

Anatomy of a Standardized Recipe: Finding and Creating School Recipes for Success with USDA Foods

Presented by:

Dayle Hayes, MS, RD

Malissa Marsden, SNS



Overview

How to Create a Standardized Recipe

Malissa Marsden, SNS

Consultant, Child Nutrition Support Services

Sources for Recipes

Dayle Hayes, MS, RD

Creator of School Meals That Rock and
President, Nutrition for the Future, Inc.

How and When to Modify a Recipe for Your Use

Malissa Marsden, SNS



How to Create a Standardized Recipe

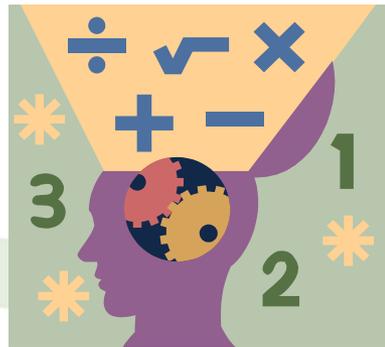
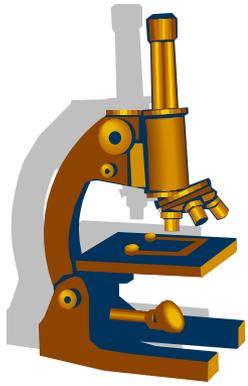
Malissa Marsden, SNS

Consultant, Child Nutrition Support Services

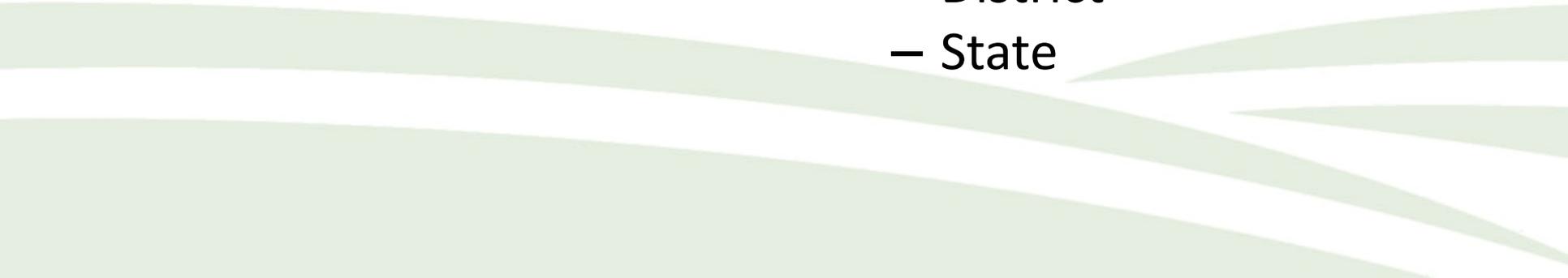


Combine

- Vision + Math + Science + Art
= Recipe



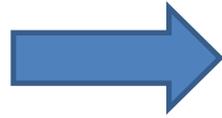
Why Standardized Recipes?

- Acceptance
 - All Students
 - All Meal Times
 - Consistent
 - Every Site
 - Every Cook
 - Every Time
 - Controlled
 - Portions
 - Cost
 - HACCP
 - Accountability
 - Managers
 - Staff
 - Auditable
 - District
 - State
- 

What is a Standardized Recipe?

- Includes
 - Yield
 - Pre-prep
 - Prep
 - Cook
 - Hold
 - Serve
 - Utensil
 - Size
- Detailed
 - Ingredient Specific
 - Weights and Measures
 - HACCP
 - SOP
 - Equipment to produce
 - Packaging

Recipe



Standardized

1. Concept
2. Recipe
3. Test
4. Sample

1. Tweak
2. Test
3. Serve

Repeat as necessary

What Meal?

- Breakfast



- Lunch

- Snack

- Supper



- Summer Feeding



How is it served?

- Hot
- Cold
- Satellite
- BIC
- Kiosk
- Vended



Targeted Audience

- High School
- Middle School
- Elementary
- Vegetarian
- Kosher
- Multiple Age Groups



Targets

- Gluten and Allergens
 - Gluten added “unnecessarily”
 - Nut Free District
- Nutritional Impact
 - Reduces sodium
 - Reduces fat
 - Increases whole grains
- Local



Ingredients

- In house
 - **Use it 3 times or 3 ways**
- USDA Foods Available
 - Plan for it
- USDA Foods Ordered
 - Be ready to incorporate
- In Season
 - Available from DoD
 - Available Farm to School
 - Locally Sourced



What Meal Components?

- Number of oz. equivalents
 - Meat/Meat Alternate
 - Grain
 - 0.25 oz. increments
- By Volume
 - Vegetable
 - Fruit
 - 1/8 cup and up



Trends

- Flavor profile
 - Spice level
- Ethnic application
 - Specific district population
- Form
 - Wraps
- Format
 - Pre-packaged



How

- How it is consumed
 - Spork
 - Hand Held
 - Finger Fun



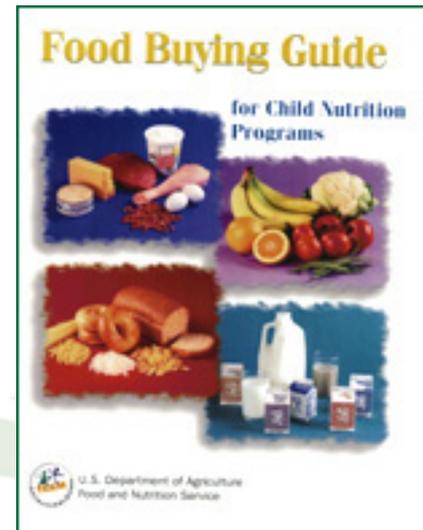
How

- Equipment needed to prepare
 - Food Processor
- Equipment needed to cook/hold
 - Convection Oven
 - Steamer
- Packaging Required to Serve
 - No new packaging
 - Reuse package in new way



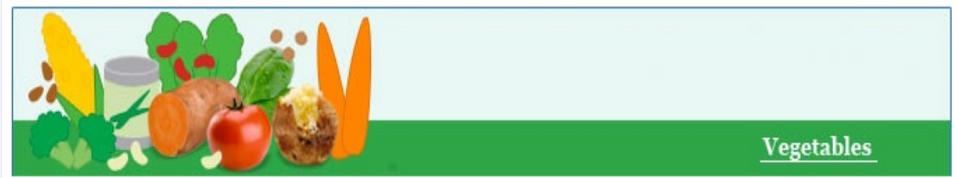
Food Buying Guide

- Starting point
- Establishes base quantity for ingredients
 - Portions based on raw product used
 - Portions based on finished product created
- If lacking in FBG
 - In house established yield
 - Industry yield provided



Use the **Item Description** to select the desired food item for your planned menu. For crediting, choose oz. for Meat/Meat Alternates (M/MA), cups for Vegetables/Fruits (V/F), or servings for Grains/Breads (G/B). Additional measures could be used for recipes or salad bars.

[Search Guide Again](#)



Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Broccoli, fresh, spears, trimmed, ready-to-use	lb	ready-to-cook broccoli		cup
Broccoli, fresh, spears, trimmed, ready-to-use	lb	cooked broccoli, drained	1 lb = 1 lb ready-to-cook or cooked broccoli, drained	cup
Broccoli, fresh, spears, trimmed, ready-to-use	lb	cooked broccoli, drained		oz
Broccoli, fresh, untrimmed	lb	raw spears	1 medium spear = about 1/2 cup	cup
Broccoli, fresh, untrimmed	lb	cooked drained spears	1 medium spear = about 1/2 cup	cup
Broccoli, fresh, untrimmed	lb	cuts cooked drained broccoli	1 lb = 0.81 lb ready-to-cook broccoli	cup
Broccoli, fresh, untrimmed	lb	ready-to-cook broccoli		oz
Broccoli, frozen, cut or chopped	lb	cooked drained broccoli		cup
Broccoli, frozen, spears	lb	cooked broccoli	1 lb = 0.9 lb cooked broccoli	cup

Food Buying Guide

Calculator for Child Nutrition Programs



Select the planned **Serving Size** from the drop down list. Enter the planned **Number of Servings**. Click on **Add to List**

[▶ Search Guide Again](#)

[▶ Back to Search Results](#)



Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Broccoli, fresh, untrimmed	lb	cuts cooked drained broccoli	1 lb = 0.81 lb ready-to-cook broccoli	cup

▶ Serving Size

▶ Number of Servings

[Add to List](#)

Food Buying Guide

Calculator for Child Nutrition Programs



- [Home](#)
- [Add More Items](#)
- [Print List](#)
- [Email List](#)
- [Back to Search Results](#)

NOTE: The Food Buying Guide Calculator rounds up to the nearest whole Purchase Unit or next 1/4 pound.

If you need to add more food items, select **Add More Items**. To edit a food item on your Shopping List, click **Edit** to the right of the food item entry. To remove a food item on your Shopping List, click **Remove** to the right of the food item.

If you are finished, select **Print List** or **Email List**

*****Print or Email your shopping list before exiting the Calculator or your browser! It will not be saved.*****

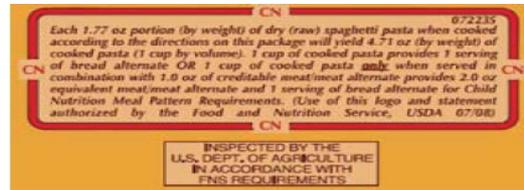
Shopping List

Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	100	1/2 cup	Broccoli, fresh, untrimmed	cuts cooked drained broccoli	19.61	19.75	lb	Remove Edit

Commercial Ingredients

- Yield

- CN Label



- Product Formulation Statement

- http://www.fns.usda.gov/sites/default/files/TA_07-2010_os.pdf

- In house testing

USDA Foods

- Yield
 - USDA Foods Product Information Sheets
 - Updating all
 - Use most current version from web
 - <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>
 - Food Buying Guide
 - CN Labels, on the horizon
 - USDA looking to include in spec
 - Also PFS

USDA Foods Product Information Sheet

For Child Nutrition Programs



110282— Broccoli, No Salt Added, Frozen

Category: Vegetables
Subgroup: Dark Green



PRODUCT DESCRIPTION

This item is U.S. Grade A broccoli in short spears or florets. This product contains six 5-pound bags per case.

CREDITING/YIELD

- One case yields about 164 ½ -cup servings cooked drained broccoli.
- CN Crediting: ½ cup cooked broccoli credits as ½ cup dark green vegetable.

CULINARY TIPS AND RECIPES

- Broccoli can be used in many dishes such as

NUTRITION FACTS

Serving size: 1/2 cup (92g) broccoli, spears, cooked, without salt

Amount Per Serving

Calories 26

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 22mg

Total Carbohydrate 5g

Dietary Fiber 3g



Create



- Recipe yield
- 100 Servings
 - Standard Amount
 - Can easily be multiplied
 - **Yield:** 100 servings (1 sandwich, 6.7 oz., 190 g)
 - **Meal Equivalencies:** 3.5 oz. eq. meat/meat alternative, 2.5 oz. eq. grain
- Can be less for sub groups
 - Salads
 - **Yield:** 20 servings (1 salad, 7 oz., 200 g, 1 oz. dressing)
Meal Equivalencies: 2 oz. eq. meat/meat alternate, 1/2 cup other vegetable, 1/4 cup red/orange vegetable, 1/4 cup starchy vegetable
 - Vegetarian

Test

- Test Concept for single item
 - Sandwich
 - Does it fit in the bun?
 - Does the wrap hold all ingredients?
 - Do the flavors blend?
 - Salad
 - Does the bed hold the toppings?
 - Are the toppings bite size?
 - Do the flavors blend?
 - Hold: duplicate real times

Test Combination Dish

- Serving 25
- For Hot
 - One pan full
 - Utilizing full steam table pan
 - Shallow or Deep
 - Sheet pan
 - Necessary for cook times
 - Necessary for hold tolerance

Test the Whole Process

- Prep
 - Prepare
 - Cook
 - Hold
 - Duplicate **your real** hold times
 - Serve
- 

Be Specific

- In handling of ingredients
 - Use from frozen
 - Thaw overnight
 - Thaw for 2 days
 - In processing
 - Diced
 - Minced
 - Chopped
- 

Specify

- HACCP Process
 - CCP's
 - SOP's
 - Equipment Used
 - Serving Utensil Used
 - Disher, Spoodle, Ladle
 - Size of each
- 

Sources for Recipes



Kittery, Maine

Dayle Hayes, MS, RD

Creator of School Meals That Rock and
President, Nutrition for the Future, Inc.

Sources for Recipes

USE YOUR SEARCH ENGINE

USDA recipe Herbed Broccoli Cauliflower

<http://www.whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/herbed-broccoli-and-cauliflower-polonaise>

Herbed Broccoli and Cauliflower Polonaise



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

[About FNCS](#) | [Ask the Expert](#) | [Contact Us](#) | [En Español](#)

[Home](#) | [Recipes](#) | [Cookbooks](#) | [USDA Foods Fact Sheets](#)

[Home](#) [Recipes](#)



Yield/Volume

50 Servings	100 Servings
about 12 lb 11 oz	about 25 lb 6 oz
about 1 gallon 2 1/4 quarts	about 3 gallons 2 cups

Marketing Guide

Foods as Purchased for	50 Servings
Mature onions	6 oz

Meal Components:

[Vegetable - Dark Green](#) | [Vegetable - Other](#)

Herbed Broccoli and Cauliflower Polonaise

[+](#) Add to My Cookbook | [Review](#) | [Share](#)

★★★★★ No votes yet

Makes: 50 or 100 Servings

Directions for:

Ingredients	Weight	Measure	Directions
Trans fat-free margarine	8 oz	1 cup	<ol style="list-style-type: none">1. Heat margarine in a stock pot until browned.2. Turn off heat and add lemon juice.3. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine. Mix, then set aside.
Lemon juice		1/4 cup	
*Fresh onions, diced 1/4"	5 oz	3/4 cup 2 Tbsp	
OR	OR	OR	
Dehydrated onions	1 oz	1/2 cup	
Dried basil		1 Tbsp	
Dried parsley		2 Tbsp	

USDA: What's Cooking?

<http://www.whatscooking.fns.usda.gov/search/quantity>

USDA United States Department of Agriculture
What's Cooking? USDA MIXING BOWL

About FNCS | Ask the Expert | Contact Us | En Español

Search FNCS Search

Home Recipes Cookbooks USDA Foods Fact Sheets

Home Recipes

What's Cooking?
USDA MIXING BOWL

Search Recipes
Go

20 Items per page

Refine your Search

USDA Standardized Information

Yes, this recipe has been standardized by USDA (425)

No, this recipe has not been standardized by USDA (617)

Course

Appetizers (2)

Beverages (6)

Breads (166)

Search Quantity Results

1 - 20 of 1043 results Sort by Best Match

"All-Star Snack" Fruit and Vegetable Bake

+ Add to My Cookbook

Rating: ★★★★★ Makes: 24 or 48 Servings

"Beautiful Butterflies" Chicken Salad Sandwiches

+ Add to My Cookbook

Rating: ★★★★★ Makes: 14 or 56 Servings

"Big Bad Wolf" Vegetable Soup

+ Add to My Cookbook

Rating: ★★★★★ Makes: 12 or 48 Servings

USDA: What's Cooking?



USDA United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

About FNCS | Ask the Expert | Contact Us | En Español

Search FNCS

Home Recipes **Cookbooks** USDA Foods Fact Sheets

Home

Build My Cookbook
Ready Made Cookbooks

Build My Cookbook

Use "Build My Cookbook" to collect favorite recipes from the site. To create your cookbook while browsing, select [+ Add to My Cookbook](#) on each recipe you would like to include. Access your collection below to print or download your cookbook to your computer.

**** Please note: Your cookbook and selected recipes *will not be saved* once you exit the What's Cooking? USDA Mixing Bowl site. Remember to print or save your cookbook from this page. ****

There are no recipes in your cookbook.

[Search for recipes](#)

Adobe Reader is required to be able to view and print your completed cookbook. To request alternative formats for PDF content, visit the [contact page](#).



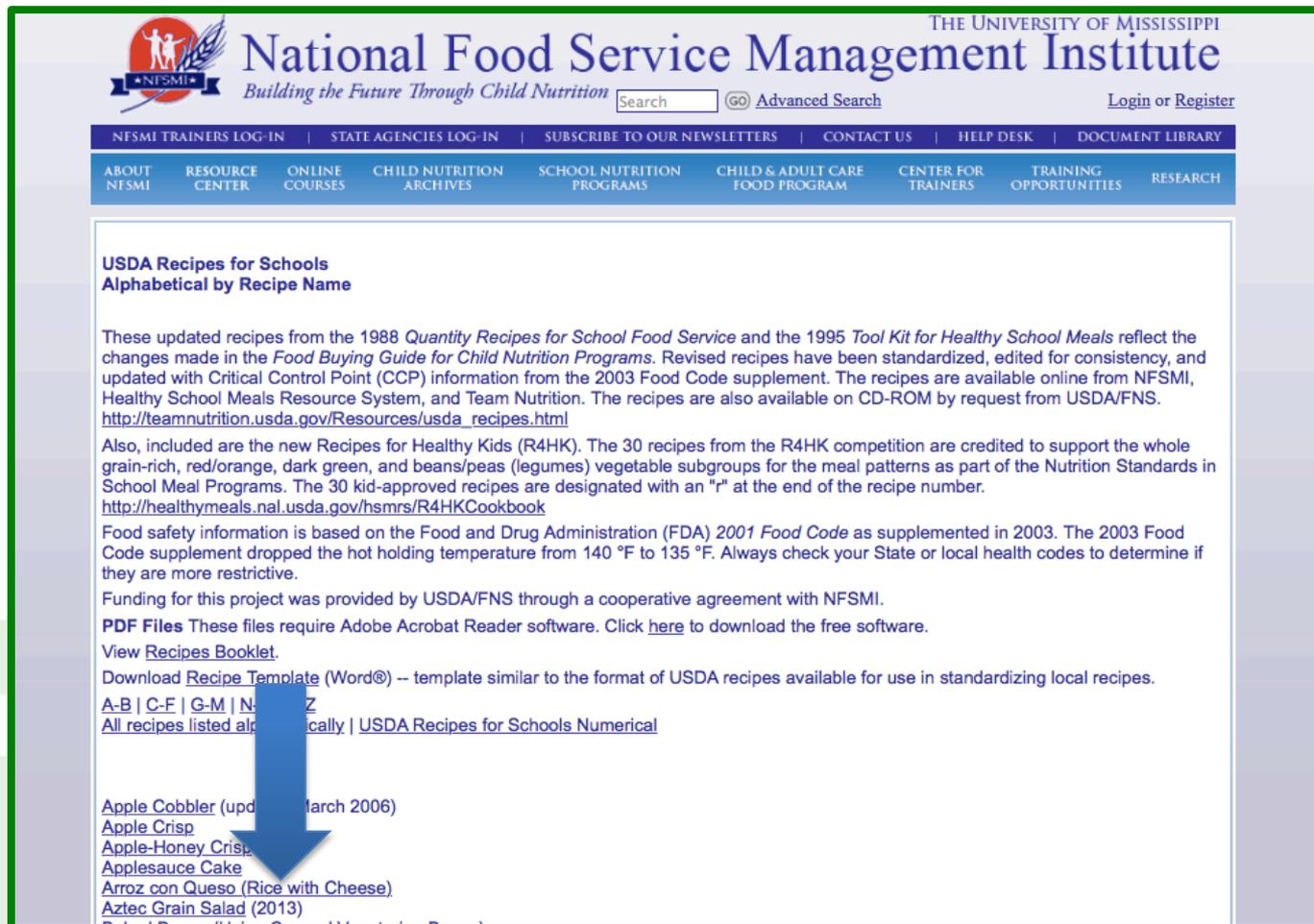
Looking for more recipes? [start a new search here](#), or use one of the links below.

[Household Recipes](#)
[Quantity Recipes](#)



NFSMI: Recipes for Schools

[http://www.nfsmi.org/Templates/TemplateDefault.aspx?q==cEIEPTEwMiZpc01ncj10cnVl#g-m](http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=<u>=cEIEPTEwMiZpc01ncj10cnVl#g-m</u>)



NFSMI THE UNIVERSITY OF MISSISSIPPI
National Food Service Management Institute
Building the Future Through Child Nutrition

Search GO Advanced Search Login or Register

NFSMI TRAINERS LOG-IN | STATE AGENCIES LOG-IN | SUBSCRIBE TO OUR NEWSLETTERS | CONTACT US | HELP DESK | DOCUMENT LIBRARY

ABOUT NFSMI | RESOURCE CENTER | ONLINE COURSES | CHILD NUTRITION ARCHIVES | SCHOOL NUTRITION PROGRAMS | CHILD & ADULT CARE FOOD PROGRAM | CENTER FOR TRAINERS | TRAINING OPPORTUNITIES | RESEARCH

USDA Recipes for Schools

Alphabetical by Recipe Name

These updated recipes from the 1988 *Quantity Recipes for School Food Service* and the 1995 *Tool Kit for Healthy School Meals* reflect the changes made in the *Food Buying Guide for Child Nutrition Programs*. Revised recipes have been standardized, edited for consistency, and updated with Critical Control Point (CCP) information from the 2003 Food Code supplement. The recipes are available online from NFSMI, Healthy School Meals Resource System, and Team Nutrition. The recipes are also available on CD-ROM by request from USDA/FNS. http://teamnutrition.usda.gov/Resources/usda_recipes.html

Also, included are the new Recipes for Healthy Kids (R4HK). The 30 recipes from the R4HK competition are credited to support the whole grain-rich, red/orange, dark green, and beans/peas (legumes) vegetable subgroups for the meal patterns as part of the Nutrition Standards in School Meal Programs. The 30 kid-approved recipes are designated with an "r" at the end of the recipe number. <http://healthymeals.nal.usda.gov/hsmrs/R4HKCookbook>

Food safety information is based on the Food and Drug Administration (FDA) 2001 *Food Code* as supplemented in 2003. The 2003 Food Code supplement dropped the hot holding temperature from 140 °F to 135 °F. Always check your State or local health codes to determine if they are more restrictive.

Funding for this project was provided by USDA/FNS through a cooperative agreement with NFSMI.

PDF Files These files require Adobe Acrobat Reader software. Click [here](#) to download the free software.

View [Recipes Booklet](#).

Download [Recipe Template](#) (Word®) – template similar to the format of USDA recipes available for use in standardizing local recipes.

[A-B](#) | [C-F](#) | [G-M](#) | [N-Z](#)
All recipes listed alphabetically | [USDA Recipes for Schools Numerical](#)

Apple Cobbler (updated March 2006)
[Apple Crisp](#)
[Apple-Honey Crisp](#)
[Applesauce Cake](#)
[Arroz con Queso \(Rice with Cheese\)](#)
[Aztec Grain Salad \(2013\)](#)

NFSMI: Recipes for Schools

Herbed Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	8 oz	1 cup	1 lb	2 cups	<ol style="list-style-type: none"> Heat margarine or butter in a stock pot until browned. Turn off heat and add lemon juice. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine or butter. Mix, then set aside. Place broccoli and cauliflower in separate steamtable pans (12" x 20" x 2 1/2"). Steam each pan in low-pressure steamer for 8 minutes or until vegetables are tender. CCP: Heat to 140° F or higher. Drain water from pans. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (1/2 cup).
Lemon juice		1/4 cup		1/2 cup	
*Fresh onions, diced 1/4" OR Dehydrated onions	5 oz OR 1 oz	3/4 cup 2 Tbsp OR 1/2 cup	10 oz OR 2 oz	1 3/4 cups OR 1 cup	
Dried basil		1 Tbsp		2 Tbsp	
Dried parsley		2 Tbsp		4 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Grated Parmesan cheese	4 oz	1 1/2 cups	8 oz	3 cups	
Enriched dry bread crumbs	10 oz	2 cups	1 lb 4 oz	1 qt	
Frozen broccoli spears	6 lb 4 oz		12 lb 8 oz		
Frozen cauliflower	6 lb 4 oz		12 lb 8 oz		

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz

Michigan Team Nutrition

http://www.michigan.gov/mde/0,4615,7-140-43092_53882_53885---,00.html

Michigan Team Nutrition's Meeting the Challenge Recipe Book



Videos demonstrating these recipes can be found at:
www.youtube.com/user/miteamnutrition1



Oklahoma Kidchen Cookbook

<http://www.kidchenexpedition.com/cookbook/>

UNDERGROUND "CANDY"

"Who could believe that the roots of plants could taste so sweet and good? That is what we found when we tasted roasted root vegetables, which we call Underground "Candy" because they grow underground and they are incredibly sweet, like candy. The unusual flavor combination of rutabagas, turnips, parsnips, carrots and sweet potatoes are a complementary in this side dish!"

 Serving Size: 1/2 cup

Ingredients for 50 Servings

1 pound plus 2 ounces diced raw carrots
2 pounds diced raw parsnips
6 1/4 pounds diced raw sweet potatoes
2 1/4 pounds diced raw turnips
2 1/4 pounds diced raw rutabagas
7 ounces olive or vegetable oil
1 tablespoon plus 1 1/2 teaspoons salt
1 tablespoon plus 1 1/2 teaspoons pepper

Ingredients for 100 Servings

2 1/4 pounds diced raw carrots
4 pounds diced raw parsnips
12 1/2 pounds diced raw sweet potatoes
4 1/2 pounds diced raw turnips
5 pounds diced raw rutabagas
14 ounces olive or vegetable oil
2 tablespoons plus 2 1/4 teaspoons salt
2 tablespoons plus 2 1/4 teaspoons pepper



Photo by Bob Chene

 Directions

1. Wash and cut vegetables into 1/2-inch dice pieces. Toss with oil and season with salt and pepper.
2. Spread in a single layer on sheet pans and bake at 300 degrees for 20 to 30 minutes or until roasted and soft.
3. May be served hot or cold.
4. Hold at 140 degrees F or higher if serving hot or 41 degrees F or lower if serving cold.

Note: This dish tastes sweeter after it is roasted and then refrigerated.

This recipe was entered by Anderson Elementary School, Tulsa, OK in the 2011 Recipes for Healthy Kids Competition sponsored by the U.S. Department of Agriculture and Team Nutrition with the Food and Nutrition Service of the U.S. Department of Agriculture. Challenge partners were the Let's Move! Camp and American Culinary Federation. Notes about the recipe were provided by the Child Nutrition experts at the school.

Nutrition Analysis Per Serving



| 60. Root Vegetables |

| www.kidchenexpedition.com |

RAINBOW SALSA

"Think of the tropics – the tangy, the spicy flavors all melded together in one wonderful bite. Think of the color sky at sunset – red, yellow, purple, green and black – that are a delight to the one who beholds it! This is our R Salsa, a delight for all your senses. Escape to the tropics with this side dish."

 Serving Size: 1/2 cup

Ingredients for 50 Servings

2 cups diced fresh green bell pepper
5 1/2 tablespoons seeded and diced fresh jalapeno peppers
12 1/2 cups canned black beans, drained (1.8 No. 10 cans)
5 1/4 cups fresh diced tomatoes (or 2 pounds, 10 ounces canned tomatoes, drained and diced)
4 cups fresh corn (or 1.75 pounds canned corn, drained)
2 1/4 cups diced red onion
2 1/4 cups diced fresh or frozen mango (optional)
1 1/2 cups chopped fresh cilantro
1/2 cup plus 1 tablespoon vegetable oil (optional)
1/2 cup fresh lime juice
1 tablespoon plus 1 teaspoon salt
2 teaspoons garlic powder
3 1/2 teaspoons cumin

Ingredients for 100 Servings

4 cups diced fresh green bell pepper
1/2 cup seeded and diced fresh jalapeno peppers
25 cups canned black beans, drained (3.6 No. 10 cans)
10 1/2 cups fresh diced tomatoes (or 5 pounds, 4 ounces canned tomatoes, drained and diced)
8 cups fresh corn (or 3.50 pounds canned corn, c)
5 1/2 cups diced red onion
5 1/2 cups diced fresh or frozen mango (optional)
3 cups chopped fresh cilantro
1 cup plus 2 tablespoons vegetable oil (optional)
1/2 cup fresh lime juice
2 tablespoons plus 2 teaspoons salt
1 tablespoon plus 1 teaspoon garlic powder
2 tablespoons plus 1/2 teaspoon cumin

 Directions

1. Mix all ingredients. Refrigerate until ready to serve. Hold at 40 degrees F or lower.
2. Serve with whole-grain tortilla chips.

Note: Wash all produce before cutting.



Photo by Bob Chene

This recipe was entered by Anderson Elementary School, Tulsa, OK in the 2011 Recipes for Healthy Kids Competition sponsored by the U.S. Department of Agriculture and Team Nutrition with the Food and Nutrition Service of the U.S. Department of Agriculture. Challenge partners were the Let's Move! Campaign and the American Culinary Federation. Notes about the recipe were provided by the Child Nutrition experts at the school.

Nutrition Analysis Per Serving



| 73. Tomatoes and Peppers |

| www.kidchenexpedition.com |

Texas ESC: Region 11

<http://www.esc11.net/Page/5366>



000617 - QUESADILLA, CORN & GREEN CHILI

Source: CHEF V
 Number of Portions: 55
 Size of Portion: EACH

Components:
 Meat/Alt: 2 oz
 Grains: 2 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:
 Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
902713 CORN, CANNED, GOLDEN..... 011980 PEPPERS, CHILI, GRN, CND..... 902621 SEASONING, TACO, LOW SODIUM.....	1 #10 Can 1 #2.5 CAN 2 Tbsp	1. Preheat oven to 375 F. 2. Open corn and green chilies, and drain in colander. Transfer to a bowl or mixing container and add taco seasoning. Mix to evenly distribute seasoning.
902771 TORTILLAS, WHOLE WHEAT, 6".....	110 EACH	3. Place one tortilla on a sheet pan. Spray with buttermist and then flip over.
001209 CHEESE, MEXICAN, BLEND, RED FAT.... 118476 Buttermist food spray and pan spray.....	6 lbs + 14 ozs 1 1/8 cups + 1 tsp	4. Top tortilla with 2 oz of shredded cheese and 1/4 cup corn/green chili mixture. 5. Place another tortilla on top. Spray lightly with buttermist. Continue to build quesadillas until sheet pan is full. 6. Bake at 375 F for 7-10 minutes or until cheese is melted and tortillas are golden. *Consider cutting in half to serve. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (EACH)

Calories	369 kcal	Cholesterol	35 mg	Protein	19.97 g	Calcium	1054.78 mg	40.22%	Calories from Total Fat
Total Fat	16.47 g	Sodium	1250 mg	Vitamin A	78.8 RE	Iron	2.22 mg	20.92%	Calories from Saturated Fat
Saturated Fat	8.57 g	Carbohydrates	39.48 g	Vitamin A	393.4 IU	Water ¹	40.31 g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.67 g	Vitamin C	7.4 mg	Ash ¹	2.62 g	42.84%	Calories from Carbohydrates
								21.67%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

Vermont FEED Cookbook

<http://www.vtfeed.org/tools>



Beet Burgers

Fall Winter Spring Summer

NUTRITION INFORMATION

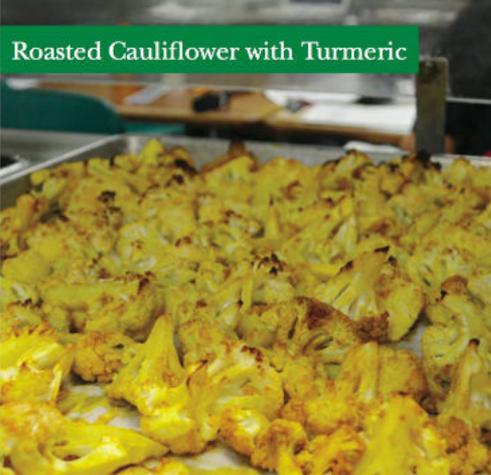
SERVING SIZE: 1 burger

Amount per Serving

Calories	204 kcal
Protein	9.24 g
Carbohydrate	17.53 g
Total Fat	11.45 g
Saturated Fat	3 g
Cholesterol	46 mg
Vitamin A	3978.96 IU
Vitamin C	5.86 mg
Iron	2.26 mg
Calcium	228.54 mg
Sodium	361.97 mg
Dietary Fiber	3.74 g

EQUIVALENTS: 1 burger provides 1/2 cup of other vegetables.

Recipe HACCP Process #2 Same Day Service



Roasted Cauliflower with Turmeric

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1/2 cup

Amount per Serving

Calories	67 kcal
Protein	2.14 g
Carbohydrate	5.63 g
Total Fat	4.69 g
Saturated Fat	0.69 g
Cholesterol	0 mg
Vitamin A	3.73 IU
Vitamin C	52.51 mg
Iron	0.58 mg
Calcium	25.78 mg
Sodium	126.50 mg
Dietary Fiber	2.80 g

EQUIVALENTS: 1/2 cup provides 1/2 cup of other vegetables.

Recipe HACCP Process #2 Same Day Service

"Did you know that cauliflower comes in several colors: purple, green, orange and yellow? Serve a cauliflower 'rainbow'!"



Gingered Cabbage Salad

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1/2 cup

Amount per Serving

Calories	95 kcal
Protein	1.50 g
Carbohydrate	12.97 g
Total Fat	4.74 g
Saturated Fat	0.60 g
Cholesterol	0 mg
Vitamin A	307.83 IU
Vitamin C	11.05 mg
Iron	0.72 mg
Calcium	32.21 mg
Sodium	58.27 mg
Dietary Fiber	2.66 g

EQUIVALENTS: 1/2 cup provides 1/2 cup of other vegetables.

Recipe HACCP Process #1 No Cook

"Yes, it is more work to use local foods, but that little bit of extra work is more than fair for such great product that gives back to the community!"

— CHRISTA COWEN



Kale Chips

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving

Calories	71 kcal
Protein	3.44 g
Carbohydrate	10.44 g
Total Fat	2.89 g
Saturated Fat	0.39 g
Cholesterol	0 mg
Vitamin A	16041.19 IU
Vitamin C	125.19 mg
Iron	1.79 mg
Calcium	140.66 mg
Sodium	169.70 mg
Dietary Fiber	2.09 g

EQUIVALENTS: 1 cup provides 1/2 cup of dark green vegetables.

Recipe HACCP Process #2 Same Day Service

Provo (UT) F2S Recipes

<http://www.farmtoschool.org/resources-main/provo-city-school-district-recipes-with-local-food-items>

Provo School District

Page 1

Recipe

Aug 16, 2013

Recipe: 001442 DRESSING, CREAMY TOMATILLO

Recipe HACCP Process: #2 Same Day Service

Recipe Source: PSD

Recipe Group: MISCELLANEOUS

Alternate Recipe Name:

Number of Portions: 100

Size of Portion: 4 OZ

<p>001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT..... 1/2 GAL 900163 LITE MAYONNAISE/CHEFS PRIDE/VENTURA FOODS... 1/2 GAL 000164 RANCH DRESSING MIX, HIDDEN VALLEY..... 2 CUP 902314 TOMATILLOS RAW..... 8 MEDIUM 990388 JALAPENO PEPPERS,WHOLE..... 1 LB 112404 GREEN CHILES,DICED..... 2 LB 902307 CILANTRO..... 1 QT 902315 JUICE, LIME..... 1 TBSP 902309 GARLIC, CHOPPED IN WATER..... 1 TSP</p>	<ol style="list-style-type: none"> 1. Combine in mixer, buttermilk, mayo, and ranch dressing, mix until blended. 2. In a blender or food processor chop up the tomatillos and jalapeno peppers. *NOTE* Remove seeds from jalapeno peppers as that will make it hotter and spicier!!! 3. Add remaining ingredients and mix until blended. 4. Put dressing back in refrigerator until ready to serve. <p>CCP: ~CI Inspect cans for swells, seam damage or leaks. CCP: ~CI Clean produce thoroughly (scrub if needed) under running water before preparation CCP: ~CI Return refrigerated ingredients prepared ahead of time to cooler immediately CCP: Refrigerate until served.</p> <p>CCP: ~CCP Cold holding product temperature at or below 41°F</p>
---	--

*Nutrients are based upon 1 Portion Size (4 OZ)

Calories	65 kcal	Cholesterol	6.83 mg	Protein	0.65 g	Calcium	25.14 mg	77.31%	Calories from Total Fat
Total Fat	5.62 g	Sodium	291.21 mg	Vitamin A	24.04 RE	Iron	0.02 mg	9.80%	Calories from Saturated Fat
Saturated Fat	0.71 g	Carbohydrates	3.52 g	Vitamin A	121.62 IU	Water ¹	*28.53* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.20 g	Vitamin C	4.12 mg	Ash ¹	*0.53* g	21.52%	Calories from Carbohydrates
								3.97%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values



USDA Foods Available List for School Year 2015 for Schools and Institutions

Revised October 2014



USDA Foods Description	WBSCM ID#	PACK SIZE
FRUITS		
Apples, Braeburn, Fresh	100523	40 lb ctn
Apples, Empire, Fresh	100517	40 lb ctn
Apples, Fresh, Sliced	100286	200/2 oz bag
Apples, Fresh, Sliced	100284	100/2 oz bag
Apples, Fresh, Sliced	100285	64/2 oz bag
Apples, Gala, Fresh	100521	40 lb ctn
Apples, Granny Smith, Fresh	100512	40 lb ctn
Apples, Red Delicious, Fresh	100514	40 lb ctn
Apple Slices, Unsweetened, Canned	100206	6/#10 can
Apple Slices, Unsweetened, Frozen	100258	30 lb ctn
Applesauce, Unsweetened, Canned	100208	6/#10 can
Applesauce, Unsweetened, Cups	110361	96/4.5 oz cups
Apples, For Processing	110149	Bulk lbs
Apricots, Diced, Cups, Frozen	100261	96/4.5 oz cups
Apricots, Diced, Extra Light Syrup, Canned	100216	6/#10 can
Apricots, Diced, Extra Light Sucrose, Canned	110230	6/#10 can
Apricots, Halves, Extra Light Sucrose, Canned	110231	6/#10 can
Apricots, Halves, Extra Light Syrup, Canned	100209	6/#10 can
Apricots, Sliced, Frozen	100259	20 lb ctn
Apricots, Frozen	100260	40 lb ctn
Blueberries, Wild, Unsweetened, Frozen	100243	30 lb ctn
Blueberries, Cultivated, Unsweetened, Frozen	100244	30 lb ctn
Cherries, Dried	100299	4/4 lb ctn
Cherries, Tart, Frozen	100235	30 lb ctn
Cherries, Red, Water Packed, Canned	100228	6/#10 can
Cherries, Tart, Frozen (IQF), Unsweetened	100237	40 lb ctn
Cranberries, Dried	100301	5/5 lb ctn
Cranberry Sauce, Canned	100214	6/#10 can
Fruit Mix, Dried	110161	5/5 lb ctn
Fruit/Nut Mix, Dried	100296	5 lb ctn
Fruit Mix, Extra Light Sucrose, Canned	110233	6/#10 can
Fruit Mix, Extra Light Syrup, Canned	100212	6/#10 can
Oranges, Fresh	100283	34-39 lb ctn
Orange Juice, Unsweetened, Frozen Concentrate	100276	12/32 oz can
Orange Juice, Unsweetened, Singles, Frozen	100277	70/4 oz ctn
Orange Juice, Unsweetened	100204	Bulk Tankers
Peaches, Clingstone, Diced, Extra Light Sucrose, Canned	110234	6/#10 can
Peaches, Clingstone, Diced, Extra Light Syrup, Canned	100220	6/#10 can
Peaches, Freestone, Diced, Cups, Frozen	100241	96/4.4 oz cups
Peaches, Freestone, Slices, Frozen	100239	20 lb ctn
Peaches, Clingstone, Slices, Extra Light Sucrose, Canned	110236	6/#10 can
Peaches, Clingstone, Slices, Extra Light Syrup, Canned	100219	6/#10 can
Pears, Bartlett, Fresh	100282	45 lb ctn
Pears, Bosc, Fresh	100280	45 lb ctn
Pears, D'Anjou, Fresh	100279	45 lb ctn
Pears, Diced, Extra Light Sucrose, Canned	110237	6/#10 can
Pears, Diced, Extra Light Syrup, Canned	100225	6/#10 can
Pears, Halves, Extra Light Sucrose, Canned	110238	6/#10 can
Pears, Halves, Extra Light Syrup, Canned	100226	6/#10 can
Pears, Sliced, Extra Light Sucrose, Canned	110239	6/#10 can
Pears, Sliced, Extra Light Syrup, Canned	100224	6/#10 can

USDA Foods Description	WBSCM ID#	PACK SIZE	SUBGROUP
FRUITS			
Raisins, Unsweetened, Individual Box	100293	144/1.33 oz box	
Raisins, Unsweetened, Carton	100294	30 lb ctn	
Strawberries, Diced, Cup, Frozen	100256	96/4.5 oz	
Strawberries, Sliced, Frozen	100254	30 lb ctn	
Strawberries, Whole, Unsweetened, Frozen (IQF)	100253	30 lb ctn	
VEGETABLES			
Beans, Green, Low-sodium, Canned	100307	6/#10 can	OTH
Beans, Green, No Salt Added, Frozen	100351	30 lb ctn	OTH
Broccoli Florets, No Salt Added, Frozen	110282	30 lb ctn	DG
Carrots, Baby Cut, Fresh	100982	100/2 oz bag	RO
Carrots, Sliced, Low-sodium, Canned	100309	6/#10 can	RO
Carrots, Sliced, No Salt Added, Frozen	100352	30 lb ctn	RO
Corn, Whole Kernel, No Salt Added, Canned	100313	6/#10 can	ST
Corn, Whole Kernel, No Salt Added, Frozen	100348	30 lb ctn	ST
Mushrooms, Diced, Frozen	110421	40 lb	OTH
Peas, Green, Low-sodium, Canned	100315	6/#10 can	ST
Peas, Green, No Salt Added, Frozen	100350	30 lb ctn	ST
Potatoes, Oven Fries, Crinkle Cut, No Salt Added, Frozen	100357	6/5 lb pkg	ST
Potatoes, Rounds, Frozen	100358	6/5 lb pkg	ST
Potatoes, Russet, Fresh	100340	50 lb ctn	ST
Potatoes, Wedges, Fat Free, No Salt Added, Frozen (IQF)	100356	6/5 lb pkg	ST
Potatoes, Wedges, No Salt Added, Frozen (IQF)	100355	6/5 lb pkg	ST
Potatoes, For Processing to Frozen	100506	Bulk lbs	ST
Potatoes, For Processing to Dehydrated	110227	Bulk lbs	ST
Salsa, Low-sodium, Canned	100330	6/#10 can	RO
Salsa, Low-sodium, Pouch	110186	6/106 oz pouch	RO
Spaghetti Sauce, Low-sodium, Canned	100336	6/#10 can	RO
Spaghetti Sauce, Low-sodium, Pouch	110177	6/106 oz pouch	RO
Spinach, Chopped, No Salt Added, Frozen (IQF)	110425	20 lb ctn	DG
Sweet Potatoes, Fresh	100343	40 lb ctn	RO
Sweet Potatoes, Extra Light Syrup, No Salt Added, Canned	100317	6/#10 can	RO
Sweet Potatoes, Mashed, No Salt Added, Canned	100318	6/#10 can	RO
Sweet Potatoes, Mashed, No Salt Added, Frozen	100354	6/5 lb pkg	RO
Sweet Potatoes, Random Cut, No Salt Added, Frozen	100353	6/5 lb pkg	RO
Sweet Potatoes, For Processing	100980	Bulk lbs	RO
Tomato Paste, No Salt Added, Canned	100327	6/#10 can	RO
Tomato Paste, No Salt Added, Pouch	110189	6/111 oz pouch	RO
Tomato Paste	100332	2850 lb totes	RO
Tomato Paste	100326	55 Gal Drum	RO
Tomato Sauce, Low-sodium, Canned	100334	6/#10 can	RO
Tomato Sauce, Low-sodium, Pouch	110187	6/106 oz pouch	RO
Tomatoes, Diced, No Salt Added, Canned	100329	6/#10 can	RO
Tomatoes, Diced, No Salt Added, Pouch	110185	6/102 oz pouch	RO

KEY:
 DG - Dark green vegetable subgroup
 OTH - Other vegetable subgroup
 RO - Red/Orange vegetable subgroup
 ST - Starchy vegetable subgroup
 Bulk product for further processing

NOTE: This list is subject to change based on market availability. Please reference the WBSCM catalog which contains the most up to date listing of available USDA Foods.

USA Pears

<http://foodservice.usapears.org/Recipes/School%20Foodservice.aspx>

The screenshot shows the website's header with the USA Pears logo and the text "PEARS IN FOODSERVICE". A navigation menu includes links for HOME, RECIPES, MENU INSPIRATION, ALL ABOUT USA PEARS, GROWERS & REGIONS, RESOURCES, and MEDIA. Below the menu, a breadcrumb trail reads "Home » Pear Recipes » School Foodservice Recipes". The main content area is titled "School Foodservice Recipes" and includes "Print", "Share", and "RSS" options. A vertical sidebar on the left lists recipe categories: BREAKFAST, APPETIZERS, SALADS, SOUPS, ENTRÉES, SANDWICHES / BURGERS / PIZZAS, SIDE DISHES, DESSERTS, VEGETARIAN, and COCKTAILS & NON-ALCOHOLIC BEVERAGES. The main content area features six recipe cards, each with a small image, a title, and a "Click Here" link: "Grilled Cheese and Pear Sandwich", "Northwest Pear Breakfast Cookie", "Pear and Cabbage Slaw", "Pear and Pumpkin Snack Cake", and "Pear Carrot Cranberry Muffins". On the right side, there is a "Follow Us" section with icons for Facebook, Twitter, and YouTube, and a "FOODSERVICE NEWSLETTER" sign-up box with the text "Recipes, trend information, and pear-tastic contests direct to your in-box!". Below the newsletter box is a "RESOURCES" section with a list of links: "USA Pears Foodservice Guide", "USA Pears Pear Handling Manual", "Pear Menu Inspiration Card", "Bartenders Guide to Pears in Cocktails", and "Simple Pear Ripening".

USA Pears
PEARS
IN FOODSERVICE

HOME RECIPES MENU INSPIRATION ALL ABOUT USA PEARS GROWERS & REGIONS RESOURCES MEDIA

Home » Pear Recipes » School Foodservice Recipes

School Foodservice Recipes [Print](#) [Share](#) [RSS](#)

Follow Us
f FACEBOOK t TWITTER YouTube YOUTUBE

FOODSERVICE NEWSLETTER
Recipes, trend information, and pear-tastic contests direct to your in-box!

RESOURCES

- USA Pears Foodservice Guide
- USA Pears Pear Handling Manual
- Pear Menu Inspiration Card
- Bartenders Guide to Pears in Cocktails
- Simple Pear Ripening

BREAKFAST

APPETIZERS

SALADS

SOUPS

ENTRÉES

SANDWICHES / BURGERS / PIZZAS

SIDE DISHES

DESSERTS

VEGETARIAN

COCKTAILS & NON-ALCOHOLIC BEVERAGES
SCHOOL FOODSERVICE RECIPES

 **Grilled Cheese and Pear Sandwich**
[Click Here](#)

 **Northwest Pear Breakfast Cookie**
[Click Here](#)

 **Pear and Cabbage Slaw**
[Click Here](#)

 **Pear and Pumpkin Snack Cake**
[Click Here](#)

 **Pear Carrot Cranberry Muffins**
[Click Here](#)

Cranberry Marketing

<http://www.uscranberries.com>

Cranberry BBQ Chicken Sandwich *A recipe for every season.*

1 sandwich provides

2 oz. grains
equivalent

1 ½ oz. meat
equivalent

¼ cup fruit

¼ cup other
vegetables



Mushrooms in Schools

<http://www.mushroomsinschools.com>

Mushrooms
in Schools

HOME MUSHROOM NUTRITION INFORMATION & RESOURCES» RECIPES BLOG

Success Stories

Learn how various districts have **increased student satisfaction while serving healthier meals by introducing** mushrooms into their meal cycle! View sampling techniques, preparation techniques, menu items and student responses..

New Orleans Public Schools, Louisiana

Ms. Rosie Jackson, School Nutrition Director for the New Orleans Public Schools said Fresh Mushrooms have been on their salad bars since the beginning.

On the Menu:

- Vegetarian Lasagna
- Chicken and Mushroom Gravy
- Spaghetti and Meatballs with Mushrooms
- Mushroom and Olive Tapenade
- Taste of Spring Salad

Results:

Overall, acceptance of mushroom enhanced entrees was:

- 80% at secondary levels preferred the mushroom blended entrees

SEARCH

Mushroom Nutrition

Information & Resources

Meet Meal Patterns

Menu Cycle

› Success Stories

Subscribe to our Newsletter

Recipes

RECIPES



California Ripe Olives

<http://calolive.org/cooking-for-kids/nutritious-school-meals/>



HACCP Process #1

Sunny California Salsa

Yield: 100 (¾ cup portion)

5.62 ounces or 159.15 grams

Meal Equivalencies: ¼ cup Red/Orange Vegetable, ¼ cup Other Vegetable, ¼ cup Fruit

Ingredients

California Ripe Olives, Sliced, Drained, 1.06 - #10 Can	3 quarts, ½ cup
California Peaches, Diced, In Juice or Light Syrup, Drained, 2.82 - #10 cans	6 quarts, 1 cup
Diced Tomatoes, No Salt Added, Petite, Drained, 2.08 - #10 cans	6 quarts, 1 cup
Fresh Onions, Diced	4 pounds, 2 ounces
Fresh Sweet Bell Peppers or Fresh Jalapenos, Diced	5 pounds, 11 ounces
Salt	1 Tablespoon
Fresh Cilantro, Cleaned and Chopped, from 1 pound of fresh	1 cup

Directions Prior to Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
- SOP:** Pre-chill ingredients for foods served cold (sandwiches and salads) below 41°F before combining
- CCP:** Hold below 41°F
- Pull olives, peaches and diced tomatoes from dry storage
 - Wipe off all lids
 - Place in cooler and refrigerate overnight

Day of Service:

Day of Service, cont'd:

- Pull leaves from cilantro stems and roughly chop
 - Place at work station
 - Pull olives, peaches and diced tomatoes from cooler and place at work station
 - Wipe off all lids
 - Open all cans and carefully discard lids
 - Wash hands thoroughly and cover with gloves
- SOP:** Never handle ready-to-eat foods with bare hands

USA Rice

<http://www.menurice.com/resources-training-tools/k-12/>

Rice Recipes Students will LOVE



Serving Size and Nutrients Per Serving

SERVING SIZE: 1/2 cup (1/2 oz)

ONE SERVING PROVIDES: 1/2 CUP (1/2 OZ)

NUTRIENTS PER SERVING:
 Calories 227 kcal, Total Fat 4.5g, Sodium 100mg, Total Carbohydrate 42g, Protein 7g, Fiber 1g, Iron 1mg, Calcium 15mg, Vitamin A 100 IU, Vitamin C 1.5mg, Potassium 100mg, Magnesium 10mg

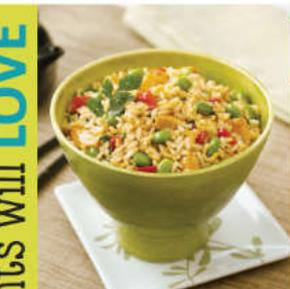
Confetti Rice Pilaf

	50 SERVINGS	100 SERVINGS
Ingredients		
White rice, cooked	2 1/2 lb	5 lb
Carrots, fresh, sliced	1 lb	2 lb
Green beans, fresh, sliced	1 lb	2 lb
Onions, fresh, sliced	1 lb	2 lb
Garlic, fresh, sliced	1/2 lb	1 lb
Vegetable oil	1/2 cup	1 cup
Salt	1/2 tsp	1 tsp

DIRECTIONS:
 1. Heat oil in a large skillet over medium heat. Add onions, garlic, and carrots. Cook for 5 minutes. Add green beans and rice. Cook for 15 minutes. Add salt and serve.

Hungry for more recipes? www.menurice.com/k-12

Rice Recipes Students will LOVE



Serving Size and Nutrients Per Serving

ONE SERVING PROVIDES: 1/2 CUP (1/2 OZ)

NUTRIENTS PER SERVING:
 Calories 275 kcal, Total Fat 8.8g, Sodium 112.74 mg, Iron 1.75 mg, Calcium 112.74 mg

Hungry for more recipes? www.menurice.com/k-12

Teriyaki Chicken and Edamame Rice Bowls

INGREDIENTS	50 SERVINGS		100 SERVINGS	
	WEIGHT	MEASURE	WEIGHT	MEASURE
Chicken, frozen, cooked, diced*	8 lb 8 oz	-	17 lb	-
*For K-8 grade groups use:	4 lb 4 oz	-	8 lb 8 oz	-
Edamame (fresh soy beans), frozen, shelled	4 lb 11 oz	3 qt 1/2 cup	9 lb 6 oz	1 1/2 gal 1 cup
Red bell pepper, fresh, diced	2 lb 10 oz	6 1/2 cups	5 lb 4 oz	3 qt 1/2 cup
Teriyaki sauce, reduced sodium, prepared	-	2 1/2 fl oz	-	4 1/2 fl oz
Cilantro, fresh, chopped	-	1 cup	-	2 cups
Brown rice, cooked	7 lb 13 oz	1 1/2 gal 1 cup	15 lb 10 oz	3 gal 2 cups

DIRECTIONS:
 1. Lightly coat steam table pans with pan release spray. Place 3 lb 4 oz chicken into each steam table pan. For 50 servings, use 2 pans. For 100 servings use 4 pans.
 2. Add 2 lb 8 oz edamame, 1 lb 8 oz red bell pepper, and 1 1/2 cups teriyaki sauce to each pan. Cover and bake at 375°F for 30-45 minutes. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
 3. Remove pans from oven and sprinkle 1/2 cup chopped fresh cilantro over each.
 4. For K-8 Grade Groups: Place 1/2 cup rice into a serving dish using number 8 disher. Top with 1/2 cup of the teriyaki chicken mixture using 4 oz spoonful.

For 9-12 Grade Groups: Place 1/2 cup rice into a serving dish using number 8 disher. Top with 1/2 cup of the teriyaki chicken mixture using 6 oz spoonful. Critical Control Point: Hold for service at 135°F or higher.

ONE SERVING PROVIDES:
 K-8: 1 oz M/M + 3/8 C/V + 1 G/B
 9-12: 2 oz M/M + 3/8 C/V + 1 G/B

NUTRIENTS PER SERVING:
 K-8: Calories 275, Protein 31.86 g, Carbohydrate 24.85 g, Total Fat 8.8 g, Saturated Fat 0.84 g, Cholesterol 34 mg, Vitamin A 135.74 RE, Vitamin C 45.25 mg, Iron 1.75 mg, Calcium 112.74 mg, Sodium 319.58 mg, Dietary Fiber 3.78 g

9-12: Calories 275, Protein 31.86 g, Carbohydrate 24.85 g, Total Fat 8.8 g, Saturated Fat 1.29 g, Cholesterol 48 mg, Vitamin A 135.74 RE, Vitamin C 45.25 mg, Iron 1.75 mg, Calcium 112.74 mg

Hungry for more recipes? www.menurice.com/k-12



Rice Recipes Students will LOVE



Serving Size and Nutrients Per Serving

ONE SERVING PROVIDES: 1/2 CUP (1/2 OZ)

NUTRIENTS PER SERVING:
 Calories 227 kcal, Total Fat 4.5g, Sodium 100mg, Total Carbohydrate 42g, Protein 7g, Fiber 1g, Iron 1mg, Calcium 15mg, Vitamin A 100 IU, Vitamin C 1.5mg, Potassium 100mg, Magnesium 10mg

Stuffed Beef Burritos

	50 SERVINGS	100 SERVINGS
Ingredients		
Ground beef	2 1/2 lb	5 lb
Onions, fresh, sliced	1 lb	2 lb
Garlic, fresh, sliced	1/2 lb	1 lb
Vegetable oil	1/2 cup	1 cup
Salt	1/2 tsp	1 tsp

DIRECTIONS:
 1. Heat oil in a large skillet over medium heat. Add onions, garlic, and beef. Cook for 15 minutes. Add salt and serve.

Hungry for more recipes? www.menurice.com/k-12

Rice Recipes Students will LOVE



Serving Size and Nutrients Per Serving

ONE SERVING PROVIDES: 1/2 CUP (1/2 OZ)

NUTRIENTS PER SERVING:
 Calories 227 kcal, Total Fat 4.5g, Sodium 100mg, Total Carbohydrate 42g, Protein 7g, Fiber 1g, Iron 1mg, Calcium 15mg, Vitamin A 100 IU, Vitamin C 1.5mg, Potassium 100mg, Magnesium 10mg

Hungry for more recipes? www.menurice.com/k-12

Spanish Brown Rice

	50 SERVINGS	100 SERVINGS
Ingredients		
White rice, cooked	2 1/2 lb	5 lb
Onions, fresh, sliced	1 lb	2 lb
Garlic, fresh, sliced	1/2 lb	1 lb
Vegetable oil	1/2 cup	1 cup
Salt	1/2 tsp	1 tsp

DIRECTIONS:
 1. Heat oil in a large skillet over medium heat. Add onions, garlic, and rice. Cook for 15 minutes. Add salt and serve.

Hungry for more recipes? www.menurice.com/k-12



Rice Recipes Students will LOVE



Serving Size and Nutrients Per Serving

ONE SERVING PROVIDES: 1/2 CUP (1/2 OZ)

NUTRIENTS PER SERVING:
 Calories 227 kcal, Total Fat 4.5g, Sodium 100mg, Total Carbohydrate 42g, Protein 7g, Fiber 1g, Iron 1mg, Calcium 15mg, Vitamin A 100 IU, Vitamin C 1.5mg, Potassium 100mg, Magnesium 10mg

Spinach and Rice Rumble

	50 SERVINGS	100 SERVINGS
Ingredients		
White rice, cooked	2 1/2 lb	5 lb
Spinach, fresh, sliced	1 lb	2 lb
Onions, fresh, sliced	1 lb	2 lb
Garlic, fresh, sliced	1/2 lb	1 lb
Vegetable oil	1/2 cup	1 cup
Salt	1/2 tsp	1 tsp

DIRECTIONS:
 1. Heat oil in a large skillet over medium heat. Add onions, garlic, and rice. Cook for 15 minutes. Add spinach and salt. Cook for 5 minutes. Add salt and serve.

Hungry for more recipes? www.menurice.com/k-12

Rice Recipes Students will LOVE



Serving Size and Nutrients Per Serving

ONE SERVING PROVIDES: 1/2 CUP (1/2 OZ)

NUTRIENTS PER SERVING:
 Calories 227 kcal, Total Fat 4.5g, Sodium 100mg, Total Carbohydrate 42g, Protein 7g, Fiber 1g, Iron 1mg, Calcium 15mg, Vitamin A 100 IU, Vitamin C 1.5mg, Potassium 100mg, Magnesium 10mg

Hungry for more recipes? www.menurice.com/k-12

Thai Chicken and Brown Rice Lettuce Wraps

	50 SERVINGS	100 SERVINGS
Ingredients		
Chicken, frozen, cooked, diced*	8 lb 8 oz	17 lb
*For K-8 grade groups use:	4 lb 4 oz	8 lb 8 oz
Edamame (fresh soy beans), frozen, shelled	4 lb 11 oz	9 lb 6 oz
Red bell pepper, fresh, diced	2 lb 10 oz	5 lb 4 oz
Teriyaki sauce, reduced sodium, prepared	-	2 1/2 fl oz
Cilantro, fresh, chopped	-	1 cup
Brown rice, cooked	7 lb 13 oz	15 lb 10 oz

DIRECTIONS:
 1. Lightly coat steam table pans with pan release spray. Place 3 lb 4 oz chicken into each steam table pan. For 50 servings, use 2 pans. For 100 servings use 4 pans.
 2. Add 2 lb 8 oz edamame, 1 lb 8 oz red bell pepper, and 1 1/2 cups teriyaki sauce to each pan. Cover and bake at 375°F for 30-45 minutes. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
 3. Remove pans from oven and sprinkle 1/2 cup chopped fresh cilantro over each.
 4. For K-8 Grade Groups: Place 1/2 cup rice into a serving dish using number 8 disher. Top with 1/2 cup of the teriyaki chicken mixture using 4 oz spoonful.

For 9-12 Grade Groups: Place 1/2 cup rice into a serving dish using number 8 disher. Top with 1/2 cup of the teriyaki chicken mixture using 6 oz spoonful. Critical Control Point: Hold for service at 135°F or higher.

Hungry for more recipes? www.menurice.com/k-12

American Egg Board

<http://www.aeb.org/foodservice/schools/83-school-nutrition/242-d-egg-recipes>

School Nutrition Recipe



Shake Up Chopped Salad

(HACCP Process #1)

Yield: 20 servings (1 salad, 7 oz., 200 g, 1 oz. dressing)
Meal Equivalencies: 2 oz. eq. meat/meat alternate, 1/2 cup other vegetable, 1/4 cup red/orange vegetable, 1/4 cup starchy vegetable

Directions

Ingredients

*Hard-Boiled Eggs, Chopped	1 lb. 4 oz.
Diced Chicken, Thawed (USDA Material #100101)	1 lb. 4 oz.

Beef Foodservice K-12

<http://www.beeffoodservice.com/k-12foodservice.aspx>



Tips for Recipes

- 1. Search diligently.**
 - 2. Source carefully.**
 - 3. Adapt as necessary.**
- 

How and Why to Modify a Recipe for Your Use

Malissa Marsden, SNS

Consultant, Child Nutrition Support Services



Why Alter?

- Allergens
 - Nutritional Needs
 - Reduce Sodium
 - Reduce Fat
 - Add New Whole Grains
 - Cost
 - Increases
 - Decreases
- 

Alter Due to

- Inventory Control
 - Inventory Reduction
 - Ingredient Shortages
 - Ingredient Costs
 - Ingredient Changes
- 



100134—Beef, Crumbles w/SPP, Cooked, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is fully cooked ground beef with soy protein product (SPP) in approximately 1/4 inch crumbles with a light seasoning profile. This product is delivered frozen in cases with four 10-pound packages.

CREDITING/YIELD

- One case of beef crumbles provides approximately 557 1.15-ounce portions.
- CN Crediting: Approximately 1.15 ounces of fully cooked beef crumbles credit as 1 ounce equivalent meat/meat alternate. Please use the CN label or product formulation statement to confirm crediting information on the product you receive.

CULINARY TIPS AND RECIPES

- Fully cooked beef crumbles can be used in a

NUTRITION FACTS

Serving size: 1.15 ounces (32g)/1 MMA beef crumbles

Amount Per Serving

Calories 67

Total Fat 4g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 22mg

Sodium 109mg

Total Carbohydrate 2g

Dietary Fiber 1g

Sugars 0g

Protein 6g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the

Availability

- New Ingredient Availability
 - New Ingredient Cost
 - Labor Saving Ingredient
 - Fresh sliced, diced, washed produce
 - Food Safety Improvements
 - Ready to use produce
 - Frozen vegetable blends
 - Fully cooked ingredients
- 

Trends

- Update out of date flavors
 - Add on-trend flavors
 - Add spice levels to “kick it up”
 - Add products now available
 - Add produce now available
 - Add local flair
- 

How

- Yields
 - Food Buying Guide
 - Product Formulation Statements
 - CN Labels
 - In House Testing
 - Industry Resources

Testing

- Altering “long time favorite”
 - Adding new flavor profile
 - Taste Test with student group
 - Sample on line
 - Record
 - Modify as necessary
 - Redo
- 

Incorporate

- Into cycle menu
 - Into alternative offerings
 - Can modify sides
 - Modify name
 - Update recipe, update perception too
 - Update Packaging
 - **Promote**
- 

How to Promote



"Today at Bloomfield Hills high school in Michigan we served jerk chicken with pineapple fried brown rice. So good! The students liked it. It was spicy so that helped. We have Jamaican cook who's great so it was pretty authentic too."

<http://www.bloomfield.org/.../food-services.../index.aspx>

Questions?



Contact Information

Dayle Hayes

SchoolMealsThatRock@gmail.com

406-655-9082

www.schoolmealsthatrock.org

www.facebook.com/SchoolMealsThatRock

www.pinterest.com/schoolmealsrock/

@SchoolMealsRock

Malissa Marsden

malissamarsden1@gmail.com

815-751-7445

@malissamarsden