

# Baked Chicken

Component: Meat/Meat Alternate

Recipe Category: Main Dish

D-06 modified

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

**Serving:** 1 ½ oz meat/ meat alt

**Yield:**

**Volume:**

# Baked Chicken

Component: Meat/Meat Alternate

Recipe Category: Main Dish

D-06 modified

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

**50 Servings:**

**50 Servings:**

**100 Servings:**

**100 Servings:**

## NOTES:

Nutrient information calculated using Food Processor.

## Nutrients Per Serving

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

# 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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<b>Serving:</b> 1 sandwich provides 2 oz meat and 1 grain
1-2 years: ½ sandwich
3-5 years: 1 sandwich
6-18 years: 1 sandwich

<b>Notes:</b>
Nutrient Information from Food Processor



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

# Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-Vegetable

Main Dish

D120A

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

# Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-Vegetable

Main Dish

D120A

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

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

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

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

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

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

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

# Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-Vegetable

Main Dish

D120A

## Notes: How to Cook Dry Beans

### SOAKING BEANS

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

QUICK-SOAK METHOD: Boil 1  $\frac{3}{4}$  qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### COOKING BEANS

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

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

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

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

# Bean Enchilada Bake

Recipe Component Meat/Meat Alt and Grain

Recipe Category Main dish

KSU Developed

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



# Bean Enchilada Bake

Recipe Component Meat/Meat Alt and Grain

Recipe Category Main dish

KSU Developed

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

**Notes:**

Nutrient Information in progress.

**Marketing Guide for Selected Items**

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

Serving: 2 oz meat, 1 oz grain equivalent
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving

**Notes: How to Cook Dry Beans**

**SOAKING BEANS**

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

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

**COOKING BEANS**

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 135 °F or higher.

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

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.

# 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 <math>\frac{3}{4}</math> 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

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

					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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<b>Notes:</b>
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					
<b>Calories</b>	186	<b>Saturated Fat</b>	2.85 g	<b>Iron</b>	0.60 mg
<b>Protein</b>	10.37 g	<b>Cholesterol</b>	172.38 mg	<b>Calcium</b>	73.41 mg
<b>Carbohydrate</b>	18.07 g	<b>Vitamin A</b>	76.23 RAE mcg	<b>Sodium</b>	333.78 mg
<b>Total Fat</b>	8.33 g	<b>Vitamin C</b>	4.87 mg	<b>Dietary Fiber</b>	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"> <li>For fresh broccoli, stems should be peeled prior to serving to children under 3.</li> <li>Cut the florets into ½ inch pieces and the stems into ¼ inch pieces for even cooking.</li> <li>Steam or boil for about 6-8 minutes. For boiling, only add enough water to cover the broccoli.</li> <li>Remove from heat when stem pieces are tender.</li> <li>Drain and serve</li> </ol> <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

<b>Calories</b>	27.30	<b>Saturated Fat</b>	0.06 g	<b>Iron</b>	0.52 mg
<b>Protein</b>	1.86 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	31.20 mg
<b>Carbohydrate</b>	5.60 g	<b>Vitamin A</b>	60.37 RAE mcg	<b>Sodium</b>	31.98 mg
<b>Total Fat</b>	0.32 g	<b>Vitamin C</b>	50.62 mg	<b>Dietary Fiber (2016)</b>	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"> <li>1. Preheat oven to: 350°F conventional oven, 325°F convection oven.</li> <li>2. Boil water.</li> </ol>
Brown rice, long-grain, regular, dry	3 lb 6 oz				<ol style="list-style-type: none"> <li>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.</li> <li>4. Place brown rice in each steam table pan</li> <li>5. Pour boiling water over brown rice. Cover pans tightly with foil.</li> <li>6. Bake: conventional oven for 40 minutes, convection oven 325°F for 40 minutes.</li> <li>7. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice.</li> </ol> <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

<b>Calories</b>	133.70 kcal	<b>Saturated Fat</b>	2.10 g	<b>Iron</b>	0.47 mg
<b>Protein</b>	2.52 g	<b>Cholesterol</b>	N/A	<b>Calcium</b>	3.93 mg
<b>Carbohydrate</b>	24.20 g	<b>Vitamin A</b>	N/A	<b>Sodium</b>	4.16 mg
<b>Total Fat</b>	3.11 g	<b>Vitamin C</b>	N/A	<b>Dietary Fiber</b>	1.53 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"> <li>If using fresh carrots, peel and cut into 1/8" inch slices, or 1/4" dice.</li> <li>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.</li> </ol> <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"> <li>Remove from heat when carrots are tender and easily mashable with a fork.</li> <li>Drain and serve.</li> </ol> <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

<b>Calories</b>	27.30	<b>Saturated Fat</b>	0.02 g	<b>Iron</b>	0.27 mg
<b>Protein</b>	0.59 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	23.40 mg
<b>Carbohydrate</b>	6.41 g	<b>Vitamin A</b>	664.29 RAE mcg	<b>Sodium</b>	45.24 mg
<b>Total Fat</b>	0.14 g	<b>Vitamin C</b>	2.81 mg	<b>Dietary Fiber (2016)</b>	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"> <li>For fresh whole cauliflower, trim into florets.</li> <li>Cut the florets into ½-inch pieces.</li> <li>Steam or boil about 7-9 minutes. For boiling, only add enough water to cover the cauliflower.</li> <li>Remove from heat when pieces are tender and can be easily cut with a fork.</li> </ol> <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"> <li>Drain and serve.</li> </ol> <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

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

# Cheesy Noodles with Beef

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

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

# Cheesy Noodles with Beef

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

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

# Cheesy Noodles with Beef

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

## Notes:

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

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

1-2 years: ½ c + 1/2 Tbsp

3-5 years: ¾ c + 1/2 Tbsp

6-18 years: 1 c + 1 Tbsp



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

## Nutrients Per Serving

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



# Cheesy Noodles with Beef (Separate)

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

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

# Cheesy Noodles with Beef (Separate)

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

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

## Notes:

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

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

1-2 years: ½ c + 1/2 Tbsp

3-5 years: ¾ c + 1/2 Tbsp

6-18 years: 1 c + 1 Tbsp



# Cheesy Noodles with Beef (Separate)

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

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

# Cheesy Rice Casserole

Recipe Component: Meat alt/ veg/ grain

Recipe Category: main dish

Recipe: Modified New School Cuisine Cookbook p. 124

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

# Cheesy Rice Casserole

Recipe Component: Meat alt/ veg/ grain

Recipe Category: main dish

Recipe: Modified New School Cuisine Cookbook p. 124

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

Recipe Component: Meat alt/ veg/ grain

Recipe Category: main dish

Recipe: Modified New School Cuisine Cookbook p. 124

Notes:

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

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

1-2 year olds: ¼ cup

3-5 year olds: ⅓ cup

6-12 year olds: ½ cup



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

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

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



# Chicken Alfredo With a Twist (Separate)

Component: Meat/Meat Alternate-Grains

Recipe Category: Main Dish

Recipe #D-54r

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

# Chicken Alfredo With a Twist (Separate)

Component: Meat/Meat Alternate-Grains

Recipe Category: Main Dish

Recipe #D-54r

## Notes:

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

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

1-2 years: ½ cup

3-5 years: ¾ cup

6-18 years: 1 cup

## Nutrients Per Serving

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

# Chicken Breasts (for salads and dishes)

Component: Meat

Recipe # KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil spray		1 tsp			<ol style="list-style-type: none"> <li>1. Preheat oven to 325°F.</li> <li>2. Lightly spray shallow baking pan and place chicken, evenly spaced, on pan.</li> <li>3. Add chicken broth to dish.</li> <li>4. Sprinkle chicken with garlic powder and pepper.</li> <li>5. Lightly cover with foil. Bake for 50-60 minutes. Insert a thermometer into the thickest part of the chicken. Check the largest pieces.</li> <li>6. CCP Heat to 165° F or higher for at least 15 seconds.</li> <li>7. Remove chicken from pan and allow to cool prior to dicing.</li> <li>8. Use immediately or cover and refrigerate until ready to use.</li> <li>8. Cool to 41° F or lower within 4 hours.</li> </ol>
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

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

# Chicken Curry

Recipe Component: Meat

Recipe Category

Recipe # KSU Developed

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

# Chicken Curry

Recipe Component: Meat

Recipe Category

Recipe # KSU Developed

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

Recipe Component: Meat

Recipe Category

Recipe # KSU Developed

## Notes:

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

## Marketing Guide for Selected Items

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



**Serving:** 1 serving provides 2 oz meat

1-2 years: ½ serving

3-5 years: ¾ serving

6-18 years: 1 serving

## Nutrients Per Serving

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

# Cilantro Brown Rice

Component, Grain

Recipe Category

Recipe #D-60r

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



# Cilantro Brown Rice

Food Component, Grain

Recipe Category Main Dish

Recipe #

## Notes:

Nutrient Analysis from Food Processor.

**Serving:** ½ cup rice is one grain serving

1-2 years : ¼ cup

3-5 years: ¼ cup

6-18 years: ½ cup

## Nutrients Per Serving

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

# Cinnamon Sweet Potato Cubes

Component: Vegetable

Side Dish

Recipe #KSU Developed

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

# Cinnamon Sweet Potato Cubes

Component: Vegetable

Side Dish

Recipe #KSU Developed

## Notes:

Nutrient information from Food Processor.

**Serving:** ½ cup provides ½ cooked, sliced vegetable

1-2 years: varies see menu notes

3-5 years: varies see menu notes

6-18 years: varies see menu notes

## Nutrients Per Serving

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

<b>Calories</b>	42.85	<b>Saturated Fat</b>	0.47 g	<b>Iron</b>	0.22 mg
<b>Protein</b>	0.54 g	<b>Cholesterol</b>	2.77 mg	<b>Calcium</b>	15.86 mg
<b>Carbohydrate</b>	2.92 g	<b>Vitamin A</b>	31.61 RAE mcg	<b>Sodium</b>	75.81 mg
<b>Total Fat</b>	3.43 g	<b>Vitamin C</b>	13.65 mg	<b>Dietary Fiber (2016)</b>	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"> <li>For fresh collard greens, trim, remove stems. Chop the leaf portion into ½-inch pieces for even cooking</li> <li>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.</li> <li>Remove from heat when leaves are tender.</li> </ol> <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"> <li>Drain and serve.</li> </ol> <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

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

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

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

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

# 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)

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

# WGR Fruit & Bran Muffins

Component: Grain

Recipe Category

Recipe #

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

# WGR Fruit & Bran Muffins

Component: Grain

Recipe Category

Recipe #

**Notes:**

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

Nutrient Information from Food Processor

Marketing Guide for Selected Items

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

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

1-2 years: 1/2 muffin square

3-5 years: 1/2 muffin square

6-18 years: 1 muffin square

**Nutrients Per Serving**

<b>Calories</b>	121	<b>Saturated Fat</b>	0.32 g	<b>Iron</b>	1.88 mg
<b>Protein</b>	3.09 g	<b>Cholesterol</b>	16.12 mg	<b>Calcium</b>	50.22 mg
<b>Carbohydrate</b>	26.57 g	<b>Vitamin A</b>	42.44 RAE	<b>Sodium</b>	236.29 mg
<b>Total Fat</b>	1.02 g	<b>Vitamin C</b>	1.44 mg	<b>Dietary Fiber</b>	2.32 g (2016 = 1.44 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"> <li>For fresh beans, trim by breaking off the end (the top and tail) as you wash them.</li> <li>If uncut, cut into ¾-inch pieces.</li> <li>Steam or boil for about 8-10 minutes. For boiling, only add enough water to cover the beans.</li> <li>Remove from heat when beans are tender and can be easily cut with a fork.</li> </ol> <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"> <li>Drain and serve.</li> </ol> <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

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

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

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

# Hash Brown Potatoes

Component: Vegetable

Side Dish

Recipe #KSU Developed

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

# Hash Brown Potatoes

Component: Vegetable

Side Dish

Recipe #KSU Developed

**Notes:** Serving size by age group is for breakfast meal

Nutrient analysis in progress.

**Serving:** ½ cup cooked potatoes

1-2 years: ¼ cup

3-5 years: ½ cup

6-18 years: varies, see menu

## Nutrients Per Serving

**Calories**

**Protein**

**Carbohydrate**

**Total Fat**

**Saturated Fat**

**Cholesterol**

**Vitamin A- RAE**

**Vitamin C**

**Iron**

**Calcium**

**Sodium**

**Dietary Fiber**

# Hawaiian Chicken Wrap

Meat, Vegetable, Grains

Sandwiches

F-12r

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

# Hawaiian Chicken Wrap

Meat, Vegetable, Grains

Sandwiches

F-12r

## Notes:

Nutrient information in progress.

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

6-18 years old: 1 tortilla with filling

# Hummus

Component: Meat Alternate

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, no added salt	8 lb 9 oz	1 ½ No. 10 can			<ol style="list-style-type: none"> <li>1. Drain garbanzo beans.</li> <li>2. Combine all ingredients in a food processor.</li> <li>3. Blend until smooth.</li> <li>4. Refrigerate promptly.</li> </ol> <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"> <li>5. For SAC and older children, may garnish with parsley (optional).</li> </ol> <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 ½ 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

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

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## Notes:

Nutrient Information calculated using Food Processor

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

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

# Lemon Salmon Cakes

Recipe Component: Meat/Meat Alternate

Recipe Category: main dish

Recipe #D-10 modified

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

# Lemon Salmon Cakes

Recipe Component: Meat/Meat Alternate

Recipe Category: main dish

Recipe #D-10 modified

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

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

Nutrient Information calculated using Food Processor.

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



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

1-2 years: ⅔ cake

3-5 years: 1 cake

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

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	7 oz	14 oz
Celery	5 oz	10 oz

## Nutrients per serving of 1.5 oz meat size cake

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

# Lemon Pasta Salad

Component: Grain-Vegetable

Recipe modified from New School Cuisine p 103

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

# Lemon Pasta Salad

Component: Grain-Vegetable

Recipe modified from New School Cuisine p 103

## Notes:

Nutrient information calculated using Food Processor

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

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

## Marketing Guide for Selected Items

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

## Nutrients Per Serving

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

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

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

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

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

1-2 years: ½ piece

3-5 years: ¾ piece

6-18 years: 1 piece

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

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

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

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

# Oven-Baked Whole Wheat Pancakes

Component: Grains

Recipe #A-06

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



# Oven-Baked Whole Wheat Pancakes

Component: Grains

Recipe #A-06

## Notes:

Nutrient Information from USDA.

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

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

1-2 years: 1/2 piece

3-5 years: 1/2 piece

6-18 years: 1 piece

## Nutrients Per Serving

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

<b>Calories</b>	84 kcal	<b>Saturated Fat</b>	0.87 g	<b>Iron</b>	0.74 mg
<b>Protein</b>	2.94 g	<b>Cholesterol</b>	1.72 mg	<b>Calcium</b>	47.64 mg
<b>Carbohydrate</b>	9.90 g	<b>Vitamin A</b>	5.28 RAE mcg	<b>Sodium</b>	179.17 mg
<b>Total Fat</b>	3.91 g	<b>Vitamin C</b>	28.34 mg	<b>Dietary Fiber</b>	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"> <li>1. For frozen peas, steam or boil about 5-6 minutes. For boiling, only add enough water to cover the peas.</li> <li>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.</li> <li>3. For canned peas, add peas and liquid to large pot and cook over medium heat until they come to a simmer.</li> <li>4. Remove from heat when peas are tender and easily mashable with a fork.</li> </ol> <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"> <li>5. Drain and serve.</li> </ol>

**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

<b>Calories</b>	62.40 kcal	<b>Saturated Fat</b>	0.04 g	<b>Iron</b>	1.22 mg
<b>Protein</b>	4.12 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	19.20 mg
<b>Carbohydrate</b>	11.41 g	<b>Vitamin A</b>	84.00 RAE mcg	<b>Sodium</b>	57.60 mg
<b>Total Fat</b>	0.22 g	<b>Vitamin C</b>	7.92 mg	<b>Dietary Fiber (2016)</b>	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 <math>\frac{3}{4}</math> 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

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

# Pizza Sauce

Component: Vegetable

Main Dish

KSU Developed

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



# Pizza Sauce

Component: Vegetable

Main Dish

KSU Developed

## Notes:

Nutrient information in progress.

### **Serving: 2 Tbsp**

1-2 years: 1 Tbsp

3-5 years: 1 Tbsp

6-18 years: 2 Tbsp

### **Yield:**

**48 Servings:**

**100 Servings:**

### **Volume:**

**48 Servings:**

**100 Servings:**

### **Nutrients Per Serving**

**Calories**

**Protein**

**Carbohydrate**

**Total Fat**

**Saturated Fat**

**Cholesterol**

**Vitamin A**

**Vitamin C**

**Iron**

**Calcium**

**Sodium**

**Dietary Fiber**

# 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"> <li>Trim and cut potatoes into age appropriate sized pieces. Place in a large bowl and cover with cold water.</li> <li>Trim, peel and dice onions to ¼ inch; trim, peel and finely chop garlic.</li> <li>For fresh whole cauliflower, trim into florets.</li> <li>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.</li> <li>Add cauliflower, corn, garlic and sage (or thyme), stir to coat. Cook, stirring occasionally, for 10 minutes.</li> <li>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.</li> <li>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></li> </ol> <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

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

# Potato Wedges

Component: Vegetable

Side Dish

Recipe #KSU Developed

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

# Potato Wedges

Component: Vegetable

Side Dish

Recipe #KSU Developed

## Notes:

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

**Serving:** ½ cup cooked potatoes

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: ½ cup

## Nutrients Per Serving

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

# Roasted Pork

Recipe Component: Meat

Recipe Category Main dish

Recipe #KSU Developed

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

# Roasted Pork

Recipe Component: Meat

Recipe Category Main dish

Recipe #KSU Developed

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

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

# 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

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

# Sautéed Cabbage

Vegetable

Side Dish

Recipe #KSU Developed

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

**Notes:**

# Sautéed Cabbage

Vegetable

Side Dish

Recipe #KSU Developed

Nutrients calculated using Food Processor.

**Serving: 1/2 cup, cooked vegetable**

**Yield:**

**Volume:**

1-2 years: 1/8 cup

**50 Servings:**

**50 Servings:**

3-5 years: 1/4 cup

**100 Servings:**

**100 Servings:**

6-18 years: 1/2 cup

## Nutrients Per Serving

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

# Sautéed Spinach

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
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

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

<b>Serving:</b> ¼ cup (No. 16 scoop) provides 2 oz equivalent meat/meat alternate	<b>Yield:</b>	<b>Volume:</b>
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		

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

# Sesame Beef

Meat

Recipe Category: Main Dish

KSU Developed

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

**Serving:** 2 oz meat/ meat alt

**Yield:**

**Volume:**



# Sesame Beef

Meat

Recipe Category: Main Dish

KSU Developed

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

**50 Servings:**

**50 Servings:**

**100 Servings:**

**100 Servings:**

## NOTES:

Nutrient information calculated using Food Processor.

### Nutrients Per Serving

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

# Sesame Dipping Sauce

Component: Condiment/Enhancement

Side Dish/Dip

Recipe #

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

# Sesame Dipping Sauce

Component: Condiment/Enhancement

Side Dish/Dip

Recipe #

## Notes:

Nutrient information from Food Processor

## Serving: 1 Tablespoon

1-2 years: 1 Tbsp

3-5 years: 1 Tbsp

6-18 years: 1 1/2 Tbsp

## Yield:

50 Servings:

100 Servings:

## Volume:

50 Servings:

100 Servings:

## Nutrients Per Serving

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

# Shepard's Pie

Meat/Meat Alternate

Main Dish

D-43 Modified

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

# Shepard's Pie

Meat/Meat Alternate

Main Dish

D-43 Modified

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

# Shepard's Pie

Meat/Meat Alternate

Main Dish

D-43 Modified

<b>Notes:</b>
Nutrient information in progress.

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

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

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

# Southwestern White Bean Soup

Recipe Component: Meat Alt/ vegetable

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

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

# Southwestern White Bean Soup

Recipe Component: Meat Alt/ vegetable

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

Notes:

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

**Serving:** 1 cup provides 1.25 oz meat equivalent

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

## Nutrients Per Serving

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



# Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Romaine lettuce, fresh	3 lb 10 oz				<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>1. Trim romaine and spinach. Cut into 1/2-inch pieces.</p> <p>2. Mix spinach and romaine in a large bowl.</p> <p>3. Process vinegar, brown sugar, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.</p> <p>4. Drizzle with dressing and toss to coat. Serve immediately. <b>OPTION:</b> 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

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

:

# Strawberry Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

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

# Strawberry Spinach Salad

Vegetable

Salad

Recipe #New School Cuisine modified p 50

## Notes:

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

## Serving: 1 ¼ cup

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

## Yield:

50 Servings:

100 Servings:

## Volume:

50 Servings:

100 Servings:

## Nutrients Per Serving

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

:

# Sweet Potatoes Roasted

Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Sweet potatoes, fresh, whole OR Sweet potatoes, frozen, cut	13 lbs 10 oz OR 10 lb 15 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> <li>If using fresh potatoes, peel and cube.</li> <li>Cut the potatoes into ¼-inch cubes for CDCs and ½-inch cubes for school-age and older children.</li> <li>Place the cubes into a large mixing bowl and add canola oil. Toss until the potato cubes are evenly coated with oil.</li> <li>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.</li> </ol> <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

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

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



# Teriyaki Turkey

Meat

Recipe Category: Main Dish

KSU Developed

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

# Teriyaki Turkey

Meat

Recipe Category: Main Dish

KSU Developed

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

**NOTES:**

Nutrient information calculated using Food Processor.

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

<b>Nutrients Per Serving</b>					
<b>Calories</b>	12	<b>Saturated Fat</b>	0.01 g	<b>Iron</b>	0.26 mg
<b>Protein</b>	0.38 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	8.84 mg
<b>Carbohydrate</b>	2.5 g	<b>Vitamin A</b>	106.84 RAE mcg	<b>Sodium</b>	2.42 mg
<b>Total Fat</b>	0.09 g	<b>Vitamin C</b>	2.42 mg	<b>Dietary Fiber (2016)</b>	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 <sup>2</sup> / <sub>3</sub> cups			
Apricots, dried, chopped (only for SAC and MST)		1 <sup>1</sup> / <sub>3</sub> 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

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

**Table 2**

### Nutrients Per Serving with pretzels but without dried fruit

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

**Table 3**

### Nutrients Per Serving with dried fruit and with pretzels

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

# Tuna Salad

Meat/Meat Alternate

F-11 modified

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

# Tuna Salad

Meat/Meat Alternate

F-11 modified

<b>Notes:</b>
Nutrient information from Food Processor.

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

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

Nutrients Per Serving			
<b>Calories</b>	101.24	<b>Saturated Fat</b>	0.01 g
<b>Protein</b>	14.10 g	<b>Cholesterol</b>	32.00 mg
<b>Carbohydrate</b>	6.17 g	<b>Vitamin A</b>	7.13 RAE mcg
<b>Total Fat</b>	2.31 g	<b>Vitamin C</b>	1.07 mg
		<b>Iron</b>	0.10 mg
		<b>Calcium</b>	9.23 mg
		<b>Sodium</b>	540.45 mg
		<b>Dietary Fiber</b>	2.16 g (2016 = 0.46 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. <b>DO NOT OVERCOOK.</b></p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i></p> <p><i>Continued</i></p>
Brown rice, long grain, regular, dry	9 ½ oz	1 ½ cup			
Canola oil		3 Tbsp			
*Onions, raw, diced	6 oz	1 ¼ cup			
*Celery, fresh, diced	14 oz	3 cup			
*Garlic, fresh, minced	2 ½ oz	¼ cup			
Ground turkey, raw, lean	7 lb				
Fresh pasteurized eggs, large OR Whole pasteurized eggs, liquid		12 each  OR 2 ½ cup			
Cranberries, dried, chopped (optional)	12 oz	2 ½ cup			
*Baby spinach, fresh, chopped	10 oz	2 qt			
A-1 or Worcestershire sauce (optional)		3 Tbsp			
Salt		2 tsp			
Ground black pepper		1 Tbsp 1 tsp			
Ground white pepper		½ tsp			

# Turkey Burger Sliders

Recipe Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

Recipe # F-10r modified

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

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

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

1-2 years: ½ slider

3-5 years: 1 slider

6-18 years: 1 slider

## Marketing Guide for Selected Items

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



## Nutrients Per Serving

<b>Calories</b>	287.81	<b>Saturated Fat</b>	2.45 g	<b>Iron</b>	2.18 mg
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# Turkey Burger Sliders

Recipe Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

Recipe # F-10r modified

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

# Turkey Sandwich

Meat/Meat Alternate

Salads and Salad Dressings

E-07 KSU Modified

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

# Turkey Sandwich

Meat/Meat Alternate

Salads and Salad Dressings

E-07 KSU Modified

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

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

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

# WGR Bread Dressing (Stuffing)

Grains/Breads

Main Dishes

Recipe # A-14 or B-06

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

# WGR Bread Dressing (Stuffing)

Grains/Breads

Main Dishes

Recipe # A-14 or B-06

## Notes:

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

1-2 years: ½ piece

3-5 years: ½ piece

6-18 years: 1 piece

## Nutrients Per Serving

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

# WGR Carrot Muffins (With Oats)

Recipe Component

Recipe Category

Recipe #KSU Developed

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



# WGR Carrot Muffins (With Oats)

Recipe Component

Recipe Category

Recipe #KSU Developed

<b>Notes:</b>
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

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

Nutrients Per Serving					
<b>Calories</b>	208.99	<b>Saturated Fat</b>	1.07 g	<b>Iron</b>	1.12 mg
<b>Protein</b>	3.83 g	<b>Cholesterol</b>	31.59 mg	<b>Calcium</b>	219.04 mg
<b>Carbohydrate</b>	26.00 g	<b>Vitamin A</b>	119.27 RAE mcg	<b>Sodium</b>	242.05 mg
<b>Total Fat</b>	10.50 g	<b>Vitamin C</b>	0.99 mg	<b>Dietary Fiber (2016)</b>	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 <sup>2</sup> / <sub>3</sub> 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 <sup>1</sup> / <sub>3</sub> cup			
Whole wheat flour	1 lb	3 cups			
Enriched all-purpose flour	1 lb	3 cups			
Baking powder		<sup>1</sup> / <sub>4</sub> 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 <sup>1</sup> / <sub>2</sub> 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

<b>Calories</b>	226	<b>Saturated Fat</b>	1.14 g	<b>Iron</b>	1.34 mg
<b>Protein</b>	4.62 g	<b>Cholesterol</b>	31.70 mg	<b>Calcium</b>	197.09 mg
<b>Carbohydrate</b>	28.76 g	<b>Vitamin A</b>	119.33 RAE mcg	<b>Sodium</b>	126.83 mg
<b>Total Fat</b>	10.76 g	<b>Vitamin C</b>	1.07 mg	<b>Dietary Fiber</b>	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)

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



<b>Serving:</b> 1 piece provides 1.25 oz grain, 1.25 oz meat alternate	<b>Yield:</b>	
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			
<b>Calories</b>	196	<b>Saturated Fat</b>	1.61 g
<b>Protein</b>	5.58 g	<b>Cholesterol</b>	126.74 mg
<b>Carbohydrate</b>	27.21 g	<b>Vitamin A</b>	73.35 RAE mcg
<b>Total Fat</b>	5.26 g	<b>Vitamin C</b>	0.35 mg
		<b>Iron</b>	1.53 mg
		<b>Calcium</b>	110.46 mg
		<b>Sodium</b>	179.19 g
		<b>Dietary Fiber</b>	3.60 g (2016 = .09)

# WGR Noodles with Soy Sauce & Sesame Oil

Component: Grain

Recipe Category:

Recipe #KSU developed

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



# WGR Noodles with Soy Sauce & Sesame Oil

Food Component Grain

Recipe Category side dish

Recipe #

## Notes:

Nutrient information in progress.

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

1-2 years: 1/4 cup

3-5 years: 1/4 cup

6-18 years: 1/2 cup

## Nutrients Per Serving

**Calories**

**Protein**

**Carbohydrate**

**Total Fat**

**Saturated Fat**

**Cholesterol**

**Vitamin A**

**Vitamin C**

**Iron**

**Calcium**

**Sodium**

**Dietary Fiber**

# WGR Parsley Noodles

Recipe Component Grain

Recipe Category: Side dish

Recipe #KSU developed

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

# WGR Parsley Noodles

Food Component Grain

Recipe Category side dish

Recipe #

## Notes:

Nutrient information calculated using Food Processor.

**Serving:** ½ cup is equal to one grain serving.

1-2 years: ¼ cup

3-5 years: ¼ cup

6-18 years: ½ cup

## Nutrients Per Serving

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

# WGR Pasta

Component: Grain

Recipe Category:

Recipe #KSU developed

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

# WGR Pasta

Food Component Grain

Recipe Category side dish

Recipe #

## Notes:

Nutrient information calculated using Food Processor.

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

1-2 years: 1/4 cup

3-5 years: 1/4 cup

6-18 years: 1/2 cup

## Nutrients Per Serving

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