

# Aztec Grain Salad

Component: Grain and Fruit

Recipe Category

Recipe # B-24r Modified

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

# Aztec Grain Salad

Component: Grain and Fruit

Recipe Category

Recipe # B-24r Modified

## Notes:

Nutrient information for recipe with quinoa determined using Food Processor.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

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

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

## Yield:

50 Servings:  
 100 Servings:

## Volume:

50 Servings:  
 100 Servings:

## Nutrients Per Serving (for recipe with quinoa)

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

## Nutrients Per Serving (for recipe with bulgur)

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

# Baked Chicken

Component: Meat/Meat Alternate

Recipe Category: Main Dish

D-06 modified

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

**Serving:** 1 ½ oz meat/ meat alt

**Yield:**

**Volume:**

# Baked Chicken

Component: Meat/Meat Alternate

Recipe Category: Main Dish

D-06 modified

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

**50 Servings:**

**50 Servings:**

**100 Servings:**

**100 Servings:**

## NOTES:

Nutrient information calculated using Food Processor.

## Nutrients Per Serving

<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 Pulled Pork

Component: Meat

Recipe Category: Main dish

Recipe # KSU Developed

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

# BBQ Pulled Pork

Component: Meat

Recipe Category: Main dish

Recipe # KSU Developed

**Serving:** 2 oz meat

1-2 years: 1 oz meat

3-5 years: 1 1/2 oz meat

6-18 years: 2 oz meat

## Notes:

Nutrient Information from Food Processor

## Nutrients Per Serving

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

# Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-Vegetable

Main Dish

D120A

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

# Bean Burrito Bowl (Bean Mixture)

Component: Meat/Meat Alternate-Vegetable

Main Dish

D120A

<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

# Beef Paprikash

Component: Meat/ vegetable (extra)

Recipe Category: Main dish

Recipe #

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

# Beef Paprikash

Food Component: Meat/ vegetable

Recipe Category: main dish

Recipe #

## Notes:

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

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

1-2 years: 1/2 cup

3-5 years: 3/4 cup

6-18 years: 1 cup

## Nutrients Per Serving

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

# Picadillo Beef

Component: Meat

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

# Picadillo Beef

Component: Meat

**Notes:**

**Serving:** ½ cup equals 1 ½ oz meat

1-2 years: 1/3 cup

3-5 years: ½ cup

6-18 years: 2/3 cup



## Nutrients Per Serving

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

# Black Bean, Tomato and Corn Salsa

Component: Vegetable

Recipe Category: side dish

Recipe #

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

# Black Bean, Tomato and Corn Salsa

Food Component: Vegetable

Recipe Category: Side dish

Recipe #

## Notes:

1) Nutrients calculated using Food Processor.

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

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

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

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

## Nutrients Per Serving

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

# 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

# Broccoli Salad

Component: Vegetable/ fruit

Recipe Category: Side Dish

Recipe #

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
*Broccoli, washed and trimmed	6 lb				<ol style="list-style-type: none"> <li>1. Cut florets into small bite-sized pieces. If serving to children under 6, steam until soft.</li> <li>2. Trim and peel onion. Cut into small dice.</li> <li>3. May use food processor to chop raisin if serving children under 6.</li> <li>4. Whisk mayonnaise, vinegar and sugar in a large bowl</li> <li>5. Add the broccoli, onion and raisins.</li> </ol> <p>Cover. Refrigerate until ready to serve.</p> <p>CCP: Refrigerate immediately.</p> <p>Hold at 41° F or colder.</p> <p>Mix lightly before serving</p>
Red onion (optional)		1 medium			
Reduced-fat mayonnaise	1 lb	1 qt			
Cider vinegar		1/2 cup			
Granulated sugar		1/4 cup			
Raisins (omit or chop for children under 6 )	1 lb 8 oz	1 qt 1/2 cup			

# Broccoli Salad

Food Component: Vegetable

Recipe Category: side dish

Recipe #

## Notes:

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

Nutrient information calculate using Food Processor.

## Marketing Guide for Selected Items

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

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

**Yield:**

**Volume:**

1-2 years: 1/4 cup

**50 Servings:**

**50 Servings:** About 1 gal 2 qt 1 cup

3-5 years: varies

**100 Servings:**

**100 Servings:** About 3 gal 2 cup

6-18 years: varies

## Nutrients Per Serving

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

# Brown Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

	50 Servings		12.5 Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		2 qt ¼ cups			<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

# Cajun Baked Fish

Component: Meat

Recipe Category: main dish

Recipe #D-46

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

# Cajun Baked Fish

Food Component: Meat

Recipe Category: main dish

Recipe #

**Notes: For infants substitute tuna.**

Nutrient Information calculated using Food Processor

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

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

# Carrots

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Carrots, fresh, without tops OR Carrots, frozen, sliced	12 lb 5 oz OR 10 lb 4 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> <li>1. If using fresh carrots, peel and cut into 1/8" inch slices, or 1/4" dice.</li> <li>2. Steam or boil for about 30 minutes for fresh carrots and for about 8-11 minutes for frozen carrots. For boiling, only add enough water to cover the carrots.</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>3. Remove from heat when carrots are tender and easily mashable with a fork.</li> <li>4. 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

# Cherry Tomato & Corn Salad

Component: Vegetable

Salad

Recipe #New School Cuisine p 28, modified

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

# Cherry Tomato & Corn Salad

Component: Vegetable

Salad

Recipe #New School Cuisine p 28, modified

## Notes:

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

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

1-2 years: varies see menu notes

3-5 years: varies see menu notes

6-18 years: varies see menu notes



## Nutrients Per Serving

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

Component: Meat/Meat Alternate

E-07 KSU Modified

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



# Chicken Salad Sandwich

Component: Meat/Meat Alternate

E-07 KSU Modified

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

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

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

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

Component: Vegetable

Side Dish

Recipe #KSU Developed

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

# Cinnamon Sweet Potato Sticks

Component: Vegetable

Side Dish

Recipe #KSU Developed

## Notes:

Nutrient information from Food Processor.

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

1-2 years: varies see menu notes

3-5 years: varies see menu notes

6-18 years: varies see menu notes

## Nutrients Per Serving

<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

# Coconut Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

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

# Coconut Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

## Notes:

Nutrient information from USDA recipe.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

## Serving: 1/2 cup provides 1 serving

1-2 years: 1/2 serving

3-5 years: 1/2 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

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

**Notes:**



# English Muffin Pizza

Component: Grain/Meat Alternate

KSU Developed

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

**Serving:** 2 English muffin pizzas from 2 muffin halves.

1-2 years: 1 pizza

3-5 years: 1 pizza

6-18 years: 2 pizzas

## Nutrients Per Serving (2 halves)

<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)

# Frittata with Swiss Chard

Component: Meat/Meat Alternate

Recipe Category Main Dish

Recipe New School Cuisine p 178, modified

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

# Frittata with Swiss Chard

Component: Meat/Meat Alternate

Recipe Category Main Dish

Recipe New School Cuisine p 178, modified

## Notes:

Nutrient Analysis from Food Processor.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

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

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

## Yield:

**50 Servings:**  
  
**100 Servings:**

## Volume:

**50 Servings:**  
  
**100 Servings:**

## Nutrients Per Serving

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

# WGR Fruit & Bran Muffins

Component: Grain

Recipe Category

Recipe #

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

# WGR Fruit & Bran Muffins

Component: Grain

Recipe Category

Recipe #

**Notes:**

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

Nutrient Information from Food Processor

Marketing Guide for Selected Items

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

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

1-2 years: 1/2 muffin square

3-5 years: 1/2 muffin square

6-18 years: 1 muffin square

**Nutrients Per Serving**

<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)

# Greek Turkey Burger Sliders

Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

USDA Recipe modified

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

# Greek Turkey Burger Sliders

Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

USDA Recipe modified

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## Notes:

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

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

1-2 years: ½ slider

3-5 years: 1 slider

6-18 years: 1 slider

## Nutrients Per Serving

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

# Green Beans

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Green beans, fresh, trimmed, ready to use OR *Green beans, fresh, whole, untrimmed OR Green beans, cut, frozen	9 lb  OR 10 lb 6 oz  OR 8 lb 12 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> <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

Component: Meat/Meat Alt

Recipe #

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

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

<b>Serving: 2 oz cooked meat</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>

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

# Hummus

Component: Meat Alternate

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, no added salt	8 lb 9 oz	1 ⅓ No. 10 can			<ol style="list-style-type: none"> <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 ⅓ cup			
Cayenne pepper		⅔ tsp			
Olive oil		⅔ cup			
Water		⅓ cup			
Salt free flavor blends, such as lemon pepper, fiesta lime or original		2 tsp			

# Hummus

Food Component: Meat Alternate

Recipe Category: Dip

Recipe #

## Notes:

Nutrition information calculated using Food Processor.

**Serving:** 6 Tbsp provides 1 oz meat alternate

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

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

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

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



## Nutrients Per Serving

<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 Salmon Cakes

Recipe Component: Meat/Meat Alternate

Recipe Category: main dish

Recipe #D-10 modified

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
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 Pesto Pasta Salad

Component: Grain-Vegetable

Recipe modified from New School Cuisine p 103

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



# Lemon Pesto Pasta Salad

Component: Grain-Vegetable

Recipe modified from New School Cuisine p 103

## Notes:

Nutrient information calculated using Food Processor

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

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

## Nutrients Per Serving

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

# Macaroni and Cheese

Component: Meat Alternate-Grains/Breads

Main Dish

D-20

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

# Macaroni and Cheese

Component: Meat Alternate-Grains/Breads

Main Dish

D-20

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

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

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

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

# Marinara Sauce

Component: Vegetable

Main Dish/Snack

Recipe : Let's Cook Healthy 4.6

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

# Marinara Sauce

Component: Vegetable

Main Dish/Snack

Recipe : Let's Cook Healthy 4.6

## Notes:

Nutrient information calculated using Food Processor.

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

1-2 years: varies, see menu notes

3-5 years: varies, see menu notes

6-18 years: varies, see menu notes



## Marketing Guide for Selected Items

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

## Nutrients Per Serving

<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

# 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

# Mediterranean Quinoa Salad

Component: Grains

Grains

B-25r

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



# Mediterranean Quinoa Salad

Component: Grains

Grains

B-25r

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## Notes:

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



## Marketing Guide for Selected Items

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

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

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

## Yield:

**50 Servings:** about 9 lb  
**100 Servings:**

## Volume:

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

## Nutrients Per Serving

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

# Mediterranean Quinoa Salad

Component: Grains

Grains

B-25r

**Total Fat**

5.22 g

**Vitamin C**

7.71 mg

**Dietary Fiber (2016)**

2.40 g

# Oatmeal

Component: Grain

Recipe Category Breakfast

Recipe: KSU Developed

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

**Notes:**

# Oatmeal

Component: Grain

Recipe Category Breakfast

Recipe: KSU Developed

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

<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 Burger

Component: Meat/Grain

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

# Pizza Burger

Component: Meat/Grain

## Notes:

Nutrients calculated using Food Processor.

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

1-2 years: ½ pizza burger

3-5 years: 1 pizza burger

6-18 years: 1 pizza burger

## Nutrients Per Serving

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

# Pork Lo Mein

Component: Meat

Recipe Category Main dish

Recipe # KSU Developed

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

# Pork Lo Mein

Component: Meat

Recipe Category Main dish

Recipe # KSU Developed

## Notes:

Nutrient Information from Food Processor

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

## Serving: 2 oz meat

1-2 years: 1 oz

3-5 years: 1 ½ oz

6-18 years: 2 oz

## Yield:

50 Servings:

100 Servings:

## Volume:

50 Servings:

100 Servings:

## Nutrients Per Serving

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

Component: Vegetable

Side Dish

Recipe #KSU Developed

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

# Sautéed Spinach

Component: Vegetable

Side Dish

Recipe #KSU Developed

## Notes:

Nutrient from Food Processor.

**Serving:** ½ cup, cooked, drained vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: ½ cup

## Marketing Guide for Selected Items

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

## Nutrients Per Serving

<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 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



# Sloppy Lentil Joes

Component: Meat/Meat Alternate

Recipe Category: Main dish

Recipe #

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

# Sloppy Lentil Joes

Component: Meat/Meat Alternate

Recipe Category: Main dish

Recipe #

<b>Notes:</b>
Nutrient Information pending due to modifications.

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

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

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

Meat/Meat Alternate-Vegetable-  
Grains/Breads

Salad and Salad Dressing

E-10 modified

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

# Taco Salad

Meat/Meat Alternate-Vegetable-Grains/Breads

Salad and Salad Dressing

E-10 modified

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

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

## Marketing Guide for Selected Items

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

### Serving:

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

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

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

### Yield:

### Volume:

## Nutrients Per Serving

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





# Toasted Cheese Sandwich

Component: Meat alternate/Grain

Sandwiches

USDA F-13

## Notes:

Nutrients calculated using Food Processor.

## Serving:

1-2 years: ½ sandwich

3-5 years: ½ sandwich

6-18 years: 1 sandwich

## Nutrients Per Serving

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

# Trail Mix

Component: Grain

Recipe Category: Snack

Recipe: USDA Mixing Bowl

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

# Trail Mix

Component: Grain

Recipe Category: Snack

Recipe: USDA Mixing Bowl

## Notes:

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

**Serving:** About 1 cup

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

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

**Table 1**

### Nutrients Per Serving without dried fruit and without pretzels

<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 Tikka

Component: Meat/Meat Alternate

Main Dish

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey, boneless, fresh or frozen, raw OR Turkey, cooked servings from recipe	9 lb  OR	  67 serving			<ol style="list-style-type: none"> <li>1. If using raw turkey, cook the turkey until it reaches an internal temperature of 165°F or above for 15 seconds. Set aside until step 4.</li> <li>2. Preheat convection oven to 350 °F or conventional oven to 375 degrees F.</li> <li>3. Bring tomatoes and their juice, tomato sauce, cumin, curry powder, paprika, turmeric, onion powder, pepper, garlic, salt, and cinnamon to a simmer in a large pot over medium heat. Simmer for 15 minutes. Remove from heat. Stir in yogurt until smooth.</li> <li>4. Place cooked turkey in hotel pan(s). Divide the sauce evenly between pans. Stir to coat the turkey with the sauce.</li> <li>5. Cover and bake until the internal temperature reaches 165°F or above for 15 seconds. This should take around 30-45 minutes.</li> </ol>
Diced tomatoes, canned, low-sodium (undrained)		1 #10 can			
Tomato sauce, no salt added		1 qt + 2 ¼ cups			
Ground cumin		¼ cup			
Curry powder		¼ cup			
Paprika		2 Tbsp			
Ground turmeric		2 Tbsp			
Onion powder		1 Tbsp			
Ground black pepper		1 Tbsp			
Garlic powder		1 tsp			
Salt, omit if low sodium diced tomatoes are not available		1 ½ tsp			
Ground cinnamon		1 tsp			
Yogurt, plain, low-fat	2 lb	1 qt			

# Turkey Tikka

Component: Meat/Meat Alternate

Main Dish

## Notes:

Nutrients calculated using Food Processor.



**Serving:** ½ cup equals 2 oz meat

1-2 years: ¼ cup

3-5 years: 3/8 cup

6-18 years: 1/2 cup

## Nutrients Per Serving

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



# Turnip Greens

Component: Vegetable

Side Dish

Recipe #KSU Developed

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

# Turnip Greens

Component: Vegetable

Side Dish

Recipe #KSU Developed

## Notes:

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

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

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies, see menu

## Nutrients Per Serving

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

# WGR Apple Muffins Squares

Component: Grain

Recipe Category: Grain

Recipe # KSU Developed

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

# WGR Apple Muffins Squares

Component: Grain

Recipe Category: Grain

Recipe # KSU Developed

**Notes:**  
Nutrient information calculated using Food Processor

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

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

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

# 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 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



# WGR Peach Muffins Squares

Component: Grain

Recipe Category:

Recipe # KSU Developed

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

# WGR Peach Muffins Squares

Component: Grain

Recipe Category:

Recipe # KSU Developed

					About 35 minutes for pans in convection oven
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**Notes:**

Nutrient information calculated using Food Processor

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

**Serving: 1 muffin provides 1 oz equiv WGR grain and**

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

**Yield:**

**50 Servings:**  
  
**100 Servings:**

**Volume:**

**50 Servings:**  
  
**100 Servings:**

**Nutrients Per Serving**

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

# WGR Pumpkin Muffin Squares

Grain

Breakfast/Snack Recipe New School Cuisine p 120, modified

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

# WGR Pumpkin Muffin Squares

Grain

Breakfast/Snack Recipe New School Cuisine p 120, modified

**Notes:**  
Nutrient information from Food Processor.

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

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

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

# Yellow Squash

Component: Vegetable

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

# Yellow Squash

Component: Vegetable

## Notes:

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

**Serving:** ½ cup

1-2 years: 1/8 cup

3-5 years: ¼ cup

6-18 years: ½ cup

## Nutrients Per Serving

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