Healthy US School Challenge Workshop
Ivy Tech, North Meridian Campus
February 25, 2011
Auditorium

Lunch brunch prepared by students of the
Ivy Tech Hospitality Catering Administration class.
The Nutritional Analysis was prepared by the Foodservice Nutrition class.

Juliann Fruit Salad

Description:
"locally grown apples"
Yield: 57 servings Serving Size: ½ cup w/ 2 tablespoons dressing
Recipe By :Ivy Tech Students-

6 pounds granny Smith apple – chopped
3 pounds pears – chopped
2 tablespoons sugar
3/4 cup vegetable oil
6 pounds red apples -- chopped
1 cup orange juice
¼ cup white vinegar

Per Serving: 88 Calories; 3g Fat (30.3% calories from fat); trace Protein; 16g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1mg Sodium; 56 IU Vitamin A; 7 g Vitamin C; 8 g Calcium; trace Iron.

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Romaine Hearts

Yields 57 servings ½ cup portions

57 each romaine lettuce leaves
57 each grape ½ red and ½ yellow
57 each cucumber slices
28 ounces balsamic vinegar

Per Serving: 18 Calories; trace Fat (10.7% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. 347 IU Vitamin A; 1 g Vitamin C; 18 g Calcium; 1 gm Iron.

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Chicken Rolls

Yields: 57 6-ounce portions

15 pounds (4 oz ea) chicken breast half
2 tablespoons olive oil
1/2 cup onion
2 cups low sodium chicken broth
1/2 teaspoon salt
1/4 teaspoon pepper
15 each whole wheat bread slice
1/2 cup celery
1/2 cup carrot
1-teaspoon sage
1/2 teaspoon thyme

Per Serving: 130 Calories; 2g Fat (14.1% calories from fat); 23g Protein; 4g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 139mg Sodium; 123 IU Vitamin A; 1 g Vitamin C; 72 g Calcium; 2 g Iron.

Pulled Pork on Whole Wheat Slider Rolls

Serving Size: 57 Yield: 2-2ounce sandwiches each

9 pounds pork loin
114 small whole-wheat rolls
28 ounces Chef Ralph's BBQ Sauce

Per Serving: 222 Calories; 5g Fat (21.2% calories from fat); 14g Protein; 31g Carbohydrate; 4g Dietary Fiber; 22mg Cholesterol; 403mg Sodium; 123 IU Vitamin A; 1 g Vitamin C; 72 g Calcium; 2 g Iron.

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Red and Gold Beet Medley

"roasting enhances the sweetness"
Serves: 57 Yield: ½ cup portions

30 pounds beets -- assorted colors
2 ounces thyme
1-tablespoon pepper
4 ounces canola oil
2 tablespoons salt

Per Serving: 89 Calories; 2g Fat (21.8% calories from fat); 3g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 350mg Sodium; 99 IU Vitamin A; 1 g Vitamin C; 72 g Calcium; 2 g Iron.

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Carved Carrots

Serving Size: 57 Yield: 1/2 cup
20 pounds carrots
Carve carrots and steam

Per Serving: 61 Calories; trace Fat (3.5% calories from fat); 1g Protein; 14g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 50mg Sodium, 39980 IU Vitamin A; 13 g Vitamin C; 38 g Calcium; trace Iron.

Fruit Parfaits

Serving Size: 57 Yield: 1/2 cup

15 pounds Greek yogurt
Any fruit will work, suggested fruit is: Kiwi and Star fruit, something different than the berries you get from fast food.

Per Serving: 112 Calories; trace Fat (1.9% calories from fat); 5g Protein; 23g Carbohydrate; 0g Dietary Fiber; 2mg Cholesterol; 69mg Sodium; 8 IU Vitamin A; 1 g Vitamin C; 182 g Calcium; trace Iron.

Apple Crisp

A bit of a Twist on a classic
Serving Size: 57 Yield: 1/2 cup

20 pounds apples – diced
4 tablespoons nutmeg
9 each puff pastry sheets
1 pound brown sugar
2 pounds butter

Per Serving: 447 Calories; 28g Fat (55.6% calories from fat); 3g Protein; 48g Carbohydrate; 5g Dietary Fiber; 35mg Cholesterol; 231mg Sodium; 565 IU Vitamin A; 8 g Vitamin C; 26 g Calcium; 1 g Iron.

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