

Apple Pie Potatoes

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: ¼ cup red/orange vegetable
 ¼ cup fruit

Ingredients

Sweet Potato (canned, packed in light syrup)	2 #10 cans
Apples (canned, drained, sliced)	1 ⅓ #10 cans
Brown Sugar, packed	1 ½ cups
Cinnamon, ground	2 Tbsp
Nutmeg, ground	2 Tbsp
Margarine (trans fat free)	5 oz
Water	1 cup
Orange Juice	½ cup

Instructions

1. Place sweet potatoes into a steam table pan lightly coated with cooking spray.
2. Place apples over sweet potatoes.
3. Combine brown sugar, cinnamon and nutmeg. Sprinkle half of the mixture over the apple mixture.
4. Dot with butter and sprinkle with remaining sugar mixture.
5. Add water and orange juice to pan.
6. Bake in a conventional oven for 25-30 minutes at 350° (or bake in a convection oven for 15-20 minutes at 300°).
7. CCP: Heat to 140° F or higher.
8. CCP: Hold for hot service at 135° F or higher.

Nutrition Information

Calories	158 kcal	
Total Fat	2.81 g	16.06 % of kcals
Sat Fat	.58 g	3.29% of kcals
Trans Fat	0 g	0% of kcals
Sodium	56.38 mg	
Carbs	33.55 g	85.17% of kcals
Protein	1.15 g	2.91% of kcals



Baked Kale Chips

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: ½ cup dark green vegetable

Portion size: 1 cup baked

Ingredients

Kale, raw 40 bunches
 Oil (olive, salad or cooking) ½ cup

Instructions

1. Preheat oven to 350° F. Line a sheet pan with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale.
3. Drizzle kale with oil.
4. Bake 10-15 minutes, or until the edges brown but are not burnt.

Nutrition Information

Calories	37 kcal	
Total Fat	2.41 g	58.34% of kcals
Sat Fat	.33 g	8.01% of kcals
Trans Fat	0 g	0% of kcals
Sodium	15.65 mg	
Carbs	3.63 g	39.02% of kcals
Protein	1.20 g	12.86% of kcals



Baked Spinach

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: ½ cup dark green vegetable

Portion size: 4 x 6 portion

Ingredients

Butter (made with Canola oil, 40% fat)	2 ½ lbs
Spinach (raw)	10 lbs
Cheese (mozzarella, lite, frozen, shredded)	3 lbs
Paprika	1 Tbsp & 2 tsp
Nutmeg, ground	1 Tbsp
Pepper (black, ground)	2 tsp
Salt, table	2 tsp

Instructions

1. Spray 2 – 2" steam table pans with pan release.
2. Add 1.25 lbs of butter to each pan.
3. Place in oven at 350° until butter has melted, about 3 to 5 minutes.
4. Cut spinach into strips and divide evenly into pans on top of melted margarine.
5. Sprinkle 1.5 lbs of shredded cheese on top of spinach.
6. Sprinkle half the spices over cheese on each pan.
7. Bake at 350° for 15-20 minutes or until cheese is bubbly. Cut 4x6 for 12 portions.
 CCP: Heat to 135° F or higher
 CCP: Hold at 135° F or higher

Nutrition Information

Calories	156 kcal	
Total Fat	11.37 g	65.8% of kcals
Sat Fat	4.34 g	25.11% of kcals
Trans Fat	.31 g	1.78% of kcals
Sodium	484.06 mg	
Carbs	4.61 g	11.86% of kcals
Protein	10.44 g	26.84% of kcals



BBQ Chicken Pizza

Number of Portions **48**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains

Portion size: 4 x 6 Piece

Ingredients

Whole Grain Rich Pizza Crust 12 x 16	4 pieces
BBQ Sauce	5 cups
Red Onions (raw and chopped)	3 cups
Chicken (diced, frozen)	8 lbs
White Cheddar Cheese (reduced-fat and shredded)	32 oz

Instructions

1. Prepare 2 sheet pans with pan release and lay 2 crusts on each pan.
2. Spread BBQ sauce evenly over crust and then toppings in this order: onion, chicken, and cheese.
3. Bake at 350° F for 12 to 14 minutes or until cheese is melted.
4. Cut into 4 x 6 pieces.
5. CCP: Heat to 145 °F or higher for at least 15 seconds
 CCP: Hold at 135°F or higher

Nutrition Information

Calories	345 kcal	
Total Fat	10.95 g	28.58% of kcals
Sat Fat	4.04 g	10.54% of kcals
Trans Fat	0 g	0% of kcals
Sodium	511.47 mg	
Carbs	29.98 g	34.79% of kcals
Protein	30.27 g	35.12% of kcals



BBQ Meatballs

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 1 oz-eq meat/meat alternate

Portion size: 2 each

Ingredients

Meatballs	50 portions (2 meatballs per portion)
Catsup, low-sodium	64 oz
Jelly, grape	64 oz

Instructions

1. Bake meatballs according to package directions.
CCP: Heat to 155° F or higher for at least 15 seconds.
2. While meatballs are baking, in a medium stockpot add catsup and jelly.
Cook over medium high heat until jelly completely dissolves into catsup and mixture is smooth.
3. Spray a 4" steam table pan with pan release.
4. Drain any extra grease from meatballs and transfer to a prepared pan.
CCP: Hold at 135°F or higher.
CCP: Hold for cold service at 41°F or lower.
5. Add sauce to meatballs and bake at 350° for 5 minutes.

Nutrition Information

Calories	158 kcal	
Total Fat	4.92 g	28.08% of kcals
Sat Fat	1.63 g	9.3% of kcals
Trans Fat	0 g	0% of kcals
Sodium	252.07 mg	
Carbs	19.41 g	49.26% of kcals
Protein	8.98 g	22.79% of kcals



Beeter Sweets

Number of Portions **50**

HACCP process: #2 Same Day Service

One portion provides: ½ cup vegetable (1/4 cup red/orange, ¼ cup starchy)

Portion size: ½ cup

Ingredients

Beets (canned and drained)	8 ⅓ lbs
Sweet Potato (raw, peeled and cubed)	8 ⅓ lbs
Onions, raw	4 ¼ lbs
Oil (olive, salad or cooking)	1 cup & 1 Tbsp
Garlic, granulated	2 ½ Tbsp
Salt	3 Tbsp & 1 tsp
Pepper (black and ground)	2 ½ Tbsp
Sugar, granulated	2 ½ Tbsp

Instructions

1. In a large bowl, combine all ingredients together. Mix well.
2. Place pan liners on two sheet pans. Divide and spread out mixture evenly between two pans.
3. Bake at 400° F convection oven for 20 minutes. Remove and gently mix. Bake for additional 20 minutes or until vegetables are fork-tender.

Nutrition Information

Calories	149 kcal	
Total Fat	4.79 g	28.94% of kcals
Sat Fat	.69 g	4.14% of kcals
Trans Fat	0 g	0% of kcals
Sodium	661.51 mg	
Carbs	25.34 g	68.11% of kcals
Protein	2.4 g	6.44% of kcals



Berry Delicious Crisp

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: .75 oz-eq grain
 ¼ cup fruit

Portion size: 1 serving

Ingredients

Strawberries (frozen, thawed, sliced)	4 lbs + 5 oz
Blueberries (frozen)	3 lbs + 2 oz
Sugar (granulated white)	2 cups + ¼ cup
Flour (Ultra Grain, Whole grain enriched white flour)	⅙ cup + 1 Tbsp
Cornstarch	2 Tbsp
Lime Juice	⅓ cup
Bakery Mix (biscuit type, low-fat)	3 lbs & 2 oz
Margarine (trans fat free, without salt)	½ cup
Sugar (granulated white)	1 cup + ¼ cup
Sugar (brown)	1 cup + ¼ cup packed

Instructions

1. Combine thawed strawberries and blueberries together.
2. Add sugar and flour and lightly toss.
3. Spray a full size, 2 ½" deep steam table pan.
4. Spread berry mixture evenly in pan.
5. Stir cornstarch into lime juice until dissolved. Pour evenly over berries and toss until well mixed.
6. Prepare bakery mix according to directions and spread over berries.
7. Melt margarine and drizzle over bakery mix.
8. Combine sugars and sprinkle evenly over pan.
9. Cover with pan liner and foil.
10. Bake 325 degrees for 40 minutes or until filling is bubbly. Cut pan into 50 portions and serve.

Nutrition Information

Calories	249 kcal	
Total Fat	3.41 g	12.32% of kcals
Sat Fat	1.43 g	5.15% of kcals
Trans Fat	0 g	0% of kcals
Sodium	389.14 mg	
Carbs	53.82 g	86.38% of kcals
Protein	2.98 g	4.78% of kcals



Blue Ribbon Mac and Cheese Number of Portions 50

HACCP process: #2 Same Day Service
One portion provides: 1 oz-eq meat/meat alternate
 1 oz-eq grains

Portion size: 2/3 cup

Ingredients

Water	5 gal
Macaroni (dry, whole grain enriched)	2 lbs & 10 oz
Margarine(unsalted, trans fat free)	12 oz
Wheat Flour (white all-purpose, enriched)	12 oz
Mustard, dry	1 Tbsp
Pepper, black	1 tsp
Paprika	1 Tbsp
Milk (low fat 1%)	1 gal & 1 qt
Worcestershire Sauce	2 tsp
Cheese, (parmesan, grated)	4 oz
Cheese (low-fat cheddar or Colby)	2 ½ lbs
Bread crumbs (commonly prepared)	2 cups crumbs
Cottage Cheese, non-fat small curd	2 lbs & 8 oz.
Cheese (low-fat, cheddar or Colby – shredded)	1 lb + 6 oz

Instructions

1. Boil water – approximately 5 gallons.
 2. Slowly add macaroni until water boils again. Cook uncovered until tender-firm, about 10 minutes. DO NOT OVERCOOK. Drain and rinse in cold water.
 3. Melt margarine in a stock pot or steam-jacketed kettle.
 4. Combine flour, dry mustard, pepper, and paprika in a bowl. Add to the melted margarine. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
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5. Heat milk in a separate stock pot to a simmer. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
 6. Add Worcestershire sauce and shredded parmesan and cheddar cheese to the white sauce. Stir over low heat until cheese melts.
 7. Combine well-drained macaroni and sauce. Mix well. Fold in cottage cheese. Stir over low heat until cheese melts. Place 10 lb + 14oz (1 gal & 2 ¼ qt) into each steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with a lid or foil.
 Bake: Conventional oven 350°F for 30 minutes
 Convection oven 350°F for 25 minutes
 CCP: Heat to 140°F or higher.
 8. Combine bread crumbs and cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan.
 9. Bake an additional 5 minutes, uncovered, until lightly browned.
 10. CCP: Hold for hot service at 135° F or higher.
 11. Cut each pan 5x5 (25 pieces)



SPRING & SUMMER

Blue Ribbon Mac and Cheese continued

Nutrition Information

Calories	275 kcal	
Total Fat	14.04 g	45.8% of kcals
Sat Fat	5.31 g	20.06% of kcals
Trans Fat	0 g	0% of kcals
Sodium	448.31	
Carbs	18.84 g	27.51% of kcals
Protein	18.76 g	27.25% of kcals



Buffalo Chicken Sandwich

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains

Portion size: 1 sandwich

Ingredients

Chicken Patty	10 lbs
Hot Sauce (ready to serve)	1 cup
Ranch Dressing (fat-free)	50 oz
Whole Grain Rich Rolls (hamburger or hotdog)	50 (1.8 oz)

Instructions

1. Bake chicken patties according to package directions.
2. Brush the top of cooked patties with hot sauce and place on bun.
3. For a spicier sandwich, warm hot sauce and dip the patty in it right before service.
4. Garnish with 1oz fat-free ranch dressing or offer it on the side.

Nutrition Information

Calories	426 kcal	
Total Fat	12.82 g	28.58% of kcals
Sat Fat	2.99 g	6.31% of kcals
Trans Fat	0 g	0% of kcals
Sodium	947.1 mg	
Carbs	45.97 g	43.13% of kcals
Protein	18.04 g	16.92% of kcals



Carrot-Raisin Salad

Number of Portions **50**

HACCP process: #1 No Cook
One portion provides: ¼ cup fruit
 ⅛ cup red/orange vegetable

Portion size: ½ cup (Portion with No. 16 scoop = ¼ cup)

Ingredients

Pineapple Tidbits, canned and drained	83 oz
Carrots (raw, grated)	6 ½ cups
Raisins (seedless)	3 lbs
Milk (dry, nonfat)	1 cup
Mayonnaise (light)	4 cups
Salt (table)	½ tsp

Instructions

1. Combine pineapple, carrots, and raisins in a large bowl. Mix well.
2. In a separate bowl combine milk, mayonnaise and salt. Mix well.
3. Pour dressing over carrots and raisins. Mix lightly. Spread 6 lbs (approximately 3 qt + 1 cup) into each shallow pan (12" x 20" x2½) to a product depth of 2" or less. For 50 servings, use 1 pan.
4. CCP: Cool to 41°F or lower within 4 hours.
5. Cover and refrigerate until service.
6. Mix lightly before serving

Carrots 4 lb = 50 servings

Nutrition Information

Calories	176 kcal	
Total Fat	6.35 g	32.47% of kcals
Sat Fat	.62 g	3.18% of kcals
Trans Fat	0 g	0% of kcals
Sodium	196.23 mg	
Carbs	31.54 g	71.67% of kcals
Protein	1.88 g	4.28% of kcals



Cheesy Cauliflower

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: ½ cup other vegetable

Portion size: ½ cup (Portion with No. 8 scoop = ½ cup)

Ingredients

Cauliflower (raw)	15 lbs
Mayonnaise (light and low sodium)	1 cup
Mustard (yellow, prepared)	½ cup + 2 Tbsp
Mustard, dry	2 ½ tsp
Cheese (yellow cheddar, reduced-fat, shredded)	2 ½ lbs

Instructions

1. Wash and trim cauliflower.
2. Break into pieces and place in 2 – 2" steam table pans. Steam until tender.
CCP: Heat to 145°F or higher for at least 15 seconds.
3. While cauliflower steams, combine mayo and mustards together in a bowl. Mix until well blended.
4. Drain excess moisture from steamed cauliflower.
5. Spread mayo/mustard mixture over top and sprinkle ½ of cheddar cheese over each pan.
6. Steam until cheese melts, 1 or 2 minutes.
CCP: Hold at 135°F or higher.

Nutrition Information

Calories	203 kcal	
Total Fat	13.23 g	58.63% of kcals
Sat Fat	4.2 g	18.61% of kcals
Trans Fat	0 g	0% of kcals
Sodium	267.43 mg	
Carbs	14.52 g	28.58% of kcals
Protein	9.01 g	17.74% of kcals



Chicken Enchilada

Number of Portions **50**

HACCP process: #3 Complex Food Preparation
One portion provides: 1.5 oz-eq meat/meat alternate
 1 oz-eq grains
 1/8 cup vegetable (legumes)

Ingredients

Chicken (diced, cooked/frozen, USDA food)	14 lbs
Onions (dehydrated flakes)	3 cups
Chili Powder	8 ½ oz
Cumin (ground)	2 oz
Pepper (red or cayenne)	2 oz
Water	2 oz
Worcestershire sauce	1 oz
Refried Beans (canned, USDA Food)	8 cans
Oil (olive, salad or cooking)	½ cup
Chili Powder	2 tsp
Garlic Powder	2 tsp
Flour (all purpose, enriched)	½ cup & 1 Tbsp
Water	3 qts
Tomato Paste (canned w/o salt)	24 oz
WGR Tortillas (corn, w/o salt)	48 tortillas, med 6" diameter
Cheese (Mexican, blend, red fat)	2 lbs

Instructions

1. Thaw diced chicken. CCP: Hold for cold service at 41°F or lower.
2. Combine chicken, dehydrated onion, chili powder, cumin, cayenne pepper, water and Worcestershire sauce. Mix well and add refried beans to chicken mixture until well blended.
3. Divide chicken mixture into 2 prepared pans and heat.
CCP: Heat to 165°F or higher for at least 15 seconds.
4. While chicken mixture is heating, pour olive oil into a stockpot. Stir in chili powder, and garlic powder and flour to form a roux. Add water and tomato paste until sauce is smooth and thick.
5. Assemble in 2" steam table pans in the following order:
 1 cup of sauce
 Layer 8 corn tortillas on sauce
 Spread 3 ½ lbs of chicken mixture over tortillas
 Evenly distribute 1 ½ cups of cheese over filling
 Layer 8 corn tortillas on top of cheese
 Spread 3 ½ lbs of chicken mixture over tortillas
 Evenly distribute 1 ½ cups of cheese over filling
 Layer the final 8 corn tortillas on top of cheese
 Pour 3 cups of sauce to cover the entire pan
 Evenly distribute 1 ½ cups of cheese on top
 Spray a pan liner/parchment paper with release spray
 Place on top of pan
 Cover with foil



Chicken Enchilada continued

Spray a pan liner/parchment paper with release spray.
Place on top of pan.
Cover with foil.

Bake at 350° F for 70 minutes or until 165°F internal temperature is reached.
Carefully remove foil and parchment paper.
Let stand for 15 minutes.
Cut in 4x6 portion size.

Nutrition Information

Calories	507 kcal	
Total Fat	18.84 g	33.42% of kcals
Sat Fat	5.86 g	10.39% of kcals
Trans Fat	0 g	0% of kcals
Sodium	704.63 mg	
Carbs	35.94 g	28.34% of kcals
Protein	50.49 g	39.81% of kcals

Chicken Fajita

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 1.5 oz-eq grains

Portion size: 1 Fajita

Ingredients

Chicken Fajita Meat (USDA Food)	10 lbs
Margarine (trans fat free, unsalted)	½ cup
Green Peppers, sliced	3 lbs
Onions, sliced	3 lbs
Tortillas (whole grain rich, 8 ")	50 tortillas

Instructions

1. Cook chicken in a full steam table pan.
CCP: Heat to 165°F or higher for at least 15 seconds.
2. Melt margarine in a pan and sauté green peppers and onions until they are soft.
3. Assemble fajitas using 2.6 oz of chicken, 1 oz of peppers and 1 oz of onions in the center of the tortilla.
4. Fold edges overlapping in the center.

You can add shredded lettuce, tomato, cooked rice or cheese if you like. These items not included in the nutritional values.

Nutrition Information

Calories	241 kcal	
Total Fat	6.28 g	5.22% of kcals
Sat Fat	1.40 g	10.39% of kcals
Trans Fat	0 g	0% of kcals
Sodium	284 mg	
Carbs	23.37 g	38.79% of kcals
Protein	50.49 g	39.81% of kcals



Chicken Parmesan Sandwich Number of Portions 50

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains

Portion size: 1 sandwich

Ingredients

Whole Grain Rich Breaded Chicken Patty (USDA Food)	50
Marinara Sauce	50 oz
Mozzarella Cheese, shredded, light	50 oz
Parmesan Cheese, grated	25 oz

Instructions

1. Lightly spray and line two baking sheets with parchment paper.
2. Place frozen patties on sheet and bake at 350 degrees for 20 minutes or until internal temperature reach 155 degrees for 15 seconds.
3. Assemble sandwich bottom of bun, then patty, 1 oz of marinara sauce, 1 oz of shredded mozzarella and ½ oz parmesan cheese sprinkled on top of sauce. Do not add top of bun yet.
4. Place in a warming oven set on low for about 10 minutes or until mozzarella cheese starts to melt.
5. Add top of bun and serve immediately.

Nutrition Information

Calories	321 kcal	
Total Fat	18.42 g	51.59% of kcals
Sat Fat	5.84 g	16.35% of kcals
Trans Fat	0 g	0% of kcals
Sodium	679.53 mg	
Carbs	14.42 g	17.95% of kcals
Protein	24.13 g	30.04% of kcals



Chicken Quesadilla

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 1.5 oz-eq grains
 ¼ cup other vegetable

Portion Size: 1 wedge

Ingredients

Chili Powder	½ cup
Oregano, ground	1 ½ Tbsp
Cumin, ground	¼ cup
Coriander, ground	2 Tbsp
Pepper (red or cayenne)	2 ½ Tbsp
Vinegar, cider	2/3 cup
Garlic, raw	¼ cup
Onions, frozen	2 cups
Chicken (cooked, frozen, diced)	4 ½ lbs
Kale (frozen, cooked, blanched, drained, w/o salt, chopped)	13 cups
Beans (black, canned w/o salt)	4 lbs + 9 oz
Cheese (yellow cheddar, reduced fat, shredded)	3 lbs
Tortilla (whole grain, frozen)	20 tortilla (8 inch)

Instructions

1. Filling mixture: mix the first 8 ingredients in a bowl, cover with plastic film wrap and refrigerate at least 1 hour or overnight.
 CCP: Hold for a cold service at 41° F or lower.
2. In an oiled skillet add onion mixture and sauté until onions are soft. Add cooked chicken and sauté another 3 or 4 minutes.
 CCP: Heat to 165° F or higher for at least 15 seconds.
3. Add kale and drained beans to the filling mixture, sauté until kale begins to wilt and mixture reaches 155° F.
 CCP: Heat to 155° F for at least 15 seconds or higher.
4. Remove mixture from heat, fold in shredded cheese. Divide mixture evenly over 10 tortillas, cover with remaining tortillas, and bake at 400° F in a convection oven until crisp, 5 to 8 minutes. Remove from oven, cut tortillas into 5 wedges.
 CCP: Hold at 140° F or higher CCP: Hold for a cold service at 41° F or lower
 Optional: serve 1 wedge with 1 oz shredded lettuce and 1 oz fresh diced tomatoes

Nutrition Information

Calories	278 kcal	
Total Fat	9.85 g	31.87% of kcals
Sat Fat	4.35 g	14.06% of kcals
Trans Fat	0 g	0% of kcals
Sodium	395.91 mg	
Carbs	22.09 g	31.76% of kcals
Protein	5.81 g	37.11% of kcals



Chicken Salad Sliders

Number of Portions **50**

HACCP process: #1 No Cook
One portion provides: 2 oz-eq meat/meat alternate

Portion size: ½ cup

Ingredients

Chicken (diced, cooked)	6 lb & 6 oz
Celery (raw, chopped)	1 lb & 5 oz
Onions (raw, chopped)	12 oz
Pepper, black	2 tsp
Dried Cranberries	12 oz
Salad Dressing or light mayonnaise	3 ¼ cup

Instructions

1. Combine chicken, celery, onions, pepper, and dried cranberries.
2. Add salad dressing or mayo and mix lightly until well blended.
3. Spread 5 lb + 7 oz (approx. 3 qt ½ cup) into each shallow pan (12" x 20" x 2½") to a product depth of 2" or less. 50 servings – 2 pans
4. CCP: Cool to 41° F or lower within 4 hours
5. Cover and refrigerate until service

Nutrition Information

Calories	165 kcal	
Total Fat	7.24 g	39.49% of kcals
Sat Fat	1.67 g	9.11% of kcals
Trans Fat	0 g	0% of kcals
Sodium	257 mg	
Carbs	7.38 g	17.89% of kcals
Protein	17.01 g	41.24% of kcals



SPRING & SUMMER

Cider Spinach

Number of Portions **50**

HACCP process: Same Day Service

One portion provides: ½ cup dark green vegetable

Portion size: ½ cup

Ingredients

Baby Spinach, raw	10 lbs
Water	½ cup
Cider Vinegar	1¼ cups
Crushed Red Pepper	2½ tsp
Salt	1¼ tsp

Instructions

1. Steam spinach in water until wilted. Drain excess water. Do not overcook.
2. Toss with Cider vinegar, crushed red pepper and salt.

Nutrition Information

Calories	22 kcal	
Total Fat	0.37 g	14.83% of kcals
Sat Fat	.060 g	2.41% of kcals
Trans Fat	0 g	0% of kcals
Sodium	130.94 mg	
Carbs	3.40 g	60.69% of kcals
Protein	2.61 g	46.52% of kcals



Corn Pudding

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: .5 oz-eq meat/meat alternate
 ¼ cup starchy vegetable

Portion size: 2 x 3

Ingredients

Milk, dry and non-fat	2 cups
Flour, enriched white, all purpose	12 oz
Egg (whole, raw)	14 large
Margarine (trans fat-free, unsalted)	4 oz
Sugar, granulated	2 Tbsp
Pepper, black	1 Tbsp
Corn (canned sweet yellow, low sodium)	8 cups
Corn (canned, sweet yellow, low sodium)	8 cups

Instructions

1. Combine reconstituted dry milk, flour, eggs, margarine, sugar and pepper in the mixer bowl. Mix with whip on low for 2 minutes, 1 minute on medium speed, and 1 minute on high speed.
2. In separate container prepare cream style corn by blending 8 cups corn with immersion blender, or substitute this step by using 8 cups low sodium cream style corn.
3. Add 8 cups whole kernel corn and cream style corn to dry milk mixture.
4. Pour mixture into a steam table pan (12"x20"x2") lightly coated with pan release spray.
5. Bake until golden brown.
 Conventional oven at 375°F for 50-60 minutes
 Convection oven at 325°F for 30-40 minutes.
6. CCP: Heat to 145°F or higher for 3 minutes.
 CCP: Hold for hot service at 135°F or higher.
7. Cut pan 5x10 (50 pieces).

Nutrition Information

Calories	115 kcal	
Total Fat	3.77 g	29.46% of kcals
Sat Fat	.89 g	6.93% of kcals
Trans Fat	0 g	0% of kcals
Sodium	124.61 mg	
Carbs	17.01 g	59.16% of kcals
Protein	4.81 g	16.72% of kcals



Creamsicle Dressing

Number of Portions **32**

HACCP process: #1 No Cook

One portion provides: 0

Portion size: 1 Tbsp

Ingredients

Orange Juice	1 cup
Mandarin Oranges, canned	½ cup (sections)
Yogurt (plain, low- fat, 12 grams protein per 8 oz)	½ cup

Instructions

1. Blend all ingredients together until smooth.

Nutrition Information

Calories	8 kcal	
Total Fat	.08 g	10.09% of kcals
Sat Fat	.04 g	4.95% of kcals
Trans Fat	0 g	0% of kcals
Sodium	2.82 mg	
Carbs	1.48 g	78.89% of kcals
Protein	.28 g	14.9% of kcals



SPRING & SUMMER

Dill Potato Salad

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: ½ cup starchy vegetables

Portion size: 2/3 cup

Ingredients

Potatoes	9 lb & 5 oz
Celery (raw, chopped)	1 lb & 2 oz
Onions (raw, chopped)	7 ½ oz
Dill Weed	1/3 cup
Salt	1 Tbsp
Pepper, black	1 tsp
Salad Dressing or light mayonnaise	1 lb & 10 oz

Instructions

1. Steam potatoes at 5-6 pounds of pressure for 30-40 minutes, or boil for 30-40 minutes. Cool and dice into ½" cubes.
2. Add all other ingredients. Mix lightly until well blended. Spread 5 lb 9 oz (approx. 1 gal ½ cup) into shallow pan (12" x 20" x 2½") to a product depth of 2" or less. 50 servings – 2 pans
3. CCP: Cool to 41° F or lower within 4 hours
4. Refrigerate until serving

(Food as purchased for 50 servings – celery 1 lb 6 oz and onions 9 oz)

Nutrition Information

Calories	102 kcal	
Total Fat	2.9 g	25.58% of kcals
Sat Fat	.48 g	4.24% of kcals
Trans Fat	0 g	0% of kcals
Sodium	309 mg	
Carbs	17.89 g	70.17% of kcals
Protein	1.45 g	5.68% of kcals

Egg Salad Supreme

Number of Portions **50**

HACCP process: #1 No Cook
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains

Portion size: No. 12 Scoop (1/3 cup)

Ingredients

Egg (whole, cooked, hard boiled)	50 Large
Onions (raw)	8 oz
Celery (raw, chopped)	14 ½ oz
Pepper, black	1 ½ tsp
Mustard, dry	1 ½ tsp
Salad Dressing or Light Mayonnaise	1 ¾ cup
Pickle Relish, sweet	1 cup
Kale (raw, chopped)	¼ cup
Bun (whole grain rich, flat, round)	50

Instructions

1. Finely chop eggs.
2. Combine eggs, onions, celery, pepper, dry mustard, salad dressing or mayonnaise, pickle relish, and kale. Mix lightly until well blended. Spread 4 lb (approximately 2 qt ¼ cup) into each shallow pan (12" x 20" x 20" x 2 ½ ") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. CCP: Cool to 41° F or lower within 4 hours.
4. Cover and refrigerate until ready to use.
5. Place 1/3 cup serving on 1 side of bun half. Top with second bun half. Cut each sandwich diagonally in half. Cover. Refrigerate until service.

Nutrition Information

Calories	214 kcal	
Total Fat	10.06 g	42.33% of kcals
Sat Fat	1.9 g	8% of kcals
Trans Fat	0 g	0% of kcals
Sodium	395.14 mg	
Carbs	24.8 g	46.36% of kcals
Protein	10.58 g	19.78% of kcals



Fish Wrapper

Number of Portions **50**

HACCP Process: #2 Same Day Service
One Portion Provides: 2 oz-eq meat/meat alternate
 1.5 oz-eq grains
 5/8 cup vegetables

Portion Size: 1 wrap (1 wrap = 2 halves)

Ingredients

Cabbage (red,fresh,shredded)	3 lbs 2 oz (1 gal 1 cup)
Cabbage (white,fresh,shredded)	3 lbs 2 oz (3 qt 1 cup)
Carrots (fresh,shredded)	3 lbs 2 oz (2 qt 2 cups)
Bok Choy (fresh,julienne sliced)	1 lbs 8 oz (1 qt 1 cup)
Cilantro (fresh,chopped)	1 cup
Vinaigrette Dressing (light balsamic)	1 qt 2/3 cup
Tilapia Filets (frozen then thawed 4 oz)	12 lbs 8 oz (50 pieces)
Oil (olive)	½ cup
Chili-Lime Seasoning Blend(salt free)	2 oz (1/2 cup 2 tbsp)
Lettuce (romaine,julienne sliced)	1 lb 10 oz (3 qt ½ cup)
Tortillas (whole grain 8" 1.7 oz)	50

Instructions

- Combine broccoli slaw mix, carrots, cilantro, and balsamic dressing to make slaw. Cover and refrigerate until ready to serve.
 CCP: Cool to 41° F or lower within 4 hours
- Place fish portions on sheet pan (18" x 26" x1") coated with pan release spray.
- Brush oil on fish and sprinkle with salt-free seasoning.
- Cook: Conventional oven 375° F for 12 minutes Convection oven 375° F for 9 minutes
 When done, fish will flake easily with a fork.
 CCP: Heat to 155° F or higher for at least 15 seconds
 CCP: Hold at 135° F or higher
- Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup slaw. Roll in the form of a burrito and seal.
- Cut diagonally in half and serve.

Nutrition Information

Calories	269 kcal	
Total Fat	6.38 g	21.32% of kcals
Sat Fat	1.37 g	4.5% of kcals
Trans Fat	0 g	0% of kcals
Sodium	407.77 mg	
Carbs	33.30 g	49.44% of kcals
Protein	20.52 g	30.46% of kcals



Fresh Fruit Cup

Number of Portions **50**

HACCP process: #1 No Cook

One portion provides: ½ cup fruit

Portion size: ½ cup fruit

4 oz spoodle (recipe yields 12 ½ quarts)

Ingredients

Mandarin Oranges (pieces)	1 + ¾ #10 can
Bananas (fresh)	9 lbs (11 ½ cups)
Apples (fresh)	3 lbs + 9 oz (10 ¼ cups)
Grapes (fresh)	3 lbs + 9 oz (9 ½ cups)

Instructions

1. Chill cans of mandarin oranges. Wipe tops of cans before opening.
2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container.
3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges.
4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.
5. Wash and remove stems from grapes.
6. Add apples and grapes to bananas and oranges.
7. Chill thoroughly

CCP: Hold for cold service at 41° F or lower

Note: Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.

Nutrition Information

Calories	61 kcal	
Total Fat	.21 g	.01% of kcals
Sat Fat	.06 g	.83% of kcals
Trans Fat	0 g	0% of kcals
Sodium	2.59 mg	
Carbs	15.76 g	99.9% of kcals
Protein	.59 g	.03% of kcals



Ginger Carrots

Number of Portions **50**

HACCP process: #2 Same Day Service

One portion provides: ½ cup red/orange vegetables

Portion size: ½ cup

Ingredients

Whole Baby Carrots	12 ½ lbs.
Margarine (trans fat free)	1 ½ cups
Brown Sugar	1 ½ cups
Ground Ginger	1/8 cup

Instructions

1. Cook (or steam) carrots until tender.
 2. Melt margarine and add brown sugar and ginger, stir until blended.
 3. Add sauce to carrots and mix to coat.
- CCP: Hold at or above 135° F before and during service

Nutrition Information

Calories	114 kcal	
Total Fat	5.58 g	44% of kcals
Sat Fat	1.04 g	8.23% of kcals
Trans Fat	0 g	0% of kcals
Sodium	90.04 mg	
Carbs	15.90 g	55.75% of kcals
Protein	.78g	2.72%



Gold Rush Potatoes

Number of Portions **50**

HACCP process: #1 No Cook
One portion provides: ¼ cup starchy vegetable
 ¼ cup red/orange vegetable

Portion size: ½ cup (# 8 scoop)

Ingredients

Potatoes (instant dehydrated granules), prepared 25 cups
 Sweet Potatoes, canned and mashed 2 #10 cans

Instructions

1. Prepare instant potatoes per directions on package to get 25 cups per 100 servings. Set aside for step 4. CCP: Hold at 135° F or higher
2. Place canned mashed sweet potatoes in mixer bowl and add prepared white mashed potatoes.
3. Mix on low speed with whip for 1-2 minutes or until sweet and white potatoes are well combined.
4. Place mixed potatoes into 1 full steam table pan (12"x20"x4") per 100 servings and cover well with plastic wrap.
5. Place in steamer for 15-20 minutes or until temperature reaches 135° F or higher. CCP: Hold at 135° F or higher for service

Nutrition Information

Calories	123 kcal	
Total Fat	2.64 g	19.31% of kcals
Sat Fat	.64 g	4.7% of kcals
Trans Fat	0 g	0% of kcals
Sodium	136.65 mg	
Carbs	22.74 g	74%
Protein	2.34g	7%



Gourmet Grilled Cheese

Number of Portions **50**

HACCP process: Same Day Service
One portion provides: 2 oz. meat/meat alternate, 2 oz. grain
Portion size: 1 sandwich

Ingredients

Margarine Spread, trans fat free	1 ½ cups
Bread, whole grain	100 slices
Cheese, sliced, low sodium, low fat, American	100 oz.
Cream Cheese, fat free	100 oz.
Brown Sugar, packed	1 cup

Instructions

1. Melt margarine and brush approximately 1 tsp. on 50 slices of bread. Place margarine side down on a sprayed sheet pan.
2. Place 1 oz. (2 - .5 oz. slices) of cheese on bread on pan.
3. Spread 2 tbsp. of cream cheese on unbuttered piece of bread.
4. Sprinkle 1 tsp. brown sugar on cream cheese on unbuttered bread. Place on top of cheese, toppings together.
5. Brush top side of bread with 1 tsp. melted margarine.
6. Bake until lightly browned in conventional oven for 15-20 minutes. Can be served whole or cut in half.

Nutrition Information

Calories	276 kcal	
Total Fat	8.23 g	26.86% of kcals
Sat Fat	5.16 g	16.82% of kcals
Trans Fat	0.46 g	1.52% of kcals
Sodium	855.79 mg	
Carbs	33.55 g	45.10% of kcals
Protein	18.79 g	27.24% of kcals



Grande Nachos

Number of Portions **50**

HACCP Process: #2 Same Day Service
One Portion Provides: 2 oz—eq meat/meat alternative
 1.25 oz grain

Ingredients

Beef Taco Filling (USDA Commodity) 12 ½ lbs
 Cheese Sauce 50 oz
 Chips (tortilla) 75 oz. (1.5 oz per serving)

Instructions

1. Heat beef taco filling and cheese sauce.

CCP: Heat to 165°F or higher for at least 15 seconds

CCP: Hold for hot service 135°F or higher

2. Portion approximately 20 chips on a tray.
3. Ladle 1 oz of cheese sauce over chips.
4. Ladle 2 oz of beef filling over top of sauce.
5. Nachos can be garnished with lettuce, diced tomatoes, sliced black olives or jalapenos.

Nutrition Information

Calories	190 kcal	
Total Fat	9.03 g	42.75% of kcals
Sat Fat	3.25 g	15.38% of kcals
Trans Fat	0 g	0% of kcals
Sodium	323.22 mg	
Carbs	10.49 g	22.06% of kcals
Protein	17.85	37.55% of kcals



Grilled Chicken Deluxe

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains
 1/8 cup other vegetables

Ingredients

Chicken Breast (Boneless, skinless)	50 each/4 oz
Bun (whole grain rich)	50 each
Lettuce (Bibb, raw)	3 lbs
Balsamic Vinaigrette	3 ¼ cups
Tomatoes (red, ripe, sliced)	½" thick

Instructions

1. Bake 50 pcs of chicken breast on a lined baking sheet according to package directions.
 CCP: Heat to 165°F or higher for at least 15 seconds
 CCP: Hold at 135°F or higher
2. Place a couple pieces of bib lettuce on a bottom half of bun.
3. Place chicken breast on top of lettuce.
4. Spread 1 Tbsp of balsamic vinaigrette on top of cooked chicken breast.
5. Add slice of tomato and place top half of bun on tomato.

Nutrition Information

Calories	296 kcal	
Total Fat	10.5 g	31.91% of kcals
Sat Fat	2.49 g	7.58% of kcals
Trans Fat	0 g	0% of kcals
Sodium	374.79 mg	
Carbs	24.38 g	32.93% of kcals
Protein	29.44 g	39.77% of kcals



Ham 'Bagler'

Number of Portions **50**

HACCP Process: #2 Same Day Service
 One Portion Provides: 2 oz-eq meat/meat alternate
 1.75 oz-eq grains

Portion Size: ½ bagel

Ingredients

Bagel (whole grain rich)	25 bagels
Sauce (pasta, spaghetti, or marinara)	3 ¼ cups
Turkey Ham (reduced sodium)	5 ½ lbs
Cheese (sub, mozzarella)	50 slices & ½ oz

Instructions

1. Line a sheet pan with parchment paper.
2. Place bagel halves on pan, 4 across and 5 down.
3. Spread 1 tablespoon of marinara sauce on each of the bagel halves.
4. Top each half with 3 (1/2 oz) slices of turkey ham. Add 1 (1/2 oz) slice of mozzarella cheese.
5. Bake until internal temperature reaches at least 135° and cheese is melted
 Conventional oven 400° F for 8 minutes
 Convection oven 350° F for 6 minutes

CCP: Heat to 135°F or higher

CCP: Hold at 135°F or higher

Nutrition Information

Calories	260 kcal	
Total Fat	6.45 g	22.34% of kcals
Sat Fat	1.68 g	5.81% of kcals
Trans Fat	0 g	0% of kcals
Sodium	767.44 mg	
Carbs	33.45 g	51.49% of kcals
Protein	16.62 g	25.58% of kcals



Hamburger on Bun

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains

Portion size: 1 sandwich

Ingredients

Beef Patty 2.4 oz	50 each
Bread (WG Bun)	50 each
1 pkt ketchup	50 each

Instructions

1. Preheat conventional oven to 375 degrees.
2. Place a liner sheet on full sheet pan and place patties on pan.
3. Bake from a frozen state for 20-25 or until internal temperature reaches 145 degrees.
4. Place on bun and serve.

Can be garnished with lettuce, tomato or other vegetables.

Nutrition Information

Calories	238 kcal	
Total Fat	12.2 g	46.13% of kcals
Sat Fat	3.88 g	14.65% of kcals
Trans Fat	0 g	0% of kcals
Sodium	422.64 mg	
Carbs	23.04 g	38.72% of kcals
Protein	14.2 g	23.86% of kcals



Hombre Hummus

Number of Portions **50**

HACCP process: Same Day Service

One portion provides: 2 oz. meat/meat alternate

Portion size: ½ cup

Ingredients

Chickpeas	2 #10 can drained
Lemon Juice, frozen, unsweetened	3 Tbsp
Yogurt, plain, low fat	7 cups
Garlic, raw	5 Tbsp
Olive Oil	1 1/3 cups
Peppers, jalapeno	8 oz. can drained

Instructions

1. Combine all ingredients in a food processor and puree to a smooth consistency.
2. Spread approximately 5 lb. into each shallow pan (12" x 20" x 2½") to a product depth of 2" or less. For 50 servings – 2 pans.
3. CCP: Chill to 42° F or lower within 4 hours.
4. Cover and refrigerate until service – serve with pita bread.

Nutrition Information

Calories	180 kcal	
Total Fat	8.66 g	43.21% of kcals
Sat Fat	1.38 g	6.89% of kcals
Trans Fat	0 g	0% of kcals
Sodium	422.33 mg	
Carbs	19.16 g	42.27% of kcals
Protein	7.77 g	17.21% of kcals



Hot Sicilian Sub

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2.5 oz-eq meat/meat alternates
 2 oz-eq grains

Portion size: 1 sandwich

Ingredients

Ham, deli (low-sodium, Thin n Trim)	6.5 lbs
Spaghetti Sauce (meatless, low sodium, canned)	50 oz
Cheese (mozzarella, light)	3.25 lbs
Hoagie Bun (whole grain rich)	50 ea

Instructions

- Place 4 slices of deli ham, folded over on bottom half of hoagie bun.
- Spread 1 oz of marinara sauce over top of meat.
- Sprinkle 1 oz of shredded cheese on top of sauce.
- Wrap sub in foil and bake at 325 for about 20 minutes or until cheese melts.

Nutrition Information

Calories	271 kcal	
Total Fat	6.14 g	20.42% of kcals
Sat Fat	3.42 g	11.36% of kcals
Trans Fat	0 g	0% of kcals
Sodium	769.51 mg	
Carbs	32.36 g	47.67% of kcals
Protein	23.99 g	35.46% of kcals



Hula Bowl with Coconut Rice Number of Portions 50

HACCP process: #3 Complex Food Preparation
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains
 1/8 cup fruit

Ingredients

Chicken (popcorn, whole grain rich)	50/6 pieces
Ham (chopped, not canned)	3 ¾ lbs
Sauce (sweet n' sour)	64 oz
Pineapple (canned tidbits)	106 oz
Chicken Broth, low-sodium	144 oz
Coconut Milk	4 cups
Rice (brown, quick cooking, dry)	4 lbs

Instructions

1. Spread popcorn chicken on a sheet pan with a liner. Bake according to package directions.
 CCP: Heat to 165°F or higher for at least 15 seconds
2. Drain any excess liquid from cubed ham.
3. Place in a full sized 4" deep pan and heat ham.
 CCP: Heat to 155°F or higher for at least 15 seconds.
4. Add popcorn chicken to ham once it's been heated to temp and toss with sweet and sour sauce.
5. Drain pineapple and lightly fold into ham and chicken mixture.
 CCP: Hold at 135°F or higher.
6. Serve over coconut rice.
7. Coconut Rice: In a stock pot, bring chicken broth to a boil. Add coconut milk and rice.
8. Return to a boil stirring constantly as to not let the milk scorch.
9. Remove from heat, cover and let simmer until all moisture is absorbed and rice is fork tender. Fluff rice.

*Serve ½ cup portion of rice with 4 oz portion of chicken/ham mixture on top. You can sprinkle a little cinnamon on top of rice if you chose to serve separately.

Nutrition Information

Calories	439 kcal	
Total Fat	15.47 g	31.68% of kcals
Sat Fat	5.56 g	11.38% of kcals
Trans Fat	0 g	0% of kcals
Sodium	748.74 mg	
Carbs	57.22 g	52.08% of kcals
Protein	17.47 g	15.9% of kcals



Kale Apple Salad

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: ¼ cup dark green vegetable
 ½ cup fruit

Portion size: 1 cup

Ingredients

Kale, raw	18 lbs
Apples, washed and diced	8 lbs
Lemon Juice	1 ½ cups
Olive or Vegetable Oil	1 cup
Raisins, seedless	4 cups, packed
Romano Cheese, grated	1 lb

Instructions

1. Wash and dry kale and place in a large mixing tub.
2. Toss apples in lemon juice and reserve the liquid.
3. Drizzle olive oil over the kale and lightly toss.
4. Add apples and raisins to kale and drizzle remaining lemon juice over top.
5. Toss again and sprinkle with Romano cheese.
6. Refrigerate until serving. Hold at 41 degrees or less.

Nutrition Information

Calories	138 kcal	
Total Fat	6.92 g	45.20% of kcals
Sat Fat	1.41 g	9.20% of kcals
Trans Fat	0 g	0% of kcals
Sodium	85.66 mg	
Carbs	28.21 g	52.10% of kcals
Protein	29.45 g	11.16% of kcals



Louisiana Baked Fish

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate

Portion size: 1 piece

Ingredients

Fish (white fish filets)	3-5 oz (50 pieces)
Olive oil	1 cup & 1 tsp
Mayonnaise (low fat)	2 cups
Cajun seasoning	1/3 cup
Yogurt (plain, low fat)	2 cups
Lemon Juice (bottled)	½ cup
Pickle Relish)	½ cup

Instructions

1. Filets should be 3-5 oz portion each.
2. Preheat oven to 450°
3. Line a baking sheet with foil and brush with a thin layer of olive oil.
4. Place fillets on sheet(50 pieces use 2 pans).
5. Brush top side of fish with olive oil and bake for 8-10 minutes or until fish flakes easily with a fork.
 CCP: Heat to 165° F or higher for at least 15 seconds
6. In a bowl, combine mayonnaise, remaining seasoning, lemon juice and relish. Stir well. Add a dollop to each fillet before serving.

Nutrition Information

Calories	178 kcal	
Total Fat	8.56 g	43.18% of kcals
Sat Fat	1.8 g	9.11% of kcals
Trans Fat	0 g	0% of kcals
Sodium	189.62 mg	
Carbs	3.11 g	6.97% of kcals
Protein	22.81 g	51.16% of kcals



Marinated Black Bean Salad Number of Portions 50

HACCP process: #1 No Cook
One portion provides: ½ cup vegetables (1/8 cup legume, 1/8 cup red/orange, ¼ cup other)

Portion size: ½ cup

Ingredients

Black Beans, drained	1 1/3 #10 can
Corn, frozen	3 lbs + 8 oz
Sweet Green Peppers (raw, chopped)	12 oz
Sweet Red Peppers (raw, chopped)	12 oz
Red Onion, (raw, chopped)	4 oz
Dressing:	
Lemon Juice	¼ cup
Lime Juice	¼ cup
Parsley, (fresh chopped)	⅓ cup
Cumin, ground	1 Tbsp
Garlic, Granulated	2 tsp
Canned Salsa	28 oz
Olive Oil	¼ cup

Instructions

1. Combine black beans, corn, green peppers, red peppers and onions in a large bowl.
2. Prepare dressing: combine lemon juice, lime juice, parsley, cumin, garlic, salsa and olive oil.
3. Pour dressing over bean mixture and toss lightly to combine.
4. Refrigerate until served.
 *HACCAP refrigerate at 41 degrees or less until served.

Nutrition Information

Calories	157 kcal	
Total Fat	1.64 g	9.39% of kcals
Sat Fat	.26 g	1.49% of kcals
Trans Fat	0 g	0% of kcals
Sodium	246.99 mg	
Carbs	16.72 g	42.61% of kcals
Protein	5.06 g	12.9% of kcals



Marinated Cucumbers

Number of Portions **50**

HACCP process: #1 No Cook
One portion provides: ¼ cup other vegetables

Portion size: ¼ cup (10 slices equal ¼ cup)

Ingredients

Vinegar (distilled)	1 ¼ cup
Sugar (granulated)	7 Tbsp & 2 tsp
Dill Weed (fresh)	¼ cup sprigs
Cucumber (peeled, raw)	5 lb

Instructions

1. Combine vinegar, sugar and dill. Mix well.
2. Add cucumbers to mixture and stir well.
3. Cover and marinate for at least 1 hour in refrigerator.
CCP: Refrigerate until served.
4. Drain slices before serving.

Nutrition Information

Calories	14 kcal	
Total Fat	.07 g	4.69% of kcals
Sat Fat	.01 g	.38% of kcals
Trans Fat	0 g	0% of kcals
Sodium	1.07 mg	
Carbs	2.92 g	83.23% of kcals
Protein	.27 g	7.68% of kcals



Mexican Pizza

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 1.75 oz-eq grains
 1/8 cup red/orange vegetables

Portion size: 1 slice

Ingredients

Pizza Crust (whole grain rich purchase	6
Beef Taco Filling	6 1/4 lbs
Cheddar Cheese (reduced-fat, shredded)	3 lbs
Tomatoes (low-sodium, canned, diced, drained)	6 cups
Peppers (jalapeno, canned with liquid, drained))	6 peppers
Sour Cream, reduced fat	8 oz

Instructions

1. Prepare crust according to manufactures directions.
2. Spread a little over 1 lb of taco filing over crust.
3. Spread 8 oz of shredded cheddar over taco filling.
4. Add 1 cup of diced tomatoes over cheese (about 1/8 cup per slice).
5. Slice jalapenos and add to taste.
6. Bake at 400° F for 10 minutes or until crust is golden and cheese is melted.
7. Cut into 8 even slices and serve immediately.
8. Garnish with 1 oz of sour cream (included in nutritional analysis).

Nutrition Information

Calories	300 kcal	
Total Fat	10.53 g	31.62% of kcals
Sat Fat	4.36 g	13.11% of kcals
Trans Fat	0 g	0% of kcals
Sodium	789.08 mg	
Carbs	32.81 g	43.8% of kcals
Protein	15.62 g	20.86% of kcals



SPRING & SUMMER

Mushroom Soup

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: ¼ cup other vegetable

Portion size: ½ cup (6 oz ladle)

Ingredients

Mushrooms (raw, sliced) 2 ¾ lbs
Margarine (40% fat, trans fat free) 2 Tbsp
Mushroom Soup (low sodium) 200 oz

Instructions

1. Slice fresh mushrooms and sauté in a skillet with margarine for about 2 to 3 minutes.
2. Prepare soup according to directions (add water). Heat thoroughly.
3. Add sautéed mushrooms and serve.

Nutrition Information

Calories	74 kcal	
Total Fat	2.2 g	26.91% of kcals
Sat Fat	1 g	12.22% of kcals
Trans Fat	0 g	0% of kcals
Sodium	394.24 mg	
Carbs	10.25 g	55.75% of kcals
Protein	2.65 g	14.41% of kcals



PB & J Dressing

Number of Portions **50**

HACCP process: #1 No Cook
One portion provides:

Portion size: 1 Tbsp

Ingredients

Peanut Butter (smooth) USDA Food	1/3 cup
Jelly	1/2 cup
Grape Juice (100% juice canned or bottled, unsweetened)	1 cup
Oil (vegetable)	4 Tbsp

Instructions

1. Mix all ingredients together.

Nutrition Information

Calories	41 kcal	
Total Fat	2.8 g	61.32% of kcals
Sat Fat	.49 g	10.76% of kcals
Trans Fat	0 g	0% of kcals
Sodium	12.6 mg	
Carbs	3.81 g	37.07% of kcals
Protein	.65 g	6.29% of kcals



SPRING & SUMMER

Peanut Butter and Banana Wrap

Number of Portions **50**

HACCP process: #1 No Cook
One portion provides: 1 oz-eq meat/meat alternate
1.5 oz-eq grains
½ cup fruit

Portion size: 1 Wrap

Ingredients

Tortilla (whole grain, frozen)	50 tortilla (8 inch)
Bananas (raw)	50 medium (7" to 7-7/8")
Peanut Butter (smooth style, w/o salt)	3 ⅛ pint

Instructions

1. Spread 2 Tbsp of peanut butter on tortilla.
2. Peel banana and place to one side to the wrap.
3. Roll wrap and serve immediately.
CCP: Refrigerate until served.

Nutrition Information

Calories	415 kcal	
Total Fat	19.14 g	41.54% of kcals
Sat Fat	3.95 g	8.57% of kcals
Trans Fat	0 g	0% of kcals
Sodium	346.66 mg	
Carbs	53.26 g	51.38% of kcals
Protein	13.38 g	12.9% of kcals

Pesto Chicken Penne

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 1 oz-eq grains

Portion size:

Ingredients

Penne (WGR pasta)	5 lbs
Chicken (diced, cooked)	6 ½ lbs
Oil (olive or vegetable)	1 cup
Garlic (raw)	8 oz
Sun-dried Tomatoes	2 ⅛ cups
Pesto Sauce	3 ¼ cups

Instructions

1. Bring a large stock pot of water to boil. Add pasta slowly, stirring until water starts to boil again. Cook 8 to 10 minutes or until tender, stirring constantly.
2. Drain pasta.
3. Heat oil in a large skillet over medium heat and sauté minced garlic and chicken.
4. CCP: Heat to 165°F or higher for at least 15 seconds.
5. Spray two full steam table pans with vegetable spray and divide pasta evenly.
6. Add sautéed chicken and garlic mixture. Evenly divide between 2 pans.
7. Fold in sun dried tomatoes and pesto sauce evenly between the two pans. Toss to coat and serve.

Nutrition Information

Calories	361 kcal	
Total Fat	16.29 g	40.61% of kcals
Sat Fat	2.79 g	6.96% of kcals
Trans Fat	0 g	0% of kcals
Sodium	111.03 mg	
Carbs	36.74 g	40.7% of kcals
Protein	25.17 g	27.89% of kcals



Quirky Turkey Sandwiches

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains

Portion size: 1 Sandwich

Ingredients

Turkey Breast (low sodium, packaged or deli)	5 lbs
Cream Cheese (garden vegetable flavor)	25 oz
Bun (whole wheat, flat, round, sliced)	50 each

Instructions

1. Spread 1 Tbsp of cream cheese on top part of bun.
2. Place 2 oz of deli turkey on bottom half of bun. Place other half of bun on top.

Nutrition Information

Calories	195 kcal	
Total Fat	6.65 g	30.64% of kcals
Sat Fat	2.99 g	13.75% of kcals
Trans Fat	0 g	0% of kcals
Sodium	652.36 mg	
Carbs	23.86 g	48.55% of kcals
Protein	14.87 g	30.44% of kcals



Red and Green Salad

Number of Portions **50**

HACCP process: Same Day Service
One portion provides: ½ cup other vegetable

Portion size: 2/3 cup

Ingredients

Mayonnaise, low sodium, low calorie	2 cups
Sugar, granulated	1/3 cup
Cider Vinegar	1/3 cup
Salt, table	2 tsp
Pepper, black	½ tsp
Cabbage (raw, green, shredded)	8 cups
Cabbage, shredded	16 cups
Carrots (raw, grated)	4 cups
Parsley, fresh, chopped	2 cups

Instructions

1. In large bowl add mayonnaise, sugar, cider vinegar, salt, and pepper until well blended.
2. Add shredded vegetables and parsley to dressing. Gently toss to mix. Serve immediately or refrigerate CCP:41°F or below.
3. Serving size 2/3 cup

Nutrition Information

Calories	40 kcal	
Total Fat	1.8 g	40.76% of kcals
Sat Fat	.31 g	7.07% of kcals
Trans Fat	0 g	0% of kcals
Sodium	118 mg	
Carbs	5.91 g	59.46% of kcals
Protein	.63 g	6.33% of kcals



Seasoned Rice

Number of Portions **50**

HACCP process: #2 Same Day Service

One portion provides: 2 oz-eq grain

Portion size: 1 cup

Ingredients

Onions (raw, chopped)	2 qts
Chicken Broth (low-sodium chicken flavor)	2 cups
Rice (long grain, brown)	2 qts
Pepper (black - ground)	1 tsp

Instructions

1. In a large stockpot, stir onion over low heat until transparent (approx. 5 min.).
2. Add broth and heat to boiling.
3. Stir in rice and broth and bring to boil. Cover pan and steam until rice is al dente, about 20 to 30 minutes. Recover and steam 5 to 10 minutes more or until liquid is absorbed.
4. Uncover, pepper to taste. Recover; steam 5 to 10 minutes more.

Nutrition Information

Calories	121 kcal	
Total Fat	.95 g	7.01% of kcals
Sat Fat	.2 g	1.49% of kcals
Trans Fat	0 g	0% of kcals
Sodium	32.82 mg	
Carbs	25.32 g	83.45% of kcals
Protein	2.83 g	9.34% of kcals



Sloppy Joe on a Roll

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains
 ¼ cup other vegetable

Portion size: 1 Sandwich (portion no. 12 scoop – 1/3 cup)

Ingredients

Beef (ground, 85% lean/15% fat)	8 lbs + 10 oz
Onions (raw, chopped)	10 oz
Garlic (granulated)	1 Tbsp
Tomato Paste (without salt)	¼ #10 can
Catsup	¼ #10 can
Water	2 cups
Vinegar	1 cup + 2 Tbsp
Mustard, dry	2 Tbsp
Pepper (black)	1 Tbsp
Sugar (brown)	2 ¾ oz
Rolls (hamburger or hotdog)	50 (1.8 oz)

Instructions

1. Brown ground beef and drain grease. Add onions and garlic cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper and brown sugar. Mix well and simmer for 25-30 minutes.
 CCP: Heat to 155°F or higher for at least 15 seconds.
2. Pour 10 lb + 12 oz (1 gallon + ¼ cup) ground beef mixture into steam table pan (12 x 20 x 2½).
 50 servings use 1 pan; 100 servings use 2 pans
 CCP: Hold for hot service at 135°F or higher.

Nutrition Information

Calories	345 kcal	
Total Fat	12.76 g	33.29% of kcals
Sat Fat	4.95 g	12.92% of kcals
Trans Fat	0 g	0% of kcals
Sodium	539.99 mg	
Carbs	35.93 g	41.65% of kcals
Protein	20.95 g	24.29% of kcals



Squish Squash

Number of Portions **50**

HACCP process: #2 Same Day Service

One portion provides: ½ cup vegetable

Portion size: ½ cup vegetable

Ingredients

Zucchini	9 lbs + 12oz
Summer Squash	12 lbs + 8 oz
Oil (vegetable)	1 cup
Pepper (black or white ground)	2 tsp

Instructions

1. Thoroughly wash and dry all produce. Trim ends from squash.
2. Cut vegetables into ¼ inch coins.
3. Heat oil in steam jacketed kettle or tilt kettle over medium high heat.
4. Add ground pepper to oil and stir.
5. Add vegetables to oil and sauté over medium heat for 2 minutes, stirring constantly.
6. Reduce heat to medium low, cover steam jacketed kettle and steam for 3 minutes. Do not overcook vegetables as they will continue to cook on the steam table.

CCP: Hold at or above 135° F before and during service

Nutrition Information

Calories	72 kcal	
Total Fat	4.85 g	60.67% of kcals
Sat Fat	0.79 g	9.89% of kcals
Trans Fat	0 g	0% of kcals
Sodium	9.36 mg	
Carbs	6.61 g	36.74% of kcals
Protein	2.45 g	13.63% of kcals



Stromboli Squares

Number of Portions **50**

HACCP process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
1.5 oz-eq grains
¼ cup red/orange vegetable

Portion Size: 3-inch square (serve with 2 oz marinara sauce on side)

Ingredients

Dough (pizza 12x16 22-24oz)	12 lbs
Sauce (marinara, low sodium)	2 qt + 1 cup
Eggs (whole, fresh)	4 large
Cheese (mozzarella, lite, frzn, shred)	3 lbs 2 oz
Turke Ham , low sodium	5 lbs 5 oz

Instructions

1. Lay out a sheet of thawed pizza dough 12x16 on a lightly floured surface.
2. Spread a thin layer of marinara sauce across the dough leaving a 1-inch margin around the edge.
3. Layer 1/8 cheese and 1/8 ham across the dough. Repeat.
4. Place another thawed 12x16 sheet of dough on top. Pinch the edges shut on all four sides.
5. Cut across vertically into 4" sections. You should have four 12" sections. Pinch the opening edges of the dough shut.
6. Now cut the 12" sections into four 3" sections. Pinch the opening edges shut. You should now have 16 - 3" square pieces.
7. Place on lined sheet pan and brush with lightly beaten egg.
Bake: Conventional oven 350°F for 25-30 minutes.
Watch dough doesn't get too brown.

Nutrition Information

Calories	323 kcal	
Total Fat	6.28 g	17.5% of kcals
Sat Fat	2.24 g	6.23% of kcals
Trans Fat	0 g	0% of kcals
Sodium	575.35 mg	
Carbs	48.76 g	60.40% of kcals
Protein	19.44 g	24.08% of kcals



Super Sliders

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 2 oz-eq grains
 1/8 cup other vegetables
Portion size: 2 oz; sandwich

Ingredients

Water	3 ¾ cups
Brown Rice (USDA Food, not quick cooking)	1 ¾ cups
Onions (raw, chopped)	1 cup
Green Peppers, chopped	3 cups
Garlic Salt	2 Tbsp
Ground Turkey (raw)	8 lbs
Eggs, whole fresh	10 large
Raisins	2 ¾ cups
Spinach (raw, chopped)	5 cups
Worcestershire sauce	3 Tbsp
White Pepper	1 tsp
Black Pepper	1 Tbsp
Whole Grain Roll/Bun	50 (rolls) 2 oz each
Mavonnaise, light	1 cup + 1 tsp

Instructions

- Combine water and brown rice, onion, peppers and garlic salt in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 35-40 minutes. Fluff. Cover and refrigerate.
CCP: Cool to 41F or lower within 4 hours.
- Combine turkey, eggs, raisins, spinach, Worcestershire sauce, white and black pepper and brown rice mixture together. Mix.
- Portion into 2½ oz patties onto a lined sheet pan lightly coated with release spray.
- Bake: Conventional 350F for 25 minutes.
CCP: Heat to 165F or higher for at least 15 seconds.
- Spread a very thin layer of lt. mayonnaise on top piece of bun.
- Assemble sandwich and serve.
CCP: Hold for hot service at 135F or higher

Nutrition Information

Calories	289 kcal	
Total Fat	7 g	21% of kcals
Sat Fat	1.5 g	8% of kcals
Trans Fat	0 g	0% of kcals
Sodium	601 mg	
Carbs	29g	45% of kcals
Protein	23 g	50% of kcals



Swiss Burger Deluxe

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 3 oz-eq meat/meat alternate
 2 oz-eq grains
 ¼ cup other vegetable

Portion size: 1 Sandwich

Ingredients

Beef Patty (Ground, 80% lean/20% fat)	1 Patty
Cheese (Swiss, sliced)	1 oz
Lettuce (shredded)	¼ cup
Tomatoes (sliced)	1 Slice
Rolls (WGR, hamburger)	1 Roll

Instructions

1. Preheat conventional oven to 375 degrees.
2. Place a liner sheet on full sheet pan and place patties on pan.
3. Bake from a frozen state for 20-25 or until internal temperature reaches 145 degrees.
4. Place on bun half.
5. Top with cheese slice and garnish with lettuce and tomato
6. Top with remaining bun half and serve.

Can be garnished with lettuce, tomato or other vegetables.

Nutrition Information

Calories	438 kcal	
Total Fat	23.14 g	47.56% of kcals
Sat Fat	10.56 g	21.7% of kcals
Trans Fat	0 g	0% of kcals
Sodium	352.63 mg	
Carbs	23.93 g	21.86% of kcals
Protein	31.84 g	29.08% of kcals



Taco Pie

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 1.25 oz-eq grains
 ½ cup vegetable (1/4 cup red/orange and ¼ cup starchy)

Portion size: 5X5 inch square

Ingredients

Beef (ground, 85% lean)	5 lbs & 14 oz
Taco Seasoning Mix	6 oz
Water	2 ½ cups
Salsa (USDA Food)	2 lbs & 3 oz
Tomato Puree (canned, w/o salt)	1/3 of #10 can
Corn (sweet yellow, frozen)	4 ½ lbs
Water	1 qt
Tortillas, whole grain rich	40 tortillas (7-8")
Cheese (low sodium cheddar or Colby)	2 lbs

Instructions

1. Brown ground beef and drain.
2. Sprinkle taco seasoning mix over beef.
3. Add water and allow to simmer for 15 minutes.
4. In a bowl, combine salsa, tomato puree, corn and water.
5. Cut tortillas into halves.
6. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray (use 2 pans for 50 servings).
7. Assemble
Bottom Layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb + 3 oz (3 ½ cups) of the meat mixture on top of tortillas. Spread 1 lb + 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.
Middle Layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb + 3 oz (3 ½ cups) of the meat mixture on top of tortillas. Spread 1 lb + 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.
Top Layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining meat mixture on top of the tortillas. Divide the remaining taco sauce over the meat mixture. Sprinkle 4 oz (1 cup) shredded cheese evenly over taco sauce. Tightly cover pans.
8. Bake
 Conventional oven: 350° F for 30 minutes or Convection oven: 325° F for 20 minutes
9. CCP: Heat to 165° F or higher for at least 15 seconds
10. CCP: Hold for hot service at 135° F or higher
11. Let pie rest 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).



SPRING & SUMMER

Taco Pie continued

Nutrition Information (per serving)

Calories	355 kcal	
Total Fat	16.84 g	42.71% of kcals
Sat Fat	7.55 g	19.15% of kcals
Trans Fat*	.5 g	1.26% of kcals
Sodium	721.58 mg	
Carbs	32.17g	36.27% of kcals
Protein	19.16 g	21.61% of kcals

*Naturally occurring in meat, cheese



Tangy Pulled Sandwich

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternative
 2 oz-eq grain

Portion size: 1 sandwich

Ingredients

Pork (tenderloin, lean, cooked, roast, USDA Food)	10 lbs
WGR Bread	100 slices
Honey BBQ Sauce	50 oz
Mustard (yellow prepared)	50 oz

Instructions

1. Bake pork roast until easily pulls apart.
2. Cool and shred.
3. CCP: Heat to 155° F or higher for at least 15 seconds.
4. In a bowl combine mustard with honey BBQ sauce and mix well.
5. CCP: Hold to 135° F or higher

Nutrition Information

Calories	333 kcal	
Total Fat	7.87 g	21.28% of kcals
Sat Fat	1.83 g	4.94% of kcals
Trans Fat	0 g	0% of kcals
Sodium	988.36 mg	
Carbs	39 g	46.89% of kcals
Protein	28.57g	34.35%



Three Bean Bake

Number of Portions **50**

HACCP process: #2 Same Day Service

One portion provides: ½ cup legumes

Portion size: ½ cup

Ingredients

Beans (baked, vegetarian, canned in sauce)	92 oz
Beans (black, canned, low sodium)	92 oz
Beans (pinto, canned, low sodium)	92 oz
Sugar (brown)	1 cup
Onions (dehydrated flakes)	3 Tbsp
Mustard (dry)	2 Tbsp
Catsup (low sodium)	1 ½ cups
Worcestershire Sauce	2 Tbsp

Instructions

1. Place all ingredients in steam table pans. Mix well.
2. Cover and bake in oven at 350° for 45-60 minutes.

Nutrition Information

Calories	168 kcal	
Total Fat	.92 g	4.92% of kcals
Sat Fat	.18 g	.95% of kcals
Trans Fat	0 g	0% of kcals
Sodium	305.8 mg	
Carbs	34.2 g	81.4% of kcals
Protein	8.43 g	20.06% of kcals



Tomato Basil Salad

Number of Portions **50**

HACCP process: #1 No Cook
One portion provides: ½ cup red/orange vegetable

Portion size: ½ cup vegetable

Ingredients

Tomatoes (cherry, sliced)	10 pints
Onions (raw, chopped)	2 ½ cups
Basil (fresh, chopped)	1 2/3 cups
Cheese (mozzarella, lite, USDA food)	3 lbs
Oil (olive, salad or cooking)	2 ½ cups
Vinegar (cider)	2 ½ cups
Garlic (raw)	10 cloves

Instructions

1. Wash tomatoes and pull off stems. Cut in half and place in a large mixing bowl.
2. Chop onions and add to bowl.
3. Chop basil and add to bowl.
4. Cube mozzarella cheese into ½ inch cubes and add to mixture.
5. Add remaining ingredients: oil, vinegar, and garlic and thoroughly mix.
6. Chill until ready to serve or let marinate overnight.
 CCP: 41° or less

Nutrition Information

Calories	176 kcal	
Total Fat	13.9 g	70.97% of kcals
Sat Fat	3.38g	17.27% of kcals
Trans Fat	0 g	0% of kcals
Sodium	148.59 mg	
Carbs	4.77 g	10.82% of kcals
Protein	8.28 g	18.78% of kcals



Tomato Bisque

Number of Portions **50**

HACCP process: Same Day Service

One portion provides: ¼ c. red/orange vegetable, 1/8 c. legume

Portion size: 6 oz.

Ingredients

Oil, vegetable	½ c.
Tomatoes, canned, low sodium	2 - #10 cans
Garbanzo Beans, canned, low sodium	6 lbs
Tomato Sauce, low sodium	2 - #10 cans
Water	¾ gal
Non Fat White Milk	1 gal.
Basil, dry leaves	2 ½ Tbsp
Salt	1 Tbsp.
Pepper, black ground	1 ½ tsp

Instructions

1. Heat diced tomatoes and garbanzo beans in a large stockpot and simmer.
2. Add tomato sauce, nonfat white milk, and water. Heat thoroughly.
3. Finish soup with dry basil, salt and pepper.
4. CCP: Hold at or above 135° F before and during service.

Nutrition Information

Calories	77 kcal	
Total Fat	165 g	19.23% of kcals
Sat Fat	.24g	2.8% of kcals
Trans Fat	0 g	0% of kcals
Sodium	158.65 mg	
Carbs	13.57 g	70.21% of kcals
Protein	2.66 g	13.76% of kcals



Tso Good Sauce

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides:

Portion size: 1 oz

Ingredients

Sauce (Worcestershire)	2 ¼ cups
Sugars (granulated)	2 ¼ cups
Vinegar (cider)	2 ⅝ cups
Chili Powder	¾ cup
Cornstarch	6 Tbsp

Instructions

- Mix all ingredients into a sauce pan. Cook at medium temperature until sauce is thickened. Stir frequently.
 CCP: Heat to 140° F or higher

Nutrition Information

Calories	56 kcal	
Total Fat	.26 g	4.13% of kcals
Sat Fat	.04 g	.71% of kcals
Trans Fat	0 g	0% of kcals
Sodium	151.6 mg	
Carbs	13.37 g	95.26% of kcals
Protein	.24 g	1.74% of kcals



Tuna and Noodles

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternate
 1 ¼ oz-eq grains

Portion size: 1 cup

Ingredients

Water	2 gal
Noodles, whole grain rich, dry	2 lb + 8 oz
Margarine (trans fat free)	8 oz
Celery (raw, chopped)	1 lb
Onions (raw, chopped)	14 oz
Wheat Flour (white, all-purpose enriched)	8 oz
Milk (dry, non-fat)	1 gal
Stock (chicken broth, low sodium)	1 gal
Pepper (black)	1½ tsp
Parsley (dried)	½ cup
Salt (table)	1 Tbsp
Tuna (white, canned in water, drained)	2 (66 ½ oz can)
Lemon Juice (frozen, unsweetened)	2/3 cup

Instructions

1. Heat water to rolling boil.
2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step 6.
3. Melt margarine. Add celery and onions. Cook over medium heat for 5-6 minutes.
4. Add flour and stir until smooth.
5. Add milk, chicken stock, pepper, parsley, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
6. Add cooked noodles, tuna, and lemon juice. Stir gently to combine. Cook over medium heat for 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
7. Pour into medium half steam table pans (10"x12"x4"). For 50 servings use 3 pans.
8. Hold for 30 minutes at 180-190° F to allow sufficient time for mixture to set up properly.
9. CCP: Hold for hot service at 135° F or higher

Nutrition Information

Calories	282 kcal	
Total Fat	5.79 g	18.47% of kcals
Sat Fat	1.24 g	3.97% of kcals
Trans Fat	0 g	0% of kcals
Sodium	390.99 mg	
Carbs	33.15 g	47.02% of kcals



Tunapple Sandwich

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 2 oz-eq meat/meat alternative
 2 oz-eq grains
 1/8 cup fruit
Portion Size: 4 oz No. 8 scoop

Ingredients

Tuna (chunk light, canned in water, drained)	132 oz
Onions (raw, finely chopped)	1 lb
Celery (raw, chopped)	2 lbs
Pickle Relish, sweet	1 cup
Mustard, (dry powdered)	½ Tbsp
Mayonnaise, light	5½ cups
Apples (raw, chopped with skin)	2¼ lbs
Cheddar Cheese (reduced fat, shredded)	1½ lbs
Pita Bread, Whole Wheat (6 ½" diameter)	50

Instructions

1. Drain tuna well. Flake. Drain again. Should be very dry. Chill in refrigerator. CCP: Hold for cold service at 41F or lower.
2. Wash apples. Core and chop. Toss with lemon juice to keep from browning if necessary.
3. Combine tuna, onions, celery, pickle relish, dry mustard and mayonnaise. Mix well.
4. Add shredded cheddar cheese and chopped apples. Mix well. Cover and refrigerate until ready to serve. CCP: Hold for cold service at 41F or lower.
5. Portion with a No. 8 scoop (1/2 cup) onto one side of pita. Fold in half and serve.

Nutrition Information

Calories	281 kcal	
Total Fat	8.7 g	27.8% of kcals
Sat Fat	2.7 g	8.7% of kcals
Trans Fat	0 g	0% of kcals
Sodium	583.21 mg	
Carbs	25.58 g	36.4% of kcals
Protein	25.93 g	36.9% of kcals



Turkey New Yorker

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 3 oz-eq meat/meat alternative
 2 oz-eq grains
 1/8 cup other vegetable

Portion size: 1 Sandwich

Ingredients

Margarine (0 trans fat)	1 cup
Bread (whole-wheat)	100 slices
Turkey Breast (low-sodium, prepackaged or deli)	7 lbs
Coleslaw (prepared)	5 lbs
Cheese (Swiss, sliced)	50 slices (1oz each)

Instructions

1. Melt margarine and lightly brush one side on each slice of bread.
2. Place one slice of bread, buttered side down on a sheet pan.
3. Assemble sandwich on bread:
2 oz of turkey – approx. 1.5 oz of coleslaw – 1 slice of cheese
4. Top with another slice of bread, butter side up.
5. Bake at 350° F until bread starts to brown and internal temperature reaches 155° F.
6. Slice finished sandwiches on a diagonal and serve.

Nutrition Information

Calories	370 kcal	
Total Fat	13.21 g	32.11% of kcals
Sat Fat	6.08 g	14.78% of kcals
Trans Fat	0 g	0% of kcals
Sodium	865.9 mg	
Carbs	32.96 g	35.62% of kcals
Protein	29.96 g	32.38% of kcals



Tuscan Turkey Wrap

Number of Portions **50**

HACCP process: #1 No Cook

One portion provides: 2 oz-eq meat/meat alternative

1.5 oz-eq grain

3/8 cup vegetables (1/8 cup red/orange and 1/4 cup other)

Portion size: 1 wrap

Ingredients

Tortillas (whole grain rich 8")	50
Cream Cheese (fat-free)	3¼ cups
Turkey Breast (low sodium)	10 lbs
Cucumber (raw, peeled, sliced)	12½ cups
Carrots (fresh, shredded)	6¼ cups
Cheddar Cheese (reduced-fat, shredded)	25 oz
Italian Dressing	25 oz

Instructions

1. Spread each tortillas with 1 Tbsp of cream cheese.
2. Add the following ingredients to wrap in this order:
 - 3.2 oz turkey
 - ¼ cup thinly sliced cucumbers
 - 1/8 cup shredded carrots
 - .5 oz of shredded cheese
 - 1 T Italian dressing
3. Fold in each end of the wrap and roll.
CCP: Hold for cold service at 41°F or lower

Nutrition Information

Calories	393 kcal	
Total Fat	18.27 g	41.89% of kcals
Sat Fat	3.61 g	8.28% of kcals
Trans Fat	0 g	0% of kcals
Sodium	774.20 mg	
Carbs	25.53 g	26.02% of kcals
Protein	31.96 g	32.57% of kcals



Vegetable Brown Rice

Number of Portions **50**

HACCP process: #2 Same Day Process

One portion provides: .25 oz-eq grains
¼ cup other vegetable

Portion size: ½ cup (use no. 8 scoop for ½ cup)

Ingredients

Rice (brown, long grain)	3 1/8 cups
Chicken broth (low sodium, canned)	72 oz
Vegetables (mixed, frozen, no salt added)	12½ lbs

Instructions

1. Combine rice and broth in a 4" steam table pan.
2. Cover and bake at 350° for 30 to 40 minutes or until moisture is completely absorbed. Fluff rice.
CCP: Heat to 145° F or higher for 3 minutes
3. Steam frozen vegetables until tender about 10-12 minutes.
CCP: Heat to 145° F or higher for at least 15 seconds.
4. Combine vegetables and rice together.

Nutrition Information

Calories	123 kcal	
Total Fat	.75 g	5.51% of kcals
Sat Fat	.18g	1.29% of kcals
Trans Fat	0 g	0% of kcals
Sodium	52.75 mg	
Carbs	24.26 g	78.9% of kcals
Protein	4.98 g	16.18% of kcals



Vegetarian Pizza

Number of Portions **50**

HACCP process: #2 Same Day Service
One portion provides: 1.5 oz-eq meat/meat alternative
 2 oz-eq grains
 ¼ cup red/orange vegetable

Portion size: 1 Slice

Ingredients

Pizza (cheese, whole grain crust)	50 4x6
Cheese (Mozzarella cheese curds)	3½ lbs
Spinach (raw)	6¼ cups
Tomatoes (red, diced, ripe)	5¼ cups
Green or Red Peppers (raw, chopped)	6½ cups
Mushrooms (raw, sliced)	4¾ cups

Instructions

1. Prepare cheese pizza for baking as per manufacturer directions.
2. Evenly scatter vegetable toppings on pizza.
3. Diced tomato should be 1/8 cup per piece.
4. Fresh mozzarella should be .5 oz per slice.
5. Bake at 350°F for 17 to 21 minutes or until cheese is bubbly or browning.

CCP: Hold at 135°F or higher.

Nutrition Information

Calories	377 kcal	
Total Fat	13.79 g	32.92% of kcals
Sat Fat	6.61 g	15.77% of kcals
Trans Fat	0 g	0% of kcals
Sodium	745.92 mg	
Carbs	40.46 g	42.91% of kcals
Protein	24.05 g	25.51% of kcals



Veggie Beans

Number of Portions **50**

HACCP process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternative or ½ cup legumes

Portion size: 2/3 cup

Ingredients

Beans (baked, canned, plain or vegetarian)	2 1/8 - #10 cans
Onions (raw, chopped)	1 lb & 8 oz
Molasses	11 oz
Mustard (powder, dry)	2 Tbsp
Sugar (brown)	3¾ oz
Water	2 cups
Tomato Paste (w/o salt)	9½ oz

Instructions

1. Pour 14 lb 10 oz (1 gal 2½ qt) canned vegetarian beans into each of 2 medium steam table pans (12"x20"x4").
2. Combine onions, molasses, dry mustard, brown sugar, water and tomato paste. Blend
3. Pour 4 lb + 1 oz (1 qt + 3 cups) mixture over beans in each steam table pan. Stir & cover.
4. Bake Conventional oven: 350° F for 2¼ hours Convection oven: 325° F for 1¼ hours
5. Remove cover during last ½ of baking to brown the beans.
6. CCP: Heat to 165° F or higher for 15 seconds
7. CCP: Hold for hot service at 135° F or higher

Nutrition Information

Calories	159 kcal	
Total Fat	.64 g	3.62% of kcals
Sat Fat	.16 g	.91% of kcals
Trans Fat	0 g	0% of kcals
Sodium	532 mg	
Carbs	35.98 g	90.53% of kcals
Protein	6.77 g	17.03% of kcals



White Bean Soup

Number of Portions **50**

HACCP process: #2 Same Day Service

One portion provides: ½ cup legumes

Portion size: 4 oz

Ingredients

Oil (olive, salad or cooking)	3/8 cup
Onions (spring or scallions, include top and bulb)	2 cups (chopped)
Garlic (minced)	5 oz
Spices (oregano, pepper)	1/8 cup (ground)
Beans (white, canned, drained)	190 oz
Vegetable Stock (low-sodium)	145 oz
Lemon Juice	5 Tbsp

Instructions

1. In a large pot, heat oil over medium heat. Add scallions, garlic, oregano, and cook, stirring frequently until scallions begin to soften, about 3 to 4 minutes.
2. Drain and rinse beans.
3. Add beans and broth to scallion mixture. Heat through about 4 minutes.
4. Using a wooden spoon or potato masher, lightly mash some of the beans to thicken the soup.
5. Stir in lemon juice and season with pepper if needed.

Nutrition Information

Calories	152 kcal	
Total Fat	2.2 g	12.96% of kcals
Sat Fat	.36 g	2.1% of kcals
Trans Fat	0 g	0% of kcals
Sodium	32.44mg	
Carbs	26.97 g	70.04% of kcals
Protein	10.87 g	28.53% of kcals



Yogie Hoagie

Number of Portions **50**

HACCP process: Same Day Service
One portion provides: 3 oz-eq meat/meat alternative
 2 oz-eq grains
 ¼ cup other vegetable

Portion size: 1 sandwich

Ingredients

Yogurt (plain, lowfat, 12g protein per 8 oz)	5 cups
Garlic Powder	1 1/4 tsp
Cumin (ground)	1 1/4 tsp
Pepper (black)	1 1/4 tsp
Parsley (fresh)	1/3 cup
Whole Wheat Mini Sub – 2.4 oz each)	50
Turkey (breast, deli-style, low sodium, cooked)	8 lbs
Spinach (raw)	2 ¼ lbs
Cucumber (peeled, raw)	3 medium

Instructions

1. Combine yogurt with garlic powder, cumin, pepper and parsley. Stir until well combined. Can be prepared and placed in cooler one day ahead.
2. Open sub buns on sheet pan or other work surface. Spread both sides of the bun with 1½ Tbsp yogurt mixture.
3. Place 4 slices or approximately 3 oz of turkey on the bottom half of the bun.
4. Place 10 cucumber slices and a layer of spinach leaves on top of turkey. Place top of bun on the spinach. Serve

Nutrition Information

Calories	289 kcal	
Total Fat	6.05 g	18.85% of kcals
Sat Fat	2.27 g	7.06% of kcals
Trans Fat	0 g	0% of kcals
Sodium	324.91mg	
Carbs	33.24 g	46.00% of kcals
Protein	24.65 g	34.11% of kcals



Yum Yum Bars

Ingredients:	60 Servings		120 Servings		For _____ Servings	Directions:
	Weights	Measures	Weights	Measures		
Sweet Potatoes, canned in syrup		1 qt		2 qts		Beat together one quart of drained and one quart of undrained canned sweet potatoes in large mixing bowl. Beat until mashed.
Sweet Potatoes, canned, drained		1 qt		2 qts		
Eggs, whole, fresh		9 large		18 large		Add eggs, applesauce, oil, and sugar to sweet potatoes. Mix on low speed until blended. Beat for 1 minute until creamy.
Applesauce, canned, unsweetened		1 cup		2 cups		
Oil, commodity		1 cup		2 cups		
Sugar, granulated	1 lb + 13 oz	4 cups	3 lbs + 10 oz	2 qts		
Flour, all purpose	1 1/2 lbs	6 cups	3 lbs	3 qts		
Baking Soda		1 Tbsp		2 Tbsp		Mix flour, baking soda, baking powder, and cinnamon together. Gradually mix dry ingredients into sweet potato mixture. Mix on low speed until all ingredients are well blended. For 50 servings: Coat one 18 x 26 x 1-inch cookie sheet with cooking spray. Flour tray. For 100 servings: Coat two 18 x 26 x 1-inch cookie sheet with cooking spray. Flour tray. Spread batter evenly in cookie sheets. Bake at 325 degree F. for 30 minutes. When cool, sprinkle bars with powder sugar.
Baking Powder		1 Tbsp		2 Tbsp		
Cinnamon, ground		1 Tbsp		2 Tbsp		
Provides: 1/2 cup vegetable						Cut each pan 6 x 10 Serving Size: 3 x 2 1/2 inches

Calories: 168	Iron: 1 mg	Protein: 2.4 G	Protein : 5.8%
Cholesterol: 32 mg	Calcium: 26 mg	Carbohydrates: 29.6 G	Carbohydrates: 70.6%
Sodium: 109 mg	Vitamin A: 195 RE	Total Fat: 4.6 G	Total Fat: 24.5%
Fiber: 1.2 G	Vitamin C: 3.1 mg	Saturated Fat: .75 G	Saturated Fat: 4%