

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

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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 |

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 |

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

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|--|--|--|--|--|--|
| | | | | | 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 |

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 | | | <ol style="list-style-type: none"> 1. Preheat oven to: 350°F conventional oven, 325°F convection oven. 2. Boil water. |
| Brown rice, long-grain, regular, dry | 3 lb 6 oz | | | | <ol style="list-style-type: none"> 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. 4. Place brown rice in each steam table pan 5. Pour boiling water over brown rice. Cover pans tightly with foil. 6. Bake: conventional oven 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. <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

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> |
|---|-------|-------|--|--|--|

Nutrients Per Serving

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

| |
|-------------|
| 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 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> |
|--|--|--|--|--|---|

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 |
| Protein | 18.23 g | Cholesterol | 119.63 mg |
| Carbohydrate | 27.52 g | Vitamin A | 139.88 RAE mcg |
| Total Fat | 17.21 g | Vitamin C | 4.58 mg |
| | | Iron | 1.10 mg |
| | | Calcium | 401.54 mg |
| | | Sodium | 532.99 mg |
| | | Dietary Fiber (2016) | 1.67 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 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 1/2 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 1/2-inch pieces | 3 lb 4 oz cooked | 2 qt 2 1/2 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 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 | | | 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 1/2 large pita provides 1 oz meat and 1 grain serving.

1-2 years:

3-5 years:

6-18 years: For snack, sandwich made 1/2 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

Cinnamon Sweet Potato Sticks

Component: Vegetable

Side Dish

Recipe #KSU Developed

| Ingredients | 50 Servings | | _____ Servings | | Directions |
|------------------------------|--------------|---------|----------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| 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 |

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 | | | <p>1. Cut the English muffins in half and lightly toast the halves in the oven.</p> <p>2. Spread 1 Tbsp of sauce on top of each muffin half and top with ¼ tsp of Parmesan cheese.</p> <p>3. Add optional vegetables by evenly distributing on top of the muffin halves.</p> <p>4. Add 2 Tbsp of mozzarella cheese to each muffin half.</p> <p>5. Toast in oven until cheese melts.</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> |
| 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) |

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 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 |

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 #

| | 50 Servings | | _____ Servings | | |
|---------------------------------------|-------------|---------|----------------|---------|--|
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| 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 #

| | | | | | |
|--|--|--|--|--|--|
| | | | | | |
|--|--|--|--|--|--|

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. |
|--|--|--|--|--|--|

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) |

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 | | | <p>1. Heat oil in a large stockpot over medium heat. Add onions and garlic. Cook, stirring often, until soft, about 6 minutes.</p> <p>2. Stir in broth, crushed tomatoes, lentils and tomato paste. Add chili powder, cumin, thyme, and paprika; stir to combine.</p> <p>3. Bring to a boil, reduce heat to low, cover and simmer for 30 minutes.</p> <p>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.</p> <p>5. CCP: Hold for hot service at 135 °F or higher.</p> |
| 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) |

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 | 2/3 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 1/4 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 1/2 cup OR 1/4 cup 2 Tbsp | | | |
| *Celery, fresh, chopped | 1 lb | 3 3/4 cups | | | |
| Parsley, dried | | 2 Tbsp | | | |
| Ground black or white pepper | | 1 tsp | | | |
| Granulated garlic (adjust as needed) | | 1 1/2 tsp | | | |
| Basil, dried | | 1/2 tsp | | | |
| Oregano, dried | | 1/2 tsp | | | |
| Marjoram, dried | | 1/4 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> |
|--------------|--|-------|--|--|---|

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 |

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 |

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 |

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 | Yield: | Volume: |
|---|---------------|---------------|
| 1-2 years: ¼ cup | 50 Servings: | 50 Servings: |
| 3-5 years: ½ cup | | |
| 6-18 years: 1 cup | 100 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

| | 50 Servings | | _____ Servings | | |
|---|-------------|---------|----------------|---------|--|
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| 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 leaves 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

Mild Onion

6 oz

12 oz

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 |

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> |
|--|--|--|--|--|--|

| |
|--|
| 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 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 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 |

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 |

:

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

| Ingredients | 50 Servings | | _____ Servings | | Directions |
|---|-----------------------------------|---------|----------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| 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 |

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 ² / ₃ cups | | | |
| Apricots, dried, chopped (only for SAC and MST) | | 1 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) |

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> |
|--|--|---------|--|--|---|

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 |
|-----------------|--------|----------------------|--------|-------------|---------|

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 |

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 | | | |
|-------------------|-------|---------|--|--|--|

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:

50 Servings: about 27 lb 4 oz
100 Servings:

Volume:

50 Servings: about 3 gallons 2 cups
100 Servings:

Nutrients Per Serving

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

WGR Carrot Muffins (Without Quinoa)

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. 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 |
| Protein | 3.83 g | Cholesterol | 31.59 mg |
| Carbohydrate | 26.00 g | Vitamin A | 119.27 RAE mcg |
| Total Fat | 10.50 g | Vitamin C | 0.99 mg |
| | | Iron | 1.12 mg |
| | | Calcium | 219.04 mg |
| | | Sodium | 242.05 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:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

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

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 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 |
|--|--|--|--|--|--|

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 |