

Favorite snack ideas:

Week 1

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| <p>½ toasted mini whole wheat bagel with ½ oz reduced fat cheddar cheese (½ slice of bread; ½ oz cheese) Water</p> | <p>1 Tbsp peanut butter^ (1 Tbsp peanut butter) ½ cup fresh apple slices (½ cup fruit) Water</p> | <p>½ cup fresh carrot sticks with 1 Tbsp low-fat ranch dressing (½ cup vegetable) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water</p> | <p>½ toasted whole wheat English muffin with 1 Tbsp peanut butter^ (½ slice of bread, 1 Tbsp peanut butter) ½ cup skim/1% milk (½ cup milk) Water</p> | <p>2 oz low-fat yogurt sprinkled with 1 Tbsp crushed cereal (2 oz yogurt) ½ cup sliced fresh strawberries (½ cup fruit) Water</p> |
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| <p>¾ cup Yogurt Fruit Dip G-04₂ (2 oz yogurt) ½ cup fresh apple slices (½ cup fruit) Water</p> | <p>½ oz string cheese (½ oz cheese) ¼ cup Carrot-Raisins Salad E-05₂ (¼ cup vegetable and fruit) ¼ cup grape juice (¼ cup juice) Water</p> | <p>Banana half dipped in 1 Tbsp peanut Butter^ and sprinkled with 1 Tbsp crisp rice cereal (½ cup fruit, 1 Tbsp peanut butter) Water</p> | <p>1 whole wheat English muffin pizza (½ English muffin with ½ oz cheese and 2 Tbsp tomato sauce) (½ slice bread, ½ oz cheese) Water</p> | <p>½ hardboiled egg ½ oz graham crackers (2 crackers) (½ oz grains/breads) Water</p> |
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Week 2

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| <p>½ cup carrot and celery sticks with 1 Tbsp reduced fat ranch dressing (½ cup vegetable) ½ toasted whole-grain English muffin (1 slice bread) Water</p> | <p>Fruit kabobs (⅙ fresh cantaloupe, ⅙ cup fresh banana, ¼ cup strawberry) (½ cup fruit) ½ oz reduced fat cheddar cheese (½ oz cheese) Water</p> | <p>1 oz low-fat cottage cheese (1 oz cottage cheese) ½ cup pineapple chunks (½ cup fruit) Water</p> | <p>Fresh banana (¼ cup fruit) 1 granola bar (½ oz grains/bread) Water</p> | <p>½ slice whole wheat bread with 1/2 oz ham and 1 tsp mayonnaise (1/2 oz cooked lean meat, ½ slice bread) Water</p> |
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| <p>½ cup fresh celery with 1Tbsp peanut butter^ and 1 Tbsp raisins (½ cup vegetable, 1 Tbsp peanut butter) ½ cup skim/1% milk (½ cup milk) Water</p> | <p>½ cup applesauce (unsweetened) (½cup fruit) ½ slice whole grain cinnamon raisin toast (½ slice bread) Water</p> | <p>½ oz pretzels and 1 Tbsp peanut Butter^ (½ oz grains/breads, 1 Tbsp peanut butter) Water</p> | <p>½ turkey sandwich on whole wheat bread (½ oz cooked poultry, 1 slice bread) Water</p> | <p>Yogurt parfait with 2 oz low-fat yogurt, ½ cup strawberries and blueberries (2 oz yogurt, ½ cup fruit) Water</p> |
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Week 3

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| <p>½ cup fresh orange sections (½ cup fruit) ¼ piece whole wheat pita bread with 2 Tbsp hummus (½ slice bread) Water</p> | <p>½ oz cheddar cheese (½ oz cheese) ½ cup lightly steamed carrots and broccoli with 1 Tbsp low-fat salad dressing (½ cup vegetable) Water</p> | <p>2 Tbsp Bean Dip G-02₁ with ¼ oz cheddar cheese (¼ oz cooked lean meat, ¼ oz cheese) ½ oz baked tortilla triangles (½ oz grains/breads) Water</p> | <p>1 whole wheat English muffin pizza (½ English muffin with ½ oz cheese and 2 Tbsp tomato sauce) (½ slice bread, ½ oz cheese) Water</p> | <p>½ oz cheddar cheese (½ oz cheese) ½ cup apple slices (½ cup fruit) Water</p> |
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| <p>½ oz cottage cheese (½ oz cheese) ½ cup diced peaches (½ cup fruit) Water</p> | <p>1 piece Nachos G-03₂ (½ oz cheese, ¼ slice bread) ½ cup jicama sticks (½ cup vegetable) Water</p> | <p>½ slice whole wheat bread with ½ oz American cheese, toasted (½ slice bread, ½ oz cheese) Water</p> | <p>1 portion Strawberry Yogurt Shake₃ (½ cup fruit, 2 oz yogurt) Water</p> | <p>½ oz cheddar cheese (½ oz cheese) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water</p> |
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Week 4

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| <p>½ hardboiled egg (½ egg) ½ cup fresh orange sections (½ cup fruit) Water</p> | <p>2 oz low-fat yogurt (2 oz yogurt) 1/2 oz graham Crackers (2 crackers) (1/2 oz grains/breads) Water</p> | <p>½ oz string cheese (½ oz cheese) ½ cup cucumber slices/sticks (½ cup vegetable) Water</p> | <p>Yogurt parfait with 2 oz low-fat yogurt, ½ cup strawberries and blueberries, and 1 crushed cereal (2 oz yogurt, ½ cup fruit) Water</p> | <p>½ slice whole wheat bread with ½ oz American cheese, toasted (½ slice bread, ½ oz cheese) Water</p> |
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| <p>½ cup grapes cut in half (½ cup fruit) 1 granola bar (½ oz grains/breads) Water</p> | <p>2 oz low-fat yogurt sprinkled with ⅓ cup Cheerios® (2 oz yogurt, ⅓ cup dry cereal) Water</p> | <p>Fruit kabobs (⅛ fresh cantaloupe, ⅛ cup fresh banana, ¼ cup strawberry) (½ cup fruit) ½ oz reduced fat cheddar cheese (½ oz cheese) Water</p> | <p>½ cup bell pepper strips (½ cup vegetable) 2 Tbsp hummus with ½ oz wheat crackers (4 crackers) (½ oz grains/breads) Water</p> | <p>Bean quesadilla with 2 Tbsp salsa (½ slice bread, 2 Tbsp beans) Water</p> |
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Favorite Meal Ideas
Breakfast

Week 1

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|---|--|--|--|--|
| <p>½ cup orange juice (½ cup fruit) ¼ cup cooked oatmeal with 1 Tbsp raisins (¼ cup cooked cereal) ¾ cup 1% milk (¾ cup milk)</p> | <p>½ cup diced peaches, in extra light syrup, drained (½ cup fruit) 1 blueberry pancake with 1 Tbsp reduced calorie pancake syrup (1 slice of bread) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup fresh banana slices (½ cup fruit) ⅓ cup unsweetened cereal variety (½ cup dry cereal) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup fresh pineapple chunks (½ cup fruit) 1 serving Baked Scrambled Eggs D-15₂ (1 large egg) ½ slice whole wheat toast (½ slice of bread) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup fresh apple slices (½ cup fruit) ½ whole grain bagel with 1 Tbsp peanut butter[^] (½ slice of bread, 1 Tbsp peanut butter) ¾ cup skim/1% milk (¾ cup milk)</p> |
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Week 2

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| <p>½ cup fresh cantaloupe cubes (½ cup fruit) 1 omelets with ¾ egg, 1 Tbsp chopped spinach, 1 Tbsp shredded reduced fat cheddar cheese (¾ egg) ½ slice whole wheat toast (½ slice of bread) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup fresh peach slices (½ cup fruit) ⅓ cup unsweetened cereal variety (½ cup cold dry cereal) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup orange juice (½ cup fruit) ½ whole-grain Bagel with 1 Tbsp fruit flavored cream cheese (1 slice bread) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup diced fresh strawberries in 2 oz vanilla yogurt (½ cup fruit, 2 oz yogurt) ¼ cup cooked oatmeal (¼ cup cooked cereal) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup fresh orange sections (½ cup fruit) ½ slice whole wheat toast with 1 Tbsp peanut butter[^] (½ slice of bread, 1 Tbsp peanut butter) ¾ cup skim/1% milk (¾ cup milk)</p> |
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Week 3

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| <p>½ cup fresh diced strawberries (½ cup fruit) ¼ cup cream of wheat cereal (¼ cup cooked cereal) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup fresh banana slices (½ cup fruit) ½ slice whole wheat toast with 1 Tbsp peanut butter^ (½ slice of bread, 1 Tbsp peanut butter) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup tomato juice (½ cup vegetable juice) Scrambled eggs (¾ egg) on ½ toasted whole grain English muffin (½ slice of bread; ¾ egg) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup fresh pear halves (½ cup fruit) ½ whole grain waffle with 1 Tbsp reduced calorie syrup and 1 tsp margarine (½ slice of bread) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup mixed fruit, in light syrup (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ½ hardboiled egg ¾ cup skim/1% milk (¾ cup milk)</p> |
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Week 4

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| <p>½ cup fresh strawberries (½ cup fruit) ⅓ cup unsweetened cereal variety (⅓ cup dry cereal) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup fresh pineapple spears (½ cup fruit) ½ whole-grain English muffin with 1 Tbsp fruit flavored cream cheese (1 slice bread) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup apple sauce (½ cup fruit) 1 piece Baked Scrambled Eggs D-152 (1 large egg) ½ biscuit with 1 tsp margarine (½ slice bread) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup diced peaches (½ cup fruit) ¼ cup cooked oatmeal with ½ tsp brown sugar (¼ cup cooked cereal) ¾ cup skim/1% milk (¾ cup milk)</p> | <p>½ cup fresh banana slices (½ cup fruit) ⅓ cup unsweetened whole-grain cereal variety (⅓ cup dry cereal) ¾ cup skim/1% milk (¾ cup milk)</p> |
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Favorite Meal Ideas
Lunch/Supper

Week 1

| | | | | |
|--|---|--|--|---|
| <p>½ Toasted Cheese and Tomato Sandwich F-09₂ (1 oz equivalent meat/meat alternate, ¼ cup vegetable, 1 slice of bread) ¼ cup fresh broccoli (¼ cup vegetable) 1 fresh plum (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> | <p>½ cup Lentil Soup H-07₂ with garnish of ½ oz reduced fat cheddar cheese and ½ oz chopped ham (1 ½ oz equivalent meat/meat alternate, ¼ cup vegetable) ¼ cup pear slices (¼ cup fruit) ½ piece cornbread (½ slice of bread) ¾ cup 1% milk (¾ cup milk)</p> | <p>1 portion Oven Bake Chicken D-29₂ (2 oz cooked lean meat, ½ slice bread) ¼ cup steamed spinach with 1 tsp cheddar cheese (¼ cup vegetable) ¼ cup pineapple slices (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> | <p>1 ½ oz lean, broiled hamburger patty (1 ½ oz cooked lean meat) ¼ cup lettuce and tomato salad (¼ cup vegetable) ¼ cup fresh apple (¼ cup fruit) ½ whole wheat bun (½ slice of bread) ¾ cup 1% milk (¾ cup milk)</p> | <p>1 oz deli turkey with ¼ cup shredded lettuce and carrots and 1 tsp reduced fat ranch dressing in ½ whole wheat pita pocket (1 oz cooked lean meat, ¼ cup vegetable), 1 slice bread ½ cup Broccoli Cheese Soup₁ H-05 (¾ oz cheese, ¼ cup vegetable) ¾ cup 1% milk (¾ cup milk)</p> |
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Week 2

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|--|---|--|---|---|
| <p>½ Banana-Peanut Butter[^] Sandwich F-03A₂ (1 oz equivalent meat/meat alternate, ¼ cup fruit, 1 slice of bread) ¼ cup Broccoli Salad E-11₂ (¼ cup vegetable and fruit) ¼ cup fresh strawberry Slices (¼ cup fruit) with ¼ cup Yogurt Fruit Dip G-04* (2 oz yogurt) ¾ cup 1% milk (¾ cup milk)</p> | <p>1 oz grilled chicken with 1/4 cup pinto beans (1 ½ oz cooked poultry) ¼ cup green salad with 1 Tbsp shredded carrots and 1 Tbsp low-fat salad dressing (¼ cup vegetable) ¼ cup diced pears (¼ cup fruit) 1 piece Mexican Style Cornbread Squares A-10₂ (1 slice bread) ¾ cup 1% milk (¾ cup milk)</p> | <p>¾ cup Ground Beef and Spanish Rice D-22₂ (1 ½ oz cooked lean meat, ¼ cup vegetable, ¾ slice of bread) ¼ cup green beans (¼ cup vegetable) ⅓ cup Orange Glazed Carrots I-12A₂ (¼ cup vegetable and fruit) ¾ cup 1% milk (¾ cup milk)</p> | <p>1 piece Macaroni and Cheese D-20₁ (1 ½ oz cheese, 1 ½ slices bread) ¼ cup green peas (¼ cup vegetable) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> | <p>1 soft chicken taco with 1 ½ oz chicken, 1 Tbsp shredded lettuce, 1 Tbsp diced tomato, 1 Tbsp grated cheese and 1 Tbsp salsa on whole grain tortilla (1 oz grains/breads, 1 ½ oz cooked lean meat) ¼ cup lightly steamed carrot sticks (¼ cup vegetable) ¼ cup pineapple chunks (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> |
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Week 3

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|--|---|--|--|---|
| <p>1 whole grain English muffin pizza with 1 ½ oz mozzarella cheese and 1 Tbsp pizza sauce (½ slice of bread, 1 ½ oz cheese) ¼ cup fresh broccoli and cauliflower (¼ cup vegetable) ¼ cup pear halves (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> | <p>2 pieces Homemade Chicken Nuggets D-09B₂ (1 ½ oz cooked poultry) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup pineapple (¼ cup fruit) ½ whole wheat roll (½ slice of bread) ¾ cup 1% milk (¾ cup milk)</p> | <p>1 ½ oz water packed canned tuna with 1 tsp light mayo (1 ½ oz fish) ¼ cup fresh celery sticks (¼ cup vegetable) ¼ cup fresh strawberries (¼ cup fruit) ½ oz wheat crackers (4 crackers) (½ oz grains/breads) ¾ cup 1% milk (¾ cup milk)</p> | <p>1 Tortilla Roll-Up F-07₂ (1 ½ oz cooked lean meat, 1 slice of bread) ¼ cup black beans (¼ cup cooked dry beans) ¼ cup whole kernel corn (¼ cup vegetable) ¼ cup fresh grapes cut in half lengthwise (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> | <p>Tiny meat loaves D-04C₂ 1 ½ oz cooked lean meat, ¼ cup mashed potatoes (¼ cup vegetable) ¼ cup mixed fruit, in light syrup (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> |
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Week 4

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| <p>2 Bean Tacos D-24A₁ (2 oz cooked lean meat, ½ cup vegetable, 1 slice bread) ¼ cup fresh pear slices (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> | <p>¾ cup spaghetti and meat sauce (1 ½ oz equivalent meat/meat alternate, ¾ slice of bread, ¼ cup vegetable) ¼ cup green salad with 1 Tbsp shredded carrots and 1 Tbsp low-fat salad dressing (¼ cup vegetable) ¼ cup fresh orange sections (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> | <p>¾ cup Stir-Fry Chicken D-18₁ (2 oz cooked lean meat, ¾ cup vegetable) ¼ cup brown rice (¼ cup cooked grain) ¾ cup 1% milk (¾ cup milk)</p> | <p>½ peanut butter[^] and jam sandwich (1 Tbsp peanut butter, 1 slice bread) 4 oz low-fat yogurt (4 oz yogurt) ¼ cup fresh broccoli (¼ cup vegetable) ¼ cup apple slices (¼ cup fruit) ¾ cup 1% milk (¾ cup milk)</p> | <p>1 piece Homemade Oven-Baked Fish D-09₂ (1 ½ oz fish) ¼ cup Baked Sweet Potatoes and Apples I-08₂ (¼ cup vegetable and fruit) ¼ cup fresh grapes cut in half (¼ cup fruit) 1 Corn Muffin Square A-02A₂ (¾ slice bread) ¾ cup 1% milk (¾ cup milk)</p> |
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This menu may contain foods which present a choking hazard to younger children such as raw vegetables, raisins, apples and grapes. Please substitute appropriate foods for children less than 3 years of age. Whole or 2% milk is recommended for children 12-23 months. 1% or skim is recommended for children ages 2 and older. [^]Sun butter, Soy butter, etc. may be substituted for Peanut butter.

₁ USDA Recipes for Child Care available at www.nfsmi.org ₂ 5 A Day Quantity Recipe Cookbook available at www.wellnessproposals.com/nutrition/nutrition-health-promotion-fact-sheets/5-a-day-cookbook.pdf

Yogurt Fruit Dip

Meat Alternate-Fruit

Snacks

G-04

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|-------------------------------|-------------|-------------------------------------|-------------|----------------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Lowfat vanilla yogurt | 3 lb 4 oz | 1 qt 2 ¼ cups | 6 lb 8 oz | 3 qt ½ cup | 1. In a bowl, combine yogurt and peaches. Stir to blend. |
| Canned diced peaches, drained | 3 lb 1 oz | 1 qt 2 ¼ cups (2 ¾ No. 2-½ cans) | 6 lb 2 oz | 3 qt ½ cup (5 ½ No. 2-½ cans) | |
| | | | | | 2. Refrigerate until ready to serve. |
| | | | | | 3. Portion with No. 10 scoop (¾ cup). |

| SERVING: | YIELD: | VOLUME: |
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|----------|--------|---------|

¾ cup (No. 10 scoop) provides ¼ cup of yogurt or the equivalent of ½ oz cooked lean meat and ¼ cup of fruit.

25 Servings: 6 lb 5 oz
50 Servings: 12 lb 10 oz

25 Servings: 2 quarts 2 cups
50 Servings: 1 gallon 1 quart

Tested 2004

Special Tip:
 This makes a good snack for dipping fruit and crackers.

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 62 | Saturated Fat | 0.59 g | Iron | 0.20 mg |
| Protein | 3.52 g | Cholesterol | 4 mg | Calcium | 112 mg |
| Carbohydrate | 10.50 g | Vitamin A | 365 IU | Sodium | 43 mg |
| Total Fat | 0.94 g | Vitamin C | 2.5 mg | Dietary Fiber | 1.2 g |

Tortilla Roll-Up

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

| Ingredients | 24 Servings | | 48 Servings | | Directions |
|--|-------------|-----------------------------|--------------|-------------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Reduced fat Monterey Jack cheese, shredded | 12 oz | 3 cups | 1 lb 8 oz | 1 qt 2 cups | 1. Sprinkle 1 oz (¼ cup) of shredded cheese on each tortilla. |
| Enriched flour tortilla, 8-inch (at least 1.8 oz each) | | 12 each | | 24 each | |
| *Cooked chicken or turkey, chopped | 1 lb 10 oz | 1 qt 2 cups | 3 lb 4 oz | 3 qt | 2. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread 3 ½ oz (½ cup) of chicken or turkey mixture on tortilla. Roll tortilla like a jelly-roll. |
| Mild salsa, chunky | 14 ¼ oz | 1 ½ cups | 1 lb 12 ½ oz | 3 cups | |
| *Fresh onions, chopped OR Dehydrated onions | | 1 Tbsp 2 tsp OR ¾ tsp | | 3 Tbsp 1 tsp OR 1 ½ tsp | |
| *Fresh red bell pepper, seeded, minced (optional) | 2 oz | ½ cup | 4 oz | 1 cup | |
| | | | | | 3. Place 6 rolled tortillas in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with foil. |
| | | | | | 4. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds. |
| | | | | | 5. Cut each tortilla in half. CCP: Hold for hot service at 135° F or higher. Portion is 1 roll up (½ filled tortilla). |

Tortilla Roll-Up

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

* See Marketing Guide

Marketing Guide for Selected Items

| Food as Purchased for | 24 Servings | 48 Servings |
|--|-----------------|------------------|
| Chicken, whole, without neck and giblets OR | 4 lb 9 oz OR | 8 lb 12 oz OR |
| Turkey, whole, without neck and giblets | 3 lb 8 oz | 6 lb 12 oz |
| Mature onions | 1 oz | 2 oz |
| Red bell pepper (optional) | 3 oz | 6 oz |

SERVING:

1 roll-up (½ filled tortilla) provides 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 5 lb
48 Servings: 10 lb

VOLUME:

24 Servings: 24 half tortillas
48 Servings: 48 half tortillas

Edited 2004

Special Tips:

- 1) For a colorful topping, place 1 Tbsp lowfat yogurt, ½ oz shredded lettuce, and ½ oz diced tomatoes on each roll-up.
- 2) Attractive garnishes include fresh apple slices, grapes, and orange slices.

Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 182 | Saturated Fat | 2.96 g | Iron | 1.61 mg |
| Protein | 14.93 g | Cholesterol | 36 mg | Calcium | 131 mg |
| Carbohydrate | 14.12 g | Vitamin A | 184 IU | Sodium | 286 mg |
| Total Fat | 6.95 g | Vitamin C | 0.7 mg | Dietary Fiber | 1.0 g |

Toasted Cheese and Tomato Sandwich

Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

| Ingredients | 24 Servings | | 48 Servings | | Directions |
|--|-------------|----------------------------|-------------|----------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Enriched white bread, sliced (at least 0.9 oz each) OR Enriched wheat bread, sliced (at least 0.9 oz each) | | 24 slices | | 48 slices | 1. On half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, place half the bread slices 6 per pan. For 24 servings, use 2 pans. For 48 servings, use 4 pans. |
| | | OR 24 slices | | OR 48 slices | |
| Reduced fat processed American cheese, sliced, 1 oz slices | 1 lb 8 oz | 24 slices (1 oz each) | 3 lb | 48 slices (1 oz each) | 2. Top each slice of bread with 1 oz (1 slice) of cheese, 1 ½ oz (1 slice) of tomato, and another 1 oz (1 slice) of cheese. Cover with remaining bread slices. |
| *Fresh tomatoes, 1 ¾ oz slices | 1 lb 5 oz | 12 slices (1 ¾ oz each) | 2 lb 10 oz | 24 slices (1 ¾ oz each) | |
| | | | | | 3. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes CCP: Hold for hot service at 135° F or higher. |
| | | | | | 4. Cut each sandwich in half diagonally. Serve immediately. |
| | | | | | 5. Portion is ½ sandwich. |

* See Marketing Guide

Marketing Guide for Selected Items

| Food as Purchased for | 24 Servings | 48 Servings |
|-----------------------|-------------|-------------|
| Tomatoes | 1 lb 9 oz | 3 lb 2 oz |

| SERVING: | YIELD: | VOLUME: |
|---|--|---------------------|
| ½ sandwich provides 1 oz of cheese, ⅛ cup of vegetable, and 1 slice of bread. | 24 Servings: 24 half sandwiches | 24 Servings: |
| | 48 Servings: 48 half sandwiches | 48 Servings: |

Edited 2004

Toasted Cheese and Tomato Sandwich

Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

Special Tip:
Sandwiches may be garnished with fresh apple slices, carrot chips, cucumber slices, or broccoli florets.

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 195 | Saturated Fat | 5.76 g | Iron | 1.17 mg |
| Protein | 9.04 g | Cholesterol | 27 mg | Calcium | 210 mg |
| Carbohydrate | 17.03 g | Vitamin A | 498 IU | Sodium | 575 mg |
| Total Fat | 10.08 g | Vitamin C | 4.7 mg | Dietary Fiber | 1.0 g |

Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|--|-------------------------------|-------------------------------------|--------------------------------|------------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Cornstarch | 2 oz | ¼ cup 3 Tbsp | 4 oz | ¾ cup 2 Tbsp | 1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper. |
| Water, cold | | ½ cup | | 1 cup | |
| Low-sodium soy sauce | | ½ cup | | 1 cup | |
| Ground ginger | | ¼ tsp | | ½ tsp | |
| Granulated garlic | | 1 Tbsp 1 ½ tsp | | 3 Tbsp | |
| Ground black or white pepper | | 1 tsp | | 2 tsp | |
| Chicken stock, non-MSG | | 1 qt | | 2 qt | 2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat. |
| | | | | | |
| *Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots | 2 lb 13 oz OR 3 lb 6 oz | 2 qt 1 cup OR 3 qt | 5 lb 10 oz OR 6 lb 12 oz | 1 gal 2 cups OR 1 gal 2 qt | 4. Sauté sliced carrots in oil for 4 minutes. |
| Vegetable oil | | ¼ cup | | ½ cup | |
| *Fresh onions, chopped | 10 oz | 2 cups | 1 lb 4 oz | 1 qt | 5. Add onions, cook for 1 minute. |
| *Fresh broccoli, chopped OR Frozen mixed Oriental vegetables | 2 lb 13 oz OR 3 lb 7 oz | 1 gal 1 ¼ qt OR 2 qt 3 ⅞ cups | 5 lb 10 oz OR 6 lb 14 oz | 2 gal 2 ¼ qt OR 1 gal 1 ⅔ qt | 6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm. |
| Raw chicken skinless, boneless, ½" cubes | 4 lb 8 oz | | 9 lb | | |
| Vegetable oil | | ½ cup | | 1 cup | 7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds. |
| | | | | | |
| | | | | | 8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp). |

Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

* See Marketing Guide

Marketing Guide for Selected Items

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Carrots | 3 lb 7 oz | 6 lb 14 oz |
| Mature Onions | 12 oz | 1 lb 8 oz |
| Broccoli | 3 lb 8 oz | 7 lb |

SERVING:

$\frac{3}{4}$ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and $\frac{5}{8}$ cup of vegetable.

YIELD:

25 Servings: 11 lb 10 oz
50 Servings: 23 lb 4 oz

VOLUME:

25 Servings: 1 gallon 1 quart
50 Servings: 2 gallons 2 quarts

Edited 2004

Special Tip:

For an authentic Oriental flavor, when sauteing chicken in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|----------|----------------------|---------|
| Calories | 223 | Saturated Fat | 1.73 g | Iron | 1.59 mg |
| Protein | 22.53 g | Cholesterol | 54 mg | Calcium | 52 mg |
| Carbohydrate | 11.82 g | Vitamin A | 12105 IU | Sodium | 290 mg |
| Total Fat | 9.66 g | Vitamin C | 39.8 mg | Dietary Fiber | 3.3 g |

Oven-Baked Fish

Meat

Main Dishes

D-09

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|----------------------------------|-------------------------------------|----------------------------------|-------------------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Enriched dry bread crumbs | 4 oz | ¾ cup | 8 oz | 1 ½ cups | 1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3. |
| Salt | | 1 ½ tsp | | 1 Tbsp | |
| Ground black or white pepper | | ½ tsp | | 1 tsp | |
| Frozen fish portions, thawed (at least 2 oz each) OR Fresh or frozen fish fillet, thawed (at least 2.2 oz each) | 3 lb 2 oz OR 3 lb 7 oz | 25 each OR 25 each | 6 lb 4 oz OR 6 lb 14 oz | 50 each OR 50 each | 2. Pat fish portions dry with paper towels. In a separate bowl, coat fish with yogurt or salad dressing or mayonnaise. |
| Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise | 3 oz OR 3 oz OR 3 oz | ⅓ cup OR ⅓ cup OR ⅓ cup | 6 oz OR 6 oz OR 6 oz | ⅔ cup OR ⅔ cup OR ⅔ cup | |
| | | | | | 3. Roll fish portions in bread crumbs to coat. |
| | | | | | 4. Place 12-13 pieces of fish in a single layer on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. |
| | | | | | 5. Bake until fish flakes easily with a fork: Conventional oven: 500° F for 17 minutes Convection oven: 450° F for 15 minutes CCP: Heat to 145° F or higher for at least 15 seconds. |
| | | | | | 6. CCP: Hold for hot service at 135° F or higher. Portion is 1 piece (1 ½ oz). |

Oven-Baked Fish

Meat

Main Dishes

D-09

SERVING:

1 piece provides 1 ½ oz of cooked fish.

YIELD:

25 Servings: 2 lb 5 oz

50 Servings: 4 lb 10 oz

VOLUME:

25 Servings: 2 pans

50 Servings: 4 pans

Tested 2004

Special Tip:

This may be served with Fruity Dip (C-02).

Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 72 | Saturated Fat | 0.16 g | Iron | 0.55 mg |
| Protein | 11.76 g | Cholesterol | 40 mg | Calcium | 51 mg |
| Carbohydrate | 3.56 g | Vitamin A | 20 IU | Sodium | 230 mg |
| Total Fat | 0.86 g | Vitamin C | 0 mg | Dietary Fiber | 0.1 g |

Oven-Bake Chicken

Meat

Main Dishes

D-29

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|--|-------------|-----------------|-------------|----------------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken, cut up, thawed (USDA-donated, whole, cut into 8 pieces) | 12 lb 4 oz | | 24 lb 8 oz | | 1. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly. |
| Vegetable oil | | ¾ cup | | 1 ½ cups | |
| Enriched all-purpose flour | 8 oz | 1 ¾ cups 2 Tbsp | 1 lb | 3 ¾ cups | 2. In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well. |
| Instant nonfat dry milk | 4 oz | 1 ½ cups 2 Tbsp | 8 oz | 3 ¼ cups | |
| Poultry seasoning | | 2 ¼ tsp | | 1 Tbsp 1 ½ tsp | |
| Ground black or white pepper | | 1 ½ tsp | | 1 Tbsp | |
| Paprika | | ¾ tsp | | 1 ½ tsp | |
| Granulated garlic | | 2 ¼ tsp | | 1 Tbsp 1 ½ tsp | |
| | | | | | 3. Coat oiled chicken with seasoned flour. Place 12-13 pieces on ungreased half-sheet pans (13" x 18" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. |
| | | | | | 4. Bake until golden brown: Conventional oven: 400° F for 45-55 minutes Convection oven: 350° F for 30-35 minutes CCP: Heat to 165° F or higher for at least 15 seconds. |
| | | | | | 5. CCP: Hold for hot service at 135° F or higher. Portion is 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back. |

Serving bone-in poultry presents a choking hazard for young children, especially ages 2-3. To avoid children choking on bones, remove the cooked poultry from the bones prior to serving.

Oven-Bake Chicken

Meat

Main Dishes

D-29

SERVING:

1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz of cooked poultry and the equivalent of ½ slice of bread.

YIELD:

25 Servings: 10 lb 10 ½ oz
50 Servings: 21 lb 5 oz

VOLUME:

25 Servings: 2 pans
50 Servings: 4 pans

Edited 2004

Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 343 | Saturated Fat | 4.66 g | Iron | 1.77 mg |
| Protein | 29.31 g | Cholesterol | 87 mg | Calcium | 74 mg |
| Carbohydrate | 9.68 g | Vitamin A | 307 IU | Sodium | 105 mg |
| Total Fat | 19.99 g | Vitamin C | 0.4 mg | Dietary Fiber | 0.3 g |

Orange-Glazed Carrots

Vegetable/Fruit

Vegetables

I-12A

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|------------------------------|--|------------------------------|--|--|
| | Weight | Measure | Weight | Measure | |
| Cornstarch | | 1 Tbsp | | 2 Tbsp | 1. Combine cornstarch with cold water until dissolved and set aside for step 3. |
| Water, cold | | ½ cup | | 1 cup | |
| Canned sliced carrots, drained OR Frozen sliced carrots | 2 lb 9 oz OR 2 lb 4 oz | 1 qt 3 cups (⁵ / ₈ No. 10 can) OR 2 qt | 5 lb 2 oz OR 4 lb 8 oz | 3 qt (1 ¼ No. 10 cans) OR 1 gal | 2. Place 2 lb 9 oz (1 qt 2 cups) carrots into each pan (9" x13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. |
| Margarine or butter | 2 oz | ¼ cup | 4 oz | ½ cup | |
| Brown sugar, packed | 2 ¼ oz | ¼ cup 2 Tbsp | 5 ½ oz | ¾ cup 1 Tbsp | 3. Glaze: Combine margarine or butter, brown sugar, orange juice concentrate, nutmeg (optional), cinnamon and dissolved cornstarch. Stir to blend. |
| Frozen orange juice concentrate | 3 ½ oz | ¼ cup 2 ½ Tbsp | 7 oz | ¾ cup | |
| Ground nutmeg (optional) | | ½ tsp | | 1 tsp | 4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional). |
| Ground cinnamon | | ½ tsp | | 1 tsp | |
| Dehydrated plums (prunes), chopped (optional) OR Raisins (optional) | 2 ½ oz OR 2 ½ oz | ¼ cup 3 Tbsp OR ½ cup | 5 oz OR 5 oz | ¾ cup 2 Tbsp OR 1 cup | 5. Pour 1 ¼ cups 2 Tbsp glaze over each pan of carrots. Bake: Conventional Oven: 375° F for 20-30 minutes Convection Oven: 325° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds. |
| | | | | | |
| | | | | | 6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup). |

Orange-Glazed Carrots

Vegetable/Fruit

Vegetables

I-12A

SERVING:

⅓ cup (No. 12 scoop) provides ¼ cup of vegetable and fruit.

YIELD:

25 Servings: 2 lb 14 ½ oz
1 pan

50 Servings: 5 lb 13 oz
2 pans

VOLUME:

25 Servings: 2 quarts ⅜ cup

50 Servings: 1 gallon ¾ cup

Edited 2004

Nutrients Per Serving

| | | | | | |
|---------------------|--------|----------------------|---------|----------------------|---------|
| Calories | 47 | Saturated Fat | 0.39 g | Iron | 0.39 mg |
| Protein | 0.42 g | Cholesterol | 0 mg | Calcium | 17 mg |
| Carbohydrate | 7.47 g | Vitamin A | 6496 IU | Sodium | 135 mg |
| Total Fat | 1.92 g | Vitamin C | 6.7 mg | Dietary Fiber | 0.8 g |

Nachos

Meat Alternate-Grains/Breads

Snacks

G-03

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|--------------------------------------|-------------|----------|-------------|---------------|--|
| | Weight | Measure | Weight | Measure | |
| Enriched taco shell pieces | 6 oz | | 12 oz | | 1. Spread 6 oz of taco pieces on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 Servings, use 2 pans. |
| Salsa (C-03) | 12 oz | 1 ½ cups | 1 lb 8 oz | 3 cups | |
| Reduced fat Cheddar cheese, shredded | 13 oz | 3 ¼ cups | 1 lb 10 oz | 1 qt 2 ½ cups | 2. Top each pan with 12 oz (1 ½ cups) of salsa and 13 oz (3 ¼ cups) of cheese. |
| | | | | | |
| | | | | | 3. Bake until cheese melts: Conventional oven: 375° F for 7 minutes Convection oven: 350° F for 5 minutes For best results, serve immediately. |
| | | | | | 4. Score each pan 5 x 5 (25 pieces). Portion is 1 piece. |

SERVING:

1 piece provides the equivalent of ½ oz of cheese and the equivalent of ¼ slice of bread.

YIELD:

25 Servings: 2 lb 2 oz

50 Servings: 4 lb 4 oz

VOLUME:

25 Servings: 25 pieces

50 Servings: 50 pieces

Tested 2004

Special Tip:

For an attractive garnish, use 1 Tbsp of lowfat sour cream or plain lowfat yogurt and 1 Tbsp of Salsa (C-03).

Nachos

Meat Alternate-Grains/Breads

Snacks

G-03

Nutrients Per Serving

| | | | | | |
|---------------------|--------|----------------------|--------|----------------------|---------|
| Calories | 77 | Saturated Fat | 1.93 g | Iron | 0.28 mg |
| Protein | 4.64 g | Cholesterol | 8 mg | Calcium | 148 mg |
| Carbohydrate | 5.46 g | Vitamin A | 115 IU | Sodium | 166 mg |
| Total Fat | 4.26 g | Vitamin C | 1.9 mg | Dietary Fiber | 0.7 g |

Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|--------------------|--|--------------------|----------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Enriched all-purpose flour | 8 oz | 1 ¾ cups 2 Tbsp | 1 lb | 3 ¾ cups | 1. Combine flour, cornmeal or corn grits, sugar, baking powder, and salt in a mixing bowl. Mix for 1 minute on low speed. |
| Cornmeal OR Enriched corn grits | 8 oz OR 8 oz | 1 ½ cups OR 1 ¼ cups 2 Tbsp | 1 lb OR 1 lb | 3 cups OR 2 ¾ cups | |
| Sugar | 2 ⅔ oz | ¼ cup 2 Tbsp | 5 ¼ oz | ¾ cup | 2. In a separate bowl, mix eggs, milk, oil, cheese, and chili peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat for 1 minute on medium speed. |
| Baking powder | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Salt | | ⅝ tsp | | 1 ¼ tsp | |
| Frozen whole eggs, thawed OR Fresh large eggs | 4 oz | ½ cup OR 3 each | 8 oz | 1 cup OR 5 each | |
| Lowfat 1% milk OR Instant nonfat dry milk, reconstituted | | 1 ¾ cups 2 Tbsp OR 1 ¾ cups 2 Tbsp | | 3 ¾ cups OR 3 ¾ cups | |
| Vegetable oil | | ¼ cup | | ½ cup | 3. Scrape down sides of bowl. Beat for 1-2 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy. |
| Reduced fat Cheddar cheese, shredded | 6 oz | 1 ¾ cups | 12 oz | 3 ½ cups | |
| Green chili peppers, chopped | 2 oz | ¼ cup | 4 oz | ½ cup | |
| | | | | | 4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 1 oz (1 qt 3 ¼ cups) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. |
| | | | | | 5. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes |
| | | | | | 6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece. |

Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

| SERVING: | YIELD: | VOLUME: |
|--|--|--|
| 1 piece provides the equivalent of 1 slice of bread. | 25 Servings: 3 lb 1 oz (batter) | 25 Servings: 1 quart 3 ¼ cups (batter) 1 pan |
| | 50 Servings: 6 lb 2 oz (batter) | 50 Servings: 3 quarts 2 ½ cups (batter) 2 pans |

Edited 2004

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 131 | Saturated Fat | 1.40 g | Iron | 0.96 mg |
| Protein | 4.73 g | Cholesterol | 24 mg | Calcium | 132 mg |
| Carbohydrate | 18.28 g | Vitamin A | 138 IU | Sodium | 211 mg |
| Total Fat | 4.40 g | Vitamin C | 1.0 mg | Dietary Fiber | 1.0 g |

Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

| Ingredients | 24 Servings | | 48 Servings | | Directions |
|--|-------------|-----------------|-------------|--------------|---|
| | Weight | Measure | Weight | Measure | |
| Enriched elbow macaroni | 1 lb 5 oz | 1 qt 1 cup | 2 lb 10 oz | 2 qt 2 cups | 1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well. 2. Melt margarine or butter in a stock pot or sauce pan. 3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown. 4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened. 5. Add Worcestershire sauce, Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts. 6. Combine macaroni and sauce. Mix well. Place 5 lb 6 oz (2 qt 2 ¾ cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil. Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes 7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 ½ oz (1 ½ cups) over each pan. |
| Margarine or butter | 6 oz | ¾ cup | 12 oz | 1 ½ cups | |
| Enriched all-purpose flour | 6 oz | 1 ¼ cups 2 Tbsp | 12 oz | 2 ¾ cups | |
| Salt | | 2 ½ tsp | | 1 Tbsp 2 tsp | |
| Dry mustard | | 1 ½ tsp | | 1 Tbsp | |
| Ground black or white pepper | | ½ tsp | | 1 tsp | |
| Paprika | | 1 ½ tsp | | 1 Tbsp | |
| Lowfat 1% milk OR Instant nonfat dry milk, reconstituted | | 2 qt 2 cups | | 1 gal 1 qt | |
| Worcestershire sauce | | 1 tsp | | 2 tsp | |
| Reduced fat Cheddar cheese, shredded | 1 lb 10 oz | 1 qt 2 ½ cups | 3 lb 4 oz | 3 qt 1 cup | |
| Parmesan cheese, grated | 2 oz | ½ cup | 4 oz | 1 cup | |
| Enriched soft bread crumbs | 3 oz | 1 cup | 6 oz | 2 cups | |

Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

| | | | | | |
|--------------------------------------|------|--------|------|------|--|
| Reduced fat Cheddar cheese, shredded | 8 oz | 2 cups | 1 lb | 1 qt | 8. Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 135° F or higher for at least 15 seconds. |
| | | | | | 9. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece. |

SERVING:

1 piece provides 1 ½ oz of cheese and the equivalent of 1 ½ slices of bread.

YIELD:

24 Servings: 11 lb 4 oz
48 Servings: 22 lb 8 oz

VOLUME:

24 Servings: 2 pans
48 Servings: 4 pans

Tested 2004

Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 359 | Saturated Fat | 7.04 g | Iron | 1.65 mg |
| Protein | 19.95 g | Cholesterol | 28 mg | Calcium | 534 mg |
| Carbohydrate | 34.24 g | Vitamin A | 847 IU | Sodium | 719 mg |
| Total Fat | 15.56 g | Vitamin C | 1.1 mg | Dietary Fiber | 1.6 g |

Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|-------------|--|--------------------|-----------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Dry lentils | 11 oz | 1 ½ cups | 1 lb 6 oz | 3 cups | 1. Rinse lentils and sort out any unwanted materials. Drain well. 2. In a heavy pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes. |
| Beef stock, non-MSG | | 3 qt | | 1 gal 2 qt | |
| Canned tomato paste | 10 oz | 1 cup 1 Tbsp (¾ 12 oz can plus 1 Tbsp) | 1 lb 4 oz | 2 cups 2 Tbsp (1 ⅔ 12 oz cans) | 3. Add potatoes, onions, celery, carrots, parsley, granulated garlic, bay leaves, and cumin. Simmer, uncovered, about 50 minutes. CCP: Heat to 165° F or higher for at least 15 seconds. |
| *Fresh potatoes, peeled, ¼" cubes | 3 oz | ½ cup | 6 oz | 1 cup | |
| *Fresh onions, chopped OR Dehydrated onions | 2 ½ oz | ¼ cup 3 Tbsp OR ¼ cup | 5 oz OR 1 oz | ¾ cup 2 Tbsp OR ½ cup | |
| *Fresh celery, ¼" diced | 4 oz | 1 cup | 8 oz | 2 cups | |
| *Fresh carrots, ½" chopped | 4 oz | 1 cup | 8 oz | 2 cups | |
| Dried parsley | | 1 Tbsp | | 2 Tbsp | |
| Granulated garlic | | 1 tsp | | 2 tsp | |
| Dried bay leaf | | 1 each | | 2 each | |
| Ground cumin | | ⅓ tsp | | ¼ tsp | |
| | | | | | |

Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

* See Marketing Guide

Marketing Guide for Selected Items

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Potatoes | 4 oz | 8 oz |
| Mature onions | 3 oz | 6 oz |
| Celery | 5 oz | 10 oz |
| Carrots | 5 oz | 10 oz |

SERVING:

½ cup (4 oz ladle) provides ⅓ cup of lentils or the equivalent of ½ oz cooked lean meat and ¼ cup of vegetable.

YIELD:

25 Servings: 6 lb 8 oz
50 Servings: 13 lb

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|---------|----------------------|---------|
| Calories | 71 | Saturated Fat | 0.16 g | Iron | 1.75 mg |
| Protein | 4.63 g | Cholesterol | 1 mg | Calcium | 19 mg |
| Carbohydrate | 12.73 g | Vitamin A | 1326 IU | Sodium | 82 mg |
| Total Fat | 0.55 g | Vitamin C | 7.9 mg | Dietary Fiber | 4.0 g |

Ground Beef and Spanish Rice

Meat-Vegetable-Grains/Breads

Main Dishes

D-22

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|--|----------------------------------|------------------------------------|------------------------------------|------------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Raw ground beef (no more than 20% fat) | 3 lb 3 oz | | 6 lb 6 oz | | 1. Brown ground beef. Drain. Continue immediately. |
| *Fresh onions, chopped OR Dehydrated onions | 6 oz | 1 cup OR 3 Tbsp | 12 oz OR 2 ¼ oz | 2 cups OR ½ cup | 2. Add onions and green peppers to ground beef and sauté for 5 minutes or until onions are translucent. |
| *Fresh green pepper, chopped | 4 ½ oz | ¾ cup 2 Tbsp | 9 oz | 1 ¾ cups | |
| Beef stock, non-MSG or water | | 1 qt 1 ¾ cups | | 2 qt 3 ½ cups | 3. Add beef stock or water, tomatoes, tomato paste, chili powder, ground cumin, paprika, and onion powder. Bring to boil. |
| Canned diced tomatoes | 15 oz | 1 ¾ cups 1 Tbsp | 1 lb 14 oz | 3 ½ cups 2 Tbsp | |
| Canned tomato paste | 7 oz | 1 ½ cups 1 Tbsp (¼ No. 2-½ can) | 14 oz | 1 ½ cups 1 Tbsp (½ No. 2-½ can) | |
| Chili powder | | 1 Tbsp | | 2 Tbsp | |
| Ground cumin | | 2 ¼ tsp | | 1 Tbsp 1 ½ tsp | |
| Paprika | | ¾ tsp | | 1 ½ tsp | |
| Onion powder | | ¾ tsp | | 1 ½ tsp | |
| Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled | 1 lb 5 oz OR 1 lb 6 oz | | 2 lb 10 oz OR 2 lb 12 oz | | 4. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender. CCP: Heat to 155° F or higher for at least 15 seconds. |
| | | | | | 5. Pour into serving pans or bowls. |
| | | | | | 6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (⅔ cup). |

* See Marketing Guide

| Marketing Guide for Selected Items | | |
|------------------------------------|-------------|-------------|
| Food as Purchased for | 25 Servings | 50 Servings |
| Mature onions | 7 oz | 14 oz |
| Green pepper | 6 oz | 12 oz |

Ground Beef and Spanish Rice

Meat-Vegetable-Grains/Breads

Main Dishes

D-22

SERVING:

$\frac{3}{8}$ cup (No. 6 scoop) provides 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{4}$ cup of vegetable, and the equivalent of $\frac{3}{4}$ slice of bread.

YIELD:

25 Servings: 8 lb 4 $\frac{1}{2}$ oz
50 Servings: 16 lb 9 oz

VOLUME:

25 Servings: 1 gallon $\frac{1}{2}$ cup
50 Servings: 2 gallons 1 cup

Tested 2004

Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|---------|----------------------|---------|
| Calories | 217 | Saturated Fat | 3.32 g | Iron | 2.47 mg |
| Protein | 14.03 g | Cholesterol | 38 mg | Calcium | 32 mg |
| Carbohydrate | 21.81 g | Vitamin A | 470 IU | Sodium | 107 mg |
| Total Fat | 7.89 g | Vitamin C | 10.5 mg | Dietary Fiber | 1.1 g |

Corn Muffin Squares

Grains/Breads

Grains/Breads

A-02A

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|-------------|-----------------------------------|-------------|-----------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Enriched all-purpose flour | 8 oz | 1 $\frac{3}{4}$ cups 2 Tbsp | 1 lb | 3 $\frac{3}{4}$ cups | 1. Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed. 2. Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl. 3. Slowly add milk and mix for 30 seconds on medium speed, until smooth. 4. Add oil and mix for 30 seconds, on medium speed, until blended. 5. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour approximately 1 lb 12 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 6. Bake until golden brown: Conventional oven: 400° F for 12 minutes Convection oven: 375° F for 12 minutes 7. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece. |
| Yellow cornmeal | 3 oz | $\frac{1}{2}$ cup | 6 oz | 1 cup | |
| Powdered sugar | 5 oz | 1 cup | 10 oz | 2 cups | |
| Baking powder | | 1 Tbsp | | 2 Tbsp | |
| Salt | | 1 $\frac{1}{2}$ tsp | | 1 Tbsp | |
| Frozen whole eggs, thawed OR Fresh large eggs | 2 oz | $\frac{1}{4}$ cup OR 2 each | 4 oz | $\frac{1}{2}$ cup OR 3 each | |
| Lowfat 1% milk | | 1 cup | | 2 cups | |
| Vegetable oil | | $\frac{1}{4}$ cup | | $\frac{1}{2}$ cup | |
| | | | | | |
| | | | | | |

| SERVING: | YIELD: | VOLUME: |
|---|---|--|
| 1 piece provides the equivalent of $\frac{3}{4}$ slice bread. | 25 Servings: 1 lb 12 oz (batter) | 25 Servings: 1 quart 1 cup (batter) 1 pan |
| | 50 Servings: 3 lb 8 oz (batter) | 50 Servings: 2 quarts 2 cups (batter) 2 pans |

Corn Muffin Squares

Grains/Breads

Grains/Breads

A-02A

Edited 2004

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 94 | Saturated Fat | 0.47 g | Iron | 0.65 mg |
| Protein | 1.82 g | Cholesterol | 10 mg | Calcium | 55 mg |
| Carbohydrate | 15.82 g | Vitamin A | 42 IU | Sodium | 192 mg |
| Total Fat | 2.69 g | Vitamin C | 0.1 mg | Dietary Fiber | 0.5 g |

Chicken Nuggets

Meat

Main Dishes

D-09B

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|--|----------------------------------|-------------------------------------|----------------------------------|-------------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Enriched dry bread crumbs | 4 oz | ¾ cup | 8 oz | 1 ½ cups | 1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3. |
| Salt | | 1 ½ tsp | | 1 Tbsp | |
| Ground black or white pepper | | ½ tsp | | 1 tsp | |
| Raw boneless, skinless chicken (at least 1.1 oz each) | 3 lb 7 oz | 50 each | 6 lb 14 oz | 100 each | 2. In another bowl, coat chicken with yogurt or salad dressing or mayonnaise. |
| Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise | 3 oz OR 3 oz OR 3 oz | ⅓ cup OR ⅓ cup OR ⅓ cup | 6 oz OR 6 oz OR 6 oz | ⅔ cup OR ⅔ cup OR ⅔ cup | |
| | | | | | 3. Roll chicken pieces in bread crumbs to coat. |
| | | | | | 4. Place 25 pieces of chicken in a single layer on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. |
| | | | | | 5. Bake: Conventional oven: 500° F for 13-17 minutes Convection oven: 450° F for 12-15 minutes CCP: Heat to 165° F or higher for at least 15 seconds. |
| | | | | | 6. CCP: Hold for hot service at 135° F or higher. Portion is 2 pieces (1½ oz). |

| SERVING: | YIELD: | VOLUME: |
|--|--------------------------------|----------------------------|
| 2 pieces provide 1 ½ oz of cooked poultry. | 25 Servings: 2 lb 6 oz | 25 Servings: 2 pans |
| | 50 Servings: 4 lb 11 oz | 50 Servings: 4 pans |

Chicken Nuggets

Meat

Main Dishes

D-09B

Edited 2004

Special Tip:
This may be served with Fruity Dip (C-02).

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 89 | Saturated Fat | 0.48 g | Iron | 0.69 mg |
| Protein | 13.95 g | Cholesterol | 35 mg | Calcium | 23 mg |
| Carbohydrate | 3.56 g | Vitamin A | 11 IU | Sodium | 210 mg |
| Total Fat | 1.68 g | Vitamin C | 0 mg | Dietary Fiber | 0.1 g |

Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-05

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|--|-------------|---------------|-------------|---------------|---|
| | Weight | Measure | Weight | Measure | |
| *Fresh carrots, coarsely shredded | 1 lb 10 oz | 1 qt 3 ⅓ cups | 3 lb 4 oz | 3 qt 3 ⅓ cups | 1. Place carrots and raisins in large bowl. |
| Raisins | 12 oz | 2 ¼ cups | 1 lb 8 oz | 1 qt ½ cup | |
| Instant nonfat dry milk, reconstituted | | ¼ cup | | ½ cup | 2. Dressing: In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional). |
| Reduced calorie salad dressing | 8 oz | 1 cup | 1 lb | 2 cups | |
| OR Lowfat mayonnaise | OR 8 oz | OR 1 cup | OR 1 lb | OR 2 cups | |
| Salt | | ¼ tsp | | ½ tsp | |
| Ground nutmeg (optional) | | ¼ tsp | | ½ tsp | |
| Lemon juice (optional) | | 1 Tbsp | | 2 Tbsp | 3. Pour dressing over carrots and raisins. Mix lightly. Spread 3 lb (approximately 1 qt 2 ½ cups) in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup). |
| | | | | | |
| | | | | | |

* See Marketing Guide

Marketing Guide for Selected Items

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Carrots | 2 lb | 4 lb |

| SERVING: | YIELD: | VOLUME: |
|---|--------------------------|---|
| ¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit. | 25 Servings: 3 lb | 25 Servings: 1 quart 2 ½ cups 1 pan |
| | 50 Servings: 6 lb | 50 Servings: 3 quarts 1 cup 2 pans |

Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-05

Edited 2004

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|---------|----------------------|---------|
| Calories | 78 | Saturated Fat | 0.31 g | Iron | 0.49 mg |
| Protein | 0.88 g | Cholesterol | 4 mg | Calcium | 18 mg |
| Carbohydrate | 15.91 g | Vitamin A | 8301 IU | Sodium | 117 mg |
| Total Fat | 1.84 g | Vitamin C | 3.2 mg | Dietary Fiber | 1.5 g |

Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-11

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|--------------------|----------------------|--------------------|------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Reduced calorie salad dressing OR Lowfat mayonnaise | 8 oz OR 8 oz | 1 cup OR 1 cup | 1 lb OR 1 lb | 2 cups OR 2 cups | 1. Dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well. |
| Sugar | 4 oz | ½ cup | 8 oz | 1 cup | |
| White vinegar | | 1 Tbsp | | 2 Tbsp | |
| Lowfat 1% milk | | 1 Tbsp | | 2 Tbsp | |
| *Fresh broccoli, chopped | 1 lb 1 oz | 1 qt 1 ½ cups | 2 lb 2 oz | 2 qt 3 cups | 2. Add dressing to chopped broccoli. |
| Raisins | 10 oz | 1 ¾ cups 2 Tbsp | 1 lb 4 oz | 3 ¾ cups | 3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread 2 lb 8 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 Servings, use 2 pans. |
| Walnuts, chopped (optional) | 4 oz | ¾ cup 3 Tbsp | 8 oz | 1 ¾ cups 3 Tbsp | |
| Red onions, sliced (optional) | | ¼ cup | 3 oz | ½ cup | 4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve. |
| | | | | | 5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup). |

* See Marketing Guide

| Marketing Guide for Selected Items | | |
|------------------------------------|-------------|-------------|
| Food as Purchased for | 25 Servings | 50 Servings |
| Broccoli | 1 lb 5 oz | 2 lb 10 oz |

| SERVING: | YIELD: | VOLUME: |
|---|-------------------------------|---|
| ¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit. | 25 Servings: 2 lb 8 oz | 25 Servings: 1 quart 2 ¼ cups 1 pan |
| | 50 Servings: 5 lb | 50 Servings: 3 quarts ½ cup 2 pans |

Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-11

Tested 2004

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|---------|----------------------|---------|
| Calories | 89 | Saturated Fat | 0.45 g | Iron | 0.45 mg |
| Protein | 1.02 g | Cholesterol | 3 mg | Calcium | 16 mg |
| Carbohydrate | 16.55 g | Vitamin A | 304 IU | Sodium | 83 mg |
| Total Fat | 2.74 g | Vitamin C | 18.3 mg | Dietary Fiber | 1.0 g |

Broccoli Cheese Soup

Meat Alternate-Vegetable

Soups

H-05

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|-------------|--------------------------------|--------------------|--------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Chicken stock, non-MSG | | 1 qt ½ cup | | 2 qt 1 cup | 1. In a heavy pot, bring chicken stock to a boil. |
| *Fresh carrots, ¼" chopped | 1 lb 2 oz | 3 cups | 2 lb 4 oz | 1 qt 2 cups | 2. Add carrots and onions. Boil until vegetables are tender, approximately 10 minutes. |
| *Fresh onions, chopped OR Dehydrated onions | 8 oz | 1 ½ cups OR ½ cup 2 Tbsp | 1 lb OR 3 oz | 3 cups OR 1 ¼ cups | |
| Margarine or butter | 2 oz | | 4 oz | | 3. In a separate heavy pot, melt margarine or butter. Whisk in flour and cook for 2 minutes. Do not brown. |
| Enriched all-purpose flour | 4 oz | ¾ cup 3 Tbsp | 8 oz | 1 ¾ cups 2 Tbsp | |
| Lowfat 1% milk, hot | | 2 cups | | 1 qt | 4. Slowly add hot milk. Continue to whisk until smooth. |
| | | | | | 5. Slowly add stock and vegetables. |
| Salt | | ¼ tsp | | ½ tsp | 6. Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally. |
| Ground black or white pepper | | ⅛ tsp | | ¼ tsp | |
| Hot pepper sauce | | ⅛ tsp | | ¼ tsp | |
| Reduced fat Cheddar cheese, shredded | 1 lb 3 oz | | 2 lb 6 oz | | 7. Add cheese, whisking occasionally until cheese is melted. |
| Frozen chopped broccoli | 1 lb | | 2 lb | | 8. Add broccoli. Stir occasionally. |
| | | | | | CCP: Heat to 165° F or higher for at least 15 seconds. |
| | | | | | 9. CCP: Hold for hot service at 135° F or higher. |
| | | | | | Portion with 4 oz ladle (½ cup). |

* See Marketing Guide

Marketing Guide for Selected Items

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Carrots | 1 lb 10 oz | 3 lb 4 oz |
| Mature onions | 11 oz | 1 lb 6 oz |

Broccoli Cheese Soup

Meat Alternate-Vegetable

Soups

H-05

SERVING:

½ cup (4 oz ladle) provides ¾ oz cheese and ¼ cup of vegetable.

YIELD:

25 Servings: 7 lb 4 oz

50 Servings: 14 lb 8 oz

Tested 2004

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Nutrients Per Serving

| | | | | | |
|---------------------|--------|----------------------|---------|----------------------|---------|
| Calories | 120 | Saturated Fat | 3.03 g | Iron | 0.53 mg |
| Protein | 7.89 g | Cholesterol | 13 mg | Calcium | 239 mg |
| Carbohydrate | 8.61 g | Vitamin A | 5211 IU | Sodium | 240 mg |
| Total Fat | 6.15 g | Vitamin C | 11.3 mg | Dietary Fiber | 1.4 g |

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

| Ingredients | 25 Servings | | 50 Servings | | Directions | |
|--|----------------------------------|---|------------------------------|--|--|--|
| | Weight | Measure | Weight | Measure | | |
| Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note) | 4 lb 3 ½ oz OR 4 lb 3 ½ oz | 2 qt 1 ½ cups (1 No. 10 can) OR 2 qt 1 ¼ cups | 8 lb 7 oz OR 8 lb 7 oz | 1 gal 3 cups (2 No. 10 cans) OR 1 gal 2 ½ cups | 1. In a stockpot, cover beans with water and heat. | |
| *Fresh onions, chopped OR Dehydrated onions | 2 ½ oz | ¼ cup 3 Tbsp OR ¼ cup | 5 oz OR 1 oz | ¾ cup 2 Tbsp OR ½ cup | | 2. Drain beans. Puree beans to a smooth consistency. |
| Granulated garlic | | 2 ¼ tsp | | 1 Tbsp ½ tsp | 3. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder to beans. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 135° F for at least 15 seconds. | |
| Ground black or white pepper | | 1 tsp | | 2 tsp | | |
| Canned tomato paste | 7 oz | ¾ cup 1 ½ tsp (¼ No. 2-½ can) | 14 oz | 1 ½ cups 1 Tbsp (½ No. 2-½ can) | 4. CCP: Hold for hot service at 135° F or higher. | |
| Water | | 2 cups | | 1 qt | | |
| Chili powder | | 1 Tbsp | | 2 Tbsp | | |
| Ground cumin | | 2 ¼ tsp | | 1 Tbsp 1 ½ tsp | | |
| Paprika | | ¾ tsp | | 1 ½ tsp | | |
| Onion powder | | ¾ tsp | | 1 ½ tsp | | |
| Reduced fat Cheddar cheese, shredded | 13 ½ oz | 3 ⅞ cups | 1 lb 11 oz | 1 qt 2 ¾ cups | | 5. Topping: Reserve cheese for step 6. Combine tomatoes and lettuce. Toss lightly and reserve for step 6. |
| *Fresh tomatoes, diced | 10 ½ oz | 1 ¼ cups 3 Tbsp | 1 lb 5 oz | 2 ¾ cups 2 Tbsp | | |
| *Fresh lettuce, shredded | 1 lb 3 ½ oz | 2 qt 1 cup | 2 lb 7 oz | 1 gal 1 qt | | |

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

| | | | |
|---|---------|----------|---|
| Enriched taco shells (at least 0.45 oz each) | 50 each | 100 each | <p>6. Portion is 2 tacos.</p> <p>Serving suggestions:</p> <p>A. Before serving, fill each taco shell with No. 20 scoop (about 3 Tbsp) bean mixture. On each plate, serve 2 tacos, No. 10 scoop ($\frac{3}{8}$ cup) lettuce and tomato mixture, and No. 30 scoop (2 Tbsp) shredded cheese. OR</p> <p>B1. Pre-portion No. 10 scoop ($\frac{3}{8}$ cup) lettuce-tomato mixture and No. 30 scoop (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.</p> <p>B2. Transfer bean mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, No. 10 scoop ($\frac{3}{8}$ cup) bean mixture, with pre portioned lettuce and tomato mixture, and pre portioned cheese. Instruct children to "build" their own tacos.</p> |
|---|---------|----------|---|

* See Marketing Guide

| Marketing Guide for Selected Items | | |
|------------------------------------|-------------|-------------|
| Food as Purchased for | 25 Servings | 50 Servings |
| Pinto beans, dry | 1 lb 13 oz | 3 lb 10 oz |
| Mature onions | 3 oz | 6 oz |
| Tomatoes | 12 oz | 1 lb 8 oz |
| Head lettuce | 1 lb 10 oz | 3 lb 4 oz |

| SERVING: | YIELD: | VOLUME: |
|--|--|---|
| 2 tacos provides the equivalent of 2 oz of cooked lean meat, $\frac{1}{2}$ cup of vegetable, and the equivalent of 1 slice of bread. | <p>25 Servings: 5 lb 9 $\frac{1}{2}$ oz (filling) about 9 lb 13 oz</p> <p>50 Servings: 11 lb 3 oz (filling) about 19 lb 10 oz</p> | <p>25 Servings: 2 quarts 2 cups (filling) 50 tacos</p> <p>50 Servings: 1 gallon 1 quart (filling) 100 tacos</p> |

Edited 2004, Edited 2007

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 $\frac{3}{4}$ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 $\frac{3}{4}$ qt water and $\frac{1}{2}$ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked pinto beans.

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 251 | Saturated Fat | 2.75 g | Iron | 2.67 mg |
| Protein | 11.52 g | Cholesterol | 9 mg | Calcium | 231 mg |
| Carbohydrate | 32.11 g | Vitamin A | 605 IU | Sodium | 540 mg |
| Total Fat | 9.41 g | Vitamin C | 8.6 mg | Dietary Fiber | 5.7 g |

Bean Dip

Meat Alternate or Vegetable

Snacks

G-02

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|--------------------------------|-------------|----------|-------------|-------------|--|
| | Weight | Measure | Weight | Measure | |
| Canned garbanzo beans, drained | 1 lb 6 oz | 3 ½ cups | 2 lb 12 oz | 1 qt 3 cups | 1. Mash or blend all ingredients, either by hand or by using a food processor. 2. Refrigerate until ready to serve. 3. Portion with No. 30 scoop (2 Tbsp). |
| Lemon juice | | 1 ½ tsp | | 1 Tbsp | |
| Granulated garlic | | 1 tsp | | 2 tsp | |
| Vegetable oil | | 2 Tbsp | | ¼ cup | |
| Low-sodium soy sauce | | ½ tsp | | 1 tsp | |
| Ground black or white pepper | | ⅛ tsp | | ¼ tsp | |
| Dried parsley | | 2 Tbsp | | ¼ cup | |
| Water | | ¼ cup | | ½ cup | |

SERVING:

2 Tbsp (No. 30 scoop) provides 1 Tbsp of beans or the equivalent of ¼ oz cooked lean meat.

YIELD:

25 Servings: 1 lb 9 oz

50 Servings: 3 lb 2 oz

VOLUME:

25 Servings: 3 ⅓ cups

50 Servings: 1 qt 2 ⅔ cups

Edited 2004

Special Tip:

For a tasty snack, serve this dip with whole wheat pita wedges.

Bean Dip

Meat Alternate or Vegetable

Snacks

G-02

Nutrients Per Serving

| | | | | | |
|---------------------|--------|----------------------|--------|----------------------|---------|
| Calories | 55 | Saturated Fat | 0.20 g | Iron | 0.53 mg |
| Protein | 1.88 g | Cholesterol | 0 mg | Calcium | 13 mg |
| Carbohydrate | 8.56 g | Vitamin A | 25 IU | Sodium | 115 mg |
| Total Fat | 1.52 g | Vitamin C | 2.0 mg | Dietary Fiber | 1.7 g |

Banana-Peanut Butter Sandwich

Meat Alternate-Fruit-Grains/Breads

Sandwiches

F-03A

| Ingredients | 24 Servings | | 48 Servings | | Directions |
|--|-------------|-----------------|-------------|----------------|---|
| | Weight | Measure | Weight | Measure | |
| Lowfat 1% milk | | 1 cup | | 2 cups | 1. In a bowl, whisk together milk, orange juice concentrate, eggs, sugar, salt, and vanilla. Whisk until smooth. |
| Frozen orange juice concentrate, thawed | | 3 Tbsp | | ¼ cup 2 Tbsp | |
| Frozen whole eggs, thawed OR Fresh large eggs | 1 lb | 1 ¾ cups 2 Tbsp | 2 lb | 3 ¾ cups | 2. In a mixing bowl, combine honey and peanut butter. Mix until smooth. Peel bananas. Slice peeled bananas in half lengthwise and crosswise. Place 2 pieces of banana (½ banana) and ½ oz (1 Tbsp) of peanut butter on each slice of bread. |
| | | OR 9 each | | OR 18 each | |
| Sugar | | 3 Tbsp | | ¼ cup 2 Tbsp | 3. Dip sandwiches in orange juice mixture to coat both sides. |
| Salt | | ½ tsp | | 1 tsp | |
| Vanilla | | 2 tsp | | 1 Tbsp 1 tsp | 4. Place 6 sandwiches on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. |
| Honey | | 2 ¾ tsp | 2 oz | 2 Tbsp 2 ½ tsp | |
| Peanut butter | 12 oz | | 1 lb 8 oz | | 5. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 155° F or higher for at least 15 seconds. |
| * Fresh bananas 100-120 count | 2 lb 4 oz | 6 bananas | 4 lb 8 oz | 12 bananas | |
| * Enriched wheat bread slices (at least 0.9 oz each) | | 24 slices | | 48 slices | |

Banana-Peanut Butter Sandwich

Meat Alternate-Fruit-Grains/Breads

Sandwiches

F-03A

6. Cut each sandwich in half.

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

Portion is ½ sandwich.

SERVING:

½ sandwich provides the equivalent of 1 oz of cooked lean meat, ¼ cup of fruit, and 1 slice of bread.

YIELD:

24 Servings: 24 half sandwiches

48 Servings: 48 half sandwiches

VOLUME:

24 Servings: 24 half sandwiches

48 Servings: 48 half sandwiches

Edited 2004

Nutrients Per Serving

| | | | | | |
|---------------------|---------|----------------------|--------|----------------------|---------|
| Calories | 249 | Saturated Fat | 2.47 g | Iron | 1.61 mg |
| Protein | 9.35 g | Cholesterol | 81 mg | Calcium | 45 mg |
| Carbohydrate | 30.40 g | Vitamin A | 169 IU | Sodium | 292 mg |
| Total Fat | 10.93 g | Vitamin C | 5.7 mg | Dietary Fiber | 2.7 g |

Baked Scrambled Eggs

Meat Alternate

Main Dishes

D-15

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|-------------|---|-------------|---|---|
| | Weight | Measure | Weight | Measure | |
| Frozen whole eggs, thawed OR Fresh large eggs | 2 lb 13 oz | 1 qt 1 ³ / ₈ cups | 5 lb 10 oz | 2 qt 2 ³ / ₄ cups | 1. Beat eggs thoroughly. |
| Instant nonfat dry milk, reconstituted | | 2 cups | | 1 qt | 2. Add milk and salt. Mix until well blended. |
| Salt | | ³ / ₄ tsp | | 1 ¹ / ₂ tsp | |
| | | | | | 3. Into each half-steamtable pan (12" x 10" x 2") which has been lightly coated with pan release spray, pour 3 lb 13 oz (1 qt 3 ³ / ₈ cups) egg mixture. For 25 servings, use 1 pan. For 50 servings, use 2 pans. |
| | | | | | 4. Bake: Conventional oven: 350° F for 20 minutes Stir once after 15 minutes. Convection oven: 300° F for 10 minutes DO NOT OVERCOOK CCP: Heat to 155° F or higher for at least 15 seconds. |
| | | | | | 5. Remove from oven. Stir well. Eggs will be cooked completely but still have a slightly moist appearance. |
| Margarine or butter (optional) | | 2 Tbsp 2 tsp | | ¹ / ₃ cup | 6. To each pan, add approximately 2 Tbsp 2 tsp margarine or butter (optional). Stir. |
| Reduced fat Cheddar cheese, shredded (optional) | 8 oz | 2 cups | 1 lb | 1 qt | 7. Sprinkle 8 oz (2 cups) cheese (optional) over each pan. |
| | | | | | 8. CCP: Hold for hot service at 135° F or higher. For best results, serve within 15 minutes. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece. |

Baked Scrambled Eggs

Meat Alternate

Main Dishes

D-15

SERVING:

1 piece provides 1 large egg or the equivalent of 2 oz of cooked lean meat.

YIELD:

25 Servings: 1 pan

50 Servings: 2 pans

VOLUME:

25 Servings: 1 quart 3 $\frac{3}{8}$ cups (uncooked)

50 Servings: 3 quarts 2 $\frac{3}{4}$ cups (uncooked)

Edited 2004

Nutrients Per Serving

| | | | | | |
|---------------------|--------|----------------------|--------|----------------------|---------|
| Calories | 91 | Saturated Fat | 1.89 g | Iron | 0.62 mg |
| Protein | 6.29 g | Cholesterol | 180 mg | Calcium | 58 mg |
| Carbohydrate | 2.06 g | Vitamin A | 361 IU | Sodium | 223 mg |
| Total Fat | 6.24 g | Vitamin C | 0.2 mg | Dietary Fiber | 0 g |