are tender and can be easily cut with a fork. <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <ol style="list-style-type: none"> Drain and serve. <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

Notes:

Green Beans

Component: Vegetable

Side Dish

Recipe #KSU Developed

Nutrients calculated using Food Processor for green beans, boiled, from frozen, drained.

Serving: ½ cup provides ½ cup cut, cooked vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies see menu

Nutrients Per Serving

Calories	18.90	Saturated Fat	0.03 g	Iron	0.45 mg
Protein	1.01 g	Cholesterol	0 mg	Calcium	28.35 mg
Carbohydrate	4.35 g	Vitamin A	14.14 RAE mcg	Sodium	0.67 mg
Total Fat	0.11 g	Vitamin C	2.77 mg	Dietary Fiber (2016)	2.02 g

Ham

Component: Meat/Meat Alt

Recipe #

Notes:
Nutrient information from Food Processor

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 2 oz cooked meat	Yield:	Volume:
1-2 years: ½ serving	50 Servings:	50 Servings:
3-5 years: ¾ serving		
6-18 years: 1 serving	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	84.48 kcal	Saturated Fat	0.96 g
Protein	10.68 g	Cholesterol	41.39 mg
Carbohydrate	0.0 g	Vitamin A	0 RAE mcg
Total Fat	4.32 g	Vitamin C	13.21 mg
		Iron	0.48 mg
		Calcium	3.40 mg
		Sodium	654.87 mg
		Dietary Fiber (2016)	0 g

Ham and Cheese on WGR Bread

Meat/Meat Alternate

Sandwiches

KSU Developed

Notes:

Nutrient information from Food Processor based on 1 oz bread slice.

Note: Per CN label for Tyson sliced honey or smoked ham, WA 2.68 oz sliced ham luncheon meat = 2 oz meat

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: 2 quarter pieces of sandwich	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	296.15	Saturated Fat	5.75 g	Iron	1.67 mg
Protein	20.21 g	Cholesterol	44.94 mg	Calcium	291.44 mg
Carbohydrate	26.14 g	Vitamin A	93.64 RAE mcg	Sodium	750.42 mg
Total Fat	12.08 g	Vitamin C	0 mg	Dietary Fiber	3.36 g

Ham Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

Notes:

Nutrient information in progress.

Note: Per CN label for Tyson sliced honey or smoked ham,
WA 2.68 oz sliced ham luncheon meat = 2 oz meat

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: varies, see menu	48 Servings: 48 sandwiches
3-5 years: varies, see menu	
6-18: varies, see menu	96 Servings: 96 sandwiches

Nutrients Per Serving

Calories Protein Carbohydrate Total Fat	Saturated Fat Cholesterol Vitamin A Vitamin C	Iron Calcium Sodium Dietary Fiber
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Hash Brown Potatoes

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Potato product, frozen, hash browns	13 lb				<p>1. Preheat oven to 425°F (232°C).</p> <p>2. Place potatoes into a baking dish that has been coated with pan release spray. Spread potatoes into an even layer. For best results, avoid layering more than 2 inches deep.</p> <p>3. Bake for approximately 35-45 minutes, turning halfway through cooking time.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

Hash Brown Potatoes

Component: Vegetable

Side Dish

Recipe #KSU Developed

Notes: Serving size by age group is for breakfast meal

Nutrient analysis in progress.

Serving: ½ cup cooked potatoes

1-2 years: ¼ cup

3-5 years: ½ cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories

Protein

Carbohydrate

Total Fat

Saturated Fat

Cholesterol

Vitamin A- RAE

Vitamin C

Iron

Calcium

Sodium

Dietary Fiber

Hawaiian Chicken Wrap

Meat, Vegetable, Grains

Sandwiches

F-12r

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Light mayonnaise	8 oz	1 cups			<p>1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Cover and refrigerate.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70°F to 41°F within four hours for safety.</i></p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70°F to 41°F within four hours for safety.</i></p> <p>3. Portion 1/3 cup of chicken mixture onto center of each tortilla. Fold into taco shape to serve.</p> <p><i>Cold foods must be held under temperature control at 41°F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41°F.</i></p>
White vinegar		¾ cup			
Sugar	8 oz	1 cups			
Poppy seeds		1 Tbsp 1 tsp			
Onion powder		2 Tbsp			
Garlic powder		2 Tbsp			
Chili powder		2 Tbsp			
Fresh broccoli, shredded	1 lb 8 oz	2 qt			
Fresh carrots, shredded	1 lb	1 qt 1 cup			
Fresh baby spinach, chopped	7 oz	2 1/2 cup			
Canned crushed pineapple, in 100% juice, drained	11 oz	1 ¼ cups			
Frozen, cooked diced chicken, thawed, ½" pieces OR Chicken from recipe for salads and dished, prepared	3 lb 4 oz	2 qt 2 1/2 cups OR 25 servings			
Whole-wheat tortillas, 6" (1 oz each)		50			

Hawaiian Chicken Wrap

Meat, Vegetable, Grains

Sandwiches

F-12r

Notes:

Nutrient information in progress.

Serving: 1 wrap 1 oz equivalent meat, $\frac{1}{4}$ cup vegetable, 1 oz equivalent WGR grains.

6-18 years old: 1 tortilla with filling

Hummus

Component: Meat Alternate

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, no added salt	8 lb 9 oz	1 ⅓ No. 10 can			<ol style="list-style-type: none"> 1. Drain garbanzo beans. 2. Combine all ingredients in a food processor. 3. Blend until smooth. 4. Refrigerate promptly. <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <ol style="list-style-type: none"> 5. For SAC and older children, may garnish with parsley (optional). <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p>
Minced garlic (may adjust)		2 Tbsp			
Salt		2 tsp			
Lemon juice		1 cup			
Tahini		2 ⅔ cup			
Parsley, fresh, chopped		1 ⅓ cup			
Cayenne pepper		⅔ tsp			
Olive oil		⅔ cup			
Water		⅓ cup			
Salt free flavor blends, such as lemon pepper, fiesta lime or original		2 tsp			

Hummus

Food Component: Meat Alternate

Recipe Category: Dip

Recipe #

Notes:

Nutrition information calculated using Food Processor.

Serving: 6 Tbsp provides 1 oz meat alternate

Serving size may vary. **Check menu notes.**

1-2 years: 3 Tbsp provides ½ oz meat alternate

3-5 years: 3 Tbsp provides ½ oz meat alternate

6-18 years: 6 Tbsp provides 1 oz meat alternate



Nutrients Per Serving

Calories	163	Saturated Fat	1.44 g	Iron	1.10 mg
Protein	5.28 g	Cholesterol	0 mg	Calcium	39.09 mg
Carbohydrate	12.84 g	Vitamin A	8.30 RAE mcg	Sodium	189.77 mg
Total Fat	10.79 g	Vitamin C	3.54 mg	Dietary Fiber (2016)	3.37 g

Lemon Baked Fish

Recipe Component: Meat

Recipe Category: main dish

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Granulated garlic (adjust or omit)		2 tsp			<p>1. Mix granulated garlic, onion salt, black pepper, oregano, and thyme in a small bowl. Reserve for step 3.</p> <p>2. Place 25 fish portions into each ungreased steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>3. Sprinkle ¼ cup of lemon juice and 1 Tbsp 1 tsp of seasoning mix over the top of each pan.</p> <p>4. Drizzle ¾ cup of melted butter or buttery spread over the seasonings in each pan.</p> <p>5. Bake: Conventional oven: 350° F for 20 minutes; Convection oven: 350° F for 15 minutes</p> <p>6. Fish should flake easily with a fork when done.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 145° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> <p><i>Do not serve fish fillets to children under 2 years of age. Visually inspect for bones before cooking and cut into age appropriate pieces and check for bones again before serving.</i></p> <p><i>Continued</i></p>
Onion salt		2 tsp			
Ground black pepper		¾ tsp			
Oregano, dried		1 tsp			
Thyme, dried		1 tsp			
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each			
Lemon juice		½ cup			
Butter or buttery spread, melted	6 oz	¾ cup			

Lemon Baked Fish

Recipe Component: Meat

Recipe Category: main dish

Recipe #

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Notes:

Nutrient Information calculated using Food Processor

Serving: 1 portion provides 2.25 oz meat/ meat alternate	Volume:	
1-2 years: ½ portion	50 Servings:	2 steamtable pans
3-5 years: ¾ portion		
6-18: 1 portion	100 Servings:	4 steamtable pans

Nutrients Per Serving					
Calories	102.10	Saturated Fat	1.11g	Iron	0.52 mg
Protein	17.12 g	Cholesterol	42.52 mg	Calcium	9.67 mg
Carbohydrate	0.27 g	Vitamin A	33.56 RAE mcg	Sodium	138.82 mg
Total Fat	3.64 g	Vitamin C	0.41 mg	Dietary Fiber (2016)	0.05 g

Lemon Salmon Cakes

Recipe Component: Meat/Meat Alternate

Recipe Category: main dish

Recipe #D-10 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Salt		1 tsp			<p>1. Combine salt, pepper, thyme, celery powder, paprika, dried mustard, and allspice. Mix well and then add dried breadcrumbs. Mix again and set aside for step 6.</p> <p>2. Drain and flake salmon until very fine.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>3. Mix celery, onion, and lemon juice with salmon. Reserve for step 6.</p> <p>4. In a bowl, beat eggs with a wire whip until foamy.</p> <p>5. Fold salad dressing (or mayonnaise) into eggs.</p> <p>6. Combine salmon and egg mixtures. Add dried breadcrumb mixture. Mix until thoroughly blended. Cover and refrigerate 20 minutes.</p> <p>7. Using a No. 16 scoop (¼ cup), portion fish mixture and shape into cakes. Place on a well-oiled baking sheet.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>8. Spray tops of cakes lightly with spray cooking oil</p> <p>9. Bake until golden brown: Conventional oven: 375° F for about 18 minutes Convection oven: 350° F for 12 minutes</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Continued</i></p>
Ground black or white pepper		1 tsp			
Thyme, dried		2 tsp			
Celery powder, dried		1 ½ tsp			
Paprika		2 tsp			
Dry mustard		1 tsp			
Allspice		1/2 tsp			
WGR dry breadcrumbs	12 oz	2 1/4 cup			
Canned salmon, packed, drained	60 oz	6 cans (14.75 oz each)			
*Celery, fresh, minced	4 oz	1 cups			
*Onions, raw, chopped OR Dehydrated onions	6 oz	1 cup OR 1/3 cup			
Lemon juice		1/3 cup			
Pasteurized fresh eggs, large		12 large			
Reduced calorie salad dressing OR Low-fat mayonnaise		2 cups OR 2 cups			

Lemon Salmon Cakes

Recipe Component: Meat/Meat Alternate

Recipe Category: main dish

Recipe #D-10 modified

					Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F.
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Notes:

14 ¾ oz can = 10.0 oz drained, unheated salmon with bones and skin

Nutrient Information calculated using Food Processor.

Nutrition Fact: Salmon is a rich source of omega-3 oil.



Serving: 1 cake provides the equivalent of 1½ oz of cooked lean meat and the equivalent of ½ slice bread.

1-2 years: ⅔ cake

3-5 years: 1 cake

6-18 years: 1 ⅓ cake or one larger cake. Divide serving number by 1.33 to calculate number of 2-oz cakes the recipe will yield. For example, this recipe for 50 servings will produce 37.5 large (2-oz) cakes.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	7 oz	14 oz
Celery	5 oz	10 oz

Nutrients per serving of 1.5 oz meat size cake

Calories	102	Saturated Fat	0.75 g	Iron	0.70 mg
Protein	10.64 g	Cholesterol	73.00 g	Calcium	39.66 mg
Carbohydrate	5.54 g	Vitamin A	26.87 RAE mcg	Sodium	310.78 mg
Total Fat	4.20 g	Vitamin C	0.98 mg	Dietary Fiber	1.04 (2016 = 0.19 g)

Lemon Pasta Salad

Component: Grain-Vegetable

Recipe modified from New School Cuisine p 103

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		6 gal			<p>1. Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes.</p> <p>2. Drain and rinse with cold water.</p> <p><i>Grains and pastas should be spread on a sheet pan, loosely covered and rapidly cooled under refrigeration.</i></p> <p>3. Zest and juice lemons.</p> <p>4. Purée parmesan cheese and the lemon zest in a food processor fitted with a steel blade until smooth. While the motor is running, add oil, mustard, salt, pepper and the juice of the lemon. Process until combined.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>5. Combine the drained pasta, pureed mixture, cucumbers and tomatoes in a large bowl. Toss to combine.</p> <p>6. Use immediately or cover and refrigerate.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p> <p><i>Continued</i></p>
Salt (for boiling water)		1 Tbsp			
Whole wheat rotini or penne pasta	3 lb 12 oz				
Lemons, fresh, zested and juiced		6 medium			
Parmesan cheese, grated		1 cups			
Olive oil		2 ½ cups			
Dijon mustard		2 Tbsp			
Salt		2 tsp			
*Cucumbers, fresh, diced ¼-inch. Note: Remove skin if serving children under 18 months		13 cups			
Tomatoes, fresh, diced ¼-inch		12 cups			

Lemon Pasta Salad

Component: Grain-Vegetable

Recipe modified from New School Cuisine p 103

Notes:

Nutrient information calculated using Food Processor

Serving: ~1 cup provides ½ cup vegetable and 1 oz equiv WGR grain equivalent.

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Cucumber	1 lb 8 oz	3 lb

Nutrients Per Serving

Calories	257	Saturated Fat	1.61 g	Iron	2.81 mg
Protein	9.69 g	Cholesterol	4.13 mg	Calcium	110.34 mg
Carbohydrate	37.69 g	Vitamin A	86.30 RAE mcg	Sodium	307.28 mg
Total Fat	8.18 g	Vitamin C	13.13 mg	Dietary Fiber	7.50 g (2016 = 3.66 g)

Lemon Pesto Pasta Salad

Component: Grain-Vegetable

Recipe modified from New School Cuisine p 103

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		6 gal			<ol style="list-style-type: none"> 1. Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. 2. Drain and rinse with cold water. 3. Trim and peel garlic cloves. 4. Zest and juice lemons. 5. Purée arugula (or spinach), garlic, grated cheese and the lemon zest in a food processor fitted with a steel blade until smooth. While the motor is running, add oil, salt, pepper and the juice of the lemon. Process until combined 6. Combine the drained pasta, pesto mixture, beans, onions, and tomatoes in a large bowl. Toss to combine. 7. Use immediately or cover and refrigerate. 8. CCP: Cool to 41° F or lower within 4 hours. 9. CCP: Hold at 41° F or colder.
Table salt (for boiling water)		1 Tbsp			
Whole wheat rotini or penne pasta	3 lb 12 oz				
Garlic (adjust as needed)		24 cloves			
Lemons		4 medium			
Fresh arugula or spinach leaves		3 qt (packed)			
Grated parmesan cheese		3 cups			
Olive oil		1 ¼ cup			
Salt as an ingredient		2 tsp			
Ground black pepper		1 Tbsp + 1 tsp			
Low sodium white beans, canned, rinsed and drained		12 cups			
Red onions, diced, ¼-inch		3 cups			
Tomatoes, diced ¼-inch		10 cups			

Lemon Pesto Pasta Salad

Component: Grain-Vegetable

Recipe modified from New School Cuisine p 103

Notes:

Nutrient information calculated using Food Processor

Serving: ~1 cup provides ½ cup vegetable and 1 oz equiv WGR grain equivalent.

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

Nutrients Per Serving

Calories	254.43	Saturated Fat	1.61 g	Iron	2.33 mg
Protein	9.43 g	Cholesterol	4.13 mg	Calcium	105.32 mg
Carbohydrate	37.29 g	Vitamin A	35.64 RAE mcg	Sodium	365.18 mg
Total Fat	8.22 g	Vitamin C	8.97 mg	Dietary Fiber	7.16 g

Lentil Soup

Recipe Component: Meat Alternate

Recipe Category: Soup

Recipe #New School Cuisine, modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp			<ol style="list-style-type: none"> 1. Heat oil in a large stockpot over medium heat. Add onions and garlic. Cook, stirring often, until soft, about 6 minutes. 2. Stir in broth, crushed tomatoes, lentils and tomato paste. Add chili powder, cumin, thyme, and paprika; stir to combine. 3. Bring to a boil, reduce heat to low, cover and simmer for 30 minutes. 4. Mix in carrots and celery. Cook until the lentils and vegetables are tender, about 30 minutes. Stir in vinegar and salt. Simmer 5 minutes. 5. CCP: Hold for hot service at 135 °F or higher.
Diced onion (1/4 inch pieces)		2 quarts			
Finely chopped garlic (adjust if needed)		¼ cup			
Low-sodium vegetable or chicken broth		2 gal			
Low sodium crushed tomatoes, canned	6 lb. 6 oz.	1 #10 can			
Dried brown lentils	3 lb 8 oz.				
Tomato paste	12 oz				
Chili powder		5 Tbsp			
Ground cumin		3 Tbsp			
Thyme, chopped fresh OR Thyme, dried leaves		2 Tbsp OR 2 tsp			
Paprika		2 Tbsp			
Diced peeled carrots (¼-inch pieces)		1 quart			
Diced celery (¼-inch pieces)		1 quart			
Cider vinegar		2 Tbsp			
Salt (omit if no added salt tomato sauce/paste are not available)		1 Tbsp			



Lentil Soup

Recipe Component: Meat Alternate

Recipe Category: Soup

Recipe #New School Cuisine, modified

Notes:

Nutrient Information calculated using Food Processor

Serving: 1 cup provides or 2 oz equiv meat/meat alternate or ½ cup beans/legumes (but not both).

1-2 years: ½ cup

3-5 years: ¾ cup

6-18 years: 1 cup

Nutrients Per Serving (1 cup)

Calories	179.2 kcal	Saturated Fat	0.21 g	Iron	3.86 mg
Protein	9.28 g	Cholesterol	0 mg	Calcium	64.11 mg
Carbohydrate	32.72 g	Vitamin A	104.54 IU	Sodium	375.93 mg
Total Fat	1.68 g	Vitamin C	9.13 mg	Dietary Fiber	6.65 g (2016 = 6.01 g)

Macaroni and Cheese

Component: Meat Alternate-Grains/Breads

Main Dish

D-20

Ingredients	48 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
WGR elbow macaroni	2 lb 10 oz	2 qt 2 cups			<p>1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well.</p> <p>2. Melt margarine or butter in a stock pot or sauce pan.</p> <p>3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.</p> <p>4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened.</p> <p>5. Add Worcestershire sauce, Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.</p> <p>6. Combine macaroni and sauce. Mix well. Place 5 lb 6 oz (2 qt 2 ¾ cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil. Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes.</p> <p>7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 ½ oz (1 ½ cups) over each pan.</p>
Margarine or butter	12 oz	1 ½ cups			
Enriched all-purpose flour	5 oz	1 cups			
Whole wheat flour	7 oz	1 ¾ cups			
Dry mustard		1 Tbsp			
Ground black or white pepper		1 tsp			
Paprika		1 Tbsp			
Lowfat 1% milk		1 gal 1 qt			
Worcestershire sauce (optional)		2 tsp			
Reduced fat cheddar cheese, shredded		3 qt 1 cup			
Parmesan cheese, grated		1 cup			
WGR soft bread crumbs		2 cups			
Reduced fat cheddar cheese, shredded		1 qt			

Macaroni and Cheese

Component: Meat Alternate-Grains/Breads

Main Dish

D-20

					<p>8. Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 165° F or higher.</p> <p>9. CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.</p>
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Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

<p>Serving: 1 piece/portion (about 1/2 cup) provides 1 ½ oz of cheese and the equivalent of 1 ½ slices of bread.</p> <p>1-2 years: 1/3 cup 3-5 years: 1/2 cup 6-18 years: 2/3 cup</p>	Yield:	Volume:
	<p>48 Servings: 22 lb 8 oz</p> <p>100 Servings:</p>	<p>48 Servings: 4 pans</p> <p>100 Servings:</p>

Nutrients Per Serving			
Calories	305	Saturated Fat	6.40 g
Protein	19.30 g	Cholesterol	28.93 mg
Carbohydrate	30.74 g	Vitamin A	228.67 RAE mcg
Total Fat	12.34 g	Vitamin C	.01 mg
		Iron	1.39 mg
		Calcium	516.32 mg
		Sodium	419.50 mg
		Dietary Fiber	2.93 g (2016 Fiber = 0.65 g)

Marinara Sauce

Component: Vegetable

Main Dish/Snack

Recipe : Let's Cook Healthy 4.6

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1 Tbsp			<p>1. Heat the oil in a heavy-bottomed saucepot over low heat.</p> <p>2. Add the onion and sauté until translucent, about 6 minutes.</p> <p>3. Add the garlic, onion powder, and tomato sauce.</p> <p>4. Bring to a simmer and add the oregano and basil. Simmer for 30 minutes.</p> <p>5. Add the vinegar, salt and pepper. Omit salt if low sodium tomato sauce is not available.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
*Spanish onion, minced		3 Tbsp			
Garlic powder OR Garlic, fresh, minced (adjust as needed)		2 ¼ tsp OR 1 tsp			
Onion powder		1 ½ tsp			
Tomato sauce, canned, low-sodium	106 oz	13 cups (1 #10 can)			
Oregano, dried		1 ½ tsp			
Basil, dried		½ tsp			
Cider vinegar		1 ½ tsp			
Salt (omit if low sodium tomato sauce is not available)		½ tsp			
Pepper		½ tsp			

Marinara Sauce

Component: Vegetable

Main Dish/Snack

Recipe : Let's Cook Healthy 4.6

Notes:

Nutrient information calculated using Food Processor.

Serving: ¼ cup provides ¼ cup of red or orange vegetable

1-2 years: varies, see menu notes

3-5 years: varies, see menu notes

6-18 years: varies, see menu notes



Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mild Onion	1.5 oz	3 oz

Nutrients Per Serving

Calories	24.35	Saturated Fat	0.02 g	Iron	0.41 mg
Protein	1.09 g	Cholesterol	0 mg	Calcium	1.44 mg
Carbohydrate	4.42 g	Vitamin A	15.64 RAE mcg	Sodium	33.85 mg
Total Fat	0.28 g	Vitamin C	9.42 mg	Dietary Fiber (2016)	1.10 g

Mashed Potatoes

Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Potatoes, fresh, whole, white or russet OR Potatoes, fresh, ready-to-cook pared, white or russet	12 lbs OR 9 lb 12 oz				<ol style="list-style-type: none"> 1. If using whole potatoes, peel and then rinse the potatoes under cold running water. 2. Cut the potatoes into quarters. 3. Steam or boil about 30 minutes or until potatoes are tender and easily mashed with a fork. 4. Drain potatoes. 5. In a bowl, combine hot potatoes, warm milk, butter or buttery spread. Mash by hand or by using a mixer with the whip attachment and the mixer set on medium speed for 3 minutes. Scrape down sides of bowl. 6. Mash/mix until smooth. 7. CCP: Hold at 135° F or warmer.
Low-fat milk, warm	4 cups				
Butter or buttery spread	½ cup				

Mashed Potatoes

Vegetable

Side Dish

Recipe #KSU Developed

Notes:
Nutrient information calculated using Food Processor for mashed potatoes prepared with whole milk and margarine.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: ½ cup mashed potatoes	Yield:		Volume:	
1-2 years: ⅛ cup	50 Servings:		50 Servings:	
3-5 years: ¼ cup				
6-18 years: ½ cup	100 Servings:		100 Servings:	

Nutrients Per Serving					
Calories	119 kcal	Saturated Fat	0.78 g	Iron	0.27 mg
Protein	2.06 g	Cholesterol	0 mg	Calcium	22.05 mg
Carbohydrate	17.79 g	Vitamin A-RAE	46.20 mcg	Sodium	349.65 mg
Total Fat	4.41 g	Vitamin C	11.02 mg	Dietary Fiber	1.57 g

Meatloaf

Recipe Component: Meat

Recipe Category: Main Dish

Recipe # D-28 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Tomato paste, canned, low sodium	6 oz	⅔ cup			<p>1. In a mixer with paddle attachment, combine tomato paste, broth, eggs, oats, and milk. Mix for 2 minutes on medium speed.</p> <p>2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.</p> <p>3. Into each pan (9" x 13" x 2"), place 5 lb 2 ¼ oz (2 qt 2 cups) of meat mixture. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>4. Press mixture into pans. Smooth top.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>5. Bake: Conventional oven: 325° F (1 hour) Convection oven: 275° F (50 minutes) seconds.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p>6. Drain fat from pans. Let meat loaf stand 20 minutes.</p> <p>7. Cut each pan into 5 x 5 pieces (25 pieces). Serving is 1 piece.</p>
Beef broth, low sodium, non-MSG		2 cup			
Pasteurized frozen whole eggs, thawed OR Pasteurized fresh eggs, large	8 oz	1 cup OR 5 each			
Rolled oats	16 oz	1 qt 2 cup			
Milk, nonfat or low fat		1 cup			
Ground beef, raw, no more than 10%	7 lbs 14 oz				
*Onions, raw, chopped OR Dehydrated onions	9 oz	1 ½ cup OR ¼ cup 2 Tbsp			
*Celery, fresh, chopped	1 lb	3 ¾ cups			
Parsley, dried		2 Tbsp			
Ground black or white pepper		1 tsp			
Granulated garlic (adjust as needed)		1 ½ tsp			
Basil, dried		½ tsp			
Oregano, dried		½ tsp			
Marjoram, dried		¼ tsp			

Meatloaf

Recipe Component: Meat

Recipe Category: Main Dish

Recipe # D-28 modified

Thyme, dried		¼ tsp			<p><i>Continued</i> <i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
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Notes:

Modified by replacing powdered milk and water with fluid milk. Nutrients calculated using Food Processor.

*Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onion	6 oz	12 oz
Celery	10 oz	1 lb 4 oz

Serving: 1 slice provides 2 oz cooked lean meat, 1/8 cup of vegetable, and the equivalent of ½ slice of bread

1-2 years: ½ piece

3-5 years: ¾ piece

6-18 years: 1 piece

Nutrients Per Serving					
Calories	179.20	Saturated Fat	3.13 g	Iron	2.16 mg
Protein	16.74 g	Cholesterol	65.33 mg	Calcium	28.56 mg
Carbohydrate	8.28 g	Vitamin A	17.87 RAE mcg	Sodium	85.07 g
Total Fat	8.43 g	Vitamin C	1.34 mg	Dietary Fiber (2016)	1.34 g

Meat Spaghetti Sauce

Component: Meat, Vegetable (extra)

Recipe Category: Main Dish

Recipe #D-03 modified

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Ground beef, raw, no more than 10% fat	6 lb 8 oz				<p>1. Brown ground beef. Drain. Continue immediately.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155°F for 17 seconds.</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>2. Add onions to ground beef and sauté for 5 minutes or until onions are translucent.</p> <p>3. In a heavy pot, combine beef, onions, tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and pepper. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F</i></p>
*Onions, raw, chopped	12 oz	2 cups			
OR	OR				
Dehydrated onions	2 ¼ oz				
Tomato paste, canned, low-sodium	2 lb 4 oz	1 qt			
Water		2 qt 1 cup			
Sugar		2 Tbsp 2 tsp			
Basil, dried		1 ½ tsp			
Oregano, dried		1 ½ tsp			
Salt		1 ½ tsp			
Granulated garlic (adjust as needed)		1 Tbsp 1 tsp			
Ground black or white pepper		1 ½ tsp			

Meat Spaghetti Sauce

Component: Meat, Vegetable (extra)

Recipe Category: Main Dish

Recipe #D-03 modified

Notes:

Nutrient information calculated using Food Processor (USDA recipe (Edited 2014, Edited 2007)).

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature Onion	14 oz	1 lb 12 oz

Serving: 1 serving about $\frac{3}{8}$ cup provides 1 $\frac{1}{2}$ oz cooked lean meat, $\frac{1}{4}$ cup of vegetable

1-2 years: $\frac{2}{3}$ serving or about $\frac{1}{4}$ cup

3-5 years: 1 serving or about $\frac{3}{8}$ cup

6-18 years: 1 $\frac{1}{3}$ serving or about $\frac{1}{2}$ cup

Nutrients Per Serving

Calories	126	Saturated Fat	2.34 g	Iron	2.02 mg
Protein	12.81 g	Cholesterol	38.33 mg	Calcium	19.26 mg
Carbohydrate	5.25 g	Vitamin A	18.04 RAE mcg	Sodium	122.94 mg
Total Fat	6.01 g	Vitamin C	4.99 mg	Dietary Fiber (2016)	1.02 g

Mediterranean Quinoa Salad

Component: Grains

Grains

B-25r

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, dry OR Bulgur, dry (see notes)	3 lb 6 oz OR 3 lb 6 oz	2 qt ½ cup OR 2 qt ½ cup			<p>1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</p> <p>2. Combine quinoa and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff. Transfer to shallow pan(s). Cover and refrigerate.</p> <p>3. CCP: Cool to 41 °F or lower within 4 hours</p> <p>4. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.</p> <p>5. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.</p> <p>6 Mix in cooled quinoa. Fold in feta cheese and parsley.</p> <p>7. Transfer to a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>8. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service.</p>
Low sodium chicken broth		1 gal			
Lemon juice		½ cup			
Cider vinegar		½ cup			
Fresh garlic, minced (adjust if needed)		2 Tbsp			
Olive oil		½ cup			
Salt (omit if low sodium chicken broth is not available)		3 tsp			
Ground white pepper		1 tsp			
*Fresh red bell peppers, diced	5 ½ oz	1 cups			
*Fresh green onions, diced (optional)	2 oz	½ cup			
*Fresh red onions, diced (optional)	3 oz	½ cup			
*Fresh cherry tomatoes, diced	11 ½ oz	2 cup			
Black olives, sliced	2 ½ oz	½ cup			
Feta cheese, crumbled	3 oz	½ cup			
*Fresh parsley, finely chopped		1 cups			

Mediterranean Quinoa Salad

Component: Grains

Grains

B-25r

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Notes:

No need to rinse bulgur, but it should be cooked according to directions for quinoa. Nutrient information calculated for version with quinoa using Food Processor



Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 ½ oz	3 oz

Serving: ¾ cup provides ⅛ cup other vegetable and 1 oz equivalent grains.

1-2 years: ⅝ cup
 3-5 years: ⅝ cup
 6-18 years ¾ cup

Yield:

50 Servings: about 9 lb
100 Servings:

Volume:

50 Servings: about 1 gallon 2 cups 2 steam table pans
100 Servings:

Nutrients Per Serving

Calories	157.15	Saturated Fat	0.93 g	Iron	1.71 mg
Protein	6.27 g	Cholesterol	1.51 mg	Calcium	30.07 mg
Carbohydrate	21.68 g	Vitamin A	15.41 RAE mcg	Sodium	191.20 mg

Mediterranean Quinoa Salad

Component: Grains

Grains

B-25r

Total Fat

5.22 g

Vitamin C

7.71 mg

Dietary Fiber (2016)

2.40 g

Oatmeal

Component: Grain

Recipe Category Breakfast

Recipe: KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		7 qt			1. Bring water to a boil. 2. Add salt. 3. Stir in rolled oats. 4. Cook about 5 minutes over medium heat; stir occasionally. 5. Allow 5 minutes for oatmeal to thicken, and then serve immediately or hold at 135° F or higher. <i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i>
Salt		1 tsp			
Oats, rolled	2 lbs 13 oz	3 qt 3 ½ cups			

Notes:

Oatmeal

Component: Grain

Recipe Category Breakfast

Recipe: KSU Developed

Nutrient information calculated using Food Processor.
Recipe calculated using 1 serving = 25 grams of dry
oats.

Serving: 1/2 cup cooked oatmeal	Yield:	Volume:
1-2 years: ¼ cup	50 Servings:	50 Servings:
3-5 years: ¼ cup		
6-18 years: ½ cup	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	96	Saturated Fat	0.32 g	Iron	1.15 mg
Protein	3.19 g	Cholesterol	0 mg	Calcium	4.01 mg
Carbohydrate	17.22 g	Vitamin A	0 RAE mcg	Sodium	51.81 mg
Total Fat	1.91 g	Vitamin C	0 mg	Dietary Fiber (2016)	2.55 g

Oven-Baked Whole Wheat Pancakes

Component: Grains

Recipe #A-06

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Whole wheat flour		3 cups 2 Tbsp			<p>1. Combine flours, baking powder, sugar, salt, eggs, oil, and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl.</p> <p>2. Mix for 1 minute on medium speed until batter is smooth.</p> <p>3. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>4. Bake until golden brown: Conventional oven: 450°F for 10 minutes Convection oven: 400°F for 8 minutes.</p> <p><i>To check for doneness, a knife inserted into the center of the thickest part of the food must come out clean.</i></p> <p>5. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>
Enriched flour		3 cups			
Baking powder		4 Tbsp			
Sugar		1/2 cup			
Salt		4 tsp			
Pasteurized fresh large eggs OR Pasteurized frozen whole eggs, thawed	8 oz	5 each OR 1 cup			
Vegetable oil		1/2 cup			
Low-fat 1% milk		6 cups			

Oven-Baked Whole Wheat Pancakes

Component: Grains

Recipe #A-06

Notes:

Nutrient Information from USDA.

Special Tip: For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Serving: 1 piece provides the equivalent of one slice of bread.

1-2 years: 1/2 piece

3-5 years: 1/2 piece

6-18 years: 1 piece

Nutrients Per Serving

Calories	98	Saturated Fat	0.55 g	Iron	0.77 mg
Protein	3.38 g	Cholesterol	20.11 mg	Calcium	187 mg
Carbohydrate	14.32 g	Vitamin A RAE	24.51 RAE mcg	Sodium	205 mg
Total Fat	3.25	Vitamin C	0 mg	Dietary Fiber	1.01 g

Parmesan Cauliflower

Component: Vegetable

Recipe Category

Recipe # KSU Developed

Notes:

Nutrient information calculated using Food Processor

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: ½ cup

1-2 years: varies see menu
 3-5 years: varies see menu
 6-18 years: varies see menu

Yield:

50 Servings:

 100 Servings:

Volume:

50 Servings:

 100 Servings:

Nutrients Per Serving

Calories	84 kcal	Saturated Fat	0.87 g	Iron	0.74 mg
Protein	2.94 g	Cholesterol	1.72 mg	Calcium	47.64 mg
Carbohydrate	9.90 g	Vitamin A	5.28 RAE mcg	Sodium	179.17 mg
Total Fat	3.91 g	Vitamin C	28.34 mg	Dietary Fiber	1.62 g (2016 = 1.20 g)

Roasted Parmesan Cauliflower

Component: Vegetable

Recipe Category

Recipe # KSU Developed

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Cauliflower, fresh, trimmed, washed and dried		5 heads			<p>1. Preheat oven to 400°F. Line baking sheet pans with parchment paper.</p> <p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <p>2. Trim cauliflower and cut into florets.</p> <p>3. Combine the cauliflower and olive oil in a large zip close bag and shake to coat.</p> <p>4. Add the remaining ingredients to the bag and shake until coated, pressing slightly to help the breading stick.</p> <p>5. Pour onto the baking sheet and spray the tops of the cauliflower with cooking spray and bake for 20 minutes. Stir the cauliflower and continue to bake an additional 10 minutes. Serve hot.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Olive oil		½ cup 2 Tbsp			
WGR bread crumbs		5 cups			
Garlic powder (adjust or omit)		1 ¼ tsp			
Oregano, dried		1 ¼ tsp			
Salt		1 ¼ tsp			
Parmesan cheese	4 oz	1 ½ cups			

Roasted Parmesan Cauliflower

Component: Vegetable

Recipe Category

Recipe # KSU Developed

Notes:

Nutrient information calculated using Food Processor

Serving: ½ cup of vegetable

1-2 years: varies see menu
3-5 years: varies see menu
6-18 years: varies see menu

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	84 kcal	Saturated Fat	0.87 g	Iron	0.74 mg
Protein	2.94 g	Cholesterol	1.72 mg	Calcium	47.64 mg
Carbohydrate	9.90 g	Vitamin A	5.28 RAE mcg	Sodium	179.17 mg
Total Fat	3.91 g	Vitamin C	28.34 mg	Dietary Fiber	1.62 g (2016 = 1.20 g)

Peas

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Peas, green, frozen OR Peas, green, canned, no added salt	10 lb 8 oz OR 2.8 No. 10 cans				<ol style="list-style-type: none"> 1. For frozen peas, steam or boil about 5-6 minutes. For boiling, only add enough water to cover the peas. 2. If peas are not low sodium, drain and rinse peas, then add water to cover the peas, and cook over medium heat until they come to a simmer. 3. For canned peas, add peas and liquid to large pot and cook over medium heat until they come to a simmer. 4. Remove from heat when peas are tender and easily mashable with a fork. <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> <ol style="list-style-type: none"> 5. Drain and serve.

Notes:

Peas

Component: Vegetable

Side Dish

Recipe #KSU Developed

Nutrients calculated using Food Processor for peas, green, boiled, from frozen, drained.

Serving: ½ cup provides ½ cooked vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories	62.40 kcal	Saturated Fat	0.04 g	Iron	1.22 mg
Protein	4.12 g	Cholesterol	0 mg	Calcium	19.20 mg
Carbohydrate	11.41 g	Vitamin A	84.00 RAE mcg	Sodium	57.60 mg
Total Fat	0.22 g	Vitamin C	7.92 mg	Dietary Fiber (2016)	3.60 g

Pinto Beans

Component: Meat Alternate or Vegetable

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Pinto beans, dry OR Pinto beans, canned, no added salt, undrained	4 lb 13 oz 18 lbs 4 oz	2.7 No. 10 cans			<p>1. For dried beans, boil 1 $\frac{3}{4}$ 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. Add fresh water and boil gently with lid until tender, about 2 hours. Beans should mash easily with a fork. Continue to step 3.</p> <p>2. For canned beans, drain and rinse. Place beans in large pot, add just enough water to cover beans, and simmer for 15 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p>3. Remove from heat and drain most of the liquid, but not all.</p> <p>4. Sprinkle olive oil over beans and toss lightly.</p> <p>5. In separate bowl, mix cumin, paprika, garlic powder, onion powder, oregano, and salt.</p> <p>6. Sprinkle seasoning mixture over beans and toss lightly.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Olive oil		1/4 cup			
Cumin		2 Tbsp			
Paprika		3 Tbsp			
Garlic powder (adjust if needed)		1 Tbsp			
Onion powder		2 tsp			
Oregano		2 tsp			
Salt (omit if no added or low sodium canned beans are not available)		1 tsp			

Pinto Beans

Component: Meat Alternate or Vegetable

Recipe #KSU Developed

Notes:

Nutrient information for pinto beans from Food Processor.

Serving: 1/2 cup provides 2 oz equivalent meat/meat alternate or 1/2 cup vegetable.

1-2 years: 1/4 cup for meat alternate; 1/8 cup for vegetable at lunch

3-5 years: 3/8 cup for meat alternate; 1/4 cup for vegetable at lunch

6-18 years: 1/2 cup for meat alternate; 1/2 cup for vegetable at lunch

Nutrients Per Serving for 1/2 cup seasoned pinto beans

Calories	111	Saturated Fat	0.30 g	Iron	1.96 mg
Protein	5.65g	Cholesterol	0 mg	Calcium	60.25 mg
Carbohydrate	18.70 g	Vitamin A	10.30 RAE	Sodium	176.01 mg
Total Fat	1.85 g	Vitamin C	0.85 mg	Dietary Fiber	5.78 g

Pinto or Black Beans

Component: Meat Alternate or Vegetable

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pinto or black beans, dry OR Pinto or black beans, canned, no added salt (undrained)	4 lb 13 oz 18 lbs 4 oz	 2.7 No. 10 cans			<ol style="list-style-type: none"> 1. For dried beans, boil 1 $\frac{3}{4}$ 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. Add fresh water and boil gently with lid until tender, about 2 hours. Beans should mash easily with a fork. 2. For canned beans, drain and rinse. Place beans in large pot, add just enough water to cover beans, and simmer for 15 minutes. 3. Remove from heat and drain most of the liquid, but not all. 4. Sprinkle olive oil over beans and toss lightly. 5. In separate bowl, mix cumin(for pinto beans), paprika, garlic powder, onion powder, oregano, and salt. 6. Sprinkle seasoning mixture over beans and toss lightly. 7. Serve. 8. CCP: Hold at 135° F or warmer. .
Cumin (for pinto beans, omit for black beans)		2 Tbsp			
Paprika		3 Tbsp			
Garlic Powder (adjust if needed)		1 Tbsp			
Onion Powder		2 tsp			
Oregano		2 tsp			
Salt (omit if no added or low sodium canned beans are not available)		1 tsp			
Olive oil		1/4 cup			

Pinto or Black Beans

Component: Meat Alternate or Vegetable

Recipe #KSU Developed

Notes:
Nutrient information in progress.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1/2 cup provides 2 oz equivalent meat/meat alternate	Yield:	Volume:
1-2 years: 1/4 cup	50 Servings:	50 Servings:
3-5 years: 3/8 cup		
6-18 years: 1/2 cup	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories		Saturated Fat	g
Protein	g	Cholesterol	mg
Carbohydrate	g	Vitamin A	RAE
Total Fat	g	Vitamin C	mg
		Iron	mg
		Calcium	mg
		Sodium	mg
		Dietary Fiber	g

Pizza Burger

Component: Meat/Grain

Ingredients	48 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 10% fat)	6 lb				<ol style="list-style-type: none"> 1. Brown ground beef. Drain. 2. Add water, tomato paste, oregano, granulated garlic, salt, and sugar to the cooked ground beef. Mix well and simmer for 5 minutes. 3. CCP: Heat to 160 degrees F or higher 4. Split slider rolls in half. Place bottom halves (crust side down) on sheet pans which have been lightly coated with pan release spray. 5. Using a No. 24 scoop (2 2/3 Tbsp), spread beef mixture on each half-roll. Top each with ½ oz (2 Tbsp) of cheese. 6. Bake until cheese is melted: Conventional oven: 425 degrees F for 10 minutes. Convection oven: 375 degrees F for 6 minutes. 7. Top with top half of roll.
Water		1 ½ cup			
Tomato paste, canned	1 lb	2 cups			
Dried oregano		2 tsp			
Granulated garlic		½ tsp			
Salt		1 tsp			
Sugar		2 Tbsp			
WGR slider rolls		48 each			
Reduced fat mozzarella cheese, shredded	1 lb 10 oz				

Pizza Burger

Component: Meat/Grain

Notes:

Nutrients calculated using Food Processor.

Serving: 1 pizza burger (provides 2 oz meat, 1/8 cup of vegetables, 1 oz WGR bread)

1-2 years: ½ pizza burger

3-5 years: 1 pizza burger

6-18 years: 1 pizza burger

Nutrients Per Serving

Calories	214.35 kcal	Saturated Fat	3.81 g	Iron	2.31 mg
Protein	16.03 g	Cholesterol	45.34 mg	Calcium	165.06 mg
Carbohydrate	14.10 g	Vitamin A-RAE	6.63 mcg	Sodium	326.75 mg
Total Fat	8.93 g	Vitamin C	0.95 mg	Dietary Fiber	0.61 g

Pizza Sauce

Component: Vegetable

Main Dish

KSU Developed

Ingredients	48 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
<u>Olive oil</u>		<u>¼ cup</u>			<p>1. Combine olive oil, granulated garlic, tomato paste, water, dried basil, dried oregano, dried marjoram, dried thyme, onion powder, crushed fennel seed, and salt.</p> <p>Note: Fennel seed may be crushed by placing the seeds in a zip lock bag and then pressing the bottom edge of a pot into the seeds, slowly moving the pot back and forth over the seeds to crush them. Alternatively, the seeds may be finely chopped using a chef's knife.</p> <p>2. Simmer on low for 20 minutes, stirring occasionally.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>3. Cover. Refrigerate immediately until ready to serve.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 135° F to 70° F within two hours and 70° F to 41° F within four hours for safety.</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p>4. Before use bring to a simmer over low heat.</p> <p><i>Food must be reheated to 165° F within two hours.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
<u>Granulated garlic</u>		<u>1 tsp</u>			
<u>No added salt canned tomato paste</u>		<u>2 cups</u>			
<u>Water</u>		<u>4 cups</u>			
<u>Dried basil</u>		<u>1/2 tsp</u>			
<u>Dried oregano</u>		<u>1 tsp</u>			
<u>Dried marjoram</u>		<u>1/4 tsp</u>			
<u>Dried thyme</u>		<u>1/4 tsp</u>			
<u>Onion powder</u>		<u>1/2 tsp</u>			
<u>Crushed fennel seed</u>		<u>1/2 tsp</u>			
<u>Salt (omit if no-added salt version of tomato paste is not available)</u>		<u>1/2 tsp</u>			

Pizza Sauce

Component: Vegetable

Main Dish

KSU Developed

Notes:

Nutrient information in progress.

Serving: 2 Tbsp

1-2 years: 1 Tbsp

3-5 years: 1 Tbsp

6-18 years: 2 Tbsp

Yield:

48 Servings:

100 Servings:

Volume:

48 Servings:

100 Servings:

Nutrients Per Serving

Calories

Protein

Carbohydrate

Total Fat

Saturated Fat

Cholesterol

Vitamin A

Vitamin C

Iron

Calcium

Sodium

Dietary Fiber

Pork Lo Mein

Component: Meat

Recipe Category Main dish

Recipe # KSU Developed

Ingredients	50 serving		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced sodium soy sauce		3/8 cup			<p>1. Whisk soy sauce, broth, vinegar, cornstarch, sugar, and sesame oil together in a small bowl.</p> <p>2. Heat canola oil in a large skillet over medium heat; cook onion in the hot oil until onion is softened, about 3 minutes. Add cooked pork, mushrooms, garlic, and ginger; cook until pork is heated.</p> <p>3. Pour soy sauce mixture over pork mixture; cook and stir until sauce thickens, about 1 minute.</p> <p>CCP: 165 degrees F for 15 above seconds.</p> <p>Remove skillet from heat.</p> <p>4. Serve with prepared WGR spaghetti noodles. Serve together or separately.</p>
Low sodium broth		3/8 cup			
Vinegar		3 Tbsp			
Corn Starch		1 Tbsp 1 ½ tsp			
Sugar		1 ½ tsp			
Sesame oil		1 ½ tsp			
Canola oil		1 Tbsp 1 ½ tsp			
Onion, chopped		¾ cup			
Pork loin roast, cooked, diced OR Pork roast from recipe		6 lb 4 oz OR 50 servings			
Fresh mushrooms, sliced		4 ½ cups			
Garlic (adjust if needed)		3 cloves			
Ginger, fresh, grated (or powdered)		3/8 tsp			

Pork Lo Mein

Component: Meat

Recipe Category Main dish

Recipe # KSU Developed

Notes:

Nutrient Information from Food Processor

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 2 oz meat

1-2 years: 1 oz

3-5 years: 1 ½ oz

6-18 years: 2 oz

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	129.87 kcal	Saturated Fat	1.95 g	Iron	0.66 mg
Protein	17.07 g	Cholesterol	48.19 g	Calcium	14.62 mg
Carbohydrate	0.97 g	Vitamin A	1.14 mcg RAE	Sodium	102.41 mg
Total Fat	5.92 g	Vitamin C	0.46 mg	Dietary Fiber	0.08 g

Potato, Corn, & Cauliflower Soup

Recipe Component:

Recipe Category

New Cuisine Modified

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
*Red potatoes, raw	7 lb 8 oz				<p><i>Thoroughly rinse produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> Trim and cut potatoes into age appropriate sized pieces. Place in a large bowl and cover with cold water. Trim, peel and dice onions to ¼ inch; trim, peel and finely chop garlic. For fresh whole cauliflower, trim into florets. Cook the onions, oil and one-half of the amount of salt in a stockpot over low heat, stirring occasionally until the onions are very soft, about 20 minutes. Add cauliflower, corn, garlic and sage (or thyme), stir to coat. Cook, stirring occasionally, for 10 minutes. Drain the potatoes and add to the pot with the water, reduced sodium vegetable stock, and remaining salt. Omit remaining salt if low sodium vegetable stock is not available. Bring to a boil and cook, stirring occasionally, until the potatoes are fork tender, about 40 minutes. Stir in milk and pepper. Bring to a simmer and then reduce heat. <i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F</i></p>
Onions, raw, diced ¼"		3 medium			
Garlic, fresh, minced (adjust as needed)		3 cloves			
Olive oil		¾ cup			
Salt (divided)		2 Tbsp			
*Cauliflower, chopped		1 qt			
Corn kernels, fresh or frozen (If serving children under 18 months, see important information in notes section)		1qt			
Thyme or sage, fresh, chopped OR Thyme or sage, dried		¼ cup OR 1 ½ tsp			
Water		1 cup			
Vegetable or chicken stock, low sodium		2 qts			
Milk, low fat		2 cups			
White or black pepper		1 tsp			

Potato, Corn, & Cauliflower Soup

Recipe Component:

Recipe Category

New Cuisine Modified

Notes: If serving children under 18 months, corn should be pureed, or use Shoepeg corn, or omit and replace with equal amount of potato.

Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Cauliflower, whole trimmed	2 lb 1 oz	4 lb 2 oz

Serving: 1 cup provides ½ cup of vegetables

1-2 years: ¼ cup
 3-5 years: ½ cup
 6-18 years: 1 cup

Yield:

50 Servings:
 100 Servings:

Volume:

50 Servings:
 100 Servings:

Nutrients Per Serving

Calories	98.47	Saturated Fat	0.54 g	Iron	0.47 mg
Protein	2.25 g	Cholesterol	0.49 mg	Calcium	23.17 mg
Carbohydrate	14.99 g	Vitamin A	6.03 RAE mcg	Sodium	319.98 mg
Total Fat	3.56 g	Vitamin C	11.31 mg	Dietary Fiber (2016)	2.22 g

Potato Wedges

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Potatoes, fresh, whole, White or Russet	11 lbs 5 oz				<p>1. Peel and cut each potato in half lengthwise.</p> <p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <p>2. Place each half-piece flat-side down on the cutting board and make 4-5 additional lengthwise cuts into each half piece.</p> <p>3. Next, cut each long piece in half by cutting crosswise.</p> <p>4. Placed potato wedges into a large mixing bowl and add canola oil. Toss until wedges are evenly coated with oil.</p> <p>5. Placed potato wedges into a baking dish and roast in oven at 400°F. Roast for 35-45 minutes or until potatoes are tender and can be cut with a fork.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135°F.</i></p> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F.</i></p>
Canola oil/oil	3/4 cup				

Potato Wedges

Component: Vegetable

Side Dish

Recipe #KSU Developed

Notes:

Nutrients calculated using Food Processor for potato, oven roasted gold, frozen, tri-cut diced, food service.
½ cup= 64 grams

Serving: ½ cup cooked potatoes

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: ½ cup

Nutrients Per Serving

Calories	76.19 kcal	Saturated Fat	0 g	Iron	0 mg
Protein	1.52 g	Cholesterol	0 mg	Calcium	0 mg
Carbohydrate	14.48 g	Vitamin A- RAE	0 mcg	Sodium	251.43 mg
Total Fat	0.76 g	Vitamin C	9.14 mg	Dietary Fiber	1.52 g

Quinoa Pilaf

Component: Grain

Modified USDA Mixing Bowl Recipe

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, dry OR Bulgur, dry	3 lb 14 oz OR 2 lb 11 oz	2 qt 1 ½ cup OR 2 qt			<ol style="list-style-type: none"> 1. Rinse quinoa (or bulgur) in a fine mesh strainer until water runs clear, not cloudy. Set aside to drain. 2. Bring chicken broth to a simmer. Hold hot for step 5. 3. Heat oil on medium heat. Add shallots (or onions) and garlic. Cook for two minutes. 4. In a large baking pan, combine onion and garlic mixture, quinoa (or bulgur), salt, bay leaf, pepper and thyme. 5. Add hot chicken broth and quickly cover tightly with aluminum foil. 6. Place in 350°F oven. Cook quinoa for about 20 minutes until grains are tender. Bulgur will require less cooking time. Do not overcook, remove before the grains become mushy. 7. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. 8. Remove bay leafs and fluff grains with a fork. 9. Serve immediately. <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Chicken broth, low sodium (for quinoa) OR Chicken broth, low sodium (for bulgur)	124 oz OR 110 oz				
Canola oil		3 Tbsp			
*Shallots or mild onion, raw, minced (optional)	5 oz				
*Garlic, fresh, peeled, minced (optional)	2 oz				
Salt (omit if low sodium chicken broth is not available)		1 tsp			
Bay leaf		4 leafs			
White pepper, ground		1 tsp			
Thyme, ground		½ tsp			

Quinoa Pilaf

Component: Grain

Modified USDA Mixing Bowl Recipe

Notes:

Nutrient information calculated for recipe with quinoa using Food Processor.

Serving: ½ cup

1-2 years: ½ serving

3-5 years: ½ serving

6-18 years: 1 serving

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
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Mild Onion	6 oz	12 oz
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Nutrients Per Serving

Calories	141 kcal	Saturated Fat	0.42 g	Iron	1.67 mg
Protein	6.08 g	Cholesterol	0 g	Calcium	21.12 mg
Carbohydrate	22.25 g	Vitamin A	0.26 RAE	Sodium	69.53mg
Total Fat	3.23 g	Vitamin C	0.58 mg	Dietary Fiber (2016)	2.35 g

Roast Beef and Cheddar Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

Notes:

Nutrient information from Food Processor based on 1 oz bread slice.
 Note: Per CN label for Tyson sliced roast beef 3.35 oz sliced roast beef luncheon meat = 2 oz creditable meat

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: 2 quarter pieces of sandwich	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	302.90	Saturated Fat	6.23 g	Iron	2.10 mg
Protein	21.96 g	Cholesterol	46.97 mg	Calcium	291.44 mg
Carbohydrate	25.74 g	Vitamin A	93.74 RAE mcg	Sodium	742.92 mg
Total Fat	12.82 g	Vitamin C	0 mg	Dietary Fiber	3.36 g

Roasted Pork

Recipe Component: Meat

Recipe Category Main dish

Recipe #KSU Developed

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Dried rosemary		2 Tbsp			<p>1. Preheat oven to 350° F.</p> <p>2. Mix together the dried rosemary, garlic powder, salt, and black pepper in a small bowl. Evenly sprinkle the mixture over the pork roast.</p> <p>3. Place the roast(s) in a large roaster on a bed of the onion halves.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>4. Roast about 25-30 minutes per pound of roast. Let stand for at least 3 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 145° F for 15 seconds.</i></p> <p>5. Thinly slice or shred the meat. Serve or refrigerate promptly.</p> <p>6. If advanced prep, store in shallow pans and refrigerate immediately.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 135° F to 70° F in 2 hours AND 70° F to 41° F within four hours for safety.</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Continued</i></p>
Garlic powder (adjust or omit)		2 Tbsp			
Salt		1 tsp			
Black pepper		2 tsp			
Onions, cut into halves		3 each			
Pork loin roast, ¼ inch trim	10 lbs 13 oz boneless				
	OR				
	13 lb 4 oz with bone				
Broth, reduced sodium		3 cups			

Roasted Pork

Recipe Component: Meat

Recipe Category Main dish

Recipe #KSU Developed

					<p>7. For reheating advance prep meat, pour broth in a large pot and heat to a boil. Add meat and simmer.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
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Notes:
Nutrient Information from Food Processor

Serving: 2 oz meat cooked meat
1-2 years: ½ serving (1 oz)
3-5 years: ¾ serving (1 ½ oz)
6-18 years: 1 serving (2 oz)

Per Serving					
Calories	123.18	Saturated Fat	1.91 g	Iron	0.72 mg
Protein	17.00 g	Cholesterol	48.19 g	Calcium	16.54 mg
Carbohydrate	0.62 g	Vitamin A	1.39 RAE mcg	Sodium	112.47 mg
Total Fat	5.38 g	Vitamin C	0.49 mg	Dietary Fiber (2016)	0.14 g

Roasted Pork for Lo Mein

Component: Meat

Recipe Category Main dish

Recipe #KSU Developed

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Salt		1 tsp			<p>1. Preheat oven to 350° F.</p> <p>2. Mix together salt, and black pepper in a small bowl. Evenly sprinkle the mixture over the pork roast.</p> <p>3. Place the roast(s) in a large roaster on a bed of the onion halves.</p> <p>4. Roast until fork-tender and falling apart, and the internal temperature is at least 165 °F (about 30 minutes per pound of roast). Remove the pork from the roasting pan and set it on a cutting board.</p> <p>5. Shred or thinly slice the meat.</p> <p>6. Immediate use in recipe for Lo Mein or refrigerate. If advanced prep, store in shallow pans and refrigerate immediately. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.</p>
Black pepper		2 tsp			
Onions, cut into halves		3 each			
Pork loin roast, ¼ inch trim		13 lb 4 oz with bone OR 10 lbs 13 oz boneless			

Roasted Pork for Lo Mein

Component: Meat

Recipe Category Main dish

Recipe #KSU Developed

Notes:

Nutrient Information from Food Processor

Serving: 2 oz meat cooked meat

1-2 years: ½ serving (1 oz)

3-5 years: ¾ serving (1 ½ oz)

6-18 years: 1 serving (2 oz)

Nutrients Per Serving

Calories

Protein

Carbohydrate

Total Fat

Saturated Fat

Cholesterol

Vitamin A

Vitamin C

Iron

Calcium

Sodium

Dietary Fiber (2016)

Roasted Turkey

Component: Meat

Recipe # KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Vegetable oil		2 Tbsp			<p>1. Preheat oven to 325°F.</p> <p>2. Lightly coat shallow baking dish with oil and place turkey in pan.</p> <p>3. Sprinkle turkey with poultry seasoning, pepper, granulated garlic, and celery seed powder.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>4. Lightly cover with foil. Roast approximately 20 minutes per pound.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i></p> <p>5. Remove turkey from pan and allow to cool prior to slicing.</p> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F.</i></p>
Turkey, boneless, fresh or frozen with skin	6 lb 13 oz				
Poultry seasoning		2 tsp			
Ground black or white pepper		1 tsp			
Granulated garlic (optional)		2 tsp			
Celery powder		1 tsp			

Notes:

Roasted Turkey

Component: Meat

Recipe # KSU Developed

Nutrient information calculated using Food Processor.

Serving: 1½ oz cooked turkey

1-2 years: ⅔ serving (1 oz)

3-5 years: 1 serving (1.5 oz)

6-18 years: 1 ⅓ serving (2 oz)

Nutrients Per Serving

Calories	68.38	Saturated Fat	0.30 g	Iron	0.35 mg
Protein	12.85 g	Cholesterol	34.02 mg	Calcium	5.41 mg
Carbohydrate	0.18 g	Vitamin A	1.37 RAE mcg	Sodium	42.28 mg
Total Fat	1.46 g	Vitamin C	0.01	Dietary Fiber (2016)	0.05 g

Sautéed Cabbage

Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, green, fresh, untrimmed, whole	7 lb 5 oz				<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> Trim and quarter cabbage. Remove core and slice cabbage into 1/8 inch strips. Next cut 1/8 inch strips to 1-inch in length. Add oil to pan and heat on medium-low. Add cabbage to pan and cover. Stir frequently. As cabbage begins to soften, add garlic powder by sprinkling evening over cabbage. Continue to stir. Cook until all the pieces are tender. <p><i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Canola oil		2 Tbsp			
Butter or buttery spread		3 Tbsp			
Garlic, powder (optional, adjust as needed)		2 Tbsp			

Notes:

Sautéed Cabbage

Vegetable

Side Dish

Recipe #KSU Developed

Nutrients calculated using Food Processor.

Serving: 1/2 cup, cooked vegetable	Yield:	Volume:
1-2 years: 1/8 cup	50 Servings:	50 Servings:
3-5 years: 1/4 cup		
6-18 years: 1/2 cup	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	26.26	Saturated Fat	0.13 g	Iron	0.15 mg
Protein	1.01 g	Cholesterol	0 mg	Calcium	36.32 mg
Carbohydrate	4.42 g	Vitamin A	15.04 RAE mcg	Sodium	11.10 mg
Total Fat	0.91 g	Vitamin C	28.13 mg	Dietary Fiber (2016)	1.46 g

Sautéed Spinach

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Canola oil		¼ cup			<p>1. Heat oil on medium heat.</p> <p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting. Cover and stir frequently.</i></p> <p>2. Add spinach.</p> <p>3. Remove from heat when spinach is tender. Additional cooking time may be needed for children under 3 years of age.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p>4. For CDCs, chop into age-appropriate size pieces.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
*Spinach, fresh, partly trimmed OR Spinach, frozen, chopped	13 lb 4 oz OR 17 lb 15 oz				

Sautéed Spinach

Component: Vegetable

Side Dish

Recipe #KSU Developed

Notes:

Nutrient from Food Processor.

Serving: ½ cup, cooked, drained vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: ½ cup

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Spinach, fresh	15 oz	30 oz

Nutrients Per Serving

Calories	31 kcal	Saturated Fat	0.12 g	Iron	3.21 mg
Protein	2.67 g	Cholesterol	0 mg	Calcium	122.40 mg
Carbohydrate	3.38 g	Vitamin A	471.64 RAE mcg	Sodium	63.00 mg
Total Fat	1.35 g	Vitamin C	8.82 mg	Dietary Fiber	2.16 g

Scrambled Eggs

Component: Meat Alternate

Recipe Category: Meat Alternate

Recipe #D-34

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pasteurized frozen whole eggs, thawed OR Pasteurized fresh eggs, large	5 lb 9 oz	2 qt 2 ½ cups OR 50 each			<p>1. Beat eggs thoroughly.</p> <p>2. Add milk and salt. Mix until well blended.</p> <p>3. Pour 3 lb 12 oz (1 qt 3 ¼ cups) egg mixture into each steam table pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>4. Bake: Conventional oven: 350° F for 20 minutes. Stir once after 15 minutes. Convection oven: 300° F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes DO NOT OVERCOOK</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p>5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.</p> <p>6. For best results, serve within 15 minutes.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Skim or low-fat milk		1 qt			
Salt		1 ½ tsp			

Scrambled Eggs

Food Component: Meat/ meat alternate

Recipe Category: Main Dish

Notes:

Nutrient information from Food Processor.

Serving: ¼ cup (No. 16 scoop) provides 2 oz equivalent meat/meat alternate	Yield:	Volume:
1-2 years: 2 Tbsp provides 1 oz equivalent meat/meat alternate	50 Servings: 2 steam table pans	50 Servings: about 3 quarts ½ cup
3-5 years: 2 Tbsp provides 1 oz equivalent meat/meat alternate	100 Servings: 4 steam table pans	100 Servings: about 1 gallon 2 ¼ quarts
6-18 years: ¼ cup provides 2 oz equivalent meat/meat alternate		

Nutrients Per Serving					
Calories	85.70	Saturated Fat	1.76 g	Iron	0.60 mg
Protein	6.95 g	Cholesterol	187.48 mg	Calcium	49.44 mg
Carbohydrate	1.53 g	Vitamin A	85.85 RAE mcg	Sodium	140.35 mg
Total Fat	5.49 g	Vitamin C	0 mg	Dietary Fiber (2016)	0.0 g

Sesame Beef

Meat

Recipe Category: Main Dish

KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Ground beef, fresh or frozen, no more than 10% fat	8 lbs 5 oz				<p>1. Use pan release spray to coat the bottom of a large skillet.</p> <p>2. Brown the ground beef in the skillet on med-high heat.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>3. In a separate bowl, mix the soy sauce, sesame oil, sugar, and garlic powder. Add mixture to the browned ground beef.</p> <p>4. Cook for 8-10 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155°F for 17 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F</i></p>
Soy sauce, low sodium		2 cups			
Sesame oil		½ cup			
Sugar		1 ½ cups			
Garlic powder (adjust as needed)		¼ cup			

Serving: 2 oz meat/ meat alt

Yield:

Volume:

Sesame Beef

Meat

Recipe Category: Main Dish

KSU Developed

1-2 years: ½ serving (1 oz)
3-5 years: ¾ serving (1 ½ oz)
6-18 years: 1 serving (2 oz)

50 Servings:

50 Servings:

100 Servings:

100 Servings:

NOTES:

Nutrient information calculated using Food Processor.

Nutrients Per Serving

Calories	191.46	Saturated Fat	3.28 g	Iron	1.87 mg
Protein	16.13 g	Cholesterol	49.02 mg	Calcium	12.79 mg
Carbohydrate	9.18 g	Vitamin A	3.02 RAE mcg	Sodium	418.73 mg
Total Fat	9.75 g	Vitamin C	0.01 mg	Dietary Fiber (2016)	0.14 g

Sesame Dipping Sauce

Component: Condiment/Enhancement

Side Dish/Dip

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Brown sugar, packed		1 cup			<p>1. Process brown sugar, tamari (or soy sauce), ginger, canola oil, sesame oil, lemon juice, zest, and water in a food processor fitted with a steel blade until smooth.</p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p>
Tamari, low sodium, or soy sauce, low sodium		1 cup			
Ground ginger		2 Tbsp			
Canola oil		1/2 cup			
Sesame oil		1/2 cup			
Lemon juice		1/3 cup			
Lemon zest		2 tsp			
Water		¼ cup			

Sesame Dipping Sauce

Component: Condiment/Enhancement

Side Dish/Dip

Recipe #

Notes:

Nutrient information from Food Processor

Serving: 1 Tablespoon

1-2 years: 1 Tbsp

3-5 years: 1 Tbsp

6-18 years: 1 1/2 Tbsp

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	59	Saturated Fat	0.48 g	Iron	0.15 mg
Protein	0.49 g	Cholesterol	0 mg	Calcium	5.68 mg
Carbohydrate	4.90 g	Vitamin A	0.01 RAE IU	Sodium	185.58 mg
Total Fat	4.44 g	Vitamin C	0.73 mg	Dietary Fiber (2016)	0.08 g

Shepard's Pie

Meat/Meat Alternate

Main Dish

D-43 Modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 10% fat)	8 lb 5 oz				<p>1. Brown ground beef. Drain. Continue to step 2 immediately after performing food safety steps.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>2. Add onions to ground beef and sauté for 5 minutes or until translucent.</p> <p>3. Mix frozen carrots and peas into ground beef mixture. Set aside.</p> <p>4. For gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water, mixing thoroughly to make a lump free slurry. Add cornstarch mixture to beef stock, stirring constantly.</p> <p>Note: Do not add dry cornstarch directly to the beef stock as it will cause lumping in the gravy. Cornstarch must be mixed with cold water before adding to hot stock.</p> <p>5. Bring gravy to a boil. Remove from heat.</p> <p>6. Add thyme, pepper, onion powder and salt to gravy.</p> <p>7. Add gravy to ground beef mixture.</p> <p>Continued</p>
*Fresh onions, diced, ¼-inch OR Dehydrated onions	8 oz OR 1 ½ oz	1 ⅓ cup OR ¾ cup			
Frozen sliced carrots	2 lb 6 oz	2 qt ½ cup			
Frozen peas	2 lb 6 oz	1 qt 3 ½ cup			
Beef stock, non-MSG, low sodium		2 qt			
Cornstarch	4 oz	¾ cup 2 Tbsp			
Water, cold		1 cup			
Dried thyme		1 Tbsp			
Ground black or white pepper		2 tsp			
Onion powder		1 tsp			
Salt		2 tsp			

Shepard's Pie

Meat/Meat Alternate

Main Dish

D-43 Modified

<p>Mashed potatoes, from recipe</p> <p>OR</p> <p>Water, boiling <i>and</i> 1% Low Fat Milk, hot <i>and</i> Potato flakes</p>	<p>1 lb</p>	<p>25 servings</p> <p>OR</p> <p>3 cups</p> <p>3 cups</p> <p>3 qt</p>			<p>8. Pour 3qt 3 cups (8 lb 5 oz) of ground beef mixture into each steam table pan. For 50 servings, use 2 pans.</p> <p>9. If using potato flakes, place boiling water and milk in a large mixer bowl. Add potato flakes. Mix with a paddle attachment for 1 minute, until well blended.</p> <p>10. Spread 4 lb 2 oz of mashed potatoes over the ground beef mixture in each steamable pan. Sprinkle with paprika.</p> <p>11. Bake at 375° for 45 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
<p>Paprika</p>		<p>1 tsp</p>			

Shepard's Pie

Meat/Meat Alternate

Main Dish

D-43 Modified

Notes:
Nutrient information in progress.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 3 oz

Serving: 1 piece provides 2 oz equivalent meat/meat alternate and 1/2 cup vegetable	Yield:	Volume:
1-2 years: ½ piece (0.5 serving)	50 Servings: 25 lbs	50 Servings: 2 steamtable pans
3-5 years: ¾ piece (.75 serving)		
6-18 years: 1 piece (1 serving)	100 Servings: 50 lbs	100 Servings: 4 steamtable pans

Nutrients Per Serving		
Calories	Saturated Fat	Iron
Protein	Cholesterol	Calcium
Carbohydrate	Vitamin A	Sodium
Total Fat	Vitamin C	Dietary Fiber

Sloppy Lentil Joes

Component: Meat/Meat Alternate

Recipe Category: Main dish

Recipe #

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Onions	2 lb				<p>1. Trim and peel onions. Cut into 1-inch pieces.</p> <p>2. Stem, core and seed peppers. Cut into 1/4 inch pieces</p> <p>3. Trim celery and cut into 1-inch pieces</p> <p>4. Bring water to a boil in large 3-gal stockpot over high heat. Add lentils and cook until just tender, 25 to 30 minutes.</p> <p>5. Meanwhile, in batches, pulse the onions, peppers, and celery in a food processor fitted with a metal blade until chopped into 1/4-inch pieces, 6 to 8 pulses. (Alternatively, do this step by hand.)</p> <p>6. When lentils are done, reduce heat to low and stir in the chopped vegetables, garlic, tomato paste, brown sugar, A-1 sauce, vinegar, paprika, mustard, pepper and low sodium beef base. Bring to a simmer, covered, over medium-low heat. Cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes.</p> <p>7. Serve 1/2 cup portions on each bun.</p> <p>8. CCP: Hold for hot service at 135° F or higher.</p>
Sweet bell peppers (any color)	1 lb				
Celery	11 1/2 oz				
Garlic, minced	4 oz				
Water		1 gal + 3 cups			
Dried brown lentils	3 lb 12 oz	1 qt + 3 2/3 cups			
Tomato paste	1 lb 4 oz	2 cups			
Brown sugar		3/4 cup (packed)			
A-1 steak sauce		1/2 cup			
Cider vinegar		1/2 cup			
Smoked paprika		4 tsp			
Ground mustard seed		1 Tbsp + 1/2 tsp			
Ground black pepper		1 Tbsp + 1/2 tsp			
Low sodium beef bouillon		1 Tbsp			
Whole-grain buns (2 oz equiv each)		50			

Sloppy Lentil Joes

Component: Meat/Meat Alternate

Recipe Category: Main dish

Recipe #

Notes:
Nutrient Information pending due to modifications.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 sandwich provides 2 oz equiv of meat/meat alternate, 1/8 cup red/orange vegetable and 2 oz equiv WGR grain.
1-2 years: 1/2 sandwich
3-5 years: 1 sandwich
6-18 years: 1 sandwich

Nutrients Per Serving			
Calories	294.74	Saturated Fat	0.60 g
Protein	9.04 g	Cholesterol	0.59 g
Carbohydrate	52.80 g	Vitamin A	9.00 RAE mcg
Total Fat	2.48 g	Vitamin C	11.42 mg
		Iron	4.43 mg
		Calcium	135.12 mg
		Sodium	293.31 mg
		Dietary Fiber	8.02 g

Southwestern White Bean Soup

Recipe Component: Meat Alt/ vegetable

Recipe Category: Main Dish Recipe #New School Cuisine, p 49, modified

Ingredients	48 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Onion, raw		5 large			<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> Trim and peel onions. Cut into small dice. Stem, core and seed peppers. Trim and peel carrots. Shred the peppers and carrots in a food processor fitted with a shredding disc (or cut into small dice.) Cook the onions, oil and half of the salt in a stock pot over low heat, stirring occasionally, until the onions are very soft and melting into the oil, 15 to 20 minutes. Stir in cumin, coriander and paprika; cook, stirring, for 1 minute. Stir the peppers and carrots into the onions. Cook, stirring occasionally, until the liquid from the peppers has evaporated and the vegetables are beginning to brown on the bottom of the pot, about 10 minutes. Add water, beans, tomatoes, corn and remaining half of salt. If low sodium versions of vegetables are not available, omit salt. Simmer for 1 hour. <p><i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Bell pepper (any color), fresh		6 large			
Carrots, fresh		6 large			
Vegetable oil		1 cup			
Salt (omit if low sodium versions of vegetables are not available)		4 tsp, divided			
Ground cumin		4 Tbsp			
Ground coriander		4 Tbsp			
Paprika		4 Tbsp			
Water		1 gal 3 qt 2 cups			
White beans, low sodium, canned, rinsed and drained		2 #10 cans OR 16 #300 cans			
Diced tomatoes, canned, no added salt, drained		3 #10 cans (1 1/4 gal, drained measure)			
Corn, Frozen		1 qt			

Southwestern White Bean Soup

Recipe Component: Meat Alt/ vegetable

Recipe Category: Main Dish Recipe #New School Cuisine, p 49, modified

Notes:

If low sodium versions of vegetables are not available, omit salt. Recipe modified by decreasing salt. Nutrient Information from Food Processor. For children under 18 months old, chop corn and beans or puree soup.

Serving: 1 cup provides 1.25 oz meat equivalent

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

Nutrients Per Serving

Calories	204.97	Saturated Fat	0.48 g	Iron	2.27 mg
Protein	8.84 g	Cholesterol	0 mg	Calcium	90.29 mg
Carbohydrate	32.95 g	Vitamin A	125.63 RAE	Sodium	426.16 mg
Total Fat	5.31 g	Vitamin C	31.43 mg	Dietary Fiber (2016)	8.45 g

Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Romaine lettuce, fresh	3 lb 10 oz				<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>1. Trim romaine and spinach. Cut into 1/2-inch pieces.</p> <p>2. Mix spinach and romaine in a large bowl.</p> <p>3. Process vinegar, brown sugar, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.</p> <p>4. Drizzle with dressing and toss to coat. Serve immediately. OPTION: Do not dress salad and serve dressing separately</p> <p>NOTE: Salad dressing may be served separately (on the side) to children.</p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p>
Baby spinach, fresh	3 lb 12 oz				
Balsamic vinegar		2/3 cup			
Brown sugar		½ cup			
Dijon mustard		1 Tbsp 1 tsp			
Garlic powder (adjust as needed)		2 tsp			
Salt		1 ¼ tsp			
Ground black pepper		1 ¼ tsp			
Vegetable oil or olive oil		1 1/3 cup			

Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

Notes:

Nutrient information calculated using Food Processor.

Serving: 1 ½ cup

1-2 years: none

3-5 years: ½ cup (.33 serving)

6-18 years: 1 (.67 servings)

Nutrients Per Serving

Calories	76	Saturated Fat	0.83 g	Iron	1.28 mg
Protein	1.38 g	Cholesterol	0 mg	Calcium	46.24 mg
Carbohydrate	5.12 g	Vitamin A	292.48 RAE mcg	Sodium	97.84 mg
Total Fat	5.97 g	Vitamin C	10.51 mg	Dietary Fiber (2016)	1.42 g

:

Strawberry Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Cucumbers, fresh	3 lb				<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> 1. Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick. 2. Hull strawberries and cut into ¼-inch thick slices. 3. Trim romaine and cut into 1/2-inch pieces. 4. Mix spinach and romaine in a large bowl. 5. Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds. 6. Add the strawberries, and cucumbers to the greens. Drizzle with dressing and toss to coat. Refrigerate or serve immediately. <p>OPTIONAL : You may serve dressing separately.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70°F to 41°F within four hours for safety.</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contaminated by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41°F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41°F.</i></p>
*Strawberries, fresh	3 lb 4 oz				
*Romaine lettuce, fresh	2 lb 4 oz				
*Baby spinach, fresh	2 lb 12 oz	2 gal + 2 qt			
Balsamic vinegar		½ cup			
Brown sugar		6 Tbsp			
Dijon mustard		1 Tbsp			
Garlic powder		1 ½ tsp			
Salt		1 tsp			
Ground black pepper		1 tsp			
Vegetable oil or olive oil		1 cup			

Strawberry Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

Notes:

Maple syrup replaced with brown sugar.
Sunflower/pumpkin seeds omitted.
Nutrient information calculated using Food Processor.

Serving: 1 ¼ cup

1-2 years: none
3-5 years: 3/8 cup (0.4 servings)
6-18 years: 3/4 cup (0.8 servings)

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	69.15	Saturated Fat	0.63 g	Iron	1.09 mg
Protein	1.33 g	Cholesterol	0 mg	Calcium	41.44 mg
Carbohydrate	6.55 g	Vitamin A	202.59 RAE	Sodium	76.35 mg
Total Fat	4.61 g	Vitamin C	25.77 mg	Dietary Fiber (2016)	1.76 g

:

Sunflower Seed Butter and Jelly Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

Notes:
Nutrient information from Food Processor

Serving: 1 sandwich provides 1 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: not for under 6	48 Servings: 48 sandwiches
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	472 kcal	Saturated Fat	2.15 g	Iron	3.77 mg
Protein	5.72 g	Cholesterol	0.86 mg	Calcium	102.01 mg
Carbohydrate	58.30 g	Vitamin A	0.86 RAE mcg	Sodium	322.76 mg
Total Fat	21.27 g	Vitamin C	1.67 mg	Dietary Fiber	9.82 g (2016 = 1.89 grams)

Sunshine Egg Bake

Main Dish

Recipe KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground turkey, raw		3 lbs. 8 oz.			<p>1. Cook the turkey in a skillet until the meat is light brown and reaches 165 °F.</p> <p>2. Cut or break the bread into small pieces and place in baking pan coated with pan release spray. Sprinkle the cooked turkey, cheese, broccoli, and onion (optional) over the bread.</p> <p>3. Mix the eggs, milk, salt, and black pepper together in a bowl with a fork.</p> <p>4. Pour the mixture over the bread slices.</p> <p>5. Bake in 350°F oven until the product has reached an internal temperature of 165°F (about 35 minutes).</p> <p>CCP: Hold for hot service at 135° F or higher.</p>
WGR bread, slices		22 slices			
Shredded cheddar cheese		1 ½ cup			
Frozen broccoli, chopped, thawed		3 cup			
Chopped onion (optional)		¾ cup			
Pasteurized fresh eggs		32 large			
Low-fat milk		4 ½ cup			
Salt		2 ½ tsp			
Black pepper		1 ½ tsp			

Sunshine Egg Bake

Main Dish

Recipe KSU Developed

Notes:
Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 piece provides 2 oz meat/meat alternate	Yield:	Volume:
1-2 years: ½ piece	50 Servings:	50 Servings:
3-5 years: ¾ piece		
6-18 years: 1 piece	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	118.29 kcal	Saturated Fat	3.06 g	Iron	1.60 mg
Protein	13.66 g	Cholesterol	149.25 mg	Calcium	97.59 mg
Carbohydrate	11.67 g	Vitamin A	68.99 RAE	Sodium	280 mg
Total Fat	7.40 g	Vitamin C	6.88 mg	Dietary Fiber	2.10 g (2016 = 0.34)

Sweet Potatoes Roasted

Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Sweet potatoes, fresh, whole OR Sweet potatoes, frozen, cut	13 lbs 10 oz OR 10 lb 15 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> If using fresh potatoes, peel and cube. Cut the potatoes into ¼-inch cubes for CDCs and ½-inch cubes for school-age and older children. Place the cubes into a large mixing bowl and add canola oil. Toss until the potato cubes are evenly coated with oil. Place potato cubes into a baking dish and roast in oven at 350°F. Roast for 32-40 minutes or until sweet potato is tender and can be easily mashed with a fork. <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135°F.</i></p> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F.</i></p>
Canola oil		½ cup			

Sweet Potatoes Roasted

Vegetable

Side Dish

Recipe #KSU Developed

Notes:

Nutrient information calculated using Food Processor for baked, from frozen, cubed plus canola oil.

Serving: ½ cup provides ½ cup vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: ½ cup

Nutrients Per Serving

Calories	107.8	Saturated Fat	0.19 g	Iron	0.48 mg
Protein	1.50 g	Cholesterol	0 mg	Calcium	30.80 mg
Carbohydrate	20.59 g	Vitamin A	918.28 RAE mcg	Sodium	7.04 mg
Total Fat	2.35 g	Vitamin C	8.01 mg	Dietary Fiber (2016)	1.58 g

Taco Meat

Meat/Meat Alternate

E-13 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef, raw, no more than 10% fat	6 lb 6 oz				<p>1. Brown ground beef. Drain. Continue immediately.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>2. Add onions, salt, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Stir well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>3. Serve with lettuce, cheese, tomatoes, salsa, and WGR tortillas.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
*Onions, fresh, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup			
Salt		1 tsp			
Granulated garlic		1 Tbsp 1 ½ tsp			
Ground black or white pepper		2 tsp			
Tomato paste, canned, low sodium	14 oz	1 ½ cups 1 Tbsp (⅛ No. 10 can)			
Water		1 qt 1 cup			
Chili powder		2 Tbsp			
Ground cumin		1 Tbsp 1 ½ tsp			
Paprika		1 ½ tsp			
Onion powder		1 ½ tsp			

Taco Meat

Meat/Meat Alternate

E-13 modified

**Notes: 1 serving (about 1/3 cup) = 1.5 oz meat/meat alt
 1/3 cup meat mixture plus 2 Tbsp of shredded cheese = 2 oz meat/meat alt**

Nutrient information for meat mixture only and calculated using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature Onions	6 oz	12 oz

Serving:

Yield:

Volume:

1-2 years: 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp shredded cheese

3-5 years: 1/4 cup meat mixture, 1 1/2 Tbsp shredded cheese

6-18 years: 1/3 cup meat mixture, 2 Tbsp shredded cheese

Nutrients Per Serving for Meat Mixture Only

Calories	113.29	Saturated Fat	2.28 g	Iron	1.88 mg
Protein	11.98 g	Cholesterol	37.59 mg	Calcium	11.66 mg
Carbohydrate	2.28 g	Vitamin A	12.48 RAE	Sodium	99.21 mg
Total Fat	5.88 g	Vitamin C	0.81 mg	Dietary Fiber	0.78 g

Taco Salad

Meat/Meat Alternate-Vegetable-
Grains/Breads

Salad and Salad Dressing

E-10 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 10% fat)	6 lb 6 oz				<p>1. Brown ground beef. Drain. Continue immediately.</p> <p>2. Add onions, salt, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.</p> <p>CCP: Heat to 155° F for 15 seconds. CCP: Hold for hot service at 135° F or higher</p> <p>3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.</p> <p>4. Serving suggestions: Children should "build" their own taco salad. See portion sizes for each item listed with the serving information.</p> <p>First layer: Lettuce and tomato Second layer: Meat mixture Garnish with cheese</p>
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup			
Salt		1 tsp			
Granulated garlic (adjust as needed)		1 Tbsp 1 ½ tsp			
Ground black or white pepper		2 tsp			
Low sodium canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅓ No. 10 can)			
Water		1 qt 1 cup			
Chili powder		2 Tbsp			
Ground cumin		1 Tbsp 1 ½ tsp			
Paprika		1 ½ tsp			
Onion powder		1 ½ tsp			
*Fresh romaine lettuce, shredded, chilled	4 lb	2 gal			
*Fresh tomatoes, diced, chilled	1 lb 13 oz	1 qt			
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups			

Taco Salad

Meat/Meat Alternate-Vegetable-
Grains/Breads

Salad and Salad Dressing

E-10 modified

Notes: 1/3 cup of meat mixture plus 2 Tbsp cheese = 2 oz meat/meat alt

Nutrient information from USDA; needs update due to removing taco shells from recipe.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz
Head lettuce	5 lb 5 oz	10 lb 10 oz
Tomatoes	2 lb 2 oz	4 lb 4 oz

Serving:

1-2 years: 1/4 cup lettuce tomato mixture; 2 Tbsp+ 2 tsp meat mixture, 1 Tbsp shredded cheese

3-5 years: 1/3 cup lettuce tomato mixture; 1/4 cup meat mixture, 1 1/2 Tbsp shredded cheese

6-18 years: 3/4 cup lettuce tomato mixture; 1/3 cup meat mixture, 2 Tbsp shredded cheese

Yield:

Volume:

Nutrients Per Serving

Calories	170	Saturated Fat	4.01 g	Iron	2.36 mg
Protein	16.85 g	Cholesterol	45.82 mg	Calcium	157.76 mg
Carbohydrate	5.78 g	Vitamin A	171.52	Sodium	210 mg
Total Fat	8.70 g	Vitamin C	4.02 mg	Dietary Fiber	1.79 g

Teriyaki Turkey

Meat

Recipe Category: Main Dish

KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Soy sauce, low sodium		2 cups			<p>1. Mix soy sauce, water, vinegar, brown sugar, garlic, and ginger in a small saucepan over medium heat. Stir with a whisk until sugar is dissolved.</p> <p>2. In a small bowl, whisk together cornstarch and cool water until the mixture is smooth.</p> <p>3. Heat sauce over medium high heat. Slowly whisk in cornstarch mixture and simmer until thickened. Remove from heat and set aside until step 6.</p> <p>Note: Do not add dry cornstarch directly to the sauce mix as it will cause lumping. Cornstarch must be mixed with a cold liquid before adding to hot liquids.</p> <p>4. Cook ground turkey over medium heat. Stir occasionally and cook until the turkey is evenly browned. Set aside until step 5.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>Heat canola oil in a large skillet over medium-high heat. Add diced onions. Cook until soft.</p> <p>5. Combine the onions and cooked turkey and cook on medium heat for 5 minutes.</p> <p>6. Pour teriyaki sauce over cooked turkey and stir.</p> <p>7. Simmer for about 15 minutes.</p> <p>Continued</p>
Water		2 cup			
Apple cider vinegar		¾ cup			
Brown sugar		1 cup			
Garlic, minced (adjust as needed)		⅓ cup			
Ginger, ground		3 Tbsp			
Cornstarch		⅓ cup			
Cool water		1 cup			
Turkey, ground, fresh or frozen	9 lbs				
Canola oil		½ cup			
Onion, diced		4 cup			

Teriyaki Turkey

Meat

Recipe Category: Main Dish

KSU Developed

					<p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
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Serving: 2 oz meat cooked	Yield:	Volume:
1-2 years: ½ serving	50 Servings:	50 Servings:
3-5 years: ¾ serving		
6-18 years: 1 serving	100 Servings:	100 Servings:

NOTES:

Nutrient information calculated using Food Processor.

Nutrients Per Serving					
Calories	172.85	Saturated Fat	1.71 g	Iron	1.14 mg
Protein	16.78 g	Cholesterol	53.26 mg	Calcium	25.53 mg
Carbohydrate	7.10 g	Vitamin A	13.76 RAE mcg	Sodium	415.58 mg
Total Fat	8.41 g	Vitamin C	0.95 mg	Dietary Fiber (2016)	0.34 g

Toasted Cheese Sandwich

Component: Meat alternate/Grain

Sandwiches

USDA F-13

Notes:

Nutrients calculated using Food Processor.

Serving:

1-2 years: ½ sandwich

3-5 years: ½ sandwich

6-18 years: 1 sandwich

Nutrients Per Serving

Calories	470.34	Saturated Fat	11.75 g	Iron	2.49 mg
Protein	12.98 g	Cholesterol	56.99 mg	Calcium	483.54 mg
Carbohydrate	42.43 g	Vitamin A-RAE	251.31 RAE mcg	Sodium	609.51 mg
Total Fat	23.53 g	Vitamin C	0.77 mg	Dietary Fiber	8.00 g

Tossed Salad

Recipe Component: Vegetable

Recipe Category: Salad

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Romaine lettuce, fresh, washed, shredded		50 cups			<p>1. Combine romaine lettuce and diced tomatoes.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>2. Toss lightly to mix.</p> <p>3. Cover. Refrigerate until ready to serve.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70°F to 41°F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p>4. Mix lightly before serving.</p> <p><i>Cold foods must be held under temperature control at 41°F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41°F.</i></p>
Tomato, fresh, washed, diced		6 cup			

Tossed Salad

Recipe Component: Vegetable

Recipe Category: Salad

Recipe #KSU Developed

Notes:
Nutrients calculated using Food Processor.

Serving: 1 cup
1-2 years: Do not serve to under 3 years old
3-5 years: 1/2 cup
6-18 years: varies, see menu

Nutrients Per Serving					
Calories	12	Saturated Fat	0.01 g	Iron	0.26 mg
Protein	0.38 g	Cholesterol	0 mg	Calcium	8.84 mg
Carbohydrate	2.5 g	Vitamin A	106.84 RAE mcg	Sodium	2.42 mg
Total Fat	0.09 g	Vitamin C	2.42 mg	Dietary Fiber (2016)	1.2 g

Trail Mix

Component: Grain

Recipe Category: Snack

Recipe: USDA Mixing Bowl

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
WGR rice squares cereal (such as Rice Chex®)		12 cups			<p>1. Toss cereal and dried fruit together.</p> <p>2. Serve in re-sealable bags or plastic cups.</p> <p>Note: Dried fruit is not appropriate for younger children.</p> <p>Serving Tips: Trail mix is a fun way to get children involved in making their own snack. Let them scoop their own servings with a tablespoon or pre-measured scoops. Give them a variety of healthy options to choose from to design their own. Knowing that they made the snack themselves will make them more likely to eat it.</p> <p><i>Store ready to eat foods in a manner that protects from cross contamination by raw foods.</i></p>
Toasted oat cereal (such as Cheerios®)		12 cups			
WGR corn puffs cereal (such as Kix® cereal)		16 cups			
Raisins, chopped (only for SAC and MST)		2 $\frac{2}{3}$ cups			
Apricots, dried, chopped (only for SAC and MST)		1 $\frac{1}{3}$ cups			
Pretzels (only for SAC & MST)		8 cups			

Trail Mix

Component: Grain

Recipe Category: Snack

Recipe: USDA Mixing Bowl

Notes:

Nutrient information calculated using Food Processor.
 Table 1 analysis without dried fruit and without pretzels
 Table 2 analysis with pretzels but without dried fruit
 Table 3 analysis with dried fruit and with pretzels

Serving: About 1 cup

1-5 years: 5/8 cup (.625 serving made without pretzels)

6-18 years: 1 cup (made with pretzels) or 1 1/8 cup (made without pretzels)

Table 1

Nutrients Per Serving without dried fruit and without pretzels

Calories	80	Saturated Fat	0.18 g	Iron	7.13 mg
Protein	1.89 g	Cholesterol	0 mg	Calcium	98.64 mg
Carbohydrate	17.50 g	Vitamin A	177.15 RAE mcg	Sodium	137.08 mg
Total Fat	0.88 g	Vitamin C	5.04 mg	Dietary Fiber	1.50 g (2016 not available)

Table 2

Nutrients Per Serving with pretzels but without dried fruit

Calories	109	Saturated Fat	0.18 g	Iron	7.60 mg
Protein	2.42 g	Cholesterol	0 mg	Calcium	98.64 mg
Carbohydrate	23.56 g	Vitamin A	177.15 RAE mcg	Sodium	290.00 mg
Total Fat	1.14 g	Vitamin C	5.04 mg	Dietary Fiber	1.76 g (2016 not available)

Table 3

Nutrients Per Serving with dried fruit and with pretzels

Calories	149	Saturated Fat	0.18 g	Iron	7.96 mg
Protein	2.75 g	Cholesterol	0 mg	Calcium	105.29 mg
Carbohydrate	33.31 g	Vitamin A	178.81 RAE mcg	Sodium	292.22 mg
Total Fat	1.14 g	Vitamin C	5.04 mg	Dietary Fiber	2.54 g (2016 = 0.78 g)

Tuna Salad

Meat/Meat Alternate

F-11 modified

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Canned tuna, water-packed, chunk, chilled	8 lb 5 oz	1 gal 2 qt (2 66 ½ oz cans)			<p>1. Drain and flake tuna.</p> <p>2. Combine tuna, onions, celery, pickle relish, dry mustard, and salad dressing or mayonnaise. Mix lightly until well blended.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>3. Cover and refrigerate until ready to use.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety.</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p>
*Onions, raw finely chopped (pieces no larger than ⅛ inch) OR (may omit fresh onions) Dehydrated onions	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp			
*Celery, fresh, chilled, finely chopped (pieces no larger than ⅛ inch)	2 lb	1 qt 3 ¾ cups			
Sweet pickle relish, undrained	8 oz	1 cup			
Dry mustard		1 ½ tsp			
Reduced calorie salad dressing OR Low-fat mayonnaise	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 ½ cups			

Tuna Salad

Meat/Meat Alternate

F-11 modified

Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	12 oz	1 lb 8 oz
Celery	2 lb 8 oz	5 lb

Serving: ½ cup provides 2 oz equivalent meat/meat alternate and ⅛ cup of vegetable	Yield:	Volume:
1-2 years: ¼ cup	50 Servings:	50 Servings:
3-5 years: ⅜ cup		
6-18 Years: ½ cup	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	101.24	Saturated Fat	0.01 g
Protein	14.10 g	Cholesterol	32.00 mg
Carbohydrate	6.17 g	Vitamin A	7.13 RAE mcg
Total Fat	2.31 g	Vitamin C	1.07 mg
		Iron	0.10 mg
		Calcium	9.23 mg
		Sodium	540.45 mg
		Dietary Fiber	2.16 g (2016 = 0.46 g)

Tuna Salad Pita Sandwich

Meat/Meat Alternate

F-08 Modified

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Canned tuna, water-packed, chunk, chilled	8 lb 5 oz	1 gal 2 qt (2 66 ½ oz cans)			<ol style="list-style-type: none"> 1. Drain and flake tuna. 2. Combine tuna, onions, celery, pickle relish, dry mustard, and salad dressing or mayonnaise. Mix lightly until well blended. 3. Spread in shallow pan to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Cover and refrigerate until ready to use. 5. CCP: Cool to 41° F or lower within 4 hours. 6. CCP: Hold at 41° F or colder. 7. Cut each 2 oz WGR pita into two semi-circular halves. Portion ¼ cup of tuna salad into each pita half. Distribute the meat evenly. 8. Cut each pita half into two even quarter pieces if serving children age 5 years and under. 9. Cover and refrigerate until ready to use. 10. CCP: Cool to 41° F or lower within 4 hours. 11. CCP: Hold at 41° F or colder. 12. Serve with shredded romaine lettuce.
*Fresh onions, finely chopped (pieces no larger than ¼ inch) OR Dehydrated onions	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp			
*Fresh celery, chilled, finely chopped (pieces no larger than 1/4 inch)	2 lb	1 qt 3 ¾ cups			
Sweet pickle relish, undrained	8 oz	1 cup			
Dry mustard		1 ½ tsp			
Reduced calorie salad dressing OR Low-fat mayonnaise	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 ½ cups			
WGR pita bread, 2 oz		48 each			

Tuna Salad Pita Sandwich

Meat/Meat Alternate

F-08 Modified

Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	12 oz	
Celery	2 lb 8 oz	

Serving: 1 full pita sandwich provides 2 oz equivalent meat/meat alternate, 1/8 cup of vegetable and 2 oz grain equivalent.	Yield:	Volume:
1-2 years: not for under 3 years	50 Servings:	50 Servings:
3-5 years: 3 quarter pieces of sandwich		
6-18 Years: 1 full sandwich	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	268.92 kcal	Saturated Fat	0.10 g
Protein	23.80 g	Cholesterol	41.56 mg
Carbohydrate	37.86 g	Vitamin A	7.30 RAE mcg
Total Fat	3.44 g	Vitamin C	1.07 mg
		Iron	1.83 mg
		Calcium	17.73 mg
		Sodium	918.94 mg
		Dietary Fiber	5.61 g

Turkey Burger Sliders

Recipe Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

Recipe # F-10r modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 ½ cups			<p>1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Place rice in flat pan to cool. Use immediately or refrigerate.</p> <p><i>Grains and pastas should be spread on a sheet pan, loosely covered and rapidly cooled under refrigeration.</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p>2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft</p> <p>3. Combine turkey, eggs, cranberries (optional), spinach, A-1 or Worcestershire sauce (optional), salt, peppers, brown rice, and onion mixture. Mix well. Note: Worcestershire sauce contains fish.</p> <p>4. Portion into patties using a No. 8 scoop (1/2 cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>5. Bake: Conventional oven: 350 °F for 18 minutes. Convection oven: 325 °F for 14 minutes. DO NOT OVERCOOK.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i></p> <p><i>Continued</i></p>
Brown rice, long grain, regular, dry	9 ½ oz	1 ½ cup			
Canola oil		3 Tbsp			
*Onions, raw, diced	6 oz	1 ¼ cup			
*Celery, fresh, diced	14 oz	3 cup			
*Garlic, fresh, minced	2 ½ oz	¼ cup			
Ground turkey, raw, lean	7 lb				
Fresh pasteurized eggs, large OR Whole pasteurized eggs, liquid		12 each OR 2 ½ cup			
Cranberries, dried, chopped (optional)	12 oz	2 ½ cup			
*Baby spinach, fresh, chopped	10 oz	2 qt			
A-1 or Worcestershire sauce (optional)		3 Tbsp			
Salt		2 tsp			
Ground black pepper		1 Tbsp 1 tsp			
Ground white pepper		½ tsp			

Turkey Burger Sliders

Recipe Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

Recipe # F-10r modified

WGR slider rolls (minimum of 1 oz each)		50 each			<p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> <p>6. Serve on mini whole-grain rolls. If desired serve with lettuce, sliced tomato, red onions, and condiments.</p>
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Notes:

Nutrient information calculated using Food Processor. Nutrients calculated using 1.25 oz. slider roll with cranberries, lettuce, tomato, 1 tsp light mayonnaise, and ½ tsp prepared mustard. Note: Worcestershire sauce contains fish.

Serving: 1 slider provides 2 oz meat, 1 oz grain

1-2 years: ½ slider

3-5 years: 1 slider

6-18 years: 1 slider

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	8 oz	1 lb
Celery, trimmed	1 lb 2 oz	2 lb 4 oz
Baby spinach, partly trimmed	12 oz	1 lb 8 oz



Nutrients Per Serving

Calories	287.81	Saturated Fat	2.45 g	Iron	2.18 mg
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Turkey Burger Sliders

Recipe Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

Recipe # F-10r modified

Protein	17.47 g	Cholesterol	93.50 mg	Calcium	73.73 mg
Carbohydrate	30.01 g	Vitamin A	77.29 RAE mcg	Sodium	420.77 mg
Total Fat	11.25 g	Vitamin C	6.98 mg	Dietary Fiber	3.76 g

Turkey Pita Sandwich

Meat/Meat Alternate, Grain, Vegetable

Sandwich

E-07 KSU Modified

Notes:

Nutrient information from Food Processor based on 2 oz pita bread and 3 oz sliced turkey luncheon meat = 2 oz creditable meat.

Serving: 1 full pita sandwich provides 2 oz equivalent meat/meat alternate, 2 grain equivalents, and ½ cup of vegetables.	Yield:
1-2 years: not for under 3 years of age	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich (2 semi-circular halves)	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	267.25	Saturated Fat	1.61 g	Iron	3.12 mg
Protein	22.64 g	Cholesterol	45.00 mg	Calcium	45.53 mg
Carbohydrate	34.06 g	Vitamin A	177.39 RAE mcg	Sodium	678.67 mg
Total Fat	5.12 g	Vitamin C	11.82 mg	Dietary Fiber	4.66 g (2016 = 0.83 g)

Turkey Sandwich

Meat/Meat Alternate

Salads and Salad Dressings

E-07 KSU Modified

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Sliced turkey lunchmeat	9 lbs				<p>1. Portion 3 oz of sliced turkey onto a slice of bread. Distribute the meat evenly and top with a second slice of bread.</p> <p>2. Cut into four even quarter pieces if serving children age 5 years and under.</p> <p>3. Cover. Refrigerate until service.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p>
WGR bread, slice, 1 oz		96 slices			

Turkey Sandwich

Meat/Meat Alternate

Salads and Salad Dressings

E-07 KSU Modified

Notes:
 Nutrient information from Food Processor based on 1 oz bread slice.
 Note: 3 oz sliced turkey (Army's vendor) = 2 oz meat

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: 2 quarter pieces of sandwich	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving			
Calories	251.12	Saturated Fat	1.90 g
Protein	22.97 g	Cholesterol	45.00 mg
Carbohydrate	24.92 g	Vitamin A	0.08 RAE mcg
Total Fat	5.96 g	Vitamin C	1.20 mg
		Iron	1.74 mg
		Calcium	90.16 mg
		Sodium	604.80 mg
		Dietary Fiber	3.36 g

Turkey Tikka

Component: Meat/Meat Alternate

Main Dish

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey, boneless, fresh or frozen, raw OR Turkey, cooked servings from recipe	9 lb OR	 67 serving			<ol style="list-style-type: none"> If using raw turkey, cook the turkey until it reaches an internal temperature of 165°F or above for 15 seconds. Set aside until step 4. Preheat convection oven to 350 °F or conventional oven to 375 degrees F. Bring tomatoes and their juice, tomato sauce, cumin, curry powder, paprika, turmeric, onion powder, pepper, garlic, salt, and cinnamon to a simmer in a large pot over medium heat. Simmer for 15 minutes. Remove from heat. Stir in yogurt until smooth. Place cooked turkey in hotel pan(s). Divide the sauce evenly between pans. Stir to coat the turkey with the sauce. Cover and bake until the internal temperature reaches 165°F or above for 15 seconds. This should take around 30-45 minutes.
Diced tomatoes, canned, low-sodium (undrained)		1 #10 can			
Tomato sauce, no salt added		1 qt + 2 ¼ cups			
Ground cumin		¼ cup			
Curry powder		¼ cup			
Paprika		2 Tbsp			
Ground turmeric		2 Tbsp			
Onion powder		1 Tbsp			
Ground black pepper		1 Tbsp			
Garlic powder		1 tsp			
Salt, omit if low sodium diced tomatoes are not available		1 ½ tsp			
Ground cinnamon		1 tsp			
Yogurt, plain, low-fat	2 lb	1 qt			

Turkey Tikka

Component: Meat/Meat Alternate

Main Dish

Notes:

Nutrients calculated using Food Processor.



Serving: ½ cup equals 2 oz meat

1-2 years: ¼ cup

3-5 years: 3/8 cup

6-18 years: 1/2 cup

Nutrients Per Serving

Calories	144.88 kcal	Saturated Fat	0.18 g	Iron	0.98 mg
Protein	26.11 g	Cholesterol	39.60 mg	Calcium	40.63 mg
Carbohydrate	8.16 g	Vitamin A-RAE	16.84 mcg	Sodium	319.45 mg
Total Fat	1.41 g	Vitamin C	4.74 mg	Dietary Fiber	1.62 g

Turnip Greens

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Turnip greens, fresh, untrimmed OR Turnip greens, frozen, chopped	15 lb 7 oz OR 10 lb 8 oz				<ol style="list-style-type: none"> 1. For fresh greens, trim, remove stems, and then rinse under cold running water. Chop the leaf portion into 1/2-inch pieces for even cooking. 2. For fresh or frozen, steam or boil for about 8-10 minutes. For boiling, only add enough water to cover the greens. 3. Remove from heat when leaves are tender. 4. CCP: Cook to a temperature of 135° F or above. 5. CCP: Hold at 135° F or above. 6. Drain and serve.

Turnip Greens

Component: Vegetable

Side Dish

Recipe #KSU Developed

Notes:

Nutrient information calculated using Food Processor for boiled, drained, turnip greens

Serving: ½ cup, chopped, cooked vegetable, leaves only

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories	24	Saturated Fat	0.08 g	Iron	1.59 mg
Protein	2.75 g	Cholesterol	0 mg	Calcium	124.64 mg
Carbohydrate	4.08 g	Vitamin A	441.36 RAE mcg	Sodium	12.30 mg
Total Fat	0.34 g	Vitamin C	17.88 mg	Dietary Fiber (2016)	2.79 g

Vegetable Soup

Vegetable

Soup

H-11

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Low sodium chicken or beef broth, non MSG		1 gal 2 ½ cups			<p>1. In a heavy pot, combine broth, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to boil. Reduce heat and cover. Simmer for 20 minutes</p> <p>2. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)</p> <p>3. Cover and simmer for 15 minutes, or until vegetables are tender.</p> <p>4. CCP: Heat to 165° F or above for at least 15 seconds.</p> <p>5. CCP: Hold for hot service at 135° F or above.</p>
Low sodium canned tomato paste	12 oz	1 ¼ cups (1 12 oz can)			
*Fresh celery, chopped	8 oz	1 ½ cups 1 Tbsp			
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup			
Ground black or white pepper		½ tsp			
Dried parsley		2 Tbsp			
Granulated garlic (adjust as needed)		1 Tbsp			
Low sodium canned liquid pack whole kernel corn, drained OR Frozen whole-kernel corn	9 oz OR 8 oz	1 ⅜ cups (1 No. 300 can) OR 1 ⅜ cup			
Low sodium canned diced carrots, drained OR Frozen diced carrots	9 oz OR 8 oz	1 ⅓ cups (1 No. 300 can) OR ¾ cup			
Low sodium canned cut green beans, drained OR Frozen cut green beans	7 ½ oz OR 7 ½ oz	1 ⅜ cups (1 No. 300 can) OR ¾ cup 2 Tbsp			
Low sodium canned green peas, drained OR	9 oz OR	1 ½ cups (1 ⅓ No. 300 cans) OR			

Vegetable Soup

Vegetable

Soup

H-11

Frozen green peas	10 oz	1 ½ cup			
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Notes:
Nutrient information calculated using Food Processor

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Celery	10 oz	
Mature onions	10 oz	

Serving: ½ cup (4 oz ladle) provides ¼ cup of vegetable 1-2 years: ¼ cup 3-5 years: ½ cup 6-18 years: 1 cup	Yield:	Volume:
	50 Servings: about 27 lb 4 oz	50 Servings: about 3 gallons 2 cups
	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	24.32	Saturated Fat	0.03 g
Protein	1.34 g	Cholesterol	0 mg
Carbohydrate	4.79 g	Vitamin A	45.94 RAE mcg
Total Fat	0.14 g	Vitamin C	4.02 mg
		Iron	0.41 mg
		Calcium	11.09 mg
		Sodium	69.48 mg
		Dietary Fiber (2016)	1.07 g

WGR Apple Muffins Squares

Component: Grain

Recipe Category: Grain

Recipe # KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, rolled		1 ½ cups			<p>1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Set aside for step 4</p> <p>2. Preheat oven to: 375° F for muffins conventional oven 350° F for squares conventional oven 350° F for muffins convection oven 325° F for squares convection oven</p> <p>3. Stir together whole-wheat flour, all-purpose flour, baking powder, cinnamon, and salt in a large bowl. Mix well.</p> <p>4. Whisk eggs in another large bowl. Add oil and sugar. Whisk until smooth. Add milk, applesauce, and oatmeal mixture and stir just to combine.</p> <p>5. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.)</p> <p>6. Portion batter into prepared muffin trays or pour batter into pan(s) lightly coated with release spray. For 25 servings, use 1 (9" x 13" x 2"). For 50 servings, use 2 pans (9" x 13" x 2").</p> <p>7. Bake until a knife comes out clean when inserted in the center. About 22 to 27 minutes for the muffins About 40-45 minutes for pans in conventional oven About 35 minutes for pans in convection oven</p>
Water, hot		1 ½ cups			
Whole-wheat flour		3 cups			
Enriched all-purpose flour		3 ½ cups			
Baking powder		4 Tbsp			
Ground cinnamon		2 Tbsp			
Salt		1 tsp			
Eggs		8 large			
Vegetable or canola oil		1 1/2 cups			
Brown sugar		2 cups (packed)			
Low-fat milk		1 ½ cups			
Applesauce, unsweetened		1 1/3 cups			

WGR Apple Muffins Squares

Component: Grain

Recipe Category: Grain

Recipe # KSU Developed

Notes:
Nutrient information calculated using Food Processor

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 muffin provides 1 oz equiv WGR grain and	Yield:	Volume:
1-2 years: 1/2 piece or 1/2 muffin	50 Servings:	50 Servings:
3-5 years: 1/2 piece or 1/2 muffin		
6-18 years: 1 piece or 1 muffin	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	179	Saturated Fat	0.87 g
Protein	3.44 g	Cholesterol	30.13 g
Carbohydrate	24.19 g	Vitamin A	15.10 RAE
Total Fat	8.01 g	Vitamin C	0.08 mg
		Iron	1.02 mg
		Calcium	52.03
		Sodium	196.33 mg
		Dietary Fiber	1.48 g (2016 = 1.25g)

WGR Bread Dressing (Stuffing)

Grains/Breads

Main Dishes

Recipe # A-14 or B-06

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain soft bread cubes	4 lb 11 oz	3 gal 1 ½ qt			<p>1. Combine bread cubes, celery, onions, poultry seasoning, pepper, granulated garlic, buttery spread, and thyme (optional). Mix lightly until well blended.</p> <p>2. Add chicken stock to bread mixture. Mix gently to moisten.</p> <p>3. Spread 6 lb 7 oz (3 qt 3 cups) of stuffing evenly into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>4. Bake: Conventional oven: 350° F for 30-40 minutes. Convection oven: 300° F for 20-30 minutes</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>5. Cut each pan 5 x 5 (25 pieces)</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
*Celery, fresh, chopped	1 lb	3 ¾ cups 2 Tbsp			
*Onions, raw, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups OR ⅓ cup			
Poultry seasoning		1 Tbsp			
Ground black or white pepper		1 ½ tsp			
Granulated garlic (adjust as needed)		1 Tbsp			
Buttery spread, melted	10 ½ oz	1 ⅓ cup			
Thyme, dried (optional)		2 Tbsp			
Chicken stock, low-sodium, non-MSG		3 qt			

WGR Bread Dressing (Stuffing)

Grains/Breads

Main Dishes

Recipe # A-14 or B-06

Notes:

Serving: 1 piece provides 1 ½ serving of grains/breads.

1-2 years: ½ piece

3-5 years: ½ piece

6-18 years: 1 piece

Nutrients Per Serving

Calories	159.07	Saturated Fat	1.17 g	Iron	1.41 mg
Protein	7.33 g	Cholesterol	1.73 mg	Calcium	54.52 mg
Carbohydrate	21.80 g	Vitamin A	88.37 RAE mcg	Sodium	286.69 mg
Total Fat	4.70 g	Vitamin C	1.02 mg	Dietary Fiber	3.50 g

WGR Carrot Muffins (Without Quinoa)

Recipe Component

Recipe Category

Recipe #KSU Developed

Ingredients	48 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats		1 ⅓ cup			<p>1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Set aside for step 4.</p> <p>2. Preheat convection oven to 375°F or conventional oven to 400°F. Line muffin tins with muffin tin liners. Coat the muffin tin liners with cooking spray.</p> <p>3. Stir together whole-wheat flour, all-purpose flour, baking powder, cinnamon, and salt in large bowl. Mix well.</p> <p>4. Whisk eggs in another large bowl. Add oil, oats, brown sugar, milk, and orange zest; stir until smooth. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.)</p> <p>5. Stir carrots into the batter until they are just incorporated.</p> <p>6. Fill the prepared muffin tins with the batter. Bake until a knife comes out clean when inserted in the center, 20 to 25 minutes.</p>
Hot water		1 ⅓ cup			
Whole-wheat flour	1 lb	3 cups			
Enriched all-purpose flour	1 lb	3 cups			
Baking powder		4 Tbsp			
Ground cinnamon		3 Tbsp			
Salt		2 tsp			
Fresh pasteurized eggs		8 large			
Vegetable oil		2 cups			
Brown sugar		2 cups (packed)			
Low-fat milk		1 ⅓ cups			
Zest of orange		From 2 oranges			
Grated carrots		1 qt + 1 ½ cups			

WGR Carrot Muffins (Without Quinoa)

Recipe Component

Recipe Category

Recipe #KSU Developed

Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 muffin provides 1 oz equiv WGR grain and 1/8 cup red/ orange vegetable	Yield:	Volume:
1-2 years: 1/2 serving	50 Servings:	50 Servings:
3-5 years: 1/2 serving		
6-18 years: 1 serving	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	208.99	Saturated Fat	1.07 g	Iron	1.12 mg
Protein	3.83 g	Cholesterol	31.59 mg	Calcium	219.04 mg
Carbohydrate	26.00 g	Vitamin A	119.27 RAE mcg	Sodium	242.05 mg
Total Fat	10.50 g	Vitamin C	0.99 mg	Dietary Fiber (2016)	1.90 g

WGR Carrot Muffins (With Oats)

Recipe Component

Recipe Category

Recipe #KSU Developed

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Rolled oats		1 ⅓ cup			<p>1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Set aside for step 4.</p> <p>2. Preheat convection oven to 375°F or conventional oven to 400°F. Line muffin tins with muffin tin liners or coat muffin tins with cooking spray.</p> <p>3. Sift whole wheat flour, all-purpose flour, baking powder, cinnamon and salt in a large bowl.</p> <p>4. Whisk eggs in another large bowl. Add oil, sugar, yogurt and orange zest; whisk until smooth. Fold the dry ingredients into the wet ingredients and stir until just combined. Do not to overmix the batter.</p> <p>5. Stir carrots and the cooked oats into the batter until they are just incorporated.</p> <p>6. Fill the prepared muffin tins with the batter. Bake about 21 to 25 minutes.</p> <p><i>To check for doneness, a knife inserted into the center of the thickest part of the food must come out clean.</i></p>
Hot water		1 ⅓ cup			
Whole wheat flour	1 lb	3 cups			
Enriched all-purpose flour	1 lb	3 cups			
Baking powder		4 Tbsp			
Ground cinnamon		3 Tbsp			
Salt		2 tsp			
Pasteurized fresh eggs, large		8 large			
Vegetable oil		2 cups			
Brown sugar		2 cups (packed)			
Low-fat milk		1 ⅓ cups			
Zest of orange		From 2 oranges			
*Carrots, raw, grated		1 qt + 1 ½ cups			

WGR Carrot Muffins (With Oats)

Recipe Component

Recipe Category

Recipe #KSU Developed

Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Carrot, fresh, without tops	1 lb 8 oz	3 lb

Serving: 1 muffin provides 1 oz equiv WGR grain.	Yield:	Volume:
1-2 years: ½ serving	50 Servings:	50 Servings:
3-5 years: ½ serving		
6-18 years: 1 serving	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	208.99	Saturated Fat	1.07 g	Iron	1.12 mg
Protein	3.83 g	Cholesterol	31.59 mg	Calcium	219.04 mg
Carbohydrate	26.00 g	Vitamin A	119.27 RAE mcg	Sodium	242.05 mg
Total Fat	10.50 g	Vitamin C	0.99 mg	Dietary Fiber (2016)	1.90 g

WGR Carrot Muffins (With Quinoa)

Recipe Component

Recipe Category

Recipe #New School Cuisine Cookbook p 108

Ingredients	48 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 ² / ₃ cups			<p>1. Bring water to a boil in a large saucepan. Add quinoa, reduce heat to a simmer and cook until tender, 15 to 20 minutes. Spread on a sheet pan and let cool.</p> <p>2. Preheat convection oven to 375°F or conventional oven to 400°F. Line muffin tins with muffin tin liners or coat the muffin tins with cooking spray.</p> <p>3. Sift whole wheat flour, all-purpose flour, baking powder, cinnamon and salt in a large bowl.</p> <p>4. Whisk eggs in a separate large bowl. Add oil, sugar, yogurt and orange zest; then whisk until smooth. Fold the dry ingredients into the wet ingredients and stir until just combined. Do not to overmix the batter.</p> <p>5. Stir carrots and the cooked quinoa into the batter until they are just incorporated.</p> <p>6. Fill the prepared muffin tins with the batter. Bake about 21 to 25 minutes.</p> <p><i>To check for doneness, a knife inserted into the center of the thickest part of the food must come out clean.</i></p>
Quinoa, rinsed and drained		1 ¹ / ₃ cup			
Whole wheat flour	1 lb	3 cups			
Enriched all-purpose flour	1 lb	3 cups			
Baking powder		¹ / ₄ cup			
Ground cinnamon		3 Tbsp			
Salt		2 tsp			
Pasteurized fresh eggs, large		8 large			
Vegetable oil		2 cups			
Brown sugar		2 cups (packed)			
Low-fat yogurt, plain or vanilla		2 cups			
Zest orange		2 oranges			
*Carrots, fresh, gated		1 qt + 1 ¹ / ₂ cups			

WGR Carrot Muffins (With Quinoa)

Recipe Component

Recipe Category

Recipe #New School Cuisine Cookbook p 108

Notes:

Decreased salt compared to original recipe.
Refrigerate cooked quinoa up to 3 days in advance.
Nutrient information from Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Carrot, fresh, without tops	1 lb 8 oz	3 lb

Serving: 1 muffin provides 1 oz equiv WGR grain and 1/8 cup red/ orange vegetable.

Yield:

Volume:

1-2 years: 1/2 serving
3-5 years: 1/2 serving
6-18 years: 1 serving

50 Servings:

100 Servings:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	226	Saturated Fat	1.14 g	Iron	1.34 mg
Protein	4.62 g	Cholesterol	31.70 mg	Calcium	197.09 mg
Carbohydrate	28.76 g	Vitamin A	119.33 RAE mcg	Sodium	126.83 mg
Total Fat	10.76 g	Vitamin C	1.07 mg	Dietary Fiber	2.23 g (2016 = 1.97 g)

WGR Cinnamon Nachos

Recipe Component: Grain/ fruit

Recipe Category: snack

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
WGR tortillas (6-inch) OR WGR tortillas (8-inch)		50 each OR 34 each			<p>1. Preheat convection oven to 325°F or conventional oven to 350°F. If using convection oven, turn fan to low or off position to prevent parchment paper from blowing off pans.</p> <p>2. Line sheet pans with parchment paper. For 50 servings, use 4 pans.</p> <p>3. Mix sugar and cinnamon in a small bowl. Arrange tortillas on the prepared baking sheets. Spray or brush with water. Sprinkle each tortilla with 1/2 teaspoon of the cinnamon sugar.</p> <p>4. Cut each tortilla into wedges with a pizza cutter or knife. For 6-inch tortilla cut into 6 wedges; for a 8-inch tortilla cut into 9 wedges.</p> <p>5. Bake until crisp, about 11 minutes (watch carefully to prevent burning).</p> <p>6. For 1-5 year old: Serve 3 wedges with 1/2 cup fruit</p> <p>7. For 6-18 year old: Serve 6 wedges with 3/4 cup fruit</p>
Granulated sugar		1/4 cup + 2 Tbsp			
Ground cinnamon		1/4 cup			
Mixed fruit salad (based on age: see production calculator) 1-5 years					

WGR Cinnamon Nachos

Food Component: Grain/ fruit

Recipe Category: snack

Recipe #

Notes: Nutrient information calculated using Food Processor. Nutrient analysis does not include fruit

Serving: One 6-inch tortilla provides 1 oz grains

1-2 years: 1/2 tortilla (3 wedges) plus 1/2 c fruit

3-5 years: 1/2 tortilla (3 wedges) plus 1/2 c fruit

6-18 years: 1 tortilla (6 wedges) plus 3/4 c fruit

Serving: Two-thirds of a 8-inch tortilla provides 1 oz grains

1-2 years: 1/3 tortilla (3 wedges) plus 1/2 c fruit

3-5 years: 1/3 tortilla (3 wedges) plus 1/2 c fruit

6-18 years: 2/3 tortilla (6 wedges) plus 3/4 c fruit



Nutrients Per Serving (does not include fruit)

Calories	93.54	Saturated Fat	0.68 g	Iron	0.05 mg
Protein	2.74 g	Cholesterol	0 mg	Calcium	6.25 mg
Carbohydrate	16.54 g	Vitamin A	0.09 RAE mcg	Sodium	217.66 mg
Total Fat	2.39 g	Vitamin C	0.02 mg	Dietary Fiber	2.37 g (2016 = 0.33 g)

WGR Cornbread

Recipe Component: Grain

Recipe Category: Bread

Recipe # New School Cuisine p. 133 modified serving size

Ingredients	45 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain cornmeal		3 cup			<p>1. Preheat convection oven to 325°F or conventional oven to 350°F. Grease sheet pan(s). For 45 servings, grease a half sheet pan, for 90 servings grease a full sheet pan or two half sheet pans.</p> <p>2. Whisk together cornmeal, flour, sugar, salt and baking powder in a large bowl.</p> <p>3. Whisk together eggs, milk and melted butter (or oil) in another large bowl.</p> <p>4. Add the dry ingredients to the wet ingredients and stir just until combined. Do not overmix.</p> <p>5. Pour into the prepared pan and spread evenly.</p> <p>6. Bake until golden brown and the bread is pulling away from the pan; about 20 to 30 minutes. It is normal for the top to crack. The streak of batter visible through the crack will appear dry and the bread will pull away from pan.</p> <p>7. To test for doneness, insert a clean knife into center of the bread. If the knife comes out clean or with a few moist crumbs clinging to it, the cornbread is done.</p>
Whole wheat flour		1 ½ cups			
Enriched all-purpose flour		1 ½ cups			
Granulated sugar		1 cup			
Salt		1 ½ tsp			
Baking powder		1 ½ Tbsp			
Fresh pasteurized eggs, large		4 each			
OR		OR			
Whole pasteurized eggs, liquid		¾ cup			
Low-fat milk		3 cup			
Melted butter or oil		½ cup			

WGR Cornbread

Recipe Component: Grain

Recipe Category: Bread

Recipe # New School Cuisine p. 133 modified serving size

Notes:

Make sure your cornmeal, corn flour, grits, or polenta is labeled "whole corn" or "whole grain corn." If the label says "degermed corn" than the nutritious germ has been removed from the corn, and it's not whole grain

If you use unsalted butter, add another ¼ tsp of salt.



Serving: 1 piece provides 1 oz grain	Yield:	
1-2 years: ½ piece	45 Servings:	Half sheet pan
3-5 years: ½ piece		
6-18 years: 1 piece	90 Servings:	Full sheet pan

Nutrients Per Serving					
Calories	108.45	Saturated Fat	1.61 g	Iron	0.68 mg
Protein	2.75 g	Cholesterol	22.82 mg	Calcium	35.59 mg
Carbohydrate	17.92 g	Vitamin A	34.24 RAE mcg	Sodium	164.47 mg
Total Fat	3.11 g	Vitamin C	0 mg	Dietary Fiber (2016)	1.13 g

WGR French Toast Bake

Component: Grain, Meat Alt

Recipe Category: Main Dish

Recipe #

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Whole wheat bread	4 lb				<p>1. For 48 servings, coat two 2-inch full hotel pans with cooking spray. Preheat convection oven to 325°F or conventional oven to 350°F.</p> <p>2. Cut bread into 1-inch cubes.</p> <p>3. Lightly beat eggs in a large bowl. Add milk, vanilla extract, brown sugar (ingredient), cinnamon, and salt; whisk to combine. Fold the bread into the egg mixture.</p> <p>4. Divide mixture evenly between the prepared pans. Cover pans with foil.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>5. Bake for 35 minutes. Remove foil and rotate the pans end to end. Sprinkle each pan with brown sugar for topping. Bake, uncovered, until set on top and the internal temperature reaches 165°F for 15 seconds, about 15 minutes more. Let stand for 10 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p>6. Cut each hotel pan into 24 pieces.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Fresh pasteurized eggs, large OR Whole pasteurized eggs, liquid		32 large OR 1 qt 3 ½ cups			
Non-fat or low-fat milk		2 qts			
Vanilla extract		2 Tbsp			
Brown sugar (as ingredient)		1 cup			
Ground cinnamon		1 Tbsp			
Salt		½ tsp			
Brown sugar (for topping)		½ cup			

WGR French Toast Bake

Component: Grain, Meat Alt

Recipe Category: Main Dish

Recipe #

Notes:

Recipe modified from New School Cuisine Cookbook with apples omitted and decreased egg and salt. Nutrient information calculated using Food Processor.



Serving: 1 piece provides 1.25 oz grain, 1.25 oz meat alternate	Yield:	
1-2 years: ½ piece	48 Servings:	2 full hotel pans
3-5 years: ½ piece	96 Servings:	4 full hotel pans
6-18 years: 1 piece		

Nutrients Per Serving			
Calories	196	Saturated Fat	1.61 g
Protein	5.58 g	Cholesterol	126.74 mg
Carbohydrate	27.21 g	Vitamin A	73.35 RAE mcg
Total Fat	5.26 g	Vitamin C	0.35 mg
		Iron	1.53 mg
		Calcium	110.46 mg
		Sodium	179.19 g
		Dietary Fiber	3.60 g (2016 = .09)

WGR Noodles with Soy Sauce & Sesame Oil

Component: Grain

Recipe Category:

Recipe #KSU developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		3 gal			<p>1. Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. Drain and set aside.</p> <p>2. While noodles are cooking, whisk together the soy sauce, canola/vegetable oil, and sesame oil.</p> <p>3. Add soy mixture to noodles.</p> <p>4. Toss to combine. Serve hot.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Salt		1 tsp			
WGR spaghetti noodles	4 lb				
Tamari, low sodium, or soy sauce, low sodium		¼ cup			
Canola or vegetable oil		¼ cup			
Sesame oil		3 Tbsp			

WGR Noodles with Soy Sauce & Sesame Oil

Food Component Grain

Recipe Category side dish

Recipe #

Notes:

Nutrient information in progress.

Serving: ½ cup is equal to one WGR bread/grain serving

1-2 years: 1/4 cup

3-5 years: 1/4 cup

6-18 years: 1/2 cup

Nutrients Per Serving

Calories

Protein

Carbohydrate

Total Fat

Saturated Fat

Cholesterol

Vitamin A

Vitamin C

Iron

Calcium

Sodium

Dietary Fiber

WGR Parsley Noodles

Recipe Component Grain

Recipe Category: Side dish

Recipe #KSU developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal 3 qt			<p>1. Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. Drain and set aside.</p> <p>2. Melt butter spread and then add garlic powder to melted spread. Mix well then add to drained noodles.</p> <p>3. Add parsley to noodle mixture.</p> <p>4. Toss to combine. Serve hot</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Salt		1 Tbsp			
WGR fettucine or linguini noodles	4 lb 13 oz				
Buttery spread		¾ cup			
Garlic powder		4 ½ tsp			
Ground black pepper		1 tsp			
Finely chopped dried parsley		¾ cup			

WGR Parsley Noodles

Food Component Grain

Recipe Category side dish

Recipe #

Notes:

Nutrient information calculated using Food Processor.

Serving: ½ cup is equal to one grain serving.

1-2 years: ¼ cup

3-5 years: ¼ cup

6-18 years: ½ cup

Nutrients Per Serving

Calories	111.77	Saturated Fat	0.61 g	Iron	1.02 mg
Protein	3.44 g	Cholesterol	0 mg	Calcium	10.99 mg
Carbohydrate	18.32 g	Vitamin A	33.40 RAE mcg	Sodium	72.23mg
Total Fat	3.04 g	Vitamin C	0.45 mg	Dietary Fiber	2.74 g

WGR Pasta

Component: Grain

Recipe Category:

Recipe #KSU developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		2 gal 3 qt			<p>1. Bring water and salt to a boil in a large pot. May need to increase water if preparing spaghetti. Add pasta and cook until just tender, about 10 minutes. Drain and set aside.</p> <p>2. Melt buttery spread and then add to drained noodles.</p> <p>3. Toss to combine. Serve hot.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Salt		1 Tbsp			
WGR spaghetti	4 lb				
OR	OR				
WGR rotini	3 lb				
OR	OR				
WGR penne pasta	3 lb 4 oz				
Buttery spread		1/2 cup			
Ground black pepper		1 tsp			

WGR Pasta

Food Component Grain

Recipe Category side dish

Recipe #

Notes:

Nutrient information calculated using Food Processor.

Serving: ½ cup is equal to one bread/grain serving

1-2 years: 1/4 cup

3-5 years: 1/4 cup

6-18 years: 1/2 cup

Nutrients Per Serving

Calories	88.58	Saturated Fat	0.41 g	Iron	0.77 mg
Protein	2.75 g	Cholesterol	0 mg	Calcium	5.57 mg
Carbohydrate	15.00 g	Vitamin A	22.03 RAE	Sodium	63.24 mg
Total Fat	2.16 g	Vitamin C	0.0 mg	Dietary Fiber	2.19 g

WGR Peach Muffins Squares

Component: Grain

Recipe Category:

Recipe # KSU Developed

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, rolled		1 ½ cups			<p>1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Set aside for step 4.</p> <p>2. Preheat oven to: 375° F for muffins conventional oven 350° F for squares conventional oven 350° F for muffins convection oven 325° F for squares convection oven</p> <p>3. Stir together whole-wheat flour, all-purpose flour, baking powder, cinnamon, and salt in a large bowl. Mix well.</p> <p>4. Whisk eggs in another large bowl. Add oil, and sugar. Whisk until smooth. Add milk, pureed peaches, and oatmeal mixture and stir just to combine.</p> <p>4. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.)</p> <p>5. Portion batter into prepared muffin trays or pour batter into pan(s) lightly coated with release spray. For 25 servings, use 1 (9" x 13"co x 2"). For 50 servings, use 2 pans (9" x 13" x 2").</p> <p>6. Sprinkle 1 tsp of coconut on each muffin. Stir lightly to mix.</p> <p>7. Bake until a knife comes out clean when inserted in the center. About 22 to 25 minutes for the muffins About 40-45 minutes for pans in conventional oven</p>
Water, hot		1 ½ cups			
Whole-wheat flour		2 1/2 cups			
Enriched all-purpose flour		3 cups			
Baking powder		4 Tbsp			
Ground cinnamon		4 tsp			
Vanilla		4 tsp			
Salt		2 tsp			
Eggs		8 large			
Vegetable or canola oil		1 1/2 cups			
Brown sugar		2 cups (packed)			
Low-fat milk		1 ½ cups			
Pureed peaches		1 1/3 cups			
Shredded coconut (optional)		1 cup			

WGR Peach Muffins Squares

Component: Grain

Recipe Category:

Recipe # KSU Developed

					About 35 minutes for pans in convection oven
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Notes:

Nutrient information calculated using Food Processor

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 1 muffin provides 1 oz equiv WGR grain and

1-2 years: 1/2 piece or 1/2 muffin
 3-5 years: 1/2 piece or 1/2 muffin
 6-18 years: 1 muffin

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	178.70	Saturated Fat	1.46 g	Iron	0.99 mg
Protein	3.22 g	Cholesterol	30.21 g	Calcium	170.45 mg
Carbohydrate	22.51 g	Vitamin A	17.96 RAE	Sodium	114.31 mg
Total Fat	8.71 g	Vitamin C	0.21 mg	Dietary Fiber	1.36 g

WGR Pourable Pizza Crust

Recipe Component: Grain

Recipe Category

Recipe #B 150 modified

Notes:
Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 serving provides 2 servings of grains/ bread 1-2 years: ½ piece 3-5 years: 1 piece 6-18 years: 1 piece	Yield:	Volume:
	50 Servings:	50 Servings:
	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	128.25	Saturated Fat	0.15 g
Protein	4.06 g	Cholesterol	0 g
Carbohydrate	26.37 g	Vitamin A	0.14 RAE mcg
Total Fat	1.17 g	Vitamin C	0.04 mg
		Iron	1.37 mg
		Calcium	9.73 mg
		Sodium	74.17 mg
		Dietary Fiber	2.35 g

WGR Pumpkin Muffin Squares

Grain

Breakfast/Snack Recipe New School Cuisine p 120, modified

Ingredients	60 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb 6 oz	1 qt 1 ½ cup			<p>1. Preheat convection oven to 350°F or conventional oven to 375°F. For 60 servings, coat a full sheet pan with cooking spray.</p> <p>2. Whisk together whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda, and salt in a large bowl.</p> <p>3. Whisk together eggs, pumpkin puree, sugar, and oil in another large bowl. Add the dry ingredients to the wet ingredients and mix well. (Do not overmix.)</p> <p>4. Scrape mixture onto the prepared sheet pan and spread evenly.</p> <p>5. Bake until a knife inserted in the center comes out clean, about 20 to 25 minutes.</p> <p>6. Cut each sheet pan into 60 pieces.</p>
Enriched all-purpose flour	13 oz	3 cups			
Baking powder		2 Tbsp			
Ground cinnamon		2 Tbsp			
Baking soda		1 Tbsp			
Salt		1 ½ tsp			
Fresh pasteurized eggs, large OR Whole pasteurized eggs, liquid		14 each OR 3 cups			
Pumpkin purée		½ #10 can (1 qt + 1 cup)			
Granulated sugar		1 qt 1 cup			
Vegetable oil		3 ½ cups			

WGR Pumpkin Muffin Squares

Grain

Breakfast/Snack Recipe New School Cuisine p 120, modified

Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 piece provides 1 WGR grain.	Yield:	Volume:
1-2 years: 1/2 piece	50 Servings:	50 Servings:
3-5 years: 1/2 piece		
6-18 years: 1 piece	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	260	Saturated Fat	1.39 g
Protein	3.71 g	Cholesterol	43.40 mg
Carbohydrate	31.01 g	Vitamin A	177.67 RAE mcg
Total Fat	14.18 g	Vitamin C	0.87 mg
		Iron	1.22 mg
		Calcium	79.11 mg
		Sodium	139.18 mg
		Dietary Fiber	2.01 g (2016 = 1.84 g)

WGR Sweet Potato and Plum Bread Square

Recipe Component: Grain

Recipe Category: Bread

Recipe # modified USDA Mixing Bowl

Ingredients	80 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat flour		1 qt 1 ½ cup			<p>1. Blend flour, sugar, brown sugar, baking powder, baking soda, salt, allspice, and cinnamon 3-4 minutes on low speed.</p> <p>2. Add canola oil and 1/2 of the mashed sweet potatoes and mix for 3 minutes on low speed. Add eggs and milk. Mix for 1 minute on low speed.</p> <p>3. Add dehydrated plums, and remaining sweet potatoes. Mix for 3 minutes on low speed. Batter will be very thick.</p> <p>4. Lightly coat steam table pans with pan release spray.</p> <p>5. Pour 10 lb 10 oz (3 qt 1 cup) batter into each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>6. Bake until a knife inserted in the center comes out clean, Conventional oven: 350° F about 1 hour. Convection oven: 300° F about 40 minutes</p> <p>Cool. Cut each pan 8 x 10 (80 pieces per pan).</p>
Enriched all-purpose flour		1 qt 1 cup			
Sugar	14 1/2 oz	2 cup			
Brown sugar, packed	15 oz	3 1/2 cup			
Baking powder		2 Tbsp ½ tsp			
Baking soda		3 Tbsp			
Salt		1 tsp			
Ground allspice		1 ½ tsp			
Ground cinnamon		1 Tbsp			
Canola oil		2 ¼ cup			
Canned cut sweet potatoes, drained, mashed	3 lb 4 oz	1 qt 2 ¼ cup			
Fresh pasteurized eggs, large OR Whole pasteurized eggs, liquid		5 each OR 1 cup			
Low-fat milk		2 cup			
Pitted prunes, diced, 1/4-inch	7 1/2 oz	1 ¼ cup			

Sweet Potato and Plum Bread Square

Food Component: Grain

Recipe Category: bread

Recipe #

Notes:

May prepare as muffins. Portion as one serving equals one muffin. Decrease baking time for muffins.

Nutrient Information per Food Processor



Serving: 1 square provides 1 oz grain

1-2 years: 1/2 square

3-5 years: 1/2 square

6-18 years: 1 square

Recipe prepared as a muffin

Nutrients Per Serving

Calories	186.76	Saturated Fat	0.66 g	Iron	1.08 mg
Protein	2.98 g	Cholesterol	12.03 mg	Calcium	47.92 mg
Carbohydrate	28.94 g	Vitamin A	92.93 RAE mcg	Sodium	234.55 mg
Total Fat	7.02 g	Vitamin C	1.08 mg	Dietary Fiber	1.68g

Winter Squash

Vegetable

Recipe Category:

KSU Developed

	50 Servings		____ Servings		Directions
Ingredients	Weight	Measure	Weight	Measure	
Butternut squash, fresh, whole, un pared	13 lb 7oz				<ol style="list-style-type: none"> 1. For whole squash, remove seeds and peel. Cut into ½-inch cubes. 2. Place the squash cubes into a large mixing bowl and add canola oil. Toss until squash cubes are evenly coated with oil. 3. Placed squash cubes into a baking dish and roast in oven at 350°F. Roast for 34-40 minutes or until squash is tender and can be easily mashed with a fork. 4. CCP: Cook to a temperature of 135° F or above. 5. CCP: Hold at 135° F or warmer.
OR	OR				
Butternut squash, cubed, pared, ready to cook	11 lb 5 oz				
OR	OR				
Hubbard squash, fresh, whole, unpared	22 lb 13 oz				
OR	OR				
Hubbard squash, cubed, pared, ready to cook	14 lb 10 oz				
Canola or vegetable oil		½ cup			

Winter Squash

Vegetable

Recipe Category:

KSU Developed

Serving: ½ cup cooked, cubed, squash	Yield:	Volume:
1-2 years: ⅛ cup	50 Servings:	50 Servings:
3-5 years: ¼ cup		
6-18 years: varies see menu	100 Servings:	100 Servings:

NOTES:

Nutrients based on butternut, baked, cubed. Canola oil in analysis decreased from ½ cup to 1/3 cup to reflect loss to mixing bowl and cookware during preparation.

Nutrients Per Serving			
Calories	54	Saturated Fat	0.13 g
Protein	0.92 g	Cholesterol	0 mg
Carbohydrate	10.75 g	Vitamin A-RAE	571.69 mcg
Total Fat	1.57 g	Vitamin C	15.48 mg
		Iron	0.61 mg
		Calcium	42.02 mg
		Sodium	4.10 mg
		Dietary Fiber (2016)	3.28 g

Yellow Squash

Component: Vegetable

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Squash, summer, fresh, OR Squash, summer, yellow, frozen	13 lb 12 oz 12 lb 12 oz				<ol style="list-style-type: none">1. For fresh squash, wash under cold running water and cut into ¼-inch slices or diced.2. Steam for about 8-10 minutes.3. Remove from heat when squash is tender and can be easily cut with a fork. Cut into age appropriate size pieces.4. CCP: Cook to a temperature of 135° F or above.5. CCP: Hold at 135° F or above.6. Drain and serve.

Yellow Squash

Component: Vegetable

Notes:

Nutrients calculated using Food Processor for yellow squash boiled, drained.

Serving: ½ cup

1-2 years: 1/8 cup

3-5 years: ¼ cup

6-18 years: ½ cup

Nutrients Per Serving

Calories	10.41	Saturated Fat	0.31	Iron	0.08 mg
Protein	0.20	Cholesterol	0	Calcium	4.40 mg
Carbohydrate	0.89	Vitamin A-RAE	N/A	Sodium	7.25 mg
Total Fat	0.68	Vitamin C	2.18 mg	Dietary Fiber	N/A