

Asian Brown Rice

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: ½ cup (#8 scoop)

Ingredients

Brown rice, instant* 2-1/4 lb

Water 2 qt + 1 cup

Sesame ginger salad dressing, light 1 \(\frac{3}{2} \) cups

*USDA Foods

Instructions

Place rice in steam table pan. Steam until tender (approximately 20–25 minutes).

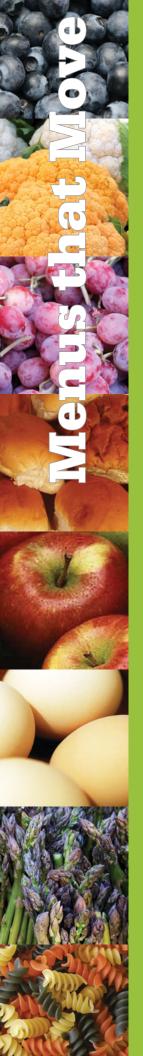
1. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

Nutrition Information

Calories	172 kcal	Iron	<1 mg	Protein	4 g	9% of kcal
Cholesterol	0 mg	Calcium	12 mg	Carbohydrates	36 g	84% of kcal
Sodium	144 mg	Vitamin A	0 IU	Total Fat	1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	0 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Asian Brown Rice

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: ½ cup (#8 scoop)

Ingredients

Brown rice, instant* 4-½ lb

Water 1 gal + 1 4 cups

Sesame ginger salad dressing, light 3 ½ cups

*USDA Foods

Instructions

1. Place rice in steam table pan. Steam until tender (approximately 20 – 25 minutes).

2. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

Nutrition Information

Calories	172 kcal	Iron	<1 mg	Protein	4 g	9% of kcal
Cholesterol	0 mg	Calcium	12 mg	Carbohydrates	30 g	36% of kcal
Sodium	144 mg	Vitamin A	0 IU	Total Fat	1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	0 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Bean & Corn Salad

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (¼ cup legumes, ½ cup starchy,

1/8 cup other)

Portion Size: ½ cup (4-oz portion server)

Ingredients

Black-eyed peas (canned), low-sodium*	¼ #10 can
Pinto beans (canned), low-sodium*	½ #10 can
Corn kernels (frozen)*	1 lb + 2 oz
Sweet red peppers (raw), chopped	2 cups
Celery (raw), chopped	2 cups
Onions (raw), chopped	1 cup
Olive oil	½ cup
Sugar, granulated	1-¼ cups
Cider vinegar	3 cups
*USDA Foods	

Instructions

Thaw corn overnight in refrigerator. Drain excess liquid.

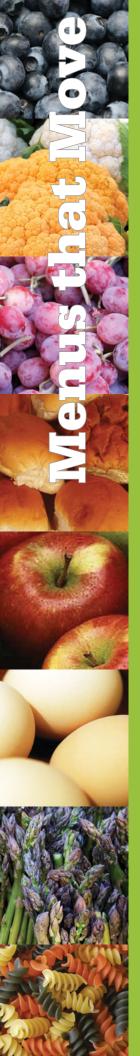
- 1. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41° or below.
- 2. Rinse and drain beans.
- 3. Combine beans, thawed corn, peppers, and onion; gently mix.
- 4. Add marinade to bean and corn mixture. Stir until ingredients are well coated.

CCP: Hold bean and corn salad for cold service at or below 41°F.

Nutrition Information

Calories	153 kcal	Iron	1 mg	Protein	3 g	9% of kcal
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	24 g	63% of kcal
Sodium	74 mg	Vitamin A	453 IU	Total Fat	5 g	29% of kcal
Dietary Fiber	3 g	Vitamin C	18 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Bean & Corn Salad

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (¼ cup legumes, ½ cup starchy,

1/8 cup other)

Portion Size: ½ cup (4-oz portion server)

Ingredients

Black-eyed peas (canned), low-sodium*	½ #10 can
Pinto beans (canned), low-sodium*	1 #10 can
Corn kernels (frozen)*	2-¼ lb
Sweet red peppers (raw), chopped	1 qt
Celery (raw), chopped	1 qt
Onions (raw), chopped	2 cups
Olive oil	1 cup
Sugar, granulated	2-1/2 cups
Cider vinegar	1 qt + 2 cups

^{*}USDA Foods

Instructions

Thaw corn overnight in refrigerator. Drain excess liquid.

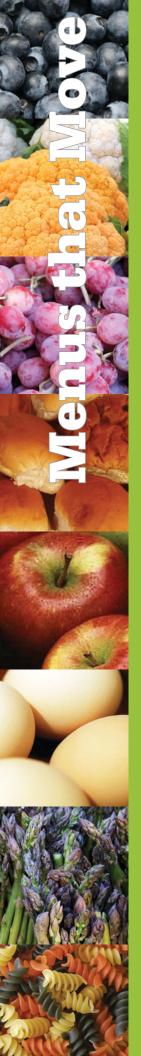
- 1. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41° or below.
- 2. Rinse and drain beans.
- 3. Combine beans, thawed corn, peppers, and onion; gently mix.
- Add marinade to bean and corn mixture. Stir until ingredients are well coated.

CCP: Hold bean and corn salad for cold service at or below 41°F.

Nutrition Information

Calories	153 kcal	Iron	1 mg	Protein	3 g	9% of kcal
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	24 g	63% of kcal
Sodium	74 mg	Vitamin A	453 IU	Total Fat	5 g	29% of kcal
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				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Beef & Refried Bean Burrito

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1.5 oz-eq grains (1.5 oz-eq whole grain-rich)

1/8 cup vegetables (1/8 cup legumes)

Portion Size: 1 burrito

Ingredients

Beef taco filling, reduced fat* 5 lb

Salsa, low sodium* 1 ½ cups (2 T each, insufficient to

count as a vegetable)

Cheddar cheese, reduced fat, shredded* 1 ¼ lb (5 cups)

Tortillas, whole grain-rich, 8"* 25 each

*USDA Foods

Instructions

1. Keep beef taco filling frozen. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: open bag carefully to avoid being burned.

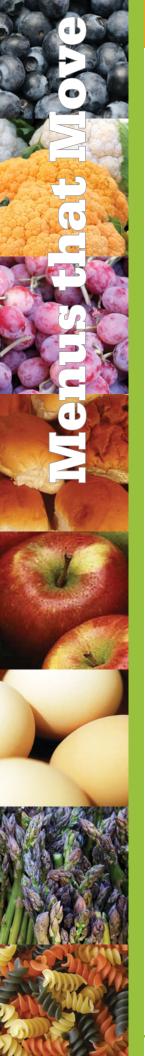
CCP: Before preparing burritos, heat beef taco filling to 165°F for 15 seconds.

CCP: While preparing burritos, hot hold beef taco filling at 135°F or higher.

- 2. Preheat oven to $375^{\circ}F$ (or $325^{\circ}F$ for convection oven). Spray one sheet pan (18" x 26" x 1") with pan release spray.
- 3. Combine beef taco filling with refried beans, salsa, and shredded cheddar cheese.
- 4. Steam tortillas for 3 minutes until warm OR place in warmer to prevent tortillas from tearing when folding.
- 5. Portion beef and bean mixture with #8 scoop (1/2 cup) onto each tortilla. Fold tortilla around beef and bean mixture, envelope style.
- 6. Place folded burritos seam side down onto prepared sheet pan.
- 7. Bake at 375°F for 15 minutes (or 325°F for 15 minutes for convection oven).

CCP: Heat burritos to 165°F for 15 seconds.

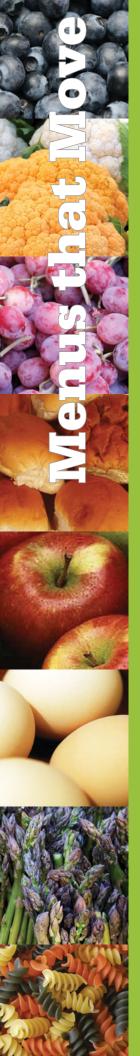
CCP: Hot hold burritos at 135°F or higher for service.



Beef & Refried Bean Burrito (continued)

Calories	392 kcal	Iron	5 mg	Protein	28 g	29% of kcal
Cholesterol	59 mg	Calcium	418 mg	Carbohydrates	40 g	41% of kcal
Sodium	892 mg	Vitamin A	964 IU	Total Fat	14 g	31% of kcal
Dietary Fiber	10 g	Vitamin C	12 mg	Saturated Fat	6 g	13% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Beef & Refried Bean Burrito

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1.5 oz-eq grains (1.5 oz-eq whole grain-rich)

1/8 cup vegetables (1/8 cup legumes)

Portion Size: 1 burrito

Ingredients

Beef taco filling, reduced fat* 10 lb

Salsa, low sodium* 3 cups(2 T each, insufficient to

count as a vegetable)

Refried beans, low sodium* 1 ½ #10 cans (~18 cups)

Cheddar cheese, reduced fat, shredded* 2 ½ lb (10 cups)

Tortillas, whole grain-rich, 8"* 50 each

*USDA Foods

Instructions

1. Keep beef taco filling frozen. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: open bag carefully to avoid being burned.

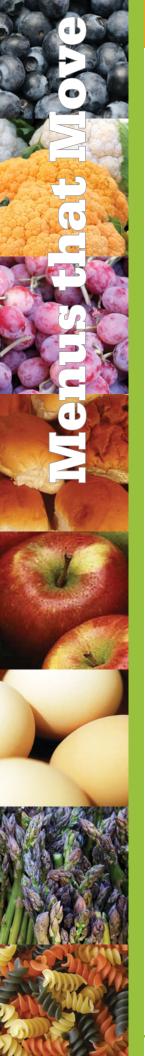
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- 2. Preheat oven to $375^{\circ}F$ (or $325^{\circ}F$ for convection oven). Spray two sheet pans (18" x 26" x 1") with pan release spray.
- 3. Combine beef taco filling with refried beans, salsa, and shredded cheddar cheese.
- 4. Steam tortillas for 3 minutes until warm OR place in warmer to prevent tortillas from tearing when folding.
- 5. Portion beef and bean mixture with #8 scoop (1/2 cup) onto each tortilla. Fold tortilla around beef and bean mixture, envelope style.
- 6. Place folded burritos seam side down onto prepared sheet pans, 33 35 burritos per pan.
- 7. Bake at 375°F for 15 minutes (or 325°F for 15 minutes for convection oven).

CCP: Heat burritos to 165°F for 15 seconds.

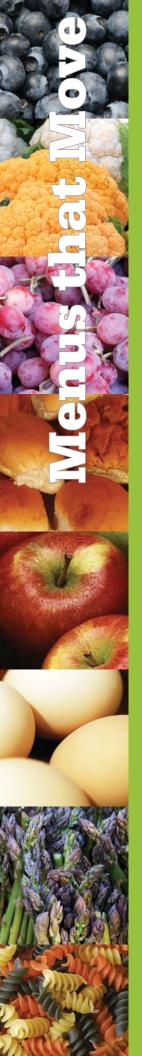
CCP: Hot hold burritos at 135°F or higher for service.



Beef & Refried Bean Burrito (continued)

Calories	392 kcal	Iron	5 mg	Protein	28 g	29% of kcal
Cholesterol	59 mg	Calcium	418 mg	Carbohydrates	40 g	41% of kcal
Sodium	892 mg	Vitamin A	964 IU	Total Fat	14 g	31% of kcal
Dietary Fiber	10 g	Vitamin C	12 mg	Saturated Fat	6 g	13% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



California Casserole Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: \(\frac{1}{2} \) cup vegetables (\(\frac{1}{2} \) cup other, \(\frac{1}{2} \) cup starchy)

Portion Size: % cup (6-oz portion server)

Ingredients

Onions, dried, chopped ^e	2 tsp
Thyme, dried, ground	dash
Black pepper	dash
Garlic powder	⅓ tsp
Oregano, dried, ground	⅓ tsp
Paprika	dash
Basil, dried	dash
Cream of mushroom soup, low-sodium ^b	4 oz (~½ cup)
Milk, lowfat (1%)	1 oz (~1/8 cup)
California vegetable blend, frozen	4 lb + 4 oz

Water (or reserved liquid from vegetables)

2 cup

2 lb + 3 oz

Instructions

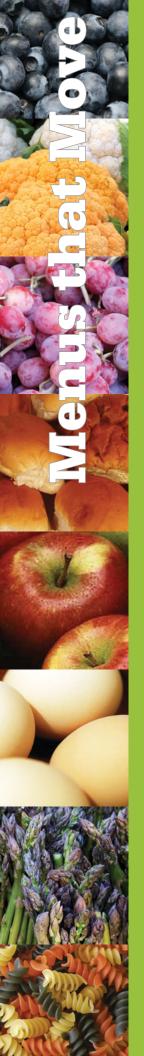
Potato rounds, frozen*

- 1. Thaw and drain California blend frozen vegetables in the refrigerator overnight. If possible, reserve 1 quart of drained liquid for the casserole.
- 2. Preheat oven to 350°F. Grease a 12" x 20" x 2" pan.
- 3. In a bowl, combine spices, onion, soup, and milk.
- 4. Add thawed California blend and 2 cups of reserved liquid (or 2 cups of water) to soup and spice mixture.
- 5. Pour mixture into prepared pan. Top with frozen potato rounds. Cover with foil or lid.
- 6. Bake, covered, at 350°F for 50 60 minutes, uncovering for the final 10 minutes of baking to brown the potatoes.
 - CCP: Heat casserole to 165°F or higher for at least 15 seconds.
 - CCP: Heat casserole to 165°F or higher for at least 15 seconds.
 - CCP: Prior to service, hold at 135°F or higher.
 - CCP: Hold for hot service at 135°F or higher.
 - CCP: Cool to 70°F within 2 hours and to 41°F or lower within 4 hours.

^{*}USDA Foods

^a½ cup chopped, raw onion may be substituted for 2-½ tbsp dried, chopped onion.

^bLow-sodium cream of celery soup may be substituted for low-sodium cream of mushroom soup.



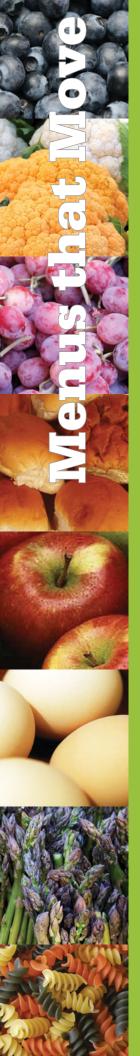
California Casserole

(continued)

- 1 77	liitrition	Information

Calories	101 kcal	Iron	<1 mg	Protein	2.3 g	9% of kcal
Cholesterol	0 mg	Calcium	23 mg	Carbohydrates	13 g	53% of kcal
Sodium	226 mg	Vitamin A	965 IU	Total Fat	4 g	36% of kcal
Dietary Fiber	3 g	Vitamin C	18 mg	Saturated Fat	.72 g	6% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



California Casserole Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: \(\frac{1}{2} \) cup vegetables (\(\frac{1}{2} \) cup other, \(\frac{1}{2} \) cup starchy)

Portion Size: % cup (6-oz portion server)

Ingredients

Onions, dried, chopped ^a	1 tbsp + ¾ tsp
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Thyme, dried, ground dash Black pepper 1/8 tsp

Garlic powder ¼ tsp

Oregano, dried, ground ¼ tsp

Paprika 1/8 tsp

Basil, dried 1/8 tsp

Cream of mushroom soup, low-sodium^b 8 oz (~1 cup)

Milk, lowfat (1%) 2-½ oz (~½ cup)

California vegetable blend, frozen 8 lb + 8 oz

Water (or reserved liquid from vegetables) 1 qt

Potato rounds, frozen* 4 lb + 6 oz

Instructions

- 1. Thaw and drain California blend frozen vegetables in the refrigerator overnight. If possible, reserve 1 quart of drained liquid for the casserole.
- 2. Preheat oven to 350°F. Grease a 12" x 20" x 2" pan.
- 3. In a bowl, combine spices, onion, soup, and milk.
- 4. Add thawed California blend and 1 quart of reserved liquid (or 1 quart of water) to soup and spice mixture.
- 5. Pour mixture into prepared pan. Top with frozen potato rounds. Cover with foil or lid.
- 6. Bake, covered, at 350°F for 50 60 minutes, uncovering for the final 10 minutes of baking to brown the potatoes.

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

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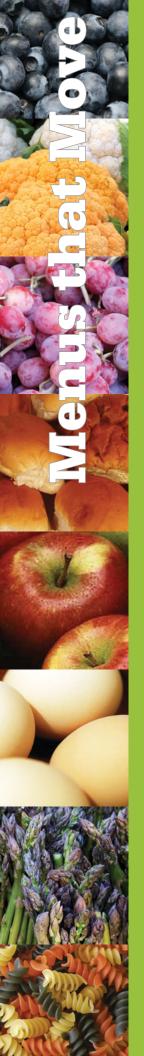
CCP: Hold for hot service at 135°F or higher.

CCP: Cool to 70°F within 2 hours and to 41°F or lower within 4 hours.

^{*}USDA Foods

^a1/3 cup chopped, raw onion may be substituted for 1 tbsp + ¾ tspp dried, chopped onion.

^bLow-sodium cream of celery soup may be substituted for low-sodium cream of mushroom soup.



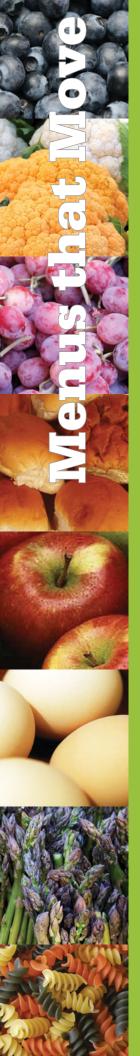
California Casserole

(continued)

- N	LITPITION	Intormation
- A		Information

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[†]Nutrient totals computed with missing, incomplete, or optional data.



Chicken Alfredo with a Twist

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: 1 cup (#4 scoop)

Ingredients

Cream of chicken soup, Healthy Request (10-\% oz can) 1-\% cans

Half and half 1 qt + 2 cups

White pepper, ground 1 tsp

Garlic powder ½ tsp

Parmesan cheese, grated 1-1/2 cups

Chicken, cooked, diced* 3-¼ lb

Rotini, whole grain-rich* 2 lb + 6 oz

Water 1-¼ gal

*USDA Foods

Instructions

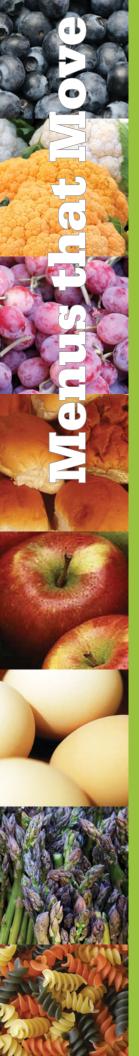
- 1. Combine soup, cream, pepper, garlic, parmesan cheese, and chicken in stock pot. Cook chicken mixture for 20 25 minutes, stirring occasionally.
- 2. Meanwhile, heat water to rolling boil. Slowly add rotini. Stir constantly, until water boils again. Cook rotini 8 10 minutes or until tender, stirring occasionally. Drain noodles in colander.
- 3. Spray one 20" \times 12" \times 2" steam table pan with pan release spray. Pour rotini into steam table pan.
- 4. Pour chicken mixture over rotini and mix together. Cover with lid and hot hold until serving time.

CCP: Hold for hot service at 135°F or higher.

Nutrition Information

Calories	370 kcal	Iron	2 mg	Protein	27 g	30% of kcal
Cholesterol	79 mg	Calcium	143 mg	Carbohydrates	37 g	40% of kcal
Sodium	215 mg	Vitamin A	352 IU	Total Fat	13 g	33% of kcal
Dietary Fiber	4 g	Vitamin C	<1 mg	Saturated Fat	6 g	15% of kcal
				Trans Fat [†]	0 g	0% of kcal

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Chicken Alfredo with a Twist

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: 1 cup (#4 scoop)

Ingredients

Cream of chicken soup, Healthy Request (10-\% oz can)	3 cans
Half and half	3 qt
White pepper, ground	2 tsp
Garlic powder	1 tsp
Parmesan cheese, grated	2-¼ cups
Chicken, cooked, diced*	6-1/2 lb
Rotini, whole grain-rich*	4-¾ lb
Water	2-½ gal
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^{*}USDA Foods

Instructions

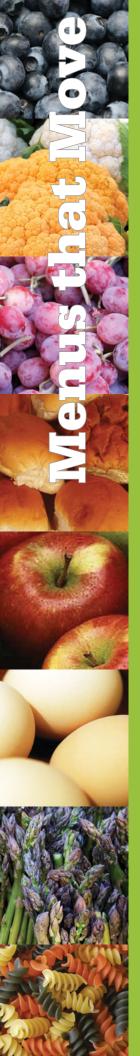
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- 2. Meanwhile, heat water to rolling boil. Slowly add rotini. Stir constantly, until water boils again. Cook rotini 8 10 minutes or until tender, stirring occasionally. Drain noodles in colander.
- 3. Spray two 20" \times 12" \times 1" steam table pans with pan release spray. Pour rotini into steam table pans.
- 4. Pour chicken mixture over rotini and mix together. Cover with lid and hot hold until serving time.

CCP: Hold for hot service at 135°F or higher.

Nutrition Information

Calories	370 kcal	Iron	2 mg	Protein	27 g	30% of kcal
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Chicken Broccoli Bowl Number of Portions: 25

HACCP Process: #2 Same Day Service

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

2 oz-eq grains (1 oz-eq whole grain-rich) ½ cup vegetables (½ cup dark green)

Portion Size: serving (see instructions below)

Ingredients

Popcorn chicken* 5 lb

Spaghetti, whole grain-rich* 2 lb + 6 oz

Water 2-½ gal

General Tso's sauce 1-½ cups

Broccoli (frozen), chopped 5 lb

*USDA Foods

Instructions

- 1. Preheat convection oven to 350°F. Spray pan with pan release spray.
- 2. Heat chicken in convection oven at 350°F for 8 minutes (or until golden brown). Place chicken in warmer until service.

CCP: Heat chicken to 165°F or higher for 15 seconds.

CCP: Hold chicken for hot service at 135°F or higher.

- 3. Bring water to a rolling boil. Slowly add spaghetti to boiling water. When water boils again, cook spaghetti, uncovered, about 8 minutes (or until al dente). Drain and rinse briefly in cold water.
- 4. Place frozen broccoli in one 20" x 12" x 2" steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered, at 5 lb pressure) until tender (approximately 5 8 minutes). DO NOT OVERCOOK. Drain excess liquid from cooked broccoli.
- 5. Combine broccoli with General Tso's sauce. Place broccoli mixture in steam table for service.

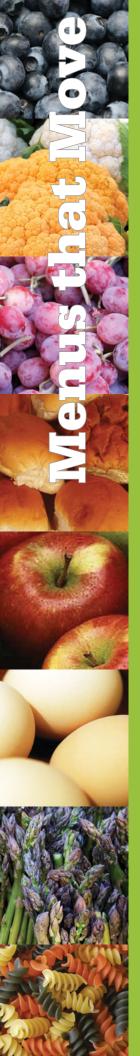
CCP: Hold broccoli for hot service at 135°F or higher.

6. At time of service, portion ½ cup spaghetti (4-oz portion server) in bowl, top with ½ cup (4-oz ladle) of broccoli, and add 2 oz (~16 bites) baked popcorn chicken.

Nutrition Information

Calories	400 kcal	Iron	4 mg	Protein	21 g	21% of kcal
Cholesterol	28 mg	Calcium	62 mg	Carbohydrates	57 g	57% of kcal
Sodium	1065 mg	Vitamin A	989 IU	Total Fat	12 g	26% of kcal
Dietary Fiber	7 g	Vitamin C	37 mg	Saturated Fat	3 g	7% of kcal
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Chicken Broccoli Bowl Number of Portions: 50

HACCP Process: #2 Same Day Service

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

2 oz-eq grains (1 oz-eq whole grain-rich) ½ cup vegetables (½ cup dark green)

Portion Size: serving (see instructions below)

Ingredients

Popcorn chicken*	10 lb
Spaghetti, whole grain-rich*	4-¾ lb
Water	5 gal
General Tso's sauce	3 cups
Broccoli (frozen), chopped	10 lbs

^{*}USDA Foods

Instructions

- 1. Preheat convection oven to 350°F. Spray pan with pan release spray.
- 2. Heat chicken in convection oven at 350°F for 8 minutes (or until golden brown). Place chicken in warmer until service.
 - CCP: Heat chicken to 165°F or higher for 15 seconds.
 - CCP: Hold chicken for hot service at 135°F or higher.
- 3. Bring water to a rolling boil. Slowly add spaghetti to boiling water. When water boils again, cook spaghetti, uncovered, about 8 minutes (or until al dente). Drain and rinse briefly in cold water.
- 4. Place frozen broccoli in one 20" x 12" x 2" steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered, at 5 lb pressure) until tender (approximately 5 8 minutes). DO NOT OVERCOOK. Drain excess liquid from cooked broccoli.
- 5. Combine broccoli with General Tso's sauce. Place broccoli mixture in steam table for service.
 - CCP: Hold broccoli for hot service at 135°F or higher.
- 6. At time of service, portion ½ cup spaghetti (4-oz portion server) in bowl, top with ½ cup (4-oz ladle) of broccoli, and add 2 oz (~16 bites) baked popcorn chicken.

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Cowboy Corn Salad Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: \(\frac{1}{2} \) cup vegetables (\(\frac{1}{2} \) cup other, \(\frac{1}{2} \) cup legumes)

Portion Size: % cup (6-oz portion server)

Ingredients

Corn (frozen kernels)* 1 qt

Black beans (canned), low-sodium* $1 \text{ qt} + 2 - \frac{1}{4} \text{ cups}$

Red onions, chopped $1-\frac{1}{3}$ cups (1-2 onions)

Cherry tomatoes, chopped 1-1/3 cups (~20 cherry tomatoes)

Green peppers, chopped 34 cup (~1 medium pepper)

Cilantro (fresh), chopped ⅓ cup Italian dressing, Reduced-Fat 34 cup

Chili powder 1 tbsp + 1 tspCumin, ground 1 tbsp + 1 tsp

*USDA Foods

Instructions

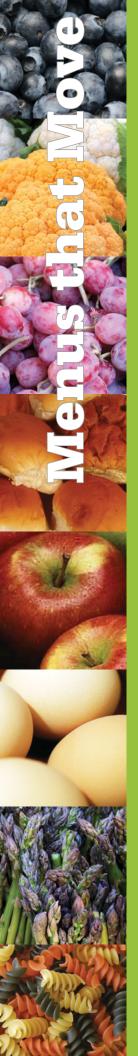
- 1. Thaw frozen corn in refrigerator overnight. Drain liquid.
- 2. Wash and chop/dice onions, tomatoes, and peppers.
- 3. Drain and rinse black beans thoroughly.
- 4. Mix together thawed corn, beans, and chopped fresh ingredients.
- 5. Add dressing and seasonings to vegetables and gently toss.
- 6. Serve chilled.

CCP: Hold salsa for cold service at 41°F or below.

Nutrition Information

Calories	90 kcal	Iron	2 mg	Protein	5 g	21% of kcal
Cholesterol	0 mg	Calcium	37 mg	Carbohydrates	17 g	77% of kcal
Sodium	81 mg	Vitamin A	270 IU	Total Fat	1 g	10% of kcal
Dietary Fiber	5 g	Vitamin C	8 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Cowboy Corn Salad Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: % cup vegetables (% cup other, % cup legumes)

Portion Size: % cup (6-oz portion server)

Ingredients

Corn (frozen kernels)* 2 qt + 1/4 cup Black beans (canned), low-sodium* 3 qt + ½ cup

2-\(^4\) cups (2 - 3 onions) Red onions, chopped

2-\(\frac{40}{2}\) cherry tomatoes) Cherry tomatoes, chopped

Green peppers, chopped $1-\frac{1}{3}$ cups (1 – 2 medium peppers)

Cilantro (fresh), chopped ²/₃ cup

Italian dressing, Reduced-Fat 1-1/3 cups

Chili powder 2 tbsp + 2 tsp

Cumin, ground 2 tbsp + 2 tsp

*USDA Foods

Instructions

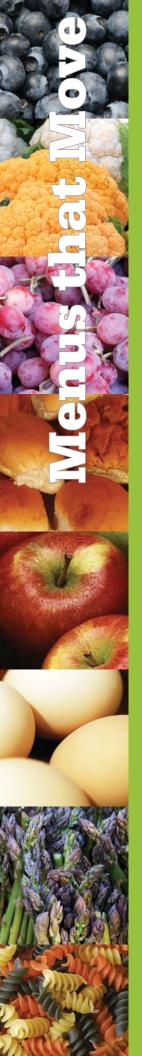
- 1. Thaw frozen corn in refrigerator overnight. Drain liquid.
- 2. Wash and chop/dice onions, tomatoes, and peppers.
- 3. Drain and rinse black beans thoroughly.
- 4. Mix together thawed corn, beans, and chopped fresh ingredients.
- 5. Add dressing and seasonings to vegetables and gently toss.
- 6. Serve chilled.

CCP: Hold salsa for cold service at 41°F or below.

Nutrition Information

Calories	90 kcal	Iron	2 mg	Protein	5 g	21% of kcal
Cholesterol	0 mg	Calcium	37 mg	Carbohydrates	17 g	77% of kcal
Sodium	81 mg	Vitamin A	270 IU	Total Fat	1 g	10% of kcal
Dietary Fiber	5 g	Vitamin C	8 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Deli Sub (ES)

HACCP Process: #1 No Cook

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

2 oz-eq grains (2 oz-eq whole grain-rich)

Number of Portions: 25

Portion Size: 1 sandwich

Ingredients

White buns, whole grain-rich 25 each

Turkey, smoked, low-sodium 50 slices (1-½ lb) Ham, smoked, low-sodium 25 slices (¾ lb)

American cheese* 25 slices (¾ lb)

*USDA Foods

Instructions

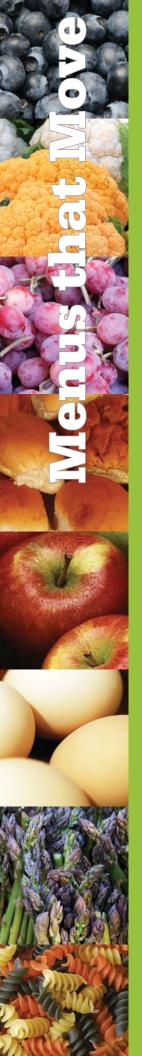
1. To assemble subs, layer each bun with 2 slices (1 oz) of turkey, 1 slice (½ oz) of ham, and 1 slice (1½ oz) of cheese.

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

Nutrition Information

Calories	220 kcal	Iron	1 mg	Protein	15 g	27% of kcal
Cholesterol	28 mg	Calcium	115 mg	Carbohydrates	30 g	55% of kcal
Sodium	756 mg	Vitamin A	134 IU	Total Fat	5 g	19% of kcal
Dietary Fiber	2 g	Vitamin C	0 mg	Saturated Fat	2 g	7% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Deli Sub (ES)

Number of Portions: 50

HACCP Process: #1 No Cook

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

2 oz-eq grains (2 oz-eq whole grain-rich)

Portion Size: 1 sandwich

Ingredients

White buns, whole grain-rich 50 each

Turkey, smoked, low-sodium 100 slices (3 lb)
Ham, smoked, low-sodium 50 slices (1-½ lb)

American cheese* 50 slices (1-½ lb)

*USDA Foods

Instructions

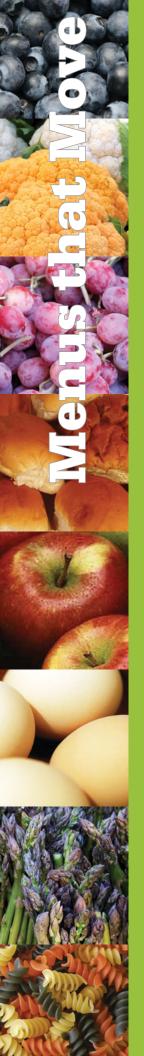
1. To assemble subs, layer each bun with 2 slices (1 oz) of turkey, 1 slice (½ oz) of ham, and 1 slice (½ oz) of cheese.

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

Nutrition Information

Calories	220 kcal	Iron	1 mg	Protein	15 g	27% of kcal
Cholesterol	28 mg	Calcium	115 mg	Carbohydrates	30 g	55% of kcal
Sodium	756 mg	Vitamin A	134 IU	Total Fat	5 g	19% of kcal
Dietary Fiber	2 g	Vitamin C	0 mg	Saturated Fat	2 g	7% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Fresh Cucumber and Tomato Dip

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (¼ cup red/orange, ¼ cup other)

Portion Size: ¼ cup cucumber slices + ¼ cup cherry tomatoes

(4 each) + 2 tbsp dip

Ingredients

Cucumber, sliced (with peel) $1 \text{ qt} + 2-\frac{1}{4} \text{ cups} (3 - 4 \text{ cucumbers})$

Cherry tomatoes 100 each (~4 lb)

Ranch dressing, light 3-1/8 cups

Instructions

1. Wash vegetables.

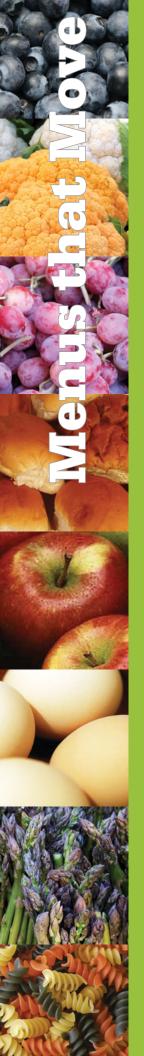
2. Cut cucumber into slices.

3. Serve ¼ cup cucumber slices and ¼ cup (4 each) cherry tomatoes with 2 tbsp ranch dressing on the side.

CCP: Hold all ingredients for cold service at 41°F or below.

Calories	102 kcal	Iron	<1 mg	Protein	2 g	8% of kcal
Cholesterol	5 mg	Calcium	24 mg	Carbohydrates	9 g	35% of kcal
Sodium	290 mg	Vitamin A	627 IU	Total Fat	7 g	60% of kcal
Dietary Fiber	1 g	Vitamin C	19 mg	Saturated Fat	1 g	9% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Fresh Cucumber and Tomato Dip

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (¼ cup red/orange, ¼ cup other)

Portion Size: ¼ cup cucumber slices + ¼ cup cherry tomatoes

(4 each) + 2 tbsp dip

Ingredients

Cucumber, sliced (with peel) $3 \text{ qt} + \frac{1}{2} \text{ cup} (6 - 7 \text{ cucumbers})$

Cherry tomatoes 200 each (~8 lb)

Ranch dressing, light 1 qt + 2-% cups

Instructions

1. Wash vegetables.

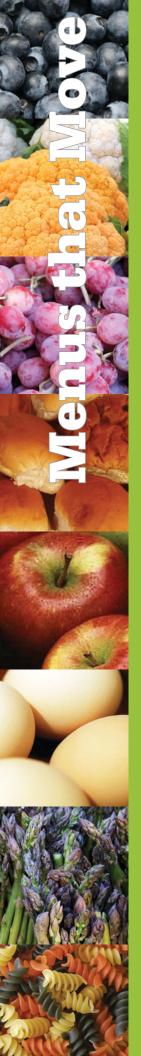
2. Cut cucumber into slices.

3. Serve ¼ cup cucumber slices and ¼ cup (4 each) cherry tomatoes with 2 tbsp ranch dressing on the side.

CCP: Hold all ingredients for cold service at 41°F or below.

Calories	102 kcal	Iron	<1 mg	Protein	2 g	8% of kcal
Cholesterol	5 mg	Calcium	24 mg	Carbohydrates	9 g	35% of kcal
Sodium	290 mg	Vitamin A	627 IU	Total Fat	7 g	60% of kcal
Dietary Fiber	1 g	Vitamin C	19 mg	Saturated Fat	1 g	9% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Garlic Broccoli

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

Broccoli florets (frozen) 5 lb + 4 oz

Margarine, liquid ½ cup
Garlic (dried), granulated 1 tbsp

Instructions

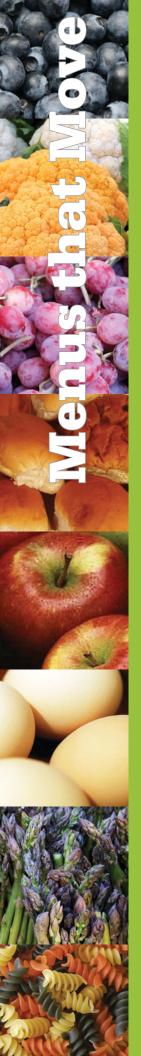
 Place frozen broccoli in a 12" x 20" x 2" counter pan. Allow room for the steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 pounds pressure) until tender (approximately 5 – 8 minutes). DO NOT OVERCOOK. Drain excess liquid from cooked broccoli.

2. Add garlic and margarine.

CCP: Hold for hot service at 135°F or higher.

Calories	61 kcal	Iron	.57mg	Protein	3 g	21% of kcal
Cholesterol	0 mg	Calcium	34.3mg	Carbohydrates	5.4 g	36% of kcal
Sodium	46 mg	Vitamin A	1224 IU	Total Fat	3.66g	54% of kcal
Dietary Fiber	3 g	Vitamin C	38.3mg	Saturated Fat	.6 g	9% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Garlic Broccoli

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

Broccoli florets (frozen) 10 lb + 8 oz

Margarine, liquid 1 cup
Garlic (dried), granulated 2 tbsp

Instructions

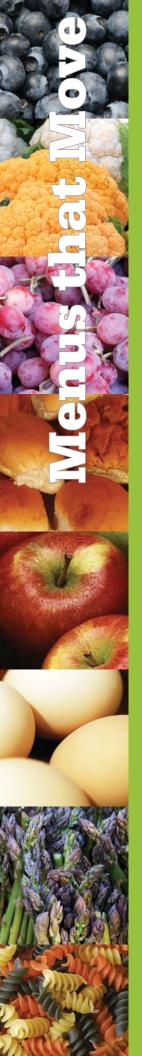
 Place frozen broccoli in two 12" x 20" x 2" counter pan. Allow room for the steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 pounds pressure) until tender (approximately 5 – 8 minutes). DO NOT OVERCOOK. Drain excess liquid from cooked broccoli.

2. Add garlic and margarine.

CCP: Hold for hot service at 135°F or higher.

Calories	61 kcal	Iron	.57mg	Protein	3 g	21% of kcal
Cholesterol	0 mg	Calcium	34.3mg	Carbohydrates	5.4 g	36% of kcal
Sodium	46 mg	Vitamin A	1224 IU	Total Fat	3.66g	54% of kcal
Dietary Fiber	3 g	Vitamin C	38.3mg	Saturated Fat	.6 g	9% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Hatton Chicken Crunch Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

¾ cup vegetables (5% cup dark green, 1/8 cup red/orange)

Portion Size: ¾ cups vegetables + 3.2 oz (~16 bites) popcorn chicken

NOTE: Serve over ½ cup prepared brown rice.

Ingredients

Popcorn chicken (frozen)* 5 lb

General Tso's sauce 2 cups + 1 tbsp

Broccoli (raw), chopped 2 lb Carrots (raw), sliced 1 lb

Celery (raw), chopped 2 cups + 1 tbsp Onions (raw), chopped 2 cups + 1 tbsp

Spinach (raw), chopped 2 lb

Chicken broth, low-sodium 2 cups + 1 tbsp

Ginger, ground 2 tbsp

*USDA Foods

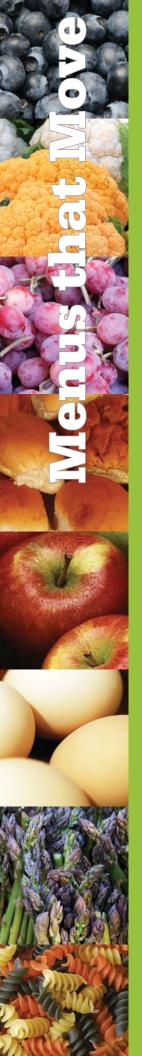
Instructions

- 1. Wash and chop fresh broccoli, carrots, celery, and onions. Set aside.
- 2. Preheat oven to 375°F. Spray baking sheet with pan release spray.
- 3. Place frozen popcorn chicken in a single layer on prepared baking sheet. Bake 10 – 12 minutes or until internal temperature reaches 165°F or higher. CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
- 4. Place chopped vegetables in a 20" x 12" x 2" counter pan. Allow room for steam to circulate around vegetables. Do not add any liquid. Steam chopped vegetables (uncovered, 5 lb pressure) until tender (about 10 minutes). Drain liquid from vegetables.
- 5. In another 20" x 12" x 2" steam table pan, combine chicken stock, spinach, ginger, and General Tso's sauce. Steam uncovered 5 minutes.
- Combine steamed vegetables with sauce. Mix lightly.
 CCP: Hold vegetable/sauce mixture for hot service at 135°F or higher.

Nutrition Information

Calories	272 kcal	Iron	3 mg	Protein	15 g	22% of kcal
Cholesterol	28 mg	Calcium	73 mg	Carbohydrates	29 g	43% of kcal
Sodium	1165 mg	Vitamin A	7068 IU	Total Fat	12 g	38% of kcal
Dietary Fiber	3 g	Vitamin C	48 mg	Saturated Fat	3 g	11% of kcal
				Trans Fat [†]	0 a	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Hatton Chicken Crunch Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

34 cup vegetables (56 cup dark green, 16 cup red/orange)

Portion Size: 3/4 cups vegetables + 3.2 oz (~16 bites) popcorn chicken

NOTE: Serve over ½ cup prepared brown rice.

Ingredients

Popcorn chicken (frozen)* 10 lb

General Tso's sauce 1 qt + 1/8 cup

Broccoli (raw), chopped 4-1/8 lb Carrots (raw), sliced 2 lb

Celery (raw), chopped $1 \text{ qt} + \frac{1}{8} \text{ cup}$ Onions (raw), chopped $1 \text{ qt} + \frac{1}{8} \text{ cup}$

Spinach (raw), chopped 4 -1/8 lb

Chicken broth, low-sodium 1 qt + 1/8 cup

Ginger, ground ¼ cup

*USDA Foods

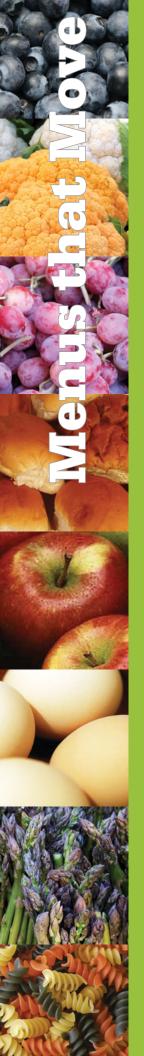
Instructions

- 1. Wash and chop fresh broccoli, carrots, celery, and onions. Set aside.
- 2. Preheat oven to 375°F. Spray baking sheet with pan release spray.
- 3. Place frozen popcorn chicken in a single layer on prepared baking sheet. Bake 10 – 12 minutes or until internal temperature reaches 165°F or higher. CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
- 4. Place chopped vegetables in a 20" x 12" x 2" counter pan. Allow room for steam to circulate around vegetables. Do not add any liquid. Steam chopped vegetables (uncovered, 5 lb pressure) until tender (about 10 minutes). Drain liquid from vegetables.
- 5. In another 20" x 12" x 2" steam table pan, combine chicken stock, spinach, ginger, and General Tso's sauce. Steam uncovered 5 minutes.
- Combine steamed vegetables with sauce. Mix lightly.
 CCP: Hold vegetable/sauce mixture for hot service at 135°F or higher.

Nutrition Information

Calories	272 kcal	Iron	3 mg	Protein	15 g	22% of kcal
Cholesterol	28 mg	Calcium	73 mg	Carbohydrates	29 g	43% of kcal
Sodium	1165 mg	Vitamin A	7068 IU	Total Fat	12 g	38% of kcal
Dietary Fiber	3 g	Vitamin C	48 mg	Saturated Fat	3 g	11% of kcal
				Trans Fat [†]	0 a	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Lemon Broccoli

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

Broccoli florets (frozen) 5 lb + 4 oz

Margarine, liquid ½ cup

Lemon juice, fresh ½ cup (~2 lemons)

Instructions

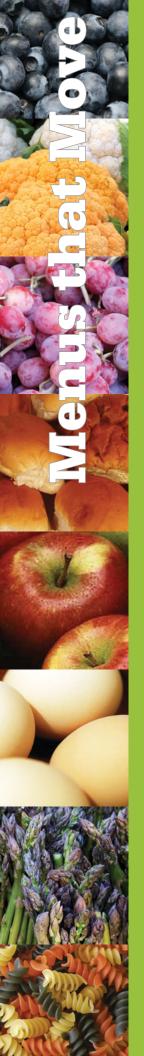
1. Place frozen broccoli in a 12" x 20" x 2" counter pan. Allow room for steam to circulate around the broccoli. Do not add any liquid. Steam until tender (approximately 5 – 8 minutes). DO NOT OVERCOOK. Drain excess liquid from the cooked broccoli.

2. Add lemon juice and margarine.

CCP: Hold for hot service at 135°F or higher.

Calories	61 kcal	Iron	.56 mg	Protein	3 g	21% of kcal
Cholesterol	0 mg	Calcium	34.4mg	Carbohydrates	5.5 g	36% of kcal
Sodium	46 mg	Vitamin A	1224 IU	Total Fat	3.67g	54% of kcal
Dietary Fiber	3 g	Vitamin C	40 mg	Saturated Fat	.6 g	9% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Lemon Broccoli

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

Broccoli florets (frozen) 10 lb + 8 oz

Margarine, liquid 1 cup

Lemon juice, fresh 1 cup (~4 lemons)

Instructions

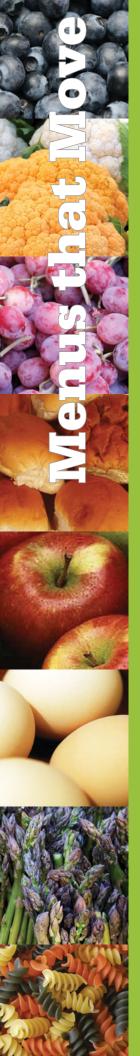
1. Place frozen broccoli in two 12" x 20" x 2" counter pan. Allow room for steam to circulate around the broccoli. Do not add any liquid. Steam until tender (approximately 5 – 8 minutes). DO NOT OVERCOOK. Drain excess liquid from the cooked broccoli.

2. Add lemon juice and margarine.

CCP: Hold for hot service at 135°F or higher.

Calories	61 kcal	Iron	.56 mg	Protein	3 g	21% of kcal
Cholesterol	0 mg	Calcium	34.4mg	Carbohydrates	5.5 g	36% of kcal
Sodium	46 mg	Vitamin A	1224 IU	Total Fat	3.67g	54% of kcal
Dietary Fiber	3 g	Vitamin C	40 mg	Saturated Fat	.6 g	9% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Mini Meatball Sub

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 1.5 oz-eq meat/meat alternate

2 oz-eq grains (2 oz-eq whole grain-rich) ½ cup vegetables (½ cup red/orange)

Portion Size: 1 sandwich

Ingredients

White buns, whole grain-rich 25 each

Beef meatballs (frozen)* 50 each

Marinara sauce* 1 qt + 2-1¼ cups

Mozzarella cheese, part skim, shredded* 3 cups (12-½ oz)

*USDA Foods

Instructions

1. Preheat convection oven to 375°F.

2. Place frozen meatballs and marinara sauce in one 20" x 12" x 2" steam table pan. Cover and heat in convection oven at 375° for 30 minutes.

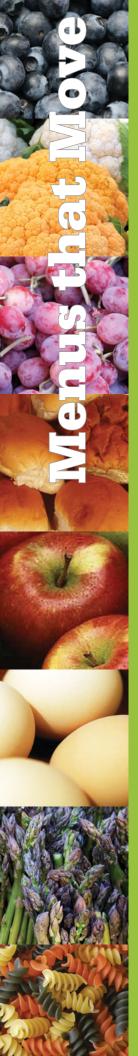
CCP: Heat meatballs to internal temperature of 165°F for 15 seconds or longer.

CCP: Hold meatballs for hot service at 135°F or higher.

3. At service, assemble subs: place 2 meatballs with sauce on open bun and top with $\frac{1}{2}$ oz ($\frac{1}{8}$ cup) shredded cheese.

Calories	290 kcal	Iron	3 mg	Protein	16 g	21% of kcal
Cholesterol	26 mg	Calcium	179 mg	Carbohydrates	37 g	51% of kcal
Sodium	848 mg	Vitamin A	477 IU	Total Fat	10 g	30% of kcal
Dietary Fiber	4 g	Vitamin C	7 mg	Saturated Fat	4 g	11% of kcal
				Trans Fat [†]	<1 g	1% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Mini Meatball Sub

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 1.5 oz-eq meat/meat alternate

2 oz-eq grains (2 oz-eq whole grain-rich) ½ cup vegetables (½ cup red/orange)

Portion Size: 1 sandwich

Ingredients

White buns, whole grain-rich 50 each

Beef meatballs (frozen)* 100 each

Marinara sauce* $3 \text{ qt} + \frac{1}{2} \text{ cup}$

Mozzarella cheese, part skim, shredded* 6 cups (1 lb + 9 oz)

*USDA Foods

Instructions

1. Preheat convection oven to 375°F.

2. Place frozen meatballs and marinara sauce in one 20" x 12" x 4" steam table pan. Cover and heat in convection oven at 375° for 30 minutes.

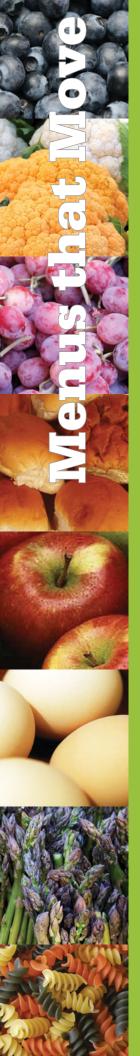
CCP: Heat meatballs to internal temperature of 165°F for 15 seconds or longer.

CCP: Hold meatballs for hot service at 135°F or higher.

3. At service, assemble subs: place 2 meatballs with sauce on open bun and top with $\frac{1}{2}$ oz ($\frac{1}{8}$ cup) shredded cheese.

Calories	290 kcal	Iron	3 mg	Protein	16 g	21% of kcal
Cholesterol	26 mg	Calcium	179 mg	Carbohydrates	37 g	51% of kcal
Sodium	848 mg	Vitamin A	477 IU	Total Fat	10 g	30% of kcal
Dietary Fiber	4 g	Vitamin C	7 mg	Saturated Fat	4 g	11% of kcal
				Trans Fat [†]	<1 g	1% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Quirky Quesadillas

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

¼ cup vegetables (¼ cup legumes)

1.5 oz-eq grains (1.5 oz-eq whole grain-rich)

Portion Size: 1 quesadilla

Ingredients

Refried beans (canned), low-sodium* 1 #10 can

Beef taco filling, Reduced-Fat* 2-½ lb

Tortilla, whole grain-rich, 8" (frozen)* 25 each

Cheddar cheese, Reduced-Fat, shredded* 1 lb + 9 oz

*USDA Foods

Instructions

1. Preheat oven to 350°F.

2. Place sealed bag of beef taco filling in steamer or boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

CCP: Heat beef taco filling to internal temperature of 165°F or higher for 15 seconds.

CCP: Hold beef taco filling for hot service at 135°F or higher.

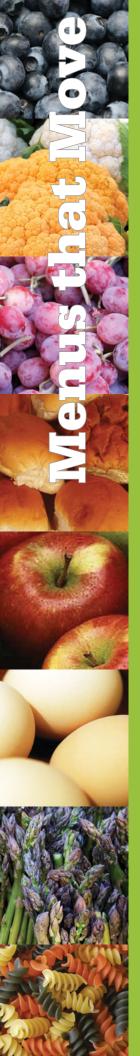
- 3. To assemble quesadillas, place tortillas on a full sheet pan. Top each tortilla with ¼ cup refried beans, 1 oz taco filling, and 1 oz cheese. Fold each tortilla in half.
- 4. Bake quesadillas until cheese is melted.
- 5. Cut each quesadilla into three wedges and serve warm.

CCP: Hold quesadillas for hot service at 135°F or higher.

Nutrition Information

Calories	378 kcal	Iron	4 mg	Protein	25 g	27% of kcal
Cholesterol	44 mg	Calcium	423 mg	Carbohydrates	43 g	45% of kcal
Sodium	837 mg	Vitamin A	505 IU	Total Fat	12 g	28% of kcal
Dietary Fiber	11 g	Vitamin C	10 mg	Saturated Fat	5 g	13% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Quirky Quesadillas

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

¼ cup vegetables (¼ cup legumes)

1.5 oz-eq grains (1.5 oz-eq whole grain-rich)

Portion Size: 1 quesadilla

Ingredients

Refried beans (canned), low-sodium* 2 #10 cans

Beef taco filling, Reduced-Fat* 5 lb

Tortilla, whole grain-rich, 8" (frozen)* 50 each

Cheddar cheese, Reduced-Fat, shredded* 3 lb + 2 oz

*USDA Foods

Instructions

- 1. Preheat oven to 350°F.
- 2. Place sealed bag of beef taco filling in steamer or boiling water. Heat a pproximately 45 minutes or until product reaches serving temperature.

CCP: Heat beef taco filling to internal temperature of 165°F or higher for 15 seconds.

CCP: Hold beef taco filling for hot service at 135°F or higher.

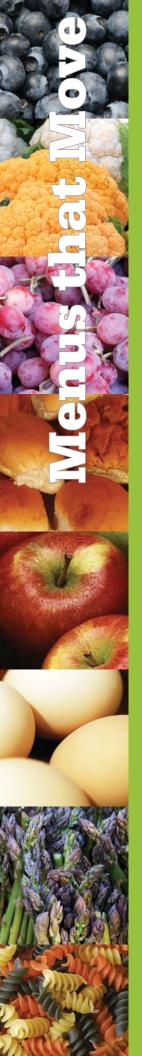
- 3. To assemble quesadillas, place tortillas on a full sheet pan. Top each tortilla with ¼ cup refried beans, 1 oz taco filling, and 1 oz cheese. Fold each tortilla in half.
- 4. Bake quesadillas until cheese is melted.
- 5. Cut each quesadilla into three wedges and serve warm.

CCP: Hold quesadillas for hot service at 135°F or higher.

Nutrition Information

Calories	378 kcal	Iron	4 mg	Protein	25 g	27% of kcal
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Dietary Fiber	11 g	Vitamin C	10 mg	Saturated Fat	5 g	13% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Rotini & Meat Sauce (ES)

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains (1 oz-eq whole grain-rich) ½ cup vegetables (½ cup red/orange)

Portion Size: 1 cup (8-oz ladle)

Ingredients

Meat Sauce, reduced-fat* 1-3/4 bags

Water 3 gal

Rotini, whole grain-rich* 1 lb + 8 oz

*USDA Foods

Instructions

1. Place sealed bag of meat sauce in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bags carefully.

CCP: Heat meat sauce to 165°F or higher for 15 seconds.

- 2. Preheat oven to 350°F. Lightly coat two medium half-steam table pans (10" x 12" x 4") with pan release spray.
- 3. Heat water to rolling boil. Slowly add rotini. Stir constantly until water boils again. Cook rotini for 8 10 minutes or until tender, stirring occasionally. DO NOT OVERCOOK.
- 4. Drain rotini well. Run cold water over rotini to cool slightly.
- 5. Mix rotini and sauce together.
- 6. Divide rotini mixture evenly into steam table pans.Cover and bake at 350°F for 20 25 minutes or until mixture becomes bubbly.

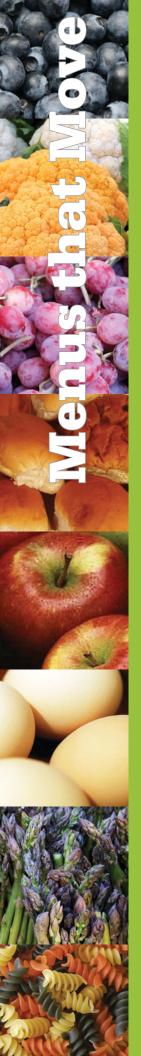
CCP: Heat rotini and meat sauce mixture until internal temperature reaches 165°F.

CCP: Hold for hot service at 135°F or higher.

Nutrition Information

Calories	254 kcal	Iron	3 mg	Protein	19 g	30% of kcal
Cholesterol	55 mg	Calcium	68 mg	Carbohydrates	29 g	46% of kcal
Sodium	306 mg	Vitamin A	651 IU	Total Fat	9.4. g	33% of kcal
Dietary Fiber	4.7g	Vitamin C	19 mg	Saturated Fat	3.4 g	12% of kcal
				Trans Fat [†]	0.5 g	1.7% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Rotini & Meat Sauce (ES)

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1 oz-eq grains (1 oz-eq whole grain-rich) ½ cup vegetables (½ cup red/orange)

Portion Size: 1 cup (8-oz ladle)

Ingredients

Meat Sauce, reduced-fat* 3-½ bags

Water 6 gal

Rotini, whole grain-rich* 3 lb

*USDA Foods

Instructions

 Place sealed bag of meat sauce in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bags carefully.

CCP: Heat meat sauce to 165°F or higher for 15 seconds.

- 2. Preheat oven to 350°F. Lightly coat three medium half-steam table pans (10" x 12" x 4") with pan release spray.
- 3. Heat water to rolling boil. Slowly add rotini. Stir constantly until water boils again. Cook rotini for 8 10 minutes or until tender, stirring occasionally. DO NOT OVERCOOK.
- 4. Drain rotini well. Run cold water over rotini to cool slightly.
- 5. Mix rotini and sauce together.
- 6. Divide rotini mixture evenly into steam table pans. Cover and bake at 350°F for 20 25 minutes or until mixture becomes bubbly.

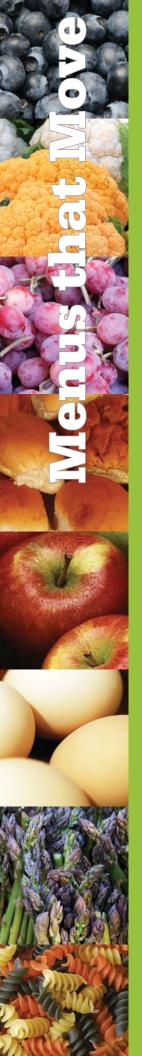
CCP: Heat rotini and meat sauce mixture until internal temperature reaches 165°F.

CCP: Hold for hot service at 135°F or higher.

Nutrition Information

Calories	254 kcal	Iron	3 mg	Protein	19 g	30% of kcal
Cholesterol	55 mg	Calcium	68 mg	Carbohydrates	29 g	46% of kcal
Sodium	306 mg	Vitamin A	651 IU	Total Fat	9.4. g	33% of kcal
Dietary Fiber	4.7g	Vitamin C	19 mg	Saturated Fat	3.4 g	12% of kcal
				Trans Fat [†]	0.5 g	1.7% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Sock-Rockin' Chili

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 cup vegetables (½ cup red/orange, ¼ cup legumes,

¼ cup other)

Portion Size: 1-¼ cup (10-oz ladle)

Ingredients

Olive oil ¼ cup
Onions (frozen), chopped ½ cup
Green peppers (frozen), chopped 1 cup

Celery (raw), chopped ½ cup (~1 rib)

Garlic powder 1 tbsp
Cumin, ground 1-½ tbsp
Chili powder 1 tbsp

Zucchini (raw), with skin, diced 2 lb (~6 medium zucchinis)

Beef crumbles (frozen)* 3-¾ lb

Black beans (canned), low-sodium* % #10 can (~1-%3 cups) Red kidney beans (canned), low-sodium* % #10 can (~4-%3 cups) Tomato sauce (canned), low-sodium* % #10 can (~6-%3 cups) Tomatoes (canned), diced, low-sodium* % #10 can (~6-%2 cups)

*USDA Foods

Instructions

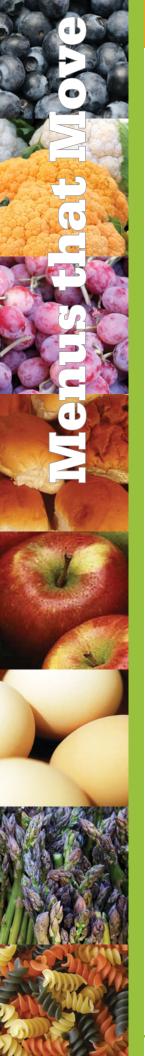
1. Place sealed bag of beef crumbles in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

CCP: Heat beef crumbles to internal temperature of 165°F for at least 15 seconds.

- 2. Meanwhile, wash and chop raw vegetables.
- 3. Heat olive oil in stock pot. Add onions, celery, and peppers; sauté until soft (approximately 5 minutes).
- 4. Add garlic, cumin, chili powder, zucchini, diced tomatoes, and tomato sauce. Cook over medium heat until zucchini is softened (approximately 15 minutes).
- 5. Drain and rinse beans. Add beef and beans to mixture. Simmer chili, stirring occasionally, for approximately 45 minutes.

CCP: Heat chili to 165°F for at least 15 seconds.

CCP: Hold chili for hot service at 135°F or higher.



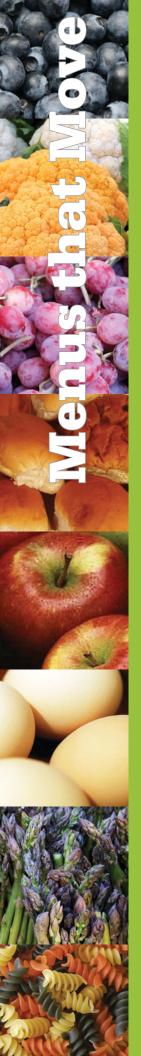
Sock-Rockin' Chili

(continued)

Nilitrition	Information
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Calories	269 kcal	Iron	4 mg	Protein	17 g	25% of kcal
Cholesterol	41 mg	Calcium	71 mg	Carbohydrates	19 g	28% of kcal
Sodium	380 mg	Vitamin A	1037 IU	Total Fat	14 g	48% of kcal
Dietary Fiber	7 g	Vitamin C	16 mg	Saturated Fat	5 g	16% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Sock-Rockin' Chili

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1 cup vegetables (½ cup red/orange, ¼ cup legumes,

¼ cup other)

Portion Size: 1-1/4 cup (10-oz ladle)

Ingredients

Olive oil ½ cup
Onions (frozen), chopped 1 cup
Green peppers (frozen), chopped 2 cups

Celery (raw), chopped 1 cup (~2 ribs)

Garlic powder 2 tbsp
Cumin, ground 3 tbsp
Chili powder 2 tbsp

Zucchini (raw), with skin, diced 4-¼ lb (~12-13 medium zucchinis)

Beef crumbles (frozen)* 7-½ lb

Black beans (canned), low-sodium* ½ #10 can (~3-1/3 cups)

Red kidney beans (canned), low-sodium* 1 #10 can (~9-3/8 cups)

Tomato sauce (canned), low-sodium* 1 #10 can (~12-\frac{1}{3} cups)

Tomatoes (canned), diced, low-sodium* 1 #10 can (~12-¼ cups)

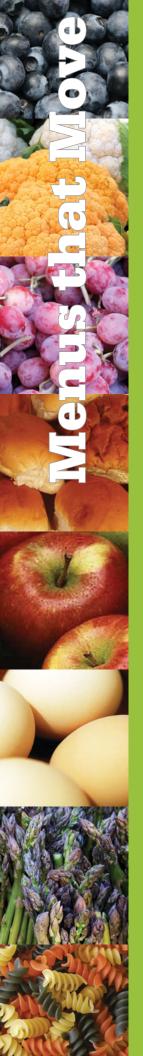
*USDA Foods

Instructions

- Place sealed bags of beef crumbles in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.
 - CCP: Heat beef crumbles to internal temperature of 165°F for at least 15 seconds.
- 2. Meanwhile, wash and chop raw vegetables.
- 3. Heat olive oil in stock pot. Add onions, celery, and peppers; sauté until soft (approximately 5 minutes).
- Add garlic, cumin, chili powder, zucchini, diced tomatoes, and tomato sauce. Cook over medium heat until zucchini is softened (approximately 15 minutes).
- 5. Drain and rinse beans. Add beef and beans to mixture. Simmer chili, stirring occasionally, for approximately 45 minutes.

CCP: Heat chili to 165°F for at least 15 seconds.

CCP: Hold chili for hot service at 135°F or higher.



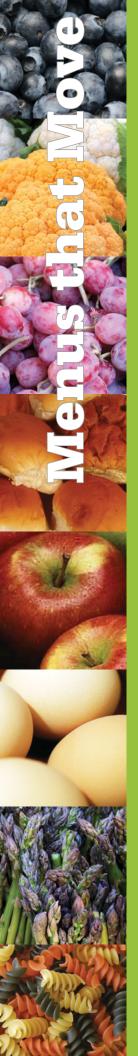
Sock-Rockin' Chili

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MILITRITION	Intormation
	Information

Calories	269 kcal	Iron	4 mg	Protein	17 g	25% of kcal
Cholesterol	41 mg	Calcium	71 mg	Carbohydrates	19 g	28% of kcal
Sodium	380 mg	Vitamin A	1037 IU	Total Fat	14 g	48% of kcal
Dietary Fiber	7 g	Vitamin C	16 mg	Saturated Fat	5 g	16% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Taco Salad (ES)

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

34 cups vegetables (½ cup dark green,

1/8 cup red/orange, 1/8 cup starchy)

Portion Size: 1 serving (see instructions below) **NOTE:** Serve with 1 packet ranch dressing.

Ingredients

Beef taco filling, reduced fat* 2-½ lb

Romaine lettuce 3-¼ lb

Corn (frozen)* 1 lb + 2 oz Cheddar cheese, reduced fat, shredded* 1 lb + 9 oz

Tomato (fresh), chopped 1-½ lb (5 – 6 medium tomatoes)

*USDA Foods

Instructions

1. Thaw frozen corn in refrigerator overnight. Use within 2 days. Drain before using.

CCP: Refrigerate thawed corn at or below 41°F.

 Place sealed bag of beef taco filling in steamer or boiling water. Heat approximately 45 minutes or until product reaches serving temperature.
 CCP: Heat beef taco filling to an internal temperature of 165°F or higher

for 15 seconds.

CCP: Hold beef taco filling for hot service at 135°F or higher.

- 3. Meanwhile, clean and chop romaine lettuce. Clean and dice tomatoes. CCP: Hold vegetables for cold service at 41°F or below.
- 4. At service, portion 1 cup salad and top with 1.58 oz beef taco filling, ¹ /₈ cup corn, ¹/₈ cup diced tomatoes, and 1 oz cheese. Serve with 1 packet ranch dressing.

Nutrition Information

Calories	166 kcal	Iron	2 mg	Protein	16 g	38% of kcal
Cholesterol	34 mg	Calcium	297 mg	Carbohydrates	9 g	22% of kcal
Sodium	359 mg	Vitamin A	3605 IU	Total Fat	8 g	43% of kcal
Dietary Fiber	3 g	Vitamin C	19 mg	Saturated Fat	4 g	23% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Taco Salad (ES)

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

34 cups vegetables (½ cup dark green, ½ cup red/orange, ½ cup starchy)

Portion Size: 1 serving (see instructions below) **NOTE:** Serve with 1 packet ranch dressing.

Ingredients

Beef taco filling, reduced fat* 5 lb

Romaine lettuce 6-½ lb

Corn (frozen)* 2-¼ lb

Cheddar cheese, reduced fat, shredded* 3 lb + 2 oz

Tomato (fresh), chopped 3 lb (10 – 12 medium tomatoes)

*USDA Foods

Instructions

1. Thaw frozen corn in refrigerator overnight. Use within 2 days. Drain before using.

CCP: Refrigerate thawed corn at or below 41°F.

2. Place sealed bag of beef taco filling in steamer or boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

CCP: Heat beef taco filling to an internal temperature of 165°F or higher for 15 seconds.

CCP: Hold beef taco filling for hot service at 135°F or higher.

3. Meanwhile, clean and chop romaine lettuce. Clean and dice tomatoes.

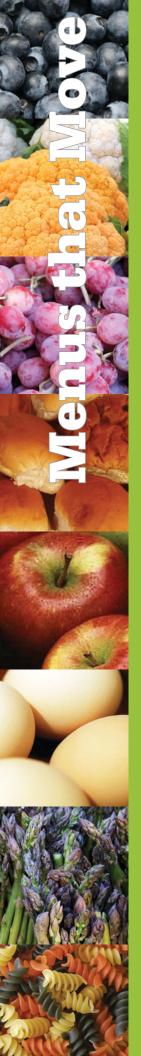
CCP: Hold vegetables for cold service at 41°F or below.

4. At service, portion 1 cup salad and top with 1.58 oz beef taco filling, 1/8 cup corn, 1/8 cup diced tomatoes, and 1 oz cheese. Serve with 1 packet ranch dressing.

Nutrition Information

Calories	166 kcal	Iron	2 mg	Protein	16 g	38% of kcal
Cholesterol	34 mg	Calcium	297 mg	Carbohydrates	9 g	22% of kcal
Sodium	359 mg	Vitamin A	3605 IU	Total Fat	8 g	43% of kcal
Dietary Fiber	3 g	Vitamin C	19 mg	Saturated Fat	4 g	23% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Tossed Side Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ¾ cup vegetables (½ cup dark green, ¼ cup other)

Portion Size: 1-1/4 cups

Ingredients

Romaine lettuce, chopped $12-\frac{1}{2}$ cups Spinach (raw), chopped $3 \text{ qt} + \frac{1}{2}$ cup

Carrots, chopped 1-½ cups + 1 tbsp (~3 medium carrots)

Green peppers, chopped 1-½ cups + 1 tbsp (~1-½ medium peppers)

Cucumber, sliced 1-½ cups + 1 tbsp (~1 medium cucumber)

Tomato, chopped 1-½ cups + 1 tbsp (~2 large tomatoes)

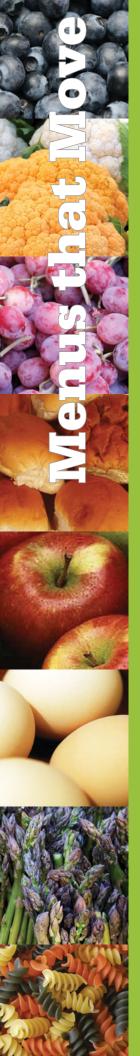
Instructions

- 1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
- 2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
- 3. For service, combine 1 cup lettuce/spinach mixture and ¼ cup chopped vegetables.

CCP: Hold all ingredients for cold service at 41°F or below.

Calories	16 kcal	Iron	<1 mg	Protein	1 g	32% of kcal
Cholesterol	0 mg	Calcium	31 mg	Carbohydrates	3 g	88% of kcal
Sodium	20 mg	Vitamin A	4937 IU	Total Fat	<1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	20 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Tossed Side Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ¾ cup vegetables (½ cup dark green, ¼ cup other)

Portion Size: 1-1/4 cups

Ingredients

Romaine lettuce, chopped 25 cups

Spinach (raw), chopped 1-½ gal + 1 cup

Carrots, chopped 3-1/8 cups (6 – 7 medium carrots)

Green peppers, chopped 3-1/8 cups (3 – 4 medium peppers)

Cucumber, sliced 3-1/8 cups (~2 medium cucumbers)

Tomato, chopped 3-1/8 cups (~5 medium tomatoes)

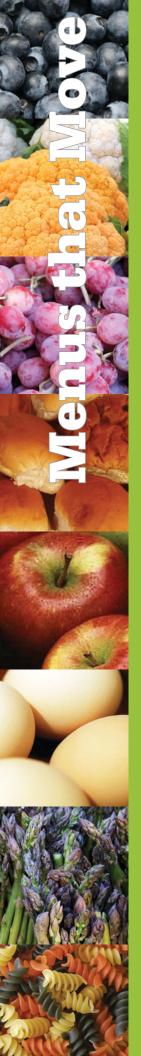
Instructions

- 1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
- 2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
- 3. For service, combine 1 cup lettuce/spinach mixture and ¼ cup chopped vegetables.

CCP: Hold all ingredients for cold service at 41°F or below.

Calories	16 kcal	Iron	<1 mg	Protein	1 g	32% of kcal
Cholesterol	0 mg	Calcium	31 mg	Carbohydrates	3 g	88% of kcal
Sodium	20 mg	Vitamin A	4937 IU	Total Fat	<1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	20 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Spinach Strawberry Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (½ cup dark green)

½ cup fruits

Portion Size: 1-1/2 cups

Ingredients

Italian seasoning mix	1-½ tbsp
Balsamic vinegar	¼ cup
Water	¼ cup
Vegetable oil	2 tbsp
Strawberry preserves, sugar-free	2 tbsp
Spinach (raw)	4 lb
Mandarin oranges (canned in light syrup), drained	1 qt + 3 cups
Strawberries (fresh), sliced	1 qt + 3 cups

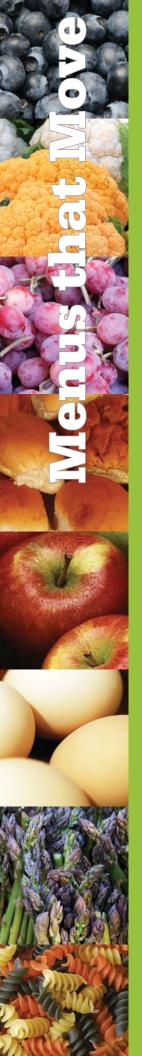
Instructions

- Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1 – 2 days prior to service for maximum flavor.
- 2. Drain mandarin oranges.
- 3. Wash and slice fresh strawberries.
- 4. Lightly toss spinach, oranges, and strawberries.
- 5. Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

Nutrition Information

Calories	85 kcal	Iron	3 mg	Protein	3 g	13% of kcal
Cholesterol	0 mg	Calcium	88 mg	Carbohydrates	17 g	82% of kcal
Sodium	62 mg	Vitamin A	7682 IU	Total Fat	2 g	17% of kcal
Dietary Fiber	3 g	Vitamin C	61 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat [†]	<1 g	<1% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Spinach Strawberry Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (½ cup dark green)

½ cup fruits

Portion Size: 1-1/2 cups

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Italian seasoning mix	3 tbsp
Balsamic vinegar	½ cup
Water	½ cup
Vegetable oil	¼ cup
Strawberry preserves, sugar-free	¼ cup
Spinach (raw)	8 lb
Mandarin oranges (canned in light syrup), drained	3 qt + 2 cups
Strawberries (fresh), sliced	3 qt + 2 cups

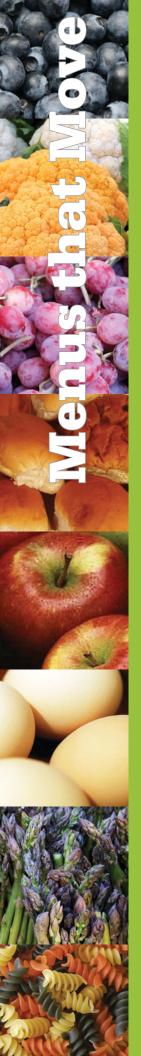
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- 2. Drain mandarin oranges.
- 3. Wash and slice fresh strawberries.
- 4. Lightly toss spinach, oranges, and strawberries.
- 5. Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

Nutrition Information

Calories	85 kcal	Iron	3 mg	Protein	3 g	13% of kcal
Cholesterol	0 mg	Calcium	88 mg	Carbohydrates	17 g	82% of kcal
Sodium	62 mg	Vitamin A	7682 IU	Total Fat	2 g	17% of kcal
Dietary Fiber	3 g	Vitamin C	61 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat [†]	<1 g	<1% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Sweet Sesame Chicken Stir-Fry (ES)

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

½ cup vegetables (¾ cup red/orange, ½ cup other)

Portion Size: ¾ cup (6-oz portion server)

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

Carrots (frozen)* 3-½ lb

Green peppers (frozen), diced 1-1/4 lb

Sesame ginger salad dressing 2-1/8 cups

Chicken (frozen), diced* 3 lb + 2 oz

*USDA Foods

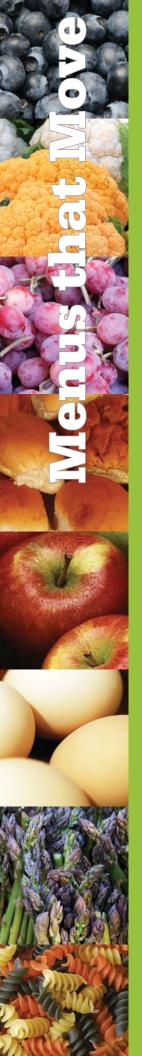
Instructions

- Thaw diced chicken: keep chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36°F to 41°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.
- 2. Meanwhile, combine carrots and green peppers in a 20" x 12" x 2" steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) for 5 minutes. Drain excess liquid from vegetables.
- 3. Add dressing, carrots, and peppers to the chicken, stirring well. Steam until tender-crisp (approximately 10 minutes). Do not overcook the vegetables. CCP: Hold for hot service at 135°F or higher.

Nutrition Information

Calories	142 kcal	Iron	3 mg	Protein	19 g	52% of kcal
Cholesterol	53 mg	Calcium	23 mg	Carbohydrates	12 g	33% of kcal
Sodium	236 mg	Vitamin A	9051 IU	Total Fat	3 g	17% of kcal
Dietary Fiber	2 g	Vitamin C	3 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Sweet Sesame Chicken Stir-Fry (ES)

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

½ cup vegetables (¾ cup red/orange, ½ cup other)

Portion Size: ¾ cup (6-oz portion server)

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

Carrots (frozen)* 7 lb

Green peppers (frozen), diced 2-½ lb

Sesame ginger salad dressing 4-\(\frac{4}{2} \) cups

Chicken (frozen), diced* 6-¼ lb

*USDA Foods

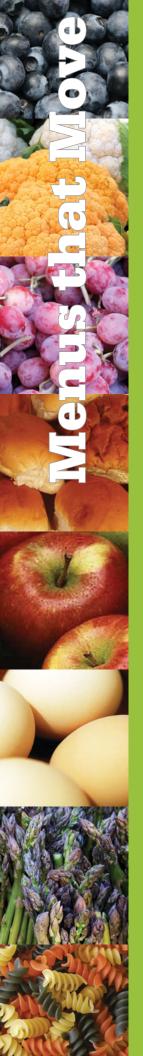
Instructions

- 1. Thaw diced chicken: keep chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36°F to 41°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.
- 2. Meanwhile, combine carrots and green peppers in two 20" x 12" x 2" steam table pans. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) for 5 minutes. Drain excess liquid from vegetables.
- 3. Add dressing, carrots, and peppers to the chicken, stirring well. Steam until tender-crisp (approximately 10 minutes). Do not overcook the vegetables. CCP: Hold for hot service at 135°F or higher.

Nutrition Information

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[†]Nutrient totals computed with missing, incomplete, or optional data.



Sweet & Sour Chicken Nuggets

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

Portion Size: 5 nuggets + 2 tbsp dipping sauce

Ingredients

Chicken nuggets (frozen)* 125 each

Sweet & sour sauce (bottled) 3 cups

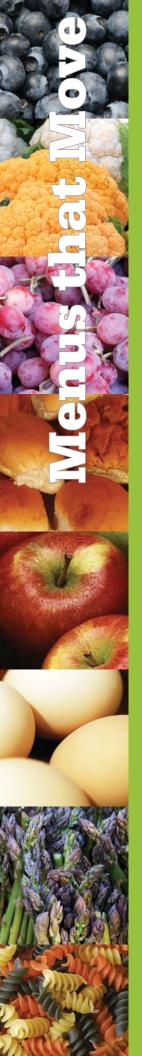
*USDA Foods

Instructions

- 1. Prepare 25 portion cups with 2 tbsp sweet and sour sauce. Refrigerate dressing at 41°F or lower until service.
- 2. Preheat oven to 375°F.
- Place frozen nuggets on baking sheet. Heat 10 12 minutes.
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
- 4. Serve 5 chicken nuggets with 2 tbsp sweet and sour sauce for dipping.

Calories	228 kcal	Iron	1 mg	Protein	15 g	26% of kcal
Cholesterol	44 mg	Calcium	14 mg	Carbohydrates	23 g	41% of kcal
Sodium	511 mg	Vitamin A	74 IU	Total Fat	8 g	32% of kcal
Dietary Fiber	0 g	Vitamin C	1 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Sweet & Sour Chicken Nuggets

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: 5 nuggets + 2 tbsp dipping sauce

Ingredients

Chicken nuggets (frozen)* 250 each

Sweet & sour sauce (bottled) 1-½ qt

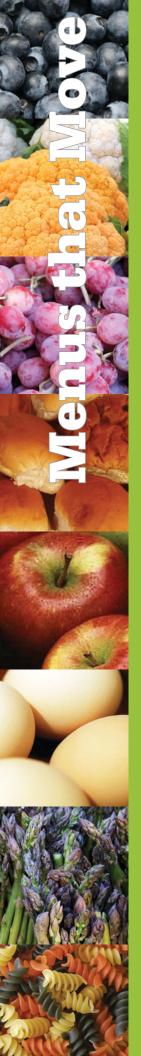
*USDA Foods

Instructions

- 1. Prepare 25 portion cups with 2 tbsp sweet and sour sauce. Refrigerate dressing at 41°F or lower until service.
- 2. Preheat oven to 375°F.
- Place frozen nuggets on baking sheet. Heat 10 12 minutes.
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
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Cholesterol	44 mg	Calcium	14 mg	Carbohydrates	23 g	41% of kcal
Sodium	511 mg	Vitamin A	74 IU	Total Fat	8 g	32% of kcal
Dietary Fiber	0 g	Vitamin C	1 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Walking Taco

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 3 oz-eq meat/meat alternate

½ cup vegetables (¼ cup other, ¼ cup red/orange)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with 1 bag of tortilla rounds.

Ingredients

Beef taco filling, reduced fat* 5 lb

Cheddar cheese, reduced fat* 1-½ lb

Tomato (fresh), chopped 3 lb (10 – 12 medium tomatoes)

Iceberg lettuce, shredded 3 lb (~9 cups)

*USDA Foods

Instructions

1. Place sealed bag of frozen beef taco filling in steamer or boiling water. Heat for approximately 45 minutes or until product reaches internal temperature of 165°F or higher for 15 seconds. CAUTION: Open bag carefully to avoid being burned.

CCP: Heat beef taco filling to 165°F or higher for 15 seconds.

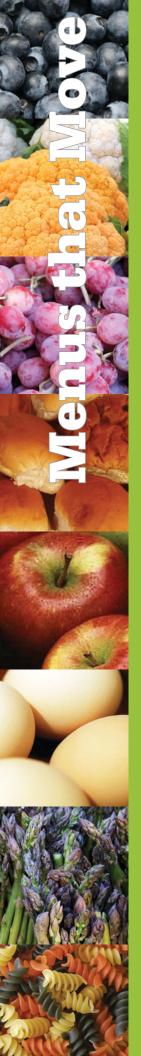
- 2. Wash and chop vegetables.
- 3. At service, portion beef taco filling with #10 (% cup) scoop. Top with 1 oz (1/4 cup) shredded cheese, ¼ cup tomato, and ½ cup lettuce. Serve with 1 bag of tortilla rounds.

CCP: Hot hold taco filling at 135°F or higher for service.

CCP: Hold cheese, lettuce, and tomatoes at 41°F or lower for cold service.

Calories	211 kcal	Iron	2 mg	Protein	22 g	42% of kcal
Cholesterol	51 mg	Calcium	321 mg	Carbohydrates	9 g	16% of kcal
Sodium	509 mg	Vitamin A	1390 IU	Total Fat	10 g	44% of kcal
Dietary Fiber	3 g	Vitamin C	14 mg	Saturated Fat	5 g	22% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Walking Taco

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 3 oz-eq meat/meat alternate

½ cup vegetables (¼ cup other, ¼ cup red/orange)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with 1 bag of tortilla rounds.

Ingredients

Beef taco filling, reduced fat* 10 lb

Cheddar cheese, reduced fat* 3 lb

Tomato (fresh), chopped 5-¾ lb (20 – 24 medium tomatoes)

Iceberg lettuce, shredded 6-¼ lb (~18 cups)

*USDA Foods

Instructions

1. Place sealed bags of frozen beef taco filling in steamer or boiling water. Heat for approximately 45 minutes or until product reaches internal temperature of 165°F or higher for 15 seconds. CAUTION: Open bags carefully to avoid being burned.

CCP: Heat beef taco filling to 165°F or higher for 15 seconds.

- 2. Wash and chop vegetables.
- 3. At service, use %-cup ladle to portion beef taco filling. Top with 1 oz (¼ cup) shredded cheese, ¼ cup tomato, and ½ cup lettuce. Serve with 1 bag of tortilla rounds.

CCP: Hot hold taco filling at 135°F or higher for service.

CCP: Hold cheese, lettuce, and tomatoes at 41°F or lower for cold service.

Nutrition Information

Calories	211 kcal	Iron	2 mg	Protein	22 g	42% of kcal
Cholesterol	51 mg	Calcium	321 mg	Carbohydrates	9 g	16% of kcal
Sodium	509 mg	Vitamin A	1390 IU	Total Fat	10 g	44% of kcal
Dietary Fiber	3 g	Vitamin C	14 mg	Saturated Fat	5 g	22% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.