

Asian Brown Rice

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 ¾ 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.

Number of Portions: 25



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 ¾ 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).

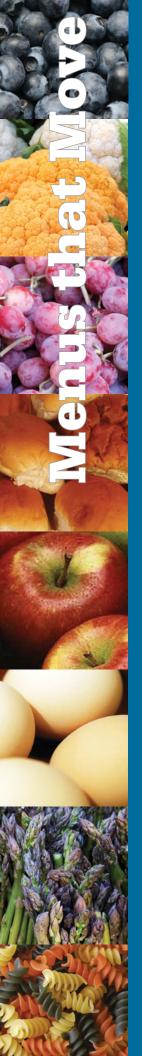
2. Add dressing and stir well.

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,

½ 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.

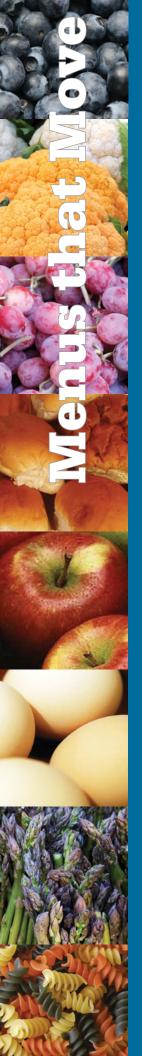
- 1. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41° or below.
- 2. Rinse and drain beans.
- 3. Combine beans, thawed corn, peppers, and onion; gently mix.
- 4. Add marinade to bean and corn mixture. Stir until 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	2-½ cups
Cider vinegar	1 qt + 2 cups
*USDA Foods	

Instructions

Thaw corn overnight in refrigerator. Drain excess liquid.

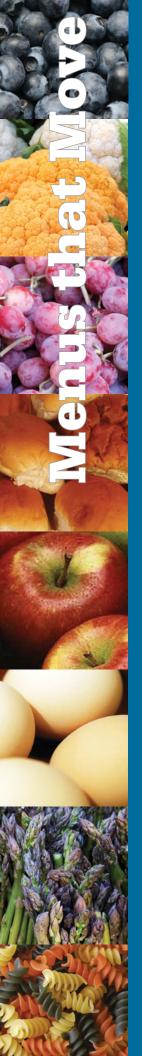
- 1. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41° or below.
- 2. Rinse and drain beans.
- 3. Combine beans, thawed corn, peppers, and onion; gently mix.
- Add marinade to bean and corn mixture. Stir until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



Berry Delicious Salad Number of Portions: 25

HACCP Process: #1 No Cook

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

¼ cup fruit

Portion Size: 1 cup greens + ¼ cup strawberries

Ingredients

Romaine lettuce	1-½ lb
Spinach, raw	1-½ lb
Strawberries	2-¼ lb
Mayonnaise, Reduced-Fat	½ cup
Cider vinegar	1 tbsp + 1 tsp
Poppy seeds	2 tsp
Milk, Low-Fat (1%)	¼ cup
Sugar, granulated	2 tbsp
Strawberry preserves, sugar-free	2 tbsp

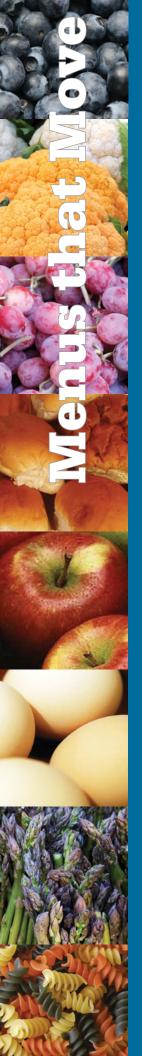
Instructions

- 1. Wash romaine and spinach and combine in a pan. Refrigerate until service.
- 2. Clean strawberries, removing stems. Slice strawberries and refrigerate until service.
- 3. Mix together mayonnaise, vinegar, sugar, poppy seeds, milk, and preserves. Whisk until smooth. Refrigerate until ready to serve.
- 4. Just before service, toss salad with dressing to evenly coat. CCP: Hold all ingredients for cold service at 41°F or below.

Nutrition Information

Calories	42 kcal	Iron	1 mg	Protein	2 g	15% of kcal
Cholesterol	1 mg	Calcium	49 mg	Carbohydrates	7 g	70% of kcal
Sodium	31 mg	Vitamin A	4031 IU	Total Fat	1 g	28% of kcal
Dietary Fiber	2 g	Vitamin C	38 mg	Saturated Fat	<1 g	4.5% of kcal
				Trans Fat [†]	0 g	0% of kcal

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



Berry Delicious Salad Number of Portions: 50

HACCP Process: #1 No Cook

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

¼ cup fruit

Portion Size: 1 cup greens + ¼ cup strawberries

Ingredients

Romaine lettuce 3 lb

Spinach, raw 3 lb

Strawberries 4-½ lb

Mayonnaise, Reduced-Fat 1 cup

Cider vinegar 2 tbsp + 2 tsp

Poppy seeds 1 tbsp + 1 tsp

Milk, Low-Fat (1%) ½ cup
Sugar, granulated ¼ cup
Strawberry preserves, sugar-free ¼ cup

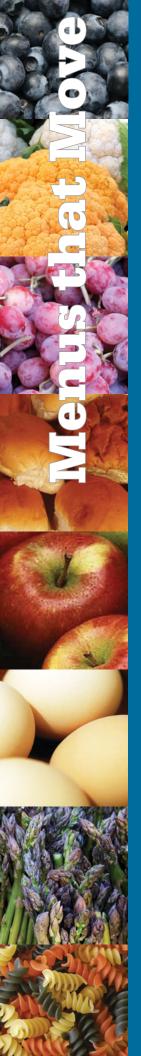
Instructions

- 1. Wash romaine and spinach and combine in a 6" full deep pan. Refrigerate until service.
- 2. Clean strawberries, removing stems. Slice strawberries and refrigerate until service.
- 3. Mix together mayonnaise, vinegar, sugar, poppy seeds, milk, and p reserves. Whisk until smooth. Refrigerate until ready to serve.
- 4. Just before service, toss salad with dressing to evenly coat. CCP: Hold all ingredients for cold service at 41°F or below.

Nutrition Information

Calories	42 kcal	Iron	1 mg	Protein	2 g	15% of kcal
Cholesterol	1 mg	Calcium	49 mg	Carbohydrates	7 g	70% of kcal
Sodium	31 mg	Vitamin A	4031 IU	Total Fat	1 g	28% of kcal
Dietary Fiber	2 g	Vitamin C	38 mg	Saturated Fat	<1 g	4.5% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]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

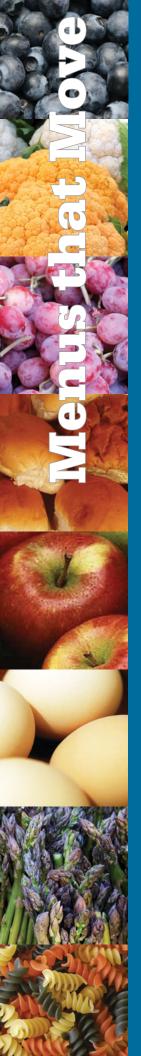
- 1. Combine soup, cream, pepper, garlic, parmesan cheese, and chicken in stock pot. Cook chicken mixture for 20 25 minutes, stirring occasionally.
- 2. Meanwhile, heat water to rolling boil. Slowly add rotini. Stir constantly, until water boils again. Cook rotini 8 10 minutes or until tender, stirring 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

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



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 (10-¾ 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
*UCDA	

^{*}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 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
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

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



Chicken Stir-Fry (ES) Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

1/4 cup vegetables (1/8 cup dark green, 1/8 cup other)

Portion Size: 1 serving (see instructions below) **NOTE:** Serve with ½ cup cooked brown rice.

Ingredients

Cornstarch $\frac{1}{2} \operatorname{cup} + 1 \operatorname{tsp} (2 - \frac{1}{2} \operatorname{oz})$

Water ¼ cup

Soy sauce, low-sodium ¼ cup

Ginger, ground ¼ tsp

Garlic (dried), granulated 1-½ tbsp

Pepper, black 1 tsp

Chicken stock 1 qt

Chinese pea pods (raw) 1-1/4 lb

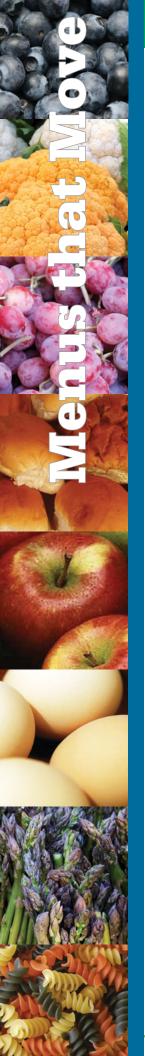
Spinach (raw) 1 lb

Popcorn chicken (frozen)* 5 lb

*USDA Foods

Instructions

- 1. Preheat oven to 375°F.
- 2. Combine cornstarch, water, soy sauce, ginger, garlic, and pepper; set aside.
- 3. Heat chicken stock to a boil and slowly stir in sauce mixture. Return to simmer. Cook 3 5 minutes, stirring occasionally, until thickened. Remove from heat.
- 4. Carefully wash pea pods and spinach. Place pea pods and spinach in a 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). Drain excess liquid from cooked vegetables.
- 5. Add sauce to vegetable mixture in steam table pan. Cover and hold for hot service.
 - CCP: Hold vegetable mixture for hot service at 135°F or higher.
- 6. Place frozen popcorn chicken bites in a single layer on a baking sheet in an oven. Bake at 375°F for approximately 10 12 minutes.
 - CCP: Heat chicken until internal temperature reaches 165°F for at least 15 seconds.
 - CCP: Hold chicken for hot service at 135°F or higher.
- 7. At serving time, portion 2 oz chicken (¼-cup ladle) with ¼ cup vegetables over ½ cup cooked rice.



Chicken Stir-Fry (ES)

(continued)

Nutrition	Informat	tion				
Calories	222 kcal	Iron	3 mg	Protein	14 g	24% of kcal
Cholesterol	28 mg	Calcium	31 mg	Carbohydrates	20 g	35% of kcal

Sodium 1180 mg Vitamin A 2019 IU Total Fat 10 g 41% of kcal Dietary Fiber 1 g Vitamin C 20 mg Saturated Fat 3 g 12% of kcal

Trans Fat[†] 0 g 0% of kcal

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



Chicken Stir-Fry (ES) Number of Portions: 50

HACCP Process: #2 Same Day Servic

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

1 oz-eq grains

¼ cup vegetables (½ cup dark green, ½ cup other)

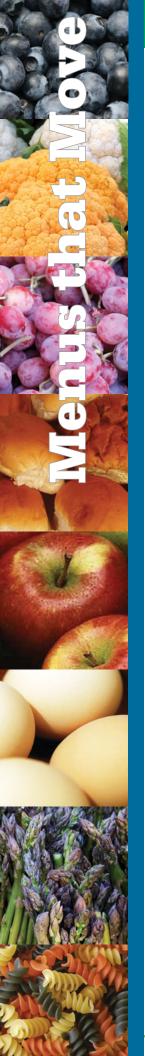
Portion Size: 1 serving (see instructions below) **NOTE:** Serve with ½ cup cooked brown rice.

Ingredients

Cornstarch	$\frac{1}{2}$ cup + 2 tsp (4- $\frac{1}{2}$ oz)
Water	½ cup
Soy sauce, low-sodium	½ cup
Ginger, ground	½ tsp
Garlic (dried), granulated	3 tbsp
Pepper, black	2 tsp
Chicken stock	2 qt
Chinese pea pods (raw)	2-½ lb
Spinach (raw)	2 lb
Popcorn chicken (frozen)*	10 lb
*USDA Foods	

Instructions

- 1. Preheat oven to 375°F.
- 2. Combine cornstarch, water, soy sauce, ginger, garlic, and pepper; set aside.
- 3. Heat chicken stock to a boil and slowly stir in sauce mixture. Return to simmer. Cook 3 5 minutes, stirring occasionally, until thickened. Remove from heat.
- 4. Carefully wash pea pods and spinach. Place pea pods and spinach in a 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). Drain excess liquid from cooked vegetables.
- 5. Add sauce to vegetable mixture in steam table pan. Cover and hold for hot service.
 - CCP: Hold vegetable mixture for hot service at 135°F or higher.
- 6. Place frozen popcorn chicken bites in a single layer on a baking sheet in an oven. Bake at 375°F for approximately 10 12 minutes.
 - CCP: Heat chicken until internal temperature reaches 165°F for at least 15 seconds.
 - CCP: Hold chicken for hot service at 135°F or higher.
- 7. At serving time, portion 2 oz chicken (¼-cup ladle) with ¼ cup vegetables over ½ cup cooked rice.



Chicken Stir-Fry (ES)

(continued)

MI a "a"	
Nutrition	Information
INGUILIOII	<u> </u>

Calories	222 kcal	Iron	3 mg	Protein	14 g	24% of kcal
Cholesterol	28 mg	Calcium	31 mg	Carbohydrates	20 g	35% of kcal
Sodium	1180 mg	Vitamin A	2019 IU	Total Fat	10 g	41% of kcal
Dietary Fiber	1 g	Vitamin C	20 mg	Saturated Fat	3 g	12% of kcal
				Trans Fat [†]	0 g	0% of kcal

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



Cowboy Corn Salad Number of Portions: 25

HACCP Process: #1 No Cook

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

Portion Size: 34 cup (6-oz portion server)

Ingredients

Corn (frozen kernels)* 1 qt

Black beans (canned), low-sodium* 1 qt + $2-\frac{1}{4}$ 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 3/4 cup (~1 medium pepper)

Cilantro (fresh), chopped 1/3 cup Italian dressing, Reduced-Fat 3/4 cup

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

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.

^{*}USDA Foods



Cowboy Corn Salad Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ¾ cup vegetables (½ cup other, ¼ 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 tspCumin, ground 2 tbsp + 2 tsp

*USDA Foods

Instructions

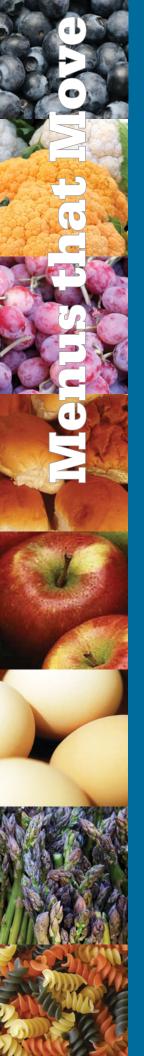
- 1. Thaw frozen corn in refrigerator overnight. Drain liquid.
- 2. Wash and chop/dice onions, tomatoes, and peppers.
- 3. Drain and rinse black beans thoroughly.
- 4. Mix together thawed corn, beans, and chopped fresh ingredients.
- 5. Add dressing and seasonings to vegetables and gently toss.
- 6.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

HACCP Process: #1 No Cook

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

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

50 slices (1-1/2 lb)

Number of Portions: 50

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*

*USDA Foods

Instructions

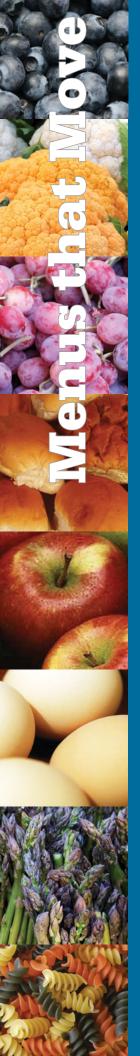
1. To assemble subs, layer each bun with 2 slices (1 oz) of turkey, 1 slice (½ oz) of ham, and 1 slice (½ oz) of cheese.

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.



Eagle Tostada (ES)

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

34 cup vegetables (14 cup red/orange, 14 cup legumes,

¼ cup other)

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

Portion Size: 1 tostada

Ingredients

Corn tortillas, 6", without salt 25 each

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

Refried beans* $1 \text{ qt} + 2-\frac{1}{4} \text{ cups}$

Cheddar cheese, Reduced-Fat, shredded* 1-1/2 lb

Lettuce, shredded 1 qt + 2-¼ cups (about ¾ lb)

Tomatoes (canned), diced, drained $1 \text{ qt} + 2-\frac{1}{4} \text{ cups}$

*USDA Foods

Instructions

1. Place sealed bag of frozen beef taco filling in steamer. 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. Preheat oven to 350°F. Lightly coat baking sheet with pan release spray.
- 3. Place tortillas on prepared baking sheet. Spread ¼ cup refried beans, 1.58 oz (¼ cup) beef filling, and 1 oz (¼ cup) cheese on each tortilla.
- 4. Heat tostadas at 350°F in oven until cheese is melted.

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

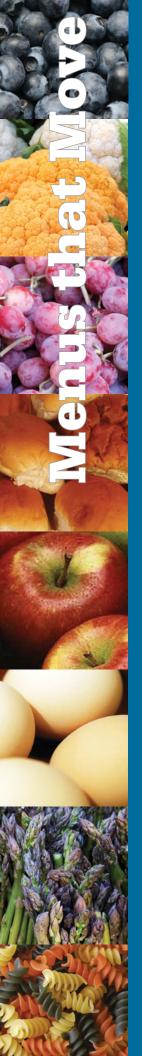
5. At service, top each tostada with ¼ cup shredded lettuce and ¼ cup diced tomatoes.

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

Nutrition Information

Calories	261 kcal	Iron	3 mg	Protein	19 g	29% of kcal
Cholesterol	38 mg	Calcium	398 mg	Carbohydrates	26 g	41% of kcal
Sodium	643 mg	Vitamin A	998 IU	Total Fat	10 g	35% of kcal
Dietary Fiber	6 g	Vitamin C	11 mg	Saturated Fat	5 g	16% of kcal
				Trans Fat [†]	0 g	0% of kcal

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



Eagle Tostada (ES)

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

34 cup vegetables (14 cup red/orange, 14 cup legumes,

¼ cup other)

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

Portion Size: 1 tostada

Ingredients

Corn tortillas, 6", without salt 50 each Beef taco filling, Reduced-Fat* 5 lb

Refried beans* $3 \text{ qt} + \frac{1}{2} \text{ cup}$

Cheddar cheese, Reduced-Fat, shred- 3 lb + 2 oz

ded*

Lettuce, shredded $3 \text{ qt} + \frac{1}{2} \text{ cup (about 1.5 lb)}$

Tomatoes (canned), diced, drained $3 \text{ qt} + \frac{1}{2} \text{ cup}$

*USDA Foods

Instructions

1. Place sealed bag of frozen beef taco filling in steamer. 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. Preheat oven to 350°F. Lightly coat baking sheet with pan release spray.
- 3. Place tortillas on prepared baking sheet. Spread ¼ cup refried beans, 1.58 oz (¼ cup) beef filling, and 1 oz (¼ cup) cheese on each tortilla.
- 4. Heat tostadas at 350°F in oven until cheese is melted.

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

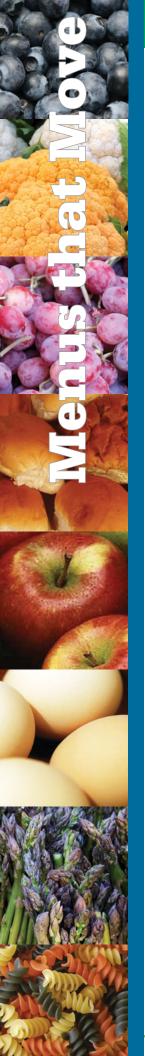
5. At service, top each tostada with ¼ cup shredded lettuce and ¼ cup diced tomatoes.

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

Nutrition Information

Calories	261 kcal	Iron	3 mg	Protein	19 g	29% of kcal
Cholesterol	38 mg	Calcium	398 mg	Carbohydrates	26 g	41% of kcal
Sodium	643 mg	Vitamin A	998 IU	Total Fat	10 g	35% of kcal
Dietary Fiber	6 g	Vitamin C	11 mg	Saturated Fat	5 g	16% 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.

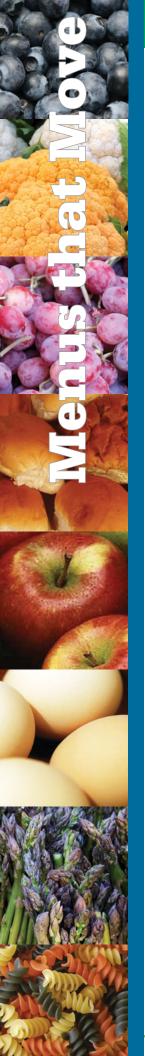
3. Serve ¼ cup cucumber slices and ¼ cup (4 each) cherry tomatoes with 2 tbsp ranch dressing on the side.

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

Nutrition Information

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 $1 \text{ qt} + 2-\frac{1}{4} \text{ cups}$

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.

Nutrition Information

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

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.

Nutrition Information

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.

Number of Portions: 25



Garlic Broccoli

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.

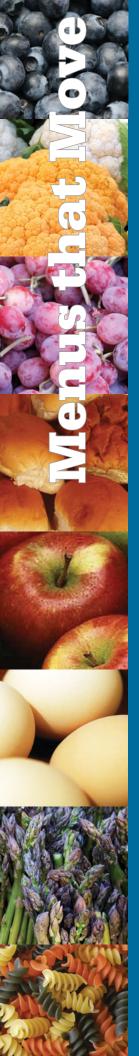
CCP: Hold for hot service at 135°F or higher.

Nutrition Information

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.

Number of Portions: 50



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

34 cup vegetables (5% cup dark green, 1% 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

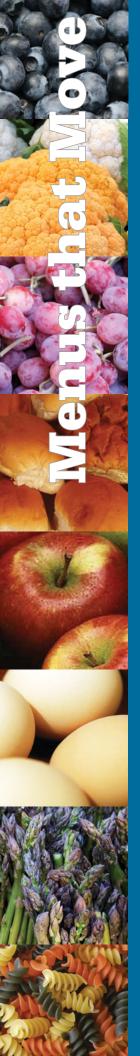
Instructions

- 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 q	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)

1 qt + 1/8 cup

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 qt + 1/8 cup Onions (raw), chopped 1 qt + 1/8 cup 4 -1/8 lb

Spinach (raw), chopped

Ginger, ground ¼ cup

*USDA Foods

Instructions

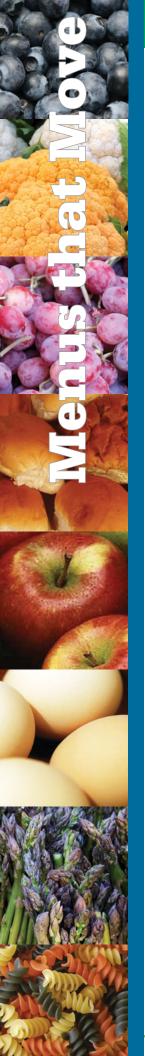
Chicken broth, low-sodium

- 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.
- 6. 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 q	0% of kcal

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



Lemon Broccoli

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.

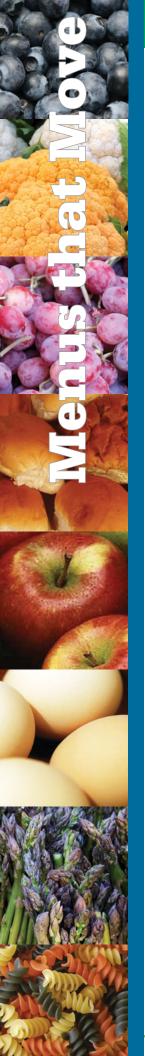
CCP: Hold for hot service at 135°F or higher.

Nutrition Information

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.

Number of Portions: 25



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.

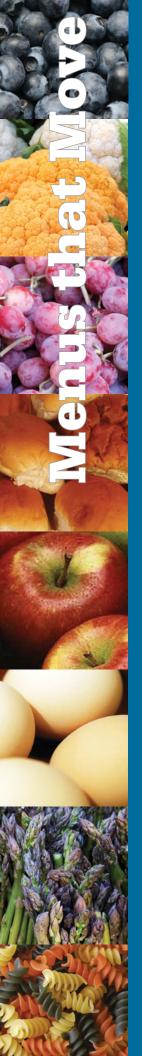
2. Add lemon juice and margarine.

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

Nutrition Information

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.

Nutrition Information

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.

Nutrition Information

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.



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 + 7 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	250 kcal	Iron	3 mg	Protein	19 g	30% of kcal
Cholesterol	55 mg	Calcium	68 mg	Carbohydrates	29 g	46% of kcal
Sodium	305 mg	Vitamin A	651 IU	Total Fat	9 g	33% of kcal
Dietary Fiber	4.6 g	Vitamin C	19 mg	Saturated Fat	3 g	12% of kcal
				Trans Fat [†]	0.5 g	1% 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* 2 lb + 14 oz

*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.

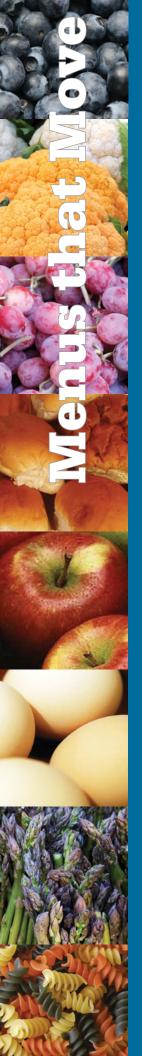
CCP: Heat rotini and meat sauce mixture until internal temperature reaches 165°F.

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

Nutrition Information

Calories	250 kcal	Iron	3 mg	Protein	19 g	30% of kcal
Cholesterol	55 mg	Calcium	68 mg	Carbohydrates	29 g	46% of kcal
Sodium	305 mg	Vitamin A	651 IU	Total Fat	9 g	33% of kcal
Dietary Fiber	4.6 g	Vitamin C	19 mg	Saturated Fat	3 g	12% of kcal
				Trans Fat [†]	0.5 g	1% of kcal

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



Santa Fe Wrap (ES)

Number of Portions: 25

HACCP Process: #1 No Cook

Chipotle flavor concentrate

(Hot variation: #2 Same Day Service)

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

0.75 oz-eq grains (0.75 oz-eq whole grain-rich)

¼ cup vegetables (¼ cup other)

Portion Size: ½ wrap

Ingredients

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

Salsa (canned), low-sodium* ½ cup
Ranch dressing, light ½ cup

Romaine lettuce 13-½ oz (~3 cups)

Tomatoes (fresh), chopped 3-1/3 cups (~5 medium tomatoes)

1 tsp

Corn (frozen kernels)*

Cheddar cheese, Low-Fat, shredded*

1 cup (4 oz)

Tortillas, whole grain-rich, 8"*

12-½ each

*USDA Foods

Instructions

- 1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
- 2. In a bowl, mix together salsa, ranch dressing, and chipotle flavor concentrate until well combined.
- 3. In a separate bowl, combine the lettuce, tomatoes, corn, and cheese. Toss with dressing mixture until evenly coated.
- 4. Drain thawed chicken.

For cold service:

4. Arrange 2 oz (¼ cup) chicken down the middle of a tortilla. Lay 1 cup of lettuce mixture on top. Fold edges and roll tortilla. Repeat with remaining tortillas.

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

For hot service:

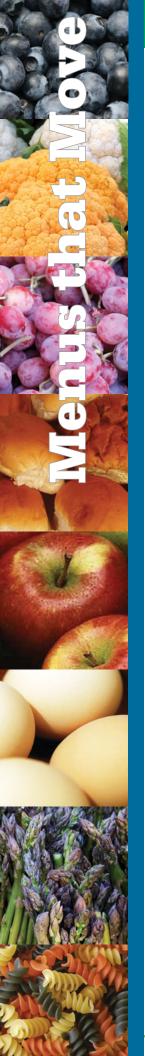
- 5. Place thawed chicken in steam table pan and heat until internal temperature reaches 165°F or higher for at least 15 seconds.
 - CCP: Heat chicken to 165°F or higher for at least 15 seconds.
- 6. At service, place 2 oz (¼ cup) heated chicken on tortilla. Top with 1 cup of lettuce mixture. Fold edges and roll tortilla.

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

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

Ohio Department of Education

USDA is an equal opportunity provider and employer.

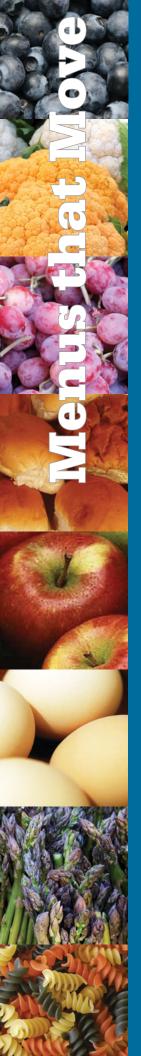


Santa Fe Wrap (ES)

(continued)

inutrition information						
Calories	213 kcal	Iron	2 mg	Protein	21 g	39% of kcal
Cholesterol	52 mg	Calcium	88 mg	Carbohydrates	17 g	31% of kcal
Sodium	298 mg	Vitamin A	1074 IU	Total Fat	7 g	30% of kcal
Dietary Fiber	3 g	Vitamin C	7 mg	Saturated Fat	2 g	8% of kcal
				Trans Fat [†]	0 g	0% of kcal

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



Santa Fe Wrap (ES)

Number of Portions: 50

HACCP Process: #1 No Cook

(Hot variation: #2 Same Day Service)

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

0.75 oz-eq grains (0.75 oz-eq whole grain-rich)

¼ cup vegetables (¼ cup other)

Portion Size: ½ wrap

Ingredients

Chicken (cooked), diced* 6 lb + 4 oz

Salsa (canned), low-sodium* 1 cup
Ranch dressing, light 1 cup

Chipotle flavor concentrate 2 tsp

Romaine lettuce 1 lb + 11 oz oz (\sim 5 cups)

Tomatoes (fresh), chopped 1 qt + $2-\frac{3}{4}$ cups (~10 medium tomatoes)

Corn (frozen kernels)* $1 \text{ qt} + 2-\frac{3}{4} \text{ cups}$

Cheddar cheese, Low-Fat, shredded* 2 cups (8 oz)

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

*USDA Foods

Instructions

- 1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
- 2. In a bowl, mix together salsa, ranch dressing, and chipotle flavor concentrate until well combined.
- 3. In a separate bowl, combine the lettuce, tomatoes, corn, and cheese. Toss with dressing mixture until evenly coated.
- 4. Drain thawed chicken.

For cold service:

5. Arrange 2 oz (¼ cup) chicken down the middle of a tortilla. Lay 1 cup of lettuce mixture on top. Fold edges and roll tortilla. Repeat with remaining tortillas.

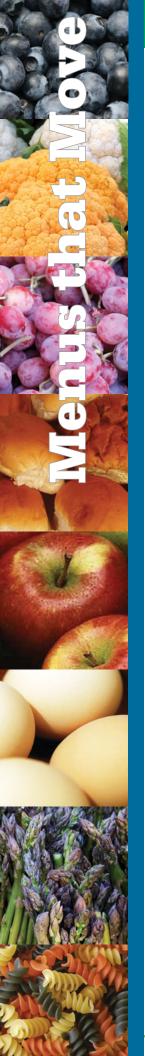
CCP: Hold for cold service at 41°F or lower.

For hot service:

- 5. Place thawed chicken in steam table pan and heat until internal temperature reaches 165°F or higher for at least 15 seconds.
 - CCP: Heat chicken to 165°F or higher for at least 15 seconds.
- 6. At service, place 2 oz (1/4 cup) heated chicken on tortilla. Top with 1 cup of lettuce mixture. Fold edges and roll tortilla.

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

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

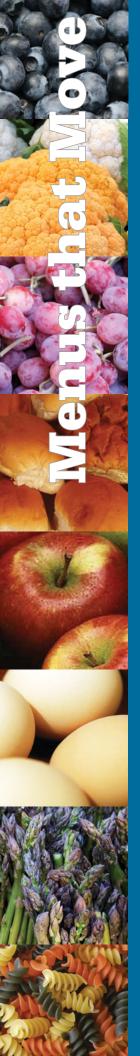


Santa Fe Wrap (ES)

(continued)

Nutrition information						
Calories	213 kcal	Iron	2 mg	Protein	21 g	39% of kcal
Cholesterol	52 mg	Calcium	88 mg	Carbohydrates	17 g	31% of kcal
Sodium	298 mg	Vitamin A	1074 IU	Total Fat	7 g	30% of kcal
Dietary Fiber	3 g	Vitamin C	7 mg	Saturated Fat	2 g	8% of kcal
				Trans Fat [†]	0 a	0% of kcal

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



Spicy Mexican Chicken

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)

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with 1.5 oz whole grain tortilla chips

Ingredients

Chicken, diced, cooked (frozen)* 1-lb + 9 oz

Chipotle chili pepper, ground ½ tsp

Black pepper 1 tsp

Garlic powder 2 tsp

Cream of chicken soup, Healthy Request 4-4 cans (10.75 oz each; ~5-4 cups

total)

Cheddar cheese, reduced fat, shredded* 1 lb + 9 oz (~6 cups)

Yellow onion (raw), chopped 1 cup (~2 small onions)

Green chilies (canned), diced 4 oz

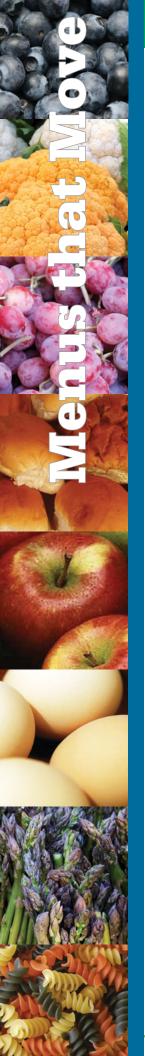
Black beans (canned), low-sodium* 1 qt + $2-\frac{1}{4}$ cups

*USDA Foods

Instructions

- 1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
- Heat chicken thoroughly (approximately 15 minutes).
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
- 3. Meanwhile, combine pepper, garlic powder, chipotle spice, and soup.
- 4. While chicken is hot, toss chicken with spice mixture.
- 5. Drain and rinse black beans. Drain diced green chilies. Chop onion. In a large bowl, combine beans, chilies, and onion.
- 6. Spray 20" x 12" x 2" hotel pan with pan release spray. Layer chicken mixture in bottom of pan. Add a layer of beans, chilies, and onion. Top with cheese.
- 7. Heat, uncovered, for 30 minutes until golden and bubbly. Remove from oven.

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



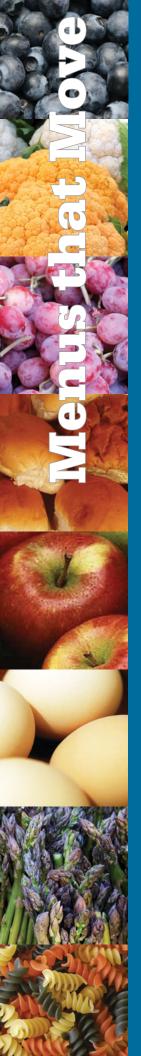
Spicy Mexican Chicken

(continued)

NILITRITION	Information
INGUILIOII	<u> </u>

Calories	185 kcal	Iron	2.44 mg	Protein	20 g	43% of kcal
Cholesterol	34 mg	Calcium	142 mg	Carbohydrates	16.5 g	35% of kcal
Sodium	607 mg	Vitamin A	276 IU	Total Fat	4.8 g	23% of kcal
Dietary Fiber	5 g	Vitamin C	4 mg	Saturated Fat	1.8 g	9% of kcal
				Trans Fat [†]	0 g	0% of kcal

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



Spicy Mexican Chicken

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)

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with 1.5 oz whole grain tortilla chips.

Ingredients

Chicken, precooked, diced* 3-lb + 2 oz

Chipotle chili pepper, ground 1 tsp

Black pepper, ground 2 tsp

Garlic powder 1 tbsp + 1 tsp

Cream of chicken soup, Healthy Request 8-1/3 can (10.75 oz each; ~10-1/2 cups

total)

Cheddar cheese, reduced-fat, shredded* 3 lb + 2 oz (~12 cups)

Yellow onion (raw), chopped 2 cups (~4 small onions)

Green chilies (canned), diced 8 oz

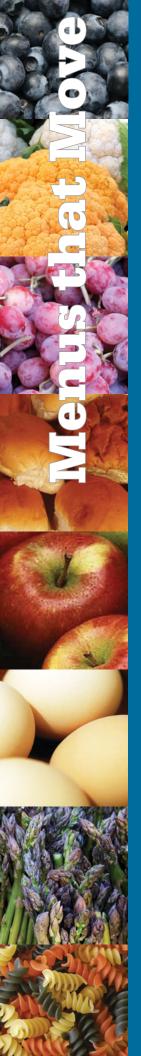
Black beans (canned), low-sodium* 3 qt + ½ cup

*USDA Foods

Instructions

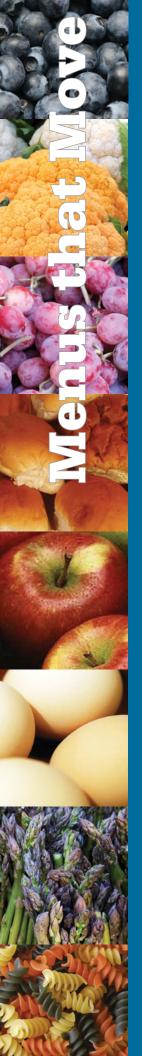
- 1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
- Heat chicken thoroughly (approximately 15 minutes).
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
- 3. Meanwhile, combine pepper, garlic powder, chipotle spice, and soup.
- 4. While chicken is hot, toss chicken with spice mixture.
- 5. Drain and rinse black beans. Drain diced green chilies. Chop onion. In a large bowl, combine beans, chilies, and onion.
- 6. Spray 20" x 12" x 2" hotel pan with pan release spray. Layer chicken mixture in bottom of pan. Add a layer of beans, chilies, and onion. Top with cheese.
- 7. Heat, uncovered, for 30 minutes until golden and bubbly. Remove from oven.

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



Nutrition information									
Calories	185 kcal	Iron	2.44 mg	Protein	20 g	43% of kcal			
Cholesterol	34 mg	Calcium	142 mg	Carbohydrates	16.5 g	35% of kcal			
Sodium	607 mg	Vitamin A	276 IU	Total Fat	4.8 g	23% of kcal			
Dietary Fiber	5 g	Vitamin C	4 mg	Saturated Fat	1.8 g	9% 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

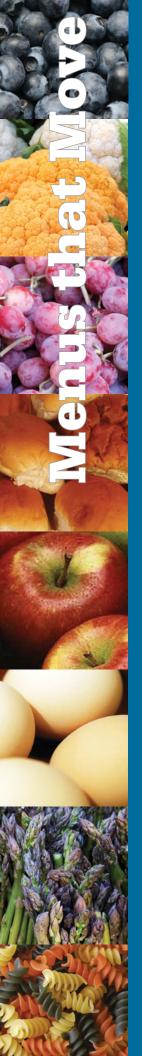
Instructions

- 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

Ina	red	ien	ts
ш			40

3 tbsp
½ cup
½ cup
¼ cup
¼ cup
8 lb
3 qt + 2 cups
3 qt + 2 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.



Spring/Summer Fruit Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ½ cup fruit Portion Size: ½ cup (#8 scoop)

NOTE: Serve with Honey-Mint Citrus Dressing.

Ingredients

Strawberries (fresh) 2 lb

Bananas (fresh) 2-½ lb

Blueberries (fresh) 1 lb

Instructions

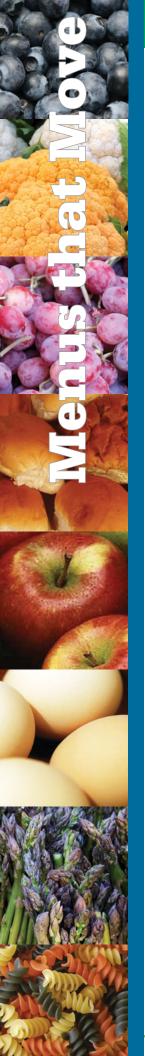
- 1. Wash berries. Slice strawberries. Cut bananas into chunks. Combine prepared fruit.
- 2. Toss fruit with honey mint citrus dressing and refrigerate until serving.

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

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

Calories	61 kcal	Iron	<1 mg	Protein	1 g	6% of kcal
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	15 g	101% of kcal
Sodium	1 mg	Vitamin A	42 IU	Total Fat	<1 g	5% of kcal
Dietary Fiber	2 g	Vitamin C	26 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

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



Spring/Summer Fruit Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ½ cup fruit Portion Size: ½ cup (#8 scoop)

NOTE: Serve with Honey-Mint Citrus Dressing.

Ingredients

Strawberries (fresh) 3-¾ lb
Bananas (fresh) 5 lb
Blueberries (fresh) 2 lb

Instructions

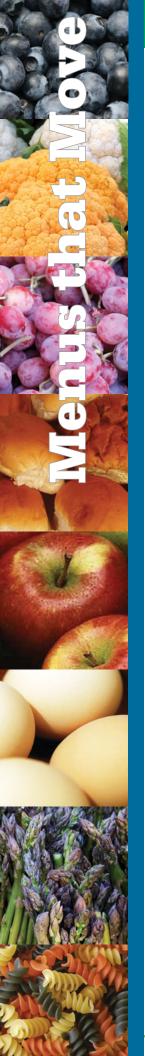
- 1. Wash berries. Slice strawberries. Cut bananas into chunks. Combine prepared fruit.
- 2. Toss fruit with honey mint citrus dressing and refrigerate until serving.

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

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

Calories	61 kcal	Iron	<1 mg	Protein	1 g	6% of kcal
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	15 g	101% of kcal
Sodium	1 mg	Vitamin A	42 IU	Total Fat	<1 g	5% of kcal
Dietary Fiber	2 g	Vitamin C	26 mg	Saturated Fat	<1 g	1% 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: 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

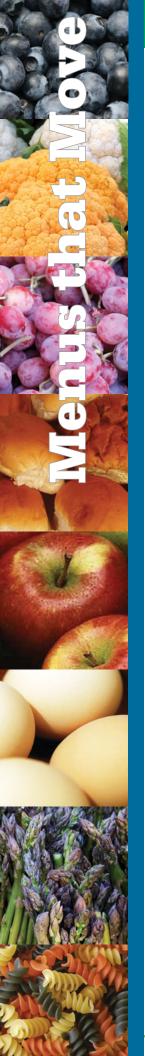
*USDA Foods

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.
- 3. 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) 1-1/2 qt

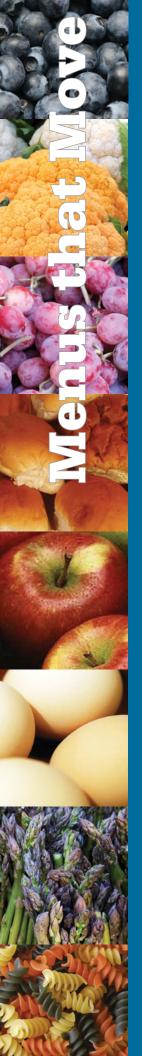
*USDA Foods

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.
- 3. 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 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

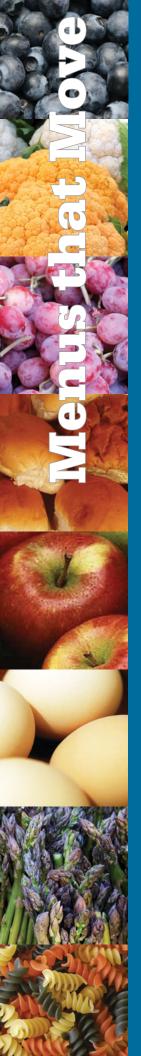
Instructions

- 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 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)*

Green peppers (frozen), diced

2-½ lb

Sesame ginger salad dressing

4-¼ 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

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.



Taco Salad (ES)

HACCP Process: #2 Same Day Service

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

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

Number of Portions: 25

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)

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.

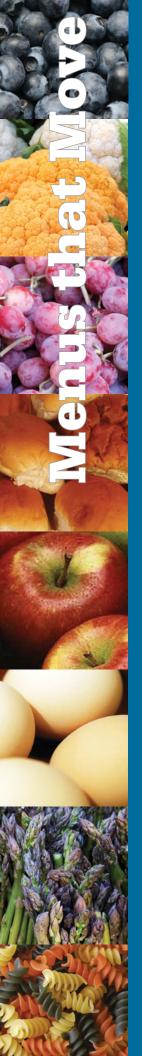
- 3. Meanwhile, clean and chop romaine lettuce. Clean and dice tomatoes. CCP: Hold vegetables for cold service at 41°F or below.
- 4. At service, portion 1 cup salad and top with 1.58 oz beef taco filling, ¹ /₈ cup corn, ¹/₈ cup diced tomatoes, and 1 oz cheese. Serve with 1 packet ranch dressing.

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.

^{*}USDA Foods



Taco Salad (ES)

HACCP Process: #2 Same Day Service

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

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

Number of Portions: 50

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.

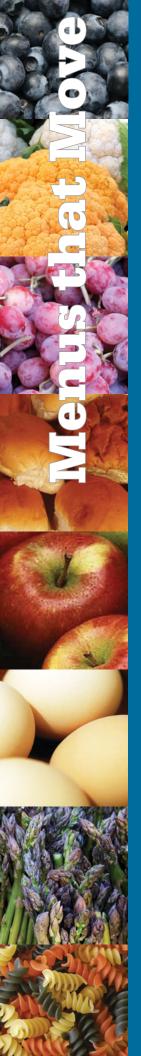
CCP: Hold vegetables for cold service at 41°F or below.

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

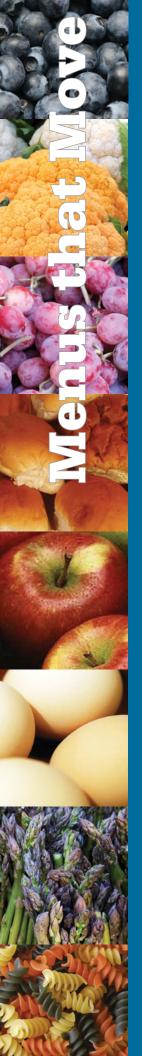
- 1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
- 2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
- 3. For service, combine 1 cup lettuce/spinach mixture and ¼ cup chopped vegetables.

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

Nutrition Information

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.

Nutrition Information

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.



Walking Taco

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)

Number of Portions: 25

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.

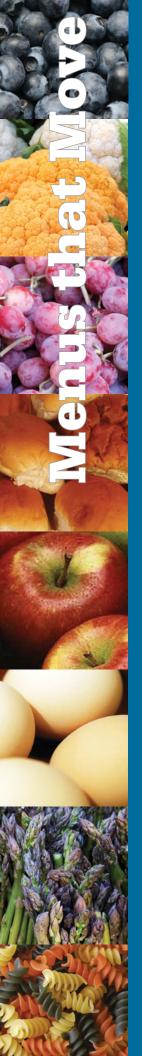
CCP: Hot hold taco filling at 135°F or higher for service.

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

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.



Walking Taco

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)

Number of Portions: 50

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

 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.

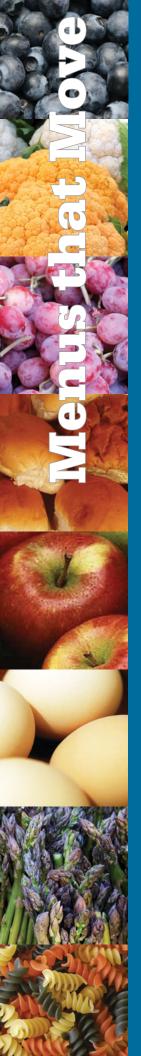
CCP: Hot hold taco filling at 135°F or higher for service.

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.



Wokin' Orange Chicken Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

½ cup vegetables (¼ cup red/orange, ½ cup dark green,

½ cup other)

Portion Size: ½ cup vegetable mixture + 2 oz popcorn chicken

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

Popcorn chicken* 5 lb

Sweet and sour sauce 3 cups

Spinach (frozen), chopped or leaf 2-½ lb

Carrots (frozen), sliced* 2-½ lb

Pepper strip blend (frozen) 1 qt + 2 cups

Instructions

- 1. Preheat oven to 375°F.
- 2. Place frozen popcorn chicken bites in a single layer on baking sheet. Bake chicken 10 12 minutes or until internal temperature reaches 165°F.

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

- 3. Combine spinach, carrots, and pepper strip blend with sweet and sour sauce. Stir lightly to coat.
- 4. Place vegetable mixture in steamer and heat for 5 8 minutes or until vegetables are tender.

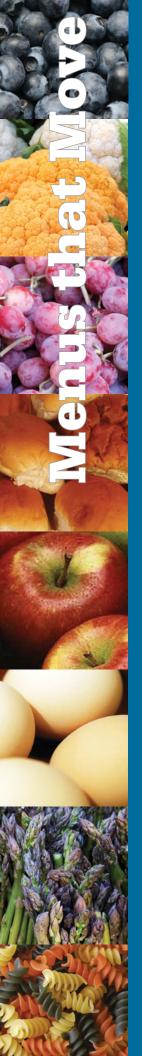
CCP: Hot hold vegetable mixture at 135°F or higher until service.

Nutrition Information

Calories	288 kcal	Iron	3 mg	Protein	14 g	19% of kcal
Cholesterol	28 mg	Calcium	71 mg	Carbohydrates	34 g	47% of kcal
Sodium	1020 mg	Vitamin A	12,419 IU	Total Fat	11 g	33% of kcal
Dietary Fiber	3 g	Vitamin C	9 mg	Saturated Fat	3 g	10% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

^{*}USDA Foods



Wokin' Orange Chicken Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

½ cup vegetables (¼ cup red/orange, 1/8 cup dark

green, 1/8 cup other)

Portion Size: ½ cup vegetable mixture + 2 oz popcorn chicken

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

Popcorn chicken* 10 lb

Sweet and sour sauce 1 qt + 2 cups

Spinach (frozen), chopped or leaf 4-1/2 lb

Carrots (frozen), sliced* 5 lb

Pepper strip blend (frozen) 3 qt

*USDA Foods

Instructions

- 1. Preheat oven to 375°F.
- 2. Place frozen popcorn chicken bites in a single layer on baking sheet. Bake chicken 10 12 minutes or until internal temperature reaches 165°F.
 - CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
- 3. Combine spinach, carrots, and pepper strip blend with sweet and sour sauce. Stir lightly to coat.
- 4. Place vegetable mixture in steamer and heat for 5 8 minutes or until v egetables are tender.

CCP: Hot hold vegetable mixture at 135°F or higher until service

Nutrition Information

Calories	288 kcal	Iron	3 mg	Protein	14 g	19% of kcal
Cholesterol	28 mg	Calcium	71 mg	Carbohydrates	34 g	47% of kcal
Sodium	1020 mg	Vitamin A	12,419 IU	Total Fat	11 g	33% of kcal
Dietary Fiber	3 g	Vitamin C	9 mg	Saturated Fat	3 g	10% of kcal
				Trans Fat†	0 g	0% of kcal

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