

# **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

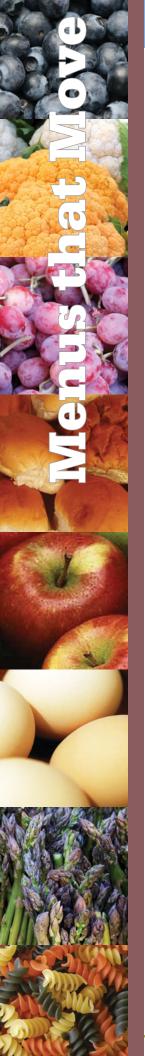
Place rice in steam table pan. Steam until tender (approximately 20–25 minutes).

1. Add dressing and stir well.

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

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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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 ¾ cups

Sesame ginger salad dressing, light 3 ½ cups

\*USDA Foods

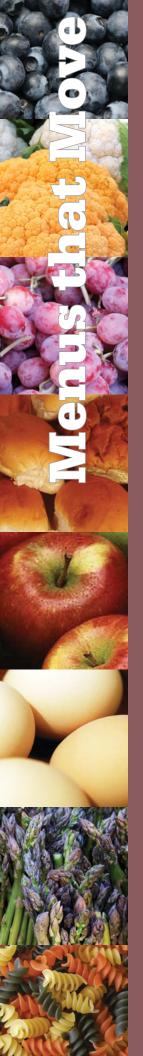
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- 2. Add dressing and stir well.

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

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				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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.

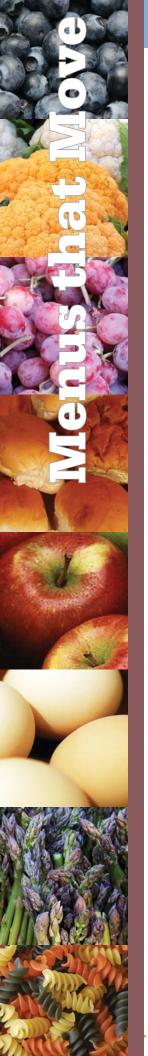
CCP: Before preparing burritos, heat beef taco filling to 165°F for 15 seconds.

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.

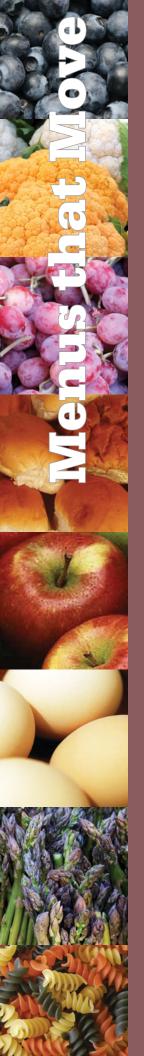
CCP: Hot hold burritos at 135°F or higher for service.



# 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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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.

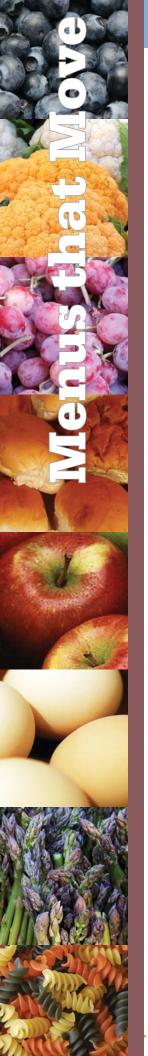
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- 2. Preheat oven to  $375^{\circ}F$  (or  $325^{\circ}F$  for convection oven). Spray two sheet pans (18" x 26" x 1") with pan release spray.
- 3. Combine beef taco filling with refried beans, salsa, and shredded cheddar cheese.
- 4. Steam tortillas 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.

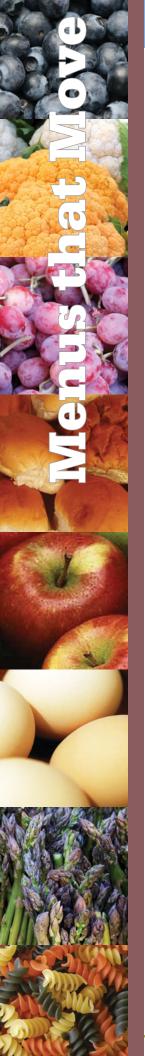


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				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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 <sup>a</sup>	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 <sup>b</sup>	4 oz (~½ cup)
Milk, lowfat (1%)	1 oz (~1% cup)
California vegetable blend, frozen	4 lb + 4 oz
Water (or reserved liquid from vegetables)	2 cup

<sup>\*</sup>USDA Foods

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.

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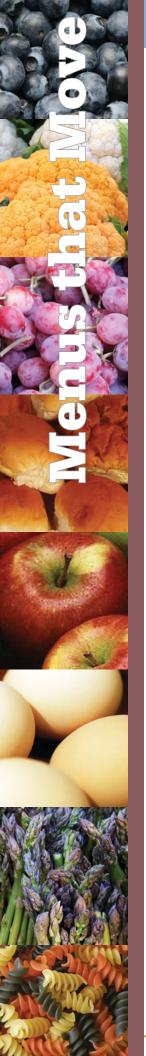
CCP: Prior to service, hold at 135°F or higher.

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.

<sup>&</sup>lt;sup>a</sup>½ cup chopped, raw onion may be substituted for 2-½ tbsp dried, chopped onion.

<sup>&</sup>lt;sup>b</sup>Low-sodium cream of celery soup may be substituted for low-sodium cream of mushroom soup.



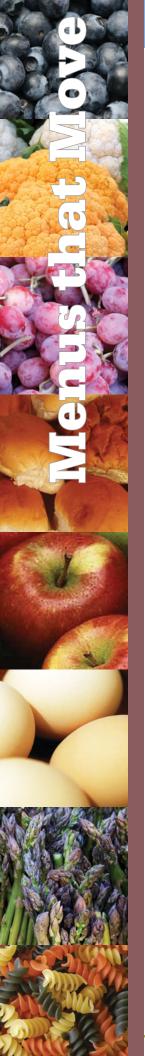
# **California Casserole**

(continued)

Nutrition	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 <sup>†</sup>	0 g	0% of kcal

 $<sup>{}^{\</sup>scriptscriptstyle \dagger}\text{Nutrient}$  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, di	ried, chopped	a	l tbsp +	3/4	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<sup>b</sup> 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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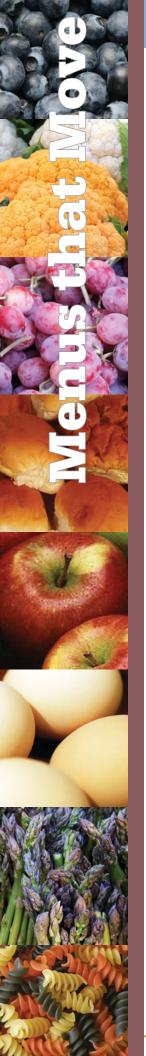
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CCP: Cool to 70°F within 2 hours and to 41°F or lower within 4 hours.

<sup>\*</sup>USDA Foods

<sup>&</sup>lt;sup>a</sup>1/3 cup chopped, raw onion may be substituted for 1 tbsp + ¾ tspp dried, chopped onion.

<sup>&</sup>lt;sup>b</sup>Low-sodium cream of celery soup may be substituted for low-sodium cream of mushroom soup.



# **California Casserole**

(continued)

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Dietary Fiber	3 g	Vitamin C	18 mg	Saturated Fat	.72 g	6% of kcal

Trans Fat<sup>†</sup>

0 g

<sup>&</sup>lt;sup>†</sup>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-\( \frac{1}{4} \) oz can) 1-\( \frac{1}{2} \) cans

Half and half 1 qt + 2 cups

White pepper, ground 1 tsp

Garlic powder ½ tsp

Parmesan cheese, grated 1-1/8 cups

Chicken, cooked, diced\* 3-1/4 lb

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

Water 1-¼ gal

\*USDA Foods

#### Instructions

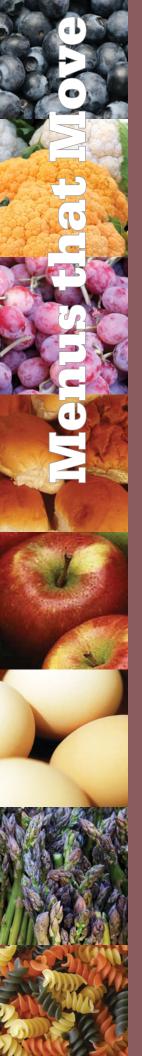
- 1. Combine soup, cream, pepper, garlic, parmesan cheese, and chicken in stock pot. Cook chicken mixture for 20 25 minutes, stirring occasionally.
- 2. Meanwhile, heat water to rolling boil. Slowly add rotini. Stir constantly, until water boils again. Cook rotini 8 10 minutes or until tender, stirring 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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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\* 6-½ lb Rotini, whole grain-rich\* 4-¾ lb

Water 2-½ gal

#### 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" x 12" x 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.

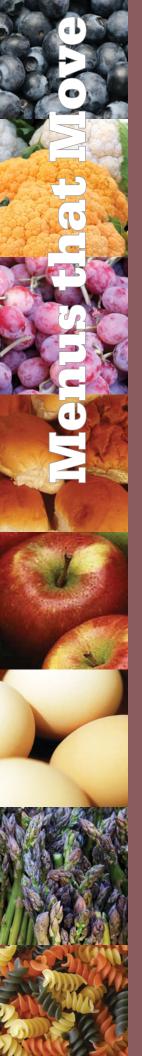
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<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.

<sup>\*</sup>USDA Foods



## 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.

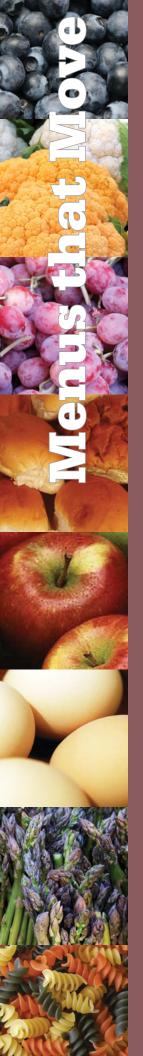
CCP: Hold chicken for hot service at 135°F or higher.

- 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
				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.



## 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

<sup>\*</sup>USDA Foods

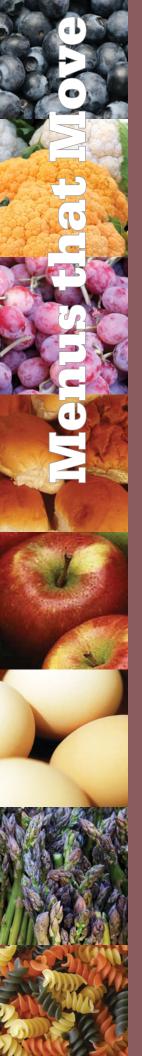
#### Instructions

- 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
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# 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 qt + 2-\( \frac{1}{2} \) 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.

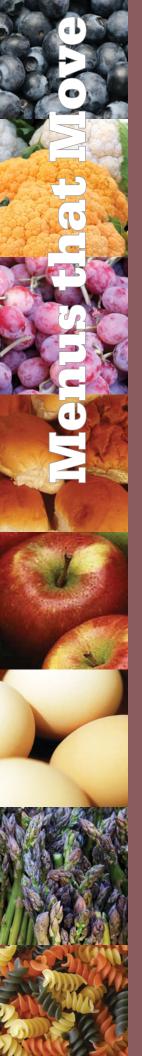
5. At service, top each tostada with ¼ cup shredded lettuce and ¼ cup diced tomatoes.

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 Fibe	r 6 g	Vitamin C	11 mg	Saturated Fat	5 g	16% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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

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- 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.

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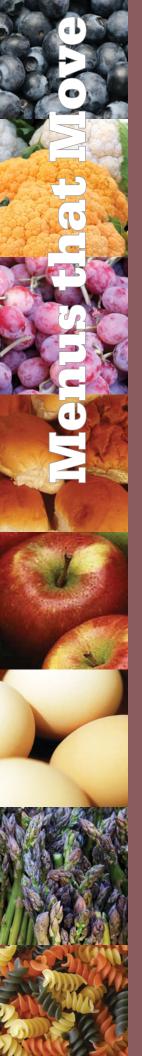
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#### **Nutrition Information**

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 <sup>†</sup>	0 q	0% of kcal

<sup>&</sup>lt;sup>†</sup>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

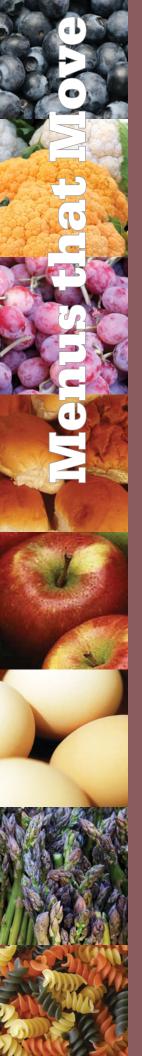
 Place frozen broccoli in a 12" x 20" x 2" counter pan. Allow room for the steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 pounds pressure) until tender (approximately 5 – 8 minutes). DO NOT OVERCOOK. Drain excess liquid from cooked broccoli.

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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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

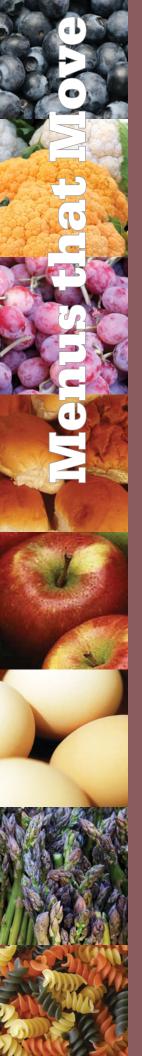
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Calories	61 kcal	Iron	.57mg	Protein	3 g	21% of kcal
Cholesterol	0 mg	Calcium	34.3mg	Carbohydrates	5.4 g	36% of kcal
Sodium	46 mg	Vitamin A	1224 IU	Total Fat	3.66g	54% of kcal
Dietary Fiber	3 g	Vitamin C	38.3mg	Saturated Fat	.6 g	9% of kcal
				Trans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

<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.



## Golden Corn & Carrots Number of Portions: 25

**HACCP Process:** #2 Same Day Service

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

Portion Size: ½ cup (#8 scoop)

#### Ingredients

Corn kernels (frozen)\* 2 lb + 5 oz Carrots (raw) 2 lb + 6 oz Parsley, (dried) 1 Tbsp Salt, onion  $\frac{1}{2} tsp$ 

#### Instructions

- 1. Place 2 lb + 5 oz (1/2 gal) corn in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 10 minutes until tender.
- 2. Place 2 lb + 6 oz (1/2 gal) carrots in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 15 minutes until tender.
- 3. Combine cooked corn and cooked corn in a steam table pan (12"x20"x2 1/2") and stir to blend.
- 4. Mix the parsley and onion salt. Sprinkle seasoning mixture over pan of vegetables and stir to coat evenly.

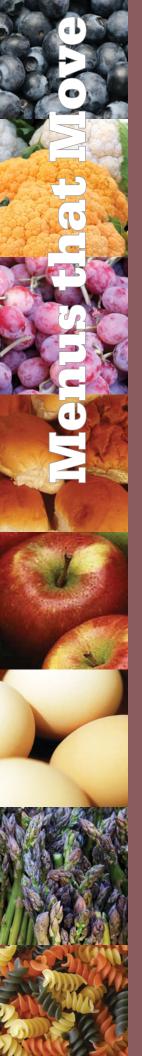
CCP: Hold for hot service at 135°F or higher.

#### **Nutrition Information**

Calories	56 kcal	Iron	.49 mg	Protein	1.74 g	12.4 % of kcal
Cholesterol	0 mg	Calcium	14.91 mg	Carbohydrates	13.24 g	94.3% of kcal
Sodium	53 mg	Vitamin A	11039 IU	Total Fat	.41 g	6.5% of kcal
Dietary Fiber	2.34 g	Vitamin C	5.2 mg	Saturated Fat	.06 g	91% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.

<sup>\*</sup>USDA Foods



## Golden Corn & Carrots Number of Portions: 50

**HACCP Process:** #2 Same Day Service

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

Portion Size: ½ cup (#8 scoop)

#### Ingredients

Corn kernels (frozen)\* 4 lb + 10 oz Carrots (raw) 4 lb + 12 oz

Parsley, (dried) 2 Tbsp Salt, onion 1 tsp

\*USDA Foods

#### Instructions

- 1. Place 4 lb + 10 oz (1 gal) corn in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 10 minutes until tender.
- 2. Place 4 lb + 12 oz (1 gal) carrots in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 15 minutes until tender.
- 3. Combine ½ pan of cooked corn and ½ pan of cooked corn in each steam table pan (12"x20"x2 1/2") and stir to blend.
- 4. Mix the parsley and onion salt. Sprinkle seasoning mixture over each pan of vegetables and stir to coat evenly.

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

#### **Nutrition Information**

Calories	56 kcal	Iron	.49 mg	Protein	1.74 g	2.4 % of kcal
Cholesterol	0 mg	Calcium	14.91 mg	Carbohydrates	13.24 g	94.3% of kcal
Sodium	53 mg	Vitamin A	11039 IU	Total Fat	.41 g	6.5% of kcal
Dietary Fiber	2.34 g	Vitamin C	5.2 mg	Saturated Fat	.06 g	.91% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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

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 <sup>†</sup>	0 a	0% of kcal

<sup>&</sup>lt;sup>†</sup>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  $1 \text{ qt} + \frac{1}{8} \text{ cup}$ 

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  $1 \text{ qt} + \frac{1}{8} \text{ cup}$ 

Ginger, ground ¼ cup

\*USDA Foods

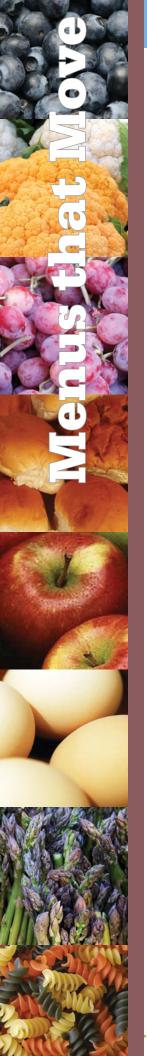
#### Instructions

- 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 <sup>†</sup>	0 a	0% of kcal

<sup>&</sup>lt;sup>†</sup>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

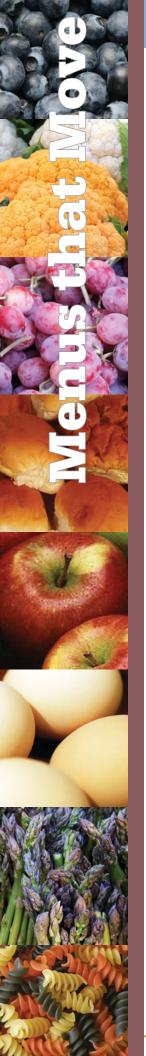
1. Place frozen broccoli in a 12" x 20" x 2" counter pan. Allow room for steam to circulate around the broccoli. Do not add any liquid. Steam until tender (approximately 5 – 8 minutes). DO NOT OVERCOOK. Drain excess liquid from the cooked broccoli.

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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.



**Number of Portions: 25** 

**HACCP Process:** #2 Same Day Service

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

2 oz.-eq meat/meat alternate

14 cup vegetables

Portion Size: ¾ cup (6-oz ladle)

### Ingredients

Rotini, whole grain\* 1 lb + 7oz

Water 1-½ gal

Salt 1-½ tbsp

Beef crumbles\* 3 lb + 13 oz

Onions, raw 7 oz (chopped)

Tomato sauce, low-sodium, canned 6 cups

Pepper, black ¾ tsp

Cumin, ground ½ tbsp

Chili powder 1 tbsp

Garlic powder ½ tbsp

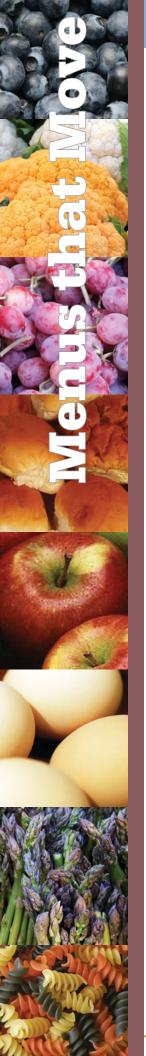
Onion powder ¾ tsp

Paprika ¾ tsp

\*USDA Foods

#### Instructions

- 1. Boil water and add salt.
- 2. Slowly add rotini. Stir constantly until water boils again. Cook 8 minutes or until tender. Drain well. Set aside for step 4.
- 3. Place sealed bag of frozen beef crumbles in steamer. Heat for approximately 30 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 crumbles to 165°F or higher for 15 seconds.
- 4. Add beef crumbles, chopped onion and rotini to tomato sauce. Add seasonings and cook over medium heat, uncovered, until heated through, 10-15 minutes.
  - CCP: Heat to 155°F or higher for at least 15 seconds.
- 5. Pour into one steam table pan (12" x 20" x 2 ½").
  - CCP: Hold for hot service at 135°F or higher.



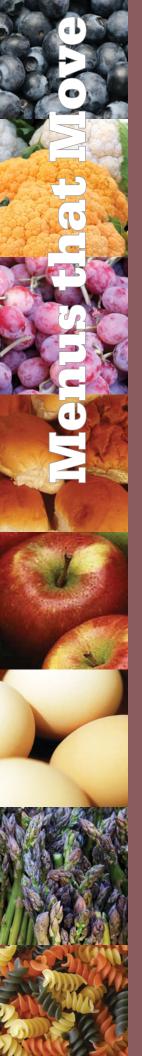
Nutrition Information

(continued)

Calories	218 kcal	Iron	3.2 mg	Protein	15 g	27% of kcal	
Cholesterol	42 mg	Calcium	40 mg	Carbohydrates	14 g	26% of kcal	
Sodium	681 mg	Vitamin A	619 IU	Total Fat	12.5 g	51% of kcal	
Dietary Fiber	3.5 g	Vitamin C	3 mg	Saturated Fat	5 g	19% of kcal	

Trans Fat<sup>†</sup> 0 g 0% of kcal

<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data



**Number of Portions: 50** 

**HACCP Process:** #2 Same Day Service

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

2 oz.-eq meat/meat alternate

14 cup vegetables

Portion Size: ¾ cup (6-oz ladle)

### Ingredients

Rotini, whole grain 2 lb + 14 oz

Water 3 gal

Salt 3 tbsp

Beef crumbles\* 7 lb + 10 oz.

Onions, raw 14 oz, (chopped)

Tomato sauce, low-sodium, canned 1 #10 can

Pepper, black 1-½ tsp

Cumin, ground 1 tbsp + 1 ½ tsp

Chili powder 2 tbsp

Garlic powder 1 tbsp

Onion powder 1- ½ tsp

Paprika 1- ½ tsp

\*USDA Foods

#### Instructions

- 1. Boil water and add salt.
- 2. Slowly add rotini. Stir constantly until water boils again. Cook 8 minutes or until tender. Drain well. Set aside for step 4.
- 3. Place sealed bag of frozen beef crumbles in steamer. Heat for approximately 30 minutes or until product reaches internal temperature of 165°F or higher for 15 seconds. CAUTION: Open bag carefully to avoid being burned.

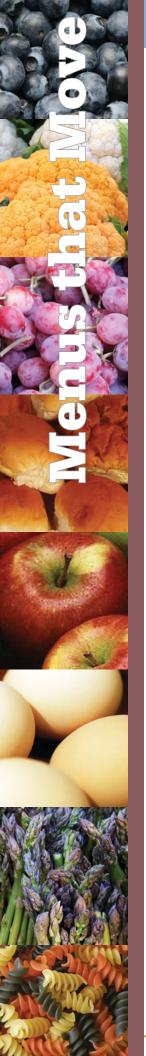
CCP: Heat beef crumbles to 165°F or higher for 15 seconds.

4. Add beef crumbles, chopped onion and rotini to tomato sauce. Add seasonings and cook over medium heat, uncovered, until heated through, 10-15 minutes.

CCP: Heat to 155°F or higher for at least 15 seconds.

5. Pour into two steam table pan (12" x 20" x 2 ½").

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



(continued)

Nutrition Information									
Calories	218 kcal	Iron	3.2 mg	Protein	15 g	27% of kcal			
Cholesterol	42 mg	Calcium	40 mg	Carbohydrates	14 g	26% of kcal			
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<sup>&</sup>lt;sup>†</sup>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 <sup>†</sup>	<1 g	1% of kcal

<sup>&</sup>lt;sup>†</sup>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 qt +  $\frac{1}{2}$  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.

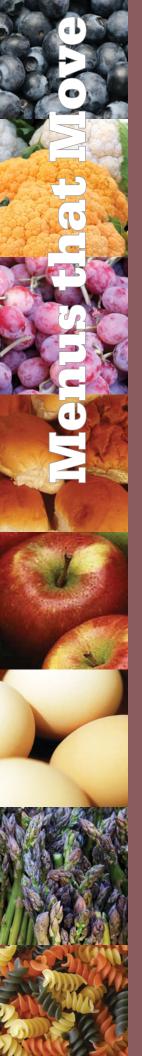
CCP: Heat meatballs to internal temperature of 165°F for 15 seconds or longer.

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				Trans Fat <sup>†</sup>	<1 g	1% of kcal

<sup>&</sup>lt;sup>†</sup>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.

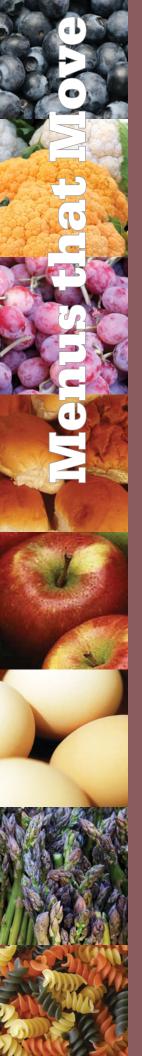
- 3. To assemble quesadillas, place tortillas on a full sheet pan. Top each tortilla with ¼ cup refried beans, 1 oz taco filling, and 1 oz cheese. Fold each tortilla in half.
- 4. Bake quesadillas until cheese is melted.
- 5. Cut each quesadilla into three wedges and serve warm.

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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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.
- 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.

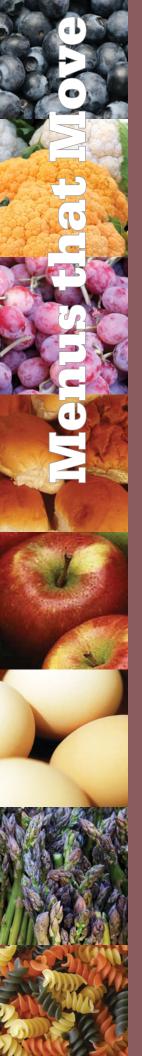
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- 5. Cut each quesadilla into three wedges and serve warm.

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

### **Nutrition Information**

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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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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.

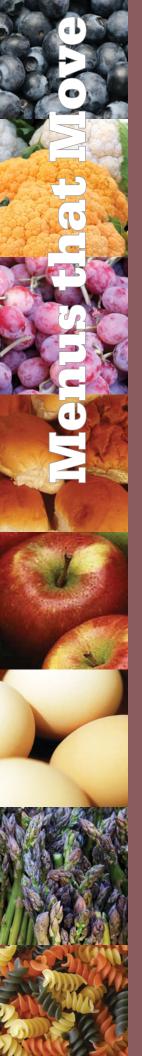
CCP: Heat rotini and meat sauce mixture until internal temperature reaches 165°F.

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 <sup>†</sup>	0.5 g	1.7% of kcal

<sup>&</sup>lt;sup>†</sup>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.

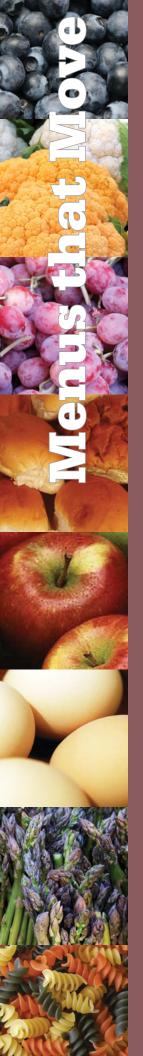
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CCP: Hold for hot service at 135°F or higher.

## **Nutrition Information**

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Cholesterol	55 mg	Calcium	68 mg	Carbohydrates	29 g	46% of kcal
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<sup>&</sup>lt;sup>†</sup>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-\( \frac{1}{4} \) 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

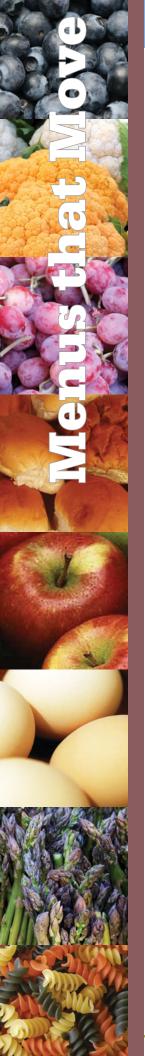
\*USDA Foods

#### 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.



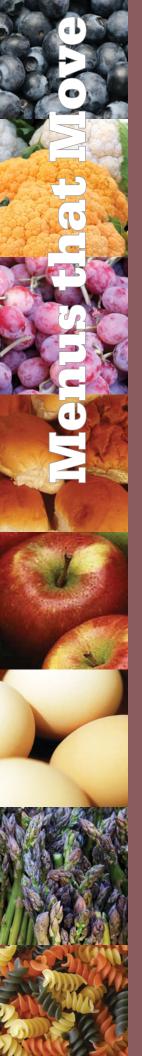
# Sock-Rockin' Chili

(continued)

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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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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\*  $\frac{1}{2}$  #10 can (~3- $\frac{1}{3}$  cups)

Red kidney beans (canned), low-sodium\* 1 #10 can (~9-3/4 cups)

Tomato sauce (canned), low-sodium\* 1 #10 can (~12-4/3 cups)

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

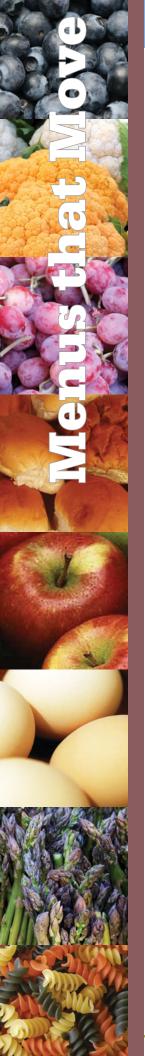
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### Instructions

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  - 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.

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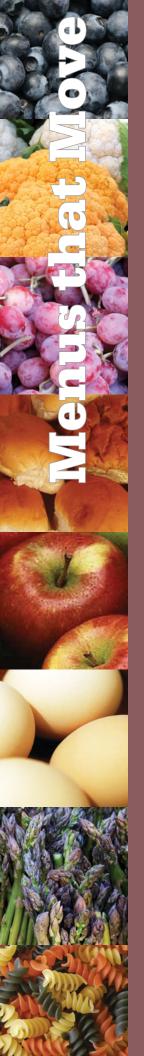


## Sock-Rockin' Chili

(continued)

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<sup>&</sup>lt;sup>†</sup>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

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

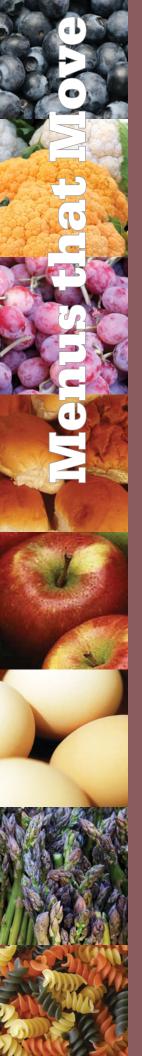
### Instructions

- 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 <sup>†</sup>	<1 g	<1% of kcal

<sup>&</sup>lt;sup>†</sup>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

Ingred	ients
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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

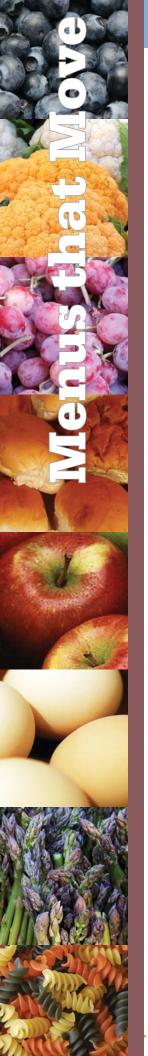
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<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.



# **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

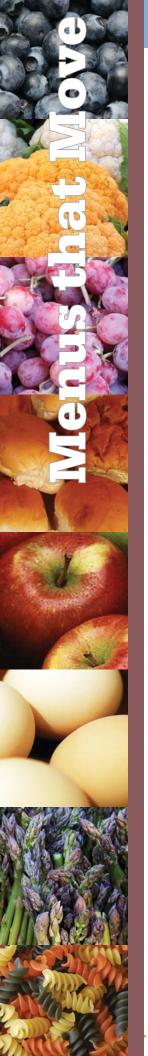
\*USDA Foods

#### 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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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

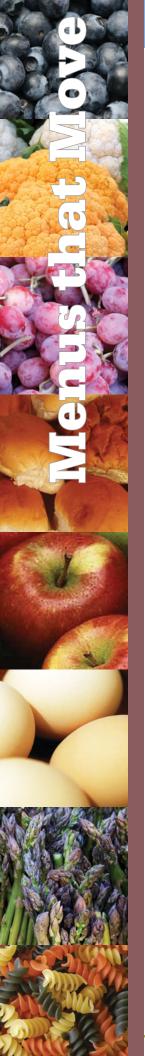
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#### Instructions

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## Sweet Potato Soufflé Number of Portions: 25

**HACCP Process:** #2 Same Day Service

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

Portion Size: 2/3 cup (#6 scoop)

### Ingredients

Sweet potatoes (syrup pack), low-sodium\* 1-2/3 #10 cans

Brown sugar 2 cups (packed)

Eggs 1 cup (~5 large eggs)

1% milk 1 cup

Butter, unsalted, melted 4 oz (1 stick)

Vanilla extract 2 tsp
Water 1 cup
Mini marshmallows 1/4 lb

\*USDA Foods

#### **Instructions**

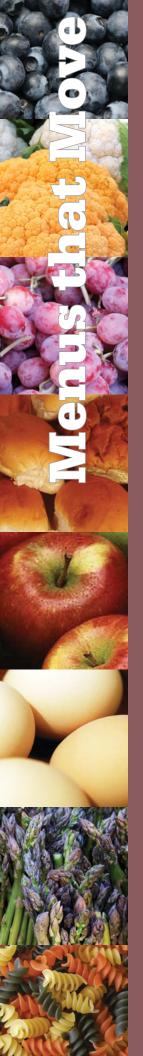
- 1. Spray one 20" x 12" x 2" steam table pan with pan release spray.
- 2. Drain sweet potatoes and place in mixer.
- 3. Add sugar, eggs, milk, melted butter, hot water, and vanilla. Mix well.
- 4. Pour sweet potato mixture into steam table pan.
- 5. Bake, uncovered, at 350°F for 35 45 minutes, until internal temperature reaches 160°F.
  - CCP: Bake sweet potatoes to 160°F or higher.
- 6. Remove pan from oven and sprinkle mini marshmallows over hot sweet potatoes.

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

### **Nutrition Information**

Calories	231 kcal	Iron	1 mg	Protein	3 g	4% of kcal
Cholesterol	39 mg	Calcium	50 mg	Carbohydrates	45 g	78% of kcal
Sodium	70 mg	Vitamin A	8304 IU	Total Fat	5 g	19% of kcal
Dietary Fiber	3 g	Vitamin C	11 mg	Saturated Fat	3 g	11% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.



## Sweet Potato Soufflé Number of Portions: 50

**HACCP Process**: #2 Same Day Service

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

Portion Size: 3/3 cup (#6 scoop)

### Ingredients

Sweet potatoes (syrup pack), low-sodium\* 3-1/8 #10 cans

Brown sugar 4 cups (packed)

Eggs 1-½ cups (~6 large eggs)

1% milk 2 cups

Butter, unsalted, melted 8 oz (2 sticks)

Vanilla extract 1 tbsp + 1 tsp

Water 2 cups

Mini marshmallows ½ lb

\*USDA Foods

#### Instructions

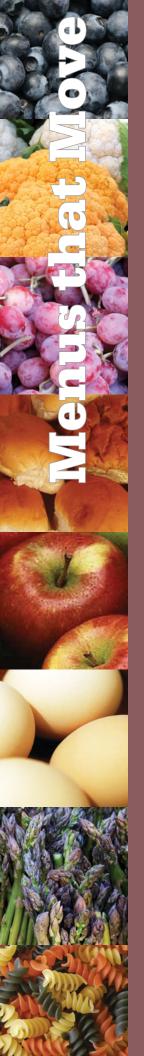
- 1. Spray two 2" deep (12" x 20") steam table pans with pan release spray.
- 2. Drain sweet potatoes and place in mixer.
- 3. Add sugar, eggs, milk, melted butter, hot water, and vanilla. Mix well.
- 4. Pour sweet potato mixture into steam table pans.
- 5. Bake, uncovered, at 350°F for 35 45 minutes, until internal temperature reaches 160°F.
  - CCP: Bake sweet potatoes to 160°F or higher.
- 6. Remove pans from oven and sprinkle mini marshmallows over hot sweet potatoes.

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				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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: 3/4 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

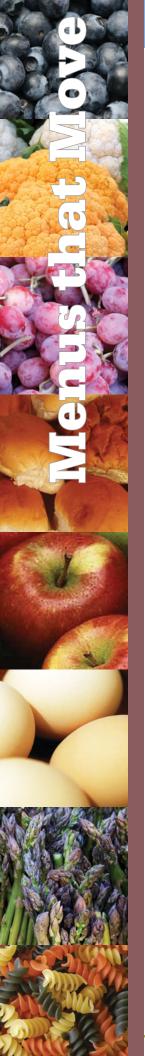
#### **Instructions**

- 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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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: 3/4 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 4-¼ cups

Chicken (frozen), diced\* 6-¼ lb

\*USDA Foods

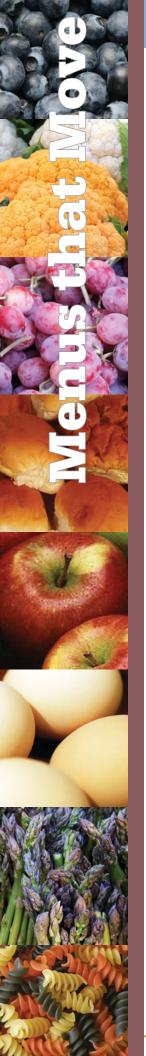
#### Instructions

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## **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 12-½ cups

Spinach (raw), chopped  $3 \text{ qt} + \frac{1}{2} \text{ cup}$ 

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)

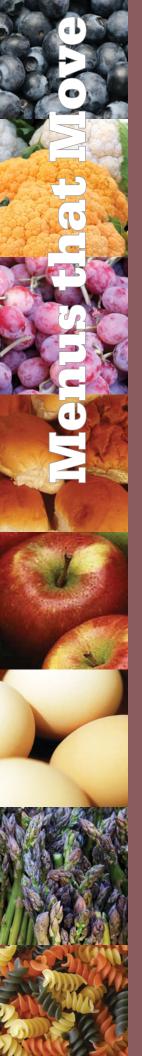
### **Instructions**

- 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
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<sup>†</sup>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 3-1/2 cups (3 – 4 medium peppers)

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

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

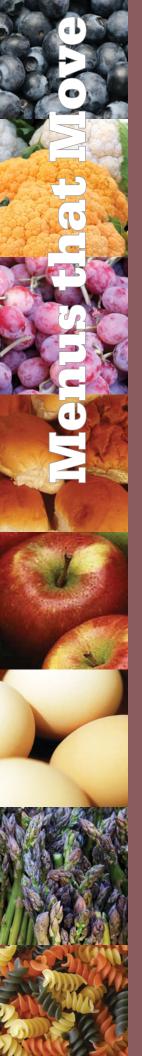
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<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.



## **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 <sup>†</sup>	0 g	0% of kcal

<sup>&</sup>lt;sup>†</sup>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
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<sup>&</sup>lt;sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.