

# Asian Brown Rice

Number of Portions: 25

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

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

**Portion Size:** ½ cup (#8 scoop)

## Ingredients

Brown rice, instant\* 2-¼ lb

Water 2 qt + 1 cup

Sesame ginger salad dressing, light 1 ¾ cups

\*USDA Foods

## Instructions

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

1. Add dressing and stir well.

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

## Nutrition Information

Calories	172 kcal	Iron	<1 mg	Protein	4 g	9% of kcal
Cholesterol	0 mg	Calcium	12 mg	Carbohydrates	36 g	84% of kcal
Sodium	144 mg	Vitamin A	0 IU	Total Fat	1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	0 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Asian Brown Rice

Number of Portions: 50

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

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

**Portion Size:** ½ cup (#8 scoop)

## Ingredients

Brown rice, instant*	4-½ lb
Water	1 gal + 1 ¾ cups
Sesame ginger salad dressing, light	3 ½ cups

\*USDA Foods

## Instructions

1. Place rice in steam table pan. Steam until tender (approximately 20 – 25 minutes).
2. Add dressing and stir well.  
CCP: Hot hold at 135°F or higher for service.

## Nutrition Information

Calories	172 kcal	Iron	<1 mg	Protein	4 g	9% of kcal
Cholesterol	0 mg	Calcium	12 mg	Carbohydrates	30 g	36% of kcal
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Dietary Fiber	1 g	Vitamin C	0 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Bean & Corn Salad

Number of Portions: 25

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

**One portion provides:** ½ cup vegetables (¼ cup legumes, ⅛ cup starchy, ⅛ cup other)

**Portion Size:** ½ cup (4-oz portion server)

## Ingredients

Black-eyed peas (canned), low-sodium*	¼ #10 can
Pinto beans (canned), low-sodium*	½ #10 can
Corn kernels (frozen)*	1 lb + 2 oz
Sweet red peppers (raw), chopped	2 cups
Celery (raw), chopped	2 cups
Onions (raw), chopped	1 cup
Olive oil	½ cup
Sugar, granulated	1-¼ cups
Cider vinegar	3 cups

\*USDA Foods

## Instructions

Thaw corn overnight in refrigerator. Drain excess liquid.

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

CCP: Hold bean and corn salad for cold service at or below 41°F.

## Nutrition Information

Calories	153 kcal	Iron	1 mg	Protein	3 g	9% of kcal
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	24 g	63% of kcal
Sodium	74 mg	Vitamin A	453 IU	Total Fat	5 g	29% of kcal
Dietary Fiber	3 g	Vitamin C	18 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Bean & Corn Salad

Number of Portions: 50

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

**One portion provides:** ½ cup vegetables (¼ cup legumes, ⅛ cup starchy, ⅛ cup other)

**Portion Size:** ½ cup (4-oz portion server)

## Ingredients

Black-eyed peas (canned), low-sodium*	½ #10 can
Pinto beans (canned), low-sodium*	1 #10 can
Corn kernels (frozen)*	2-¼ lb
Sweet red peppers (raw), chopped	1 qt
Celery (raw), chopped	1 qt
Onions (raw), chopped	2 cups
Olive oil	1 cup
Sugar, granulated	2-½ cups
Cider vinegar	1 qt + 2 cups

\*USDA Foods

## Instructions

Thaw corn overnight in refrigerator. Drain excess liquid.

1. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41° or below.
2. Rinse and drain beans.
3. Combine beans, thawed corn, peppers, and onion; gently mix.
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Sodium	74 mg	Vitamin A	453 IU	Total Fat	5 g	29% of kcal
Dietary Fiber	3 g	Vitamin C	18 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat†	0 g	0% of kcal

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

# Beef & Refried Bean Burrito

Number of Portions: 25

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

**One portion provides:** 2 oz-eq meat/meat alternate  
 1.5 oz-eq grains (1.5 oz-eq whole grain-rich)  
 1/8 cup vegetables (1/8 cup legumes)

**Portion Size:** 1 burrito

## Ingredients

Beef taco filling, reduced fat*	5 lb
Salsa, low sodium*	1 1/2 cups (2 T each, insufficient to count as a vegetable)
Refried beans, low sodium*	3/4 #10 can (9 cups)
Cheddar cheese, reduced fat, shredded*	1 1/4 lb (5 cups)
Tortillas, whole grain-rich, 8"*	25 each

\*USDA Foods

## Instructions

1. Keep beef taco filling frozen. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: open bag carefully to avoid being burned.  
 CCP: Before preparing burritos, heat beef taco filling to 165°F for 15 seconds.  
 CCP: While preparing burritos, hot hold beef taco filling at 135°F or higher.
2. Preheat oven to 375°F (or 325°F for convection oven). Spray one sheet pan (18" x 26" x 1") with pan release spray.
3. Combine beef taco filling with refried beans, salsa, and shredded cheddar cheese.
4. Steam tortillas for 3 minutes until warm OR place in warmer to prevent tortillas from tearing when folding.
5. Portion beef and bean mixture with #8 scoop (1/2 cup) onto each tortilla. Fold tortilla around beef and bean mixture, envelope style.
6. Place folded burritos seam side down onto prepared sheet pan.
7. Bake at 375°F for 15 minutes (or 325°F for 15 minutes for convection oven).  
 CCP: Heat burritos to 165°F for 15 seconds.  
 CCP: Hot hold burritos at 135°F or higher for service.



# Beef & Refried Bean Burrito (continued)

## Nutrition Information

Calories	392 kcal	Iron	5 mg	Protein	28 g	29% of kcal
Cholesterol	59 mg	Calcium	418 mg	Carbohydrates	40 g	41% of kcal
Sodium	892 mg	Vitamin A	964 IU	Total Fat	14 g	31% of kcal
Dietary Fiber	10 g	Vitamin C	12 mg	Saturated Fat	6 g	13% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Beef & Refried Bean Burrito

Number of Portions: 50

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

**One portion provides:** 2 oz-eq meat/meat alternate  
 1.5 oz-eq grains (1.5 oz-eq whole grain-rich)  
 1/8 cup vegetables (1/8 cup legumes)

**Portion Size:** 1 burrito

## Ingredients

Beef taco filling, reduced fat*	10 lb
Salsa, low sodium*	3 cups(2 T each, insufficient to count as a vegetable)
Refried beans, low sodium*	1 ½ #10 cans (~18 cups)
Cheddar cheese, reduced fat, shredded*	2 ½ lb (10 cups)
Tortillas, whole grain-rich, 8"*	50 each

\*USDA Foods

## Instructions

1. Keep beef taco filling frozen. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: open bag carefully to avoid being burned.  
 CCP: Before preparing burritos, heat beef taco filling to 165°F for 15 seconds.  
 CCP: While preparing burritos, hot hold beef taco filling at 135°F or higher.
2. Preheat oven to 375°F (or 325°F for convection oven). Spray two sheet pans (18" x 26" x 1") with pan release spray.
3. Combine beef taco filling with refried beans, salsa, and shredded cheddar cheese.
4. Steam tortillas for 3 minutes until warm OR place in warmer to prevent tortillas from tearing when folding.
5. Portion beef and bean mixture with #8 scoop (1/2 cup) onto each tortilla. Fold tortilla around beef and bean mixture, envelope style.
6. Place folded burritos seam side down onto prepared sheet pans, 33 – 35 burritos per pan.
7. Bake at 375°F for 15 minutes (or 325°F for 15 minutes for convection oven).  
 CCP: Heat burritos to 165°F for 15 seconds.  
 CCP: Hot hold burritos at 135°F or higher for service.



# Beef & Refried Bean Burrito (continued)

## Nutrition Information

Calories	392 kcal	Iron	5 mg	Protein	28 g	29% of kcal
Cholesterol	59 mg	Calcium	418 mg	Carbohydrates	40 g	41% of kcal
Sodium	892 mg	Vitamin A	964 IU	Total Fat	14 g	31% of kcal
Dietary Fiber	10 g	Vitamin C	12 mg	Saturated Fat	6 g	13% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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



# California Casserole

Number of Portions: 25

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

**One portion provides:**  $\frac{3}{4}$  cup vegetables ( $\frac{1}{2}$  cup other,  $\frac{1}{4}$  cup starchy)

**Portion Size:**  $\frac{3}{4}$  cup (6-oz portion server)

## Ingredients

Onions, dried, chopped <sup>a</sup>	2 tsp
Thyme, dried, ground	dash
Black pepper	dash
Garlic powder	$\frac{1}{8}$ tsp
Oregano, dried, ground	$\frac{1}{8}$ tsp
Paprika	dash
Basil, dried	dash
Cream of mushroom soup, low-sodium <sup>b</sup>	4 oz (~ $\frac{1}{2}$ cup)
Milk, lowfat (1%)	1 oz (~ $\frac{1}{8}$ cup)
California vegetable blend, frozen	4 lb + 4 oz
Water (or reserved liquid from vegetables)	2 cup
Potato rounds, frozen*	2 lb + 3 oz

\*USDA Foods

<sup>a</sup> $\frac{2}{3}$  cup chopped, raw onion may be substituted for 2- $\frac{1}{2}$  tbsp dried, chopped onion.

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

## Instructions

1. Thaw and drain California blend frozen vegetables in the refrigerator overnight. If possible, reserve 1 quart of drained liquid for the casserole.
2. Preheat oven to 350°F. Grease a 12" x 20" x 2" pan.
3. In a bowl, combine spices, onion, soup, and milk.
4. Add thawed California blend and 2 cups of reserved liquid (or 2 cups of water) to soup and spice mixture.
5. Pour mixture into prepared pan. Top with frozen potato rounds. Cover with foil or lid.
6. Bake, covered, at 350°F for 50 – 60 minutes, uncovering for the final 10 minutes of baking to brown the potatoes.

CCP: Heat casserole to 165°F or higher for at least 15 seconds.

CCP: Heat casserole to 165°F or higher for at least 15 seconds.

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

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

CCP: Cool to 70°F within 2 hours and to 41°F or lower within 4 hours.

# California Casserole

(continued)

## Nutrition Information

Calories	101 kcal	Iron	<1 mg	Protein	2.3 g	9% of kcal
Cholesterol	0 mg	Calcium	23 mg	Carbohydrates	13 g	53% of kcal
Sodium	226 mg	Vitamin A	965 IU	Total Fat	4 g	36% of kcal
Dietary Fiber	3 g	Vitamin C	18 mg	Saturated Fat	.72 g	6% of kcal
				Trans Fat†	0 g	0% of kcal

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

Menus that Move



# California Casserole

Number of Portions: 50

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

**One portion provides:**  $\frac{3}{4}$  cup vegetables ( $\frac{1}{2}$  cup other,  $\frac{1}{4}$  cup starchy)

**Portion Size:**  $\frac{3}{4}$  cup (6-oz portion server)

## Ingredients

Onions, dried, chopped <sup>a</sup>	1 tbsp + $\frac{3}{4}$ tsp
Thyme, dried, ground	dash
Black pepper	$\frac{1}{8}$ tsp
Garlic powder	$\frac{1}{4}$ tsp
Oregano, dried, ground	$\frac{1}{4}$ tsp
Paprika	$\frac{1}{8}$ tsp
Basil, dried	$\frac{1}{8}$ tsp
Cream of mushroom soup, low-sodium <sup>b</sup>	8 oz (~1 cup)
Milk, lowfat (1%)	2- $\frac{1}{2}$ oz (~ $\frac{1}{3}$ cup)
California vegetable blend, frozen	8 lb + 8 oz
Water (or reserved liquid from vegetables)	1 qt
Potato rounds, frozen*	4 lb + 6 oz

\*USDA Foods

<sup>a</sup> $\frac{1}{3}$  cup chopped, raw onion may be substituted for 1 tbsp +  $\frac{3}{4}$  tsp dried, chopped onion.

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

## Instructions

1. Thaw and drain California blend frozen vegetables in the refrigerator overnight. If possible, reserve 1 quart of drained liquid for the casserole.
2. Preheat oven to 350°F. Grease a 12" x 20" x 2" pan.
3. In a bowl, combine spices, onion, soup, and milk.
4. Add thawed California blend and 1 quart of reserved liquid (or 1 quart of water) to soup and spice mixture.
5. Pour mixture into prepared pan. Top with frozen potato rounds. Cover with foil or lid.
6. Bake, covered, at 350°F for 50 – 60 minutes, uncovering for the final 10 minutes of baking to brown the potatoes.

CCP: Heat casserole to 165°F or higher for at least 15 seconds.

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

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

CCP: Cool to 70°F within 2 hours and to 41°F or lower within 4 hours.

# California Casserole

(continued)

## Nutrition Information

Calories	101 kcal	Iron	<1 mg	Protein	2.3 g	9% of kcal
Cholesterol	0 mg	Calcium	23 mg	Carbohydrates	13 g	53% of kcal
Sodium	226 mg	Vitamin A	965 IU	Total Fat	4 g	36% of kcal
Dietary Fiber	3 g	Vitamin C	18 mg	Saturated Fat	.72 g	6% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

Menus that Move



# Chicken Alfredo with a Twist

Number of Portions: 25

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

**One portion provides:** 2 oz-eq meat/meat alternate  
1 oz-eq grains (1 oz-eq whole grain-rich)

**Portion Size:** 1 cup (#4 scoop)

## Ingredients

Cream of chicken soup, Healthy Request (10-¾ oz can)	1-½ cans
Half and half	1 qt + 2 cups
White pepper, ground	1 tsp
Garlic powder	½ tsp
Parmesan cheese, grated	1-⅛ cups
Chicken, cooked, diced*	3-¼ lb
Rotini, whole grain-rich*	2 lb + 6 oz
Water	1-¼ gal

\*USDA Foods

## Instructions

1. Combine soup, cream, pepper, garlic, parmesan cheese, and chicken in stock pot. Cook chicken mixture for 20 – 25 minutes, stirring occasionally.
2. Meanwhile, heat water to rolling boil. Slowly add rotini. Stir constantly, until water boils again. Cook rotini 8 – 10 minutes or until tender, stirring occasionally. Drain noodles in colander.
3. Spray one 20" x 12" x 2" steam table pan with pan release spray. Pour rotini into steam table pan.
4. Pour chicken mixture over rotini and mix together. Cover with lid and hot hold until serving time.

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

## Nutrition Information

Calories	370 kcal	Iron	2 mg	Protein	27 g	30% of kcal
Cholesterol	79 mg	Calcium	143 mg	Carbohydrates	37 g	40% of kcal
Sodium	215 mg	Vitamin A	352 IU	Total Fat	13 g	33% of kcal
Dietary Fiber	4 g	Vitamin C	<1 mg	Saturated Fat	6 g	15% of kcal
				Trans Fat†	0 g	0% of kcal

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

# Chicken Alfredo with a Twist

Number of Portions: 50

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

**One portion provides:** 2 oz-eq meat/meat alternate  
1 oz-eq grains (1 oz-eq whole grain-rich)

**Portion Size:** 1 cup (#4 scoop)

## Ingredients

Cream of chicken soup, Healthy Request (10-¾ oz can)	3 cans
Half and half	3 qt
White pepper, ground	2 tsp
Garlic powder	1 tsp
Parmesan cheese, grated	2-¼ cups
Chicken, cooked, diced*	6-½ lb
Rotini, whole grain-rich*	4-¾ lb
Water	2-½ gal

\*USDA Foods

## Instructions

1. Combine soup, cream, pepper, garlic, parmesan cheese, and chicken in stock pot. Cook chicken mixture for 20 – 25 minutes, stirring occasionally.
2. Meanwhile, heat water to rolling boil. Slowly add rotini. Stir constantly, until water boils again. Cook rotini 8 – 10 minutes or until tender, stirring occasionally. Drain noodles in colander.
3. Spray two 20" x 12" x 1" steam table pans with pan release spray. Pour rotini into steam table pans.
4. Pour chicken mixture over rotini and mix together. Cover with lid and hot hold until serving time.

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

## Nutrition Information

Calories	370 kcal	Iron	2 mg	Protein	27 g	30% of kcal
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Sodium	215 mg	Vitamin A	352 IU	Total Fat	13 g	33% of kcal
Dietary Fiber	4 g	Vitamin C	<1 mg	Saturated Fat	6 g	15% of kcal
				Trans Fat†	0 g	0% of kcal

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# Chicken Broccoli Bowl Number of Portions: 25

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

**One portion provides:** 2 oz-eq meat/meat alternate  
 2 oz-eq grains (1 oz-eq whole grain-rich)  
 ½ cup vegetables (½ cup dark green)

**Portion Size:** serving (see instructions below)

## Ingredients

Popcorn chicken*	5 lb
Spaghetti, whole grain-rich*	2 lb + 6 oz
Water	2-½ gal
General Tso’s sauce	1-½ cups
Broccoli (frozen), chopped	5 lb

\*USDA Foods

## Instructions

- Preheat convection oven to 350°F. Spray pan with pan release spray.
- Heat chicken in convection oven at 350°F for 8 minutes (or until golden brown). Place chicken in warmer until service.  
 CCP: Heat chicken to 165°F or higher for 15 seconds.  
 CCP: Hold chicken for hot service at 135°F or higher.
- Bring water to a rolling boil. Slowly add spaghetti to boiling water. When water boils again, cook spaghetti, uncovered, about 8 minutes (or until al dente). Drain and rinse briefly in cold water.
- Place frozen broccoli in one 20" x 12" x 2" steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered, at 5 lb pressure) until tender (approximately 5 – 8 minutes). **DO NOT OVERCOOK.** Drain excess liquid from cooked broccoli.
- Combine broccoli with General Tso’s sauce. Place broccoli mixture in steam table for service.  
 CCP: Hold broccoli for hot service at 135°F or higher.
- At time of service, portion ½ cup spaghetti (4-oz portion server) in bowl, top with ½ cup (4-oz ladle) of broccoli, and add 2 oz (~16 bites) baked popcorn chicken.

## Nutrition Information

Calories	400 kcal	Iron	4 mg	Protein	21 g	21% of kcal
Cholesterol	28 mg	Calcium	62 mg	Carbohydrates	57 g	57% of kcal
Sodium	1065 mg	Vitamin A	989 IU	Total Fat	12 g	26% of kcal
Dietary Fiber	7 g	Vitamin C	37 mg	Saturated Fat	3 g	7% of kcal
				Trans Fat†	0 g	0% of kcal

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

# Chicken Broccoli Bowl Number of Portions: 50

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

**One portion provides:** 2 oz-eq meat/meat alternate  
 2 oz-eq grains (1 oz-eq whole grain-rich)  
 ½ cup vegetables (½ cup dark green)

**Portion Size:** serving (see instructions below)

## Ingredients

Popcorn chicken*	10 lb
Spaghetti, whole grain-rich*	4-¾ lb
Water	5 gal
General Tso’s sauce	3 cups
Broccoli (frozen), chopped	10 lbs

\*USDA Foods

## Instructions

1. Preheat convection oven to 350°F. Spray pan with pan release spray.
2. Heat chicken in convection oven at 350°F for 8 minutes (or until golden brown). Place chicken in warmer until service.  
 CCP: Heat chicken to 165°F or higher for 15 seconds.  
 CCP: Hold chicken for hot service at 135°F or higher.
3. Bring water to a rolling boil. Slowly add spaghetti to boiling water. When water boils again, cook spaghetti, uncovered, about 8 minutes (or until al dente). Drain and rinse briefly in cold water.
4. Place frozen broccoli in one 20" x 12" x 2" steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered, at 5 lb pressure) until tender (approximately 5 – 8 minutes). **DO NOT OVERCOOK.** Drain excess liquid from cooked broccoli.
5. Combine broccoli with General Tso’s sauce. Place broccoli mixture in steam table for service.  
 CCP: Hold broccoli for hot service at 135°F or higher.
6. At time of service, portion ½ cup spaghetti (4-oz portion server) in bowl, top with ½ cup (4-oz ladle) of broccoli, and add 2 oz (~16 bites) baked popcorn chicken.

## Nutrition Information

Calories	400 kcal	Iron	4 mg	Protein	21 g	21% of kcal
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Sodium	1065 mg	Vitamin A	989 IU	Total Fat	12 g	26% of kcal
Dietary Fiber	7 g	Vitamin C	37 mg	Saturated Fat	3 g	7% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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



# Cowboy Corn Salad

Number of Portions: 25

**HACCP Process:** #1 No Cook

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

**Portion Size:** ¾ cup (6-oz portion server)

## Ingredients

Corn (frozen kernels)*	1 qt
Black beans (canned), low-sodium*	1 qt + 2-¼ cups
Red onions, chopped	1-⅓ cups (1 – 2 onions)
Cherry tomatoes, chopped	1-⅓ cups (~20 cherry tomatoes)
Green peppers, chopped	¾ cup (~1 medium pepper)
Cilantro (fresh), chopped	⅓ cup
Italian dressing, Reduced-Fat	¾ cup
Chili powder	1 tbsp + 1 tsp
Cumin, ground	1 tbsp + 1 tsp

\*USDA Foods

## Instructions

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

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

## Nutrition Information

Calories	90 kcal	Iron	2 mg	Protein	5 g	21% of kcal
Cholesterol	0 mg	Calcium	37 mg	Carbohydrates	17 g	77% of kcal
Sodium	81 mg	Vitamin A	270 IU	Total Fat	1 g	10% of kcal
Dietary Fiber	5 g	Vitamin C	8 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Cowboy Corn Salad

Number of Portions: 50

**HACCP Process:** #1 No Cook

**One portion provides:**  $\frac{3}{4}$  cup vegetables ( $\frac{1}{2}$  cup other,  $\frac{1}{4}$  cup legumes)

**Portion Size:**  $\frac{3}{4}$  cup (6-oz portion server)

## Ingredients

Corn (frozen kernels)*	2 qt + $\frac{1}{4}$ cup
Black beans (canned), low-sodium*	3 qt + $\frac{1}{2}$ cup
Red onions, chopped	2- $\frac{3}{4}$ cups (2 – 3 onions)
Cherry tomatoes, chopped	2- $\frac{3}{4}$ cups (~40 cherry tomatoes)
Green peppers, chopped	1- $\frac{1}{3}$ cups (1 – 2 medium peppers)
Cilantro (fresh), chopped	$\frac{2}{3}$ cup
Italian dressing, Reduced-Fat	1- $\frac{1}{3}$ cups
Chili powder	2 tbsp + 2 tsp
Cumin, ground	2 tbsp + 2 tsp

\*USDA Foods

## Instructions

1. Thaw frozen corn in refrigerator overnight. Drain liquid.
  2. Wash and chop/dice onions, tomatoes, and peppers.
  3. Drain and rinse black beans thoroughly.
  4. Mix together thawed corn, beans, and chopped fresh ingredients.
  5. Add dressing and seasonings to vegetables and gently toss.
  6. Serve chilled.
- CCP: Hold salsa for cold service at 41°F or below.

## Nutrition Information

Calories	90 kcal	Iron	2 mg	Protein	5 g	21% of kcal
Cholesterol	0 mg	Calcium	37 mg	Carbohydrates	17 g	77% of kcal
Sodium	81 mg	Vitamin A	270 IU	Total Fat	1 g	10% of kcal
Dietary Fiber	5 g	Vitamin C	8 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

## Deli Sub (ES)

Number of Portions: 25

**HACCP Process:** #1 No Cook

**One portion provides:** 2 oz-eq meat/meat alternate  
2 oz-eq grains (2 oz-eq whole grain-rich)

**Portion Size:** 1 sandwich

### Ingredients

White buns, whole grain-rich	25 each
Turkey, smoked, low-sodium	50 slices (1-½ lb)
Ham, smoked, low-sodium	25 slices (¾ lb)
American cheese*	25 slices (¾ lb)

\*USDA Foods

### Instructions

- To assemble subs, layer each bun with 2 slices (1 oz) of turkey, 1 slice (½ oz) of ham, and 1 slice (1½ oz) of cheese.

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

### Nutrition Information

Calories	220 kcal	Iron	1 mg	Protein	15 g	27% of kcal
Cholesterol	28 mg	Calcium	115 mg	Carbohydrates	30 g	55% of kcal
Sodium	756 mg	Vitamin A	134 IU	Total Fat	5 g	19% of kcal
Dietary Fiber	2 g	Vitamin C	0 mg	Saturated Fat	2 g	7% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

## Deli Sub (ES)

Number of Portions: 50

**HACCP Process:** #1 No Cook

**One portion provides:** 2 oz-eq meat/meat alternate  
2 oz-eq grains (2 oz-eq whole grain-rich)

**Portion Size:** 1 sandwich

### Ingredients

White buns, whole grain-rich	50 each
Turkey, smoked, low-sodium	100 slices (3 lb)
Ham, smoked, low-sodium	50 slices (1-½ lb)
American cheese*	50 slices (1-½ lb)

\*USDA Foods

### Instructions

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

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

### Nutrition Information

Calories	220 kcal	Iron	1 mg	Protein	15 g	27% of kcal
Cholesterol	28 mg	Calcium	115 mg	Carbohydrates	30 g	55% of kcal
Sodium	756 mg	Vitamin A	134 IU	Total Fat	5 g	19% of kcal
Dietary Fiber	2 g	Vitamin C	0 mg	Saturated Fat	2 g	7% of kcal
				Trans Fat†	0 g	0% of kcal

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

# Fresh Cucumber and Tomato Dip

Number of Portions: 25

**HACCP Process:** #1 No Cook

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

**Portion Size:** ¼ cup cucumber slices + ¼ cup cherry tomatoes  
(4 each) + 2 tbsp dip

## Ingredients

Cucumber, sliced (with peel)	1 qt + 2-¼ cups (3 – 4 cucumbers)
Cherry tomatoes	100 each (~4 lb)
Ranch dressing, light	3-⅛ cups

## Instructions

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

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

## Nutrition Information

Calories	102 kcal	Iron	<1 mg	Protein	2 g	8% of kcal
Cholesterol	5 mg	Calcium	24 mg	Carbohydrates	9 g	35% of kcal
Sodium	290 mg	Vitamin A	627 IU	Total Fat	7 g	60% of kcal
Dietary Fiber	1 g	Vitamin C	19 mg	Saturated Fat	1 g	9% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Fresh Cucumber and Tomato Dip

Number of Portions: 50

**HACCP Process:** #1 No Cook

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

**Portion Size:** ¼ cup cucumber slices + ¼ cup cherry tomatoes (4 each) + 2 tbsp dip

## Ingredients

Cucumber, sliced (with peel)	3 qt + ½ cup (6 – 7 cucumbers)
Cherry tomatoes	200 each (~8 lb)
Ranch dressing, light	1 qt + 2-¼ cups

## Instructions

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

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

## Nutrition Information

Calories	102 kcal	Iron	<1 mg	Protein	2 g	8% of kcal
Cholesterol	5 mg	Calcium	24 mg	Carbohydrates	9 g	35% of kcal
Sodium	290 mg	Vitamin A	627 IU	Total Fat	7 g	60% of kcal
Dietary Fiber	1 g	Vitamin C	19 mg	Saturated Fat	1 g	9% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Garlic Broccoli

Number of Portions: 25

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

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

**Portion Size:** ½ cup (#8 scoop)

## Ingredients

Broccoli florets (frozen)	5 lb + 4 oz
Margarine, liquid	½ cup
Garlic (dried), granulated	1 tbsp

## Instructions

- Place frozen broccoli in a 12" x 20" x 2" counter pan. Allow room for the steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 pounds pressure) until tender (approximately 5 – 8 minutes). **DO NOT OVERCOOK.** Drain excess liquid from cooked broccoli.
- Add garlic and margarine.  
CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

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

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

# Garlic Broccoli

Number of Portions: 50

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

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

**Portion Size:** ½ cup (#8 scoop)

## Ingredients

Broccoli florets (frozen)	10 lb + 8 oz
Margarine, liquid	1 cup
Garlic (dried), granulated	2 tbsp

## Instructions

- Place frozen broccoli in two 12" x 20" x 2" counter pan. Allow room for the steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 pounds pressure) until tender (approximately 5 – 8 minutes). DO NOT OVERCOOK. Drain excess liquid from cooked broccoli.
- Add garlic and margarine.  
CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

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

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





# Hatton Chicken Crunch Number of Portions: 25

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

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

1 oz-eq grains

$\frac{3}{4}$  cup vegetables ( $\frac{5}{8}$  cup dark green,  $\frac{1}{8}$  cup red/orange)

**Portion Size:**  $\frac{3}{4}$  cups vegetables + 3.2 oz (~16 bites) popcorn chicken

**NOTE:** Serve over  $\frac{1}{2}$  cup prepared brown rice.

## Ingredients

Popcorn chicken (frozen)*	5 lb
General Tso’s sauce	2 cups + 1 tbsp
Broccoli (raw), chopped	2 lb
Carrots (raw), sliced	1 lb
Celery (raw), chopped	2 cups + 1 tbsp
Onions (raw), chopped	2 cups + 1 tbsp
Spinach (raw), chopped	2 lb
Chicken broth, low-sodium	2 cups + 1 tbsp
Ginger, ground	2 tbsp

\*USDA Foods

## Instructions

1. Wash and chop fresh broccoli, carrots, celery, and onions. Set aside.
2. Preheat oven to 375°F. Spray baking sheet with pan release spray.
3. Place frozen popcorn chicken in a single layer on prepared baking sheet. Bake 10 – 12 minutes or until internal temperature reaches 165°F or higher. CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
4. Place chopped vegetables in a 20" x 12" x 2" counter pan. Allow room for steam to circulate around vegetables. Do not add any liquid. Steam chopped vegetables (uncovered, 5 lb pressure) until tender (about 10 minutes). Drain liquid from vegetables.
5. In another 20" x 12" x 2" steam table pan, combine chicken stock, spinach, ginger, and General Tso’s sauce. Steam uncovered 5 minutes.
6. Combine steamed vegetables with sauce. Mix lightly. CCP: Hold vegetable/sauce mixture for hot service at 135°F or higher.

## Nutrition Information

Calories	272 kcal	Iron	3 mg	Protein	15 g	22% of kcal
Cholesterol	28 mg	Calcium	73 mg	Carbohydrates	29 g	43% of kcal
Sodium	1165 mg	Vitamin A	7068 IU	Total Fat	12 g	38% of kcal
Dietary Fiber	3 g	Vitamin C	48 mg	Saturated Fat	3 g	11% of kcal
				Trans Fat†	0 g	0% of kcal

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

# Hatton Chicken Crunch Number of Portions: 50

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

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

1 oz-eq grains

¾ cup vegetables (⅕ cup dark green, ⅕ cup red/orange)

**Portion Size:** ¾ cups vegetables + 3.2 oz (~16 bites) popcorn chicken

**NOTE:** Serve over ½ cup prepared brown rice.

## Ingredients

Popcorn chicken (frozen)*	10 lb
General Tso’s sauce	1 qt + ⅛ cup
Broccoli (raw), chopped	4-⅛ lb
Carrots (raw), sliced	2 lb
Celery (raw), chopped	1 qt + ⅛ cup
Onions (raw), chopped	1 qt + ⅛ cup
Spinach (raw), chopped	4 -⅛ lb
Chicken broth, low-sodium	1 qt + ⅛ cup
Ginger, ground	¼ cup

\*USDA Foods

## Instructions

1. Wash and chop fresh broccoli, carrots, celery, and onions. Set aside.
2. Preheat oven to 375°F. Spray baking sheet with pan release spray.
3. Place frozen popcorn chicken in a single layer on prepared baking sheet. Bake 10 – 12 minutes or until internal temperature reaches 165°F or higher. CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
4. Place chopped vegetables in a 20" x 12" x 2" counter pan. Allow room for steam to circulate around vegetables. Do not add any liquid. Steam chopped vegetables (uncovered, 5 lb pressure) until tender (about 10 minutes). Drain liquid from vegetables.
5. In another 20" x 12" x 2" steam table pan, combine chicken stock, spinach, ginger, and General Tso’s sauce. Steam uncovered 5 minutes.
6. Combine steamed vegetables with sauce. Mix lightly. CCP: Hold vegetable/sauce mixture for hot service at 135°F or higher.

## Nutrition Information

Calories	272 kcal	Iron	3 mg	Protein	15 g	22% of kcal
Cholesterol	28 mg	Calcium	73 mg	Carbohydrates	29 g	43% of kcal
Sodium	1165 mg	Vitamin A	7068 IU	Total Fat	12 g	38% of kcal
Dietary Fiber	3 g	Vitamin C	48 mg	Saturated Fat	3 g	11% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Lemon Broccoli

Number of Portions: 25

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

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

**Portion Size:** ½ cup (#8 scoop)

## Ingredients

Broccoli florets (frozen)	5 lb + 4 oz
Margarine, liquid	½ cup
Lemon juice, fresh	½ cup (~2 lemons)

## Instructions

- Place frozen broccoli in a 12" x 20" x 2" counter pan. Allow room for steam to circulate around the broccoli. Do not add any liquid. Steam until tender (approximately 5 – 8 minutes). **DO NOT OVERCOOK.** Drain excess liquid from the cooked broccoli.
- Add lemon juice and margarine.  
CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

Calories	61 kcal	Iron	.56 mg	Protein	3 g	21% of kcal
Cholesterol	0 mg	Calcium	34.4mg	Carbohydrates	5.5 g	36% of kcal
Sodium	46 mg	Vitamin A	1224 IU	Total Fat	3.67g	54% of kcal
Dietary Fiber	3 g	Vitamin C	40 mg	Saturated Fat	.6 g	9% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Lemon Broccoli

Number of Portions: 50

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

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

**Portion Size:** ½ cup (#8 scoop)

## Ingredients

Broccoli florets (frozen)	10 lb + 8 oz
Margarine, liquid	1 cup
Lemon juice, fresh	1 cup (~4 lemons)

## Instructions

- Place frozen broccoli in two 12" x 20" x 2" counter pan. Allow room for steam to circulate around the broccoli. Do not add any liquid. Steam until tender (approximately 5 – 8 minutes). **DO NOT OVERCOOK.** Drain excess liquid from the cooked broccoli.
- Add lemon juice and margarine.  
CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

Calories	61 kcal	Iron	.56 mg	Protein	3 g	21% of kcal
Cholesterol	0 mg	Calcium	34.4mg	Carbohydrates	5.5 g	36% of kcal
Sodium	46 mg	Vitamin A	1224 IU	Total Fat	3.67g	54% of kcal
Dietary Fiber	3 g	Vitamin C	40 mg	Saturated Fat	.6 g	9% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Mini Meatball Sub

Number of Portions: 25

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

**One portion provides:** 1.5 oz-eq meat/meat alternate  
 2 oz-eq grains (2 oz-eq whole grain-rich)  
 ¼ cup vegetables (¼ cup red/orange)

Portion Size: 1 sandwich

## Ingredients

White buns, whole grain-rich	25 each
Beef meatballs (frozen)*	50 each
Marinara sauce*	1 qt + 2-1¼ cups
Mozzarella cheese, part skim, shredded*	3 cups (12-½ oz)

\*USDA Foods

## Instructions

1. Preheat convection oven to 375°F.
2. Place frozen meatballs and marinara sauce in one 20" x 12" x 2" steam table pan. Cover and heat in convection oven at 375° for 30 minutes.  
 CCP: Heat meatballs to internal temperature of 165°F for 15 seconds or longer.  
 CCP: Hold meatballs for hot service at 135°F or higher.
3. At service, assemble subs: place 2 meatballs with sauce on open bun and top with ½ oz (⅛ cup) shredded cheese.

## Nutrition Information

Calories	290 kcal	Iron	3 mg	Protein	16 g	21% of kcal
Cholesterol	26 mg	Calcium	179 mg	Carbohydrates	37 g	51% of kcal
Sodium	848 mg	Vitamin A	477 IU	Total Fat	10 g	30% of kcal
Dietary Fiber	4 g	Vitamin C	7 mg	Saturated Fat	4 g	11% of kcal
				Trans Fat <sup>†</sup>	<1 g	1% of kcal

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

# Mini Meatball Sub

Number of Portions: 50

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

**One portion provides:** 1.5 oz-eq meat/meat alternate  
 2 oz-eq grains (2 oz-eq whole grain-rich)  
 ¼ cup vegetables (¼ cup red/orange)

**Portion Size:** 1 sandwich

## Ingredients

White buns, whole grain-rich	50 each
Beef meatballs (frozen)*	100 each
Marinara sauce*	3 qt + ½ cup
Mozzarella cheese, part skim, shredded*	6 cups (1 lb + 9 oz)

\*USDA Foods

## Instructions

1. Preheat convection oven to 375°F.
2. Place frozen meatballs and marinara sauce in one 20" x 12" x 4" steam table pan. Cover and heat in convection oven at 375° for 30 minutes.  
 CCP: Heat meatballs to internal temperature of 165°F for 15 seconds or longer.  
 CCP: Hold meatballs for hot service at 135°F or higher.
3. At service, assemble subs: place 2 meatballs with sauce on open bun and top with ½ oz (⅛ cup) shredded cheese.

## Nutrition Information

Calories	290 kcal	Iron	3 mg	Protein	16 g	21% of kcal
Cholesterol	26 mg	Calcium	179 mg	Carbohydrates	37 g	51% of kcal
Sodium	848 mg	Vitamin A	477 IU	Total Fat	10 g	30% of kcal
Dietary Fiber	4 g	Vitamin C	7 mg	Saturated Fat	4 g	11% of kcal
				Trans Fat <sup>†</sup>	<1 g	1% of kcal

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



# Quirky Quesadillas

Number of Portions: 25

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

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

¼ cup vegetables (¼ cup legumes)

1.5 oz-eq grains (1.5 oz-eq whole grain-rich)

**Portion Size:** 1 quesadilla

## Ingredients

- Refried beans (canned), low-sodium\* 1 #10 can
- Beef taco filling, Reduced-Fat\* 2-½ lb
- Tortilla, whole grain-rich, 8" (frozen)\* 25 each
- Cheddar cheese, Reduced-Fat, shredded\* 1 lb + 9 oz

\*USDA Foods

## Instructions

1. Preheat oven to 350°F.
2. Place sealed bag of beef taco filling in steamer or boiling water. Heat approximately 45 minutes or until product reaches serving temperature.  
CCP: Heat beef taco filling to internal temperature of 165°F or higher for 15 seconds.  
CCP: Hold beef taco filling for hot service at 135°F or higher.
3. To assemble quesadillas, place tortillas on a full sheet pan. Top each tortilla with ¼ cup refried beans, 1 oz taco filling, and 1 oz cheese. Fold each tortilla in half.
4. Bake quesadillas until cheese is melted.
5. Cut each quesadilla into three wedges and serve warm.  
CCP: Hold quesadillas for hot service at 135°F or higher.

## Nutrition Information

Calories	378 kcal	Iron	4 mg	Protein	25 g	27% of kcal
Cholesterol	44 mg	Calcium	423 mg	Carbohydrates	43 g	45% of kcal
Sodium	837 mg	Vitamin A	505 IU	Total Fat	12 g	28% of kcal
Dietary Fiber	11 g	Vitamin C	10 mg	Saturated Fat	5 g	13% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Quirky Quesadillas

Number of Portions: 50

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

**One portion provides:** 2 oz-eq meat/meat alternate  
 ¼ cup vegetables (¼ cup legumes)  
 1.5 oz-eq grains (1.5 oz-eq whole grain-rich)

**Portion Size:** 1 quesadilla

## Ingredients

Refried beans (canned), low-sodium*	2 #10 cans
Beef taco filling, Reduced-Fat*	5 lb
Tortilla, whole grain-rich, 8" (frozen)*	50 each
Cheddar cheese, Reduced-Fat, shredded*	3 lb + 2 oz

\*USDA Foods

## Instructions

1. Preheat oven to 350°F.
2. Place sealed bag of beef taco filling in steamer or boiling water. Heat approximately 45 minutes or until product reaches serving temperature.  
 CCP: Heat beef taco filling to internal temperature of 165°F or higher for 15 seconds.  
 CCP: Hold beef taco filling for hot service at 135°F or higher.
3. To assemble quesadillas, place tortillas on a full sheet pan. Top each tortilla with ¼ cup refried beans, 1 oz taco filling, and 1 oz cheese. Fold each tortilla in half.
4. Bake quesadillas until cheese is melted.
5. Cut each quesadilla into three wedges and serve warm.  
 CCP: Hold quesadillas for hot service at 135°F or higher.

## Nutrition Information

Calories	378 kcal	Iron	4 mg	Protein	25 g	27% of kcal
Cholesterol	44 mg	Calcium	423 mg	Carbohydrates	43 g	45% of kcal
Sodium	837 mg	Vitamin A	505 IU	Total Fat	12 g	28% of kcal
Dietary Fiber	11 g	Vitamin C	10 mg	Saturated Fat	5 g	13% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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



# Rotini & Meat Sauce (ES)

Number of Portions: 25

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

**One portion provides:** 2 oz-eq meat/meat alternate  
 1 oz-eq grains (1 oz-eq whole grain-rich)  
 ½ cup vegetables (½ cup red/orange)

**Portion Size:** 1 cup (8-oz ladle)

## Ingredients

Meat Sauce, reduced-fat*	1-3/4 bags
Water	3 gal
Rotini, whole grain-rich*	1 lb + 8 oz

\*USDA Foods

## Instructions

- Place sealed bag of meat sauce in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bags carefully.  
 CCP: Heat meat sauce to 165°F or higher for 15 seconds.
- Preheat oven to 350°F. Lightly coat two medium half-steam table pans (10" x 12" x 4") with pan release spray.
- Heat water to rolling boil. Slowly add rotini. Stir constantly until water boils again. Cook rotini for 8 – 10 minutes or until tender, stirring occasionally. DO NOT OVERCOOK.
- Drain rotini well. Run cold water over rotini to cool slightly.
- Mix rotini and sauce together.
- Divide rotini mixture evenly into steam table pans. Cover and bake at 350°F for 20 – 25 minutes or until mixture becomes bubbly.  
 CCP: Heat rotini and meat sauce mixture until internal temperature reaches 165°F.  
 CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

Calories	254 kcal	Iron	3 mg	Protein	19 g	30% of kcal
Cholesterol	55 mg	Calcium	68 mg	Carbohydrates	29 g	46% of kcal
Sodium	306 mg	Vitamin A	651 IU	Total Fat	9.4 g	33% of kcal
Dietary Fiber	4.7g	Vitamin C	19 mg	Saturated Fat	3.4 g	12% of kcal
				Trans Fat†	0.5 g	1.7% of kcal

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

# Rotini & Meat Sauce (ES)

Number of Portions: 50

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

**One portion provides:** 2 oz-eq meat/meat alternate  
 1 oz-eq grains (1 oz-eq whole grain-rich)  
 ½ cup vegetables (½ cup red/orange)

**Portion Size:** 1 cup (8-oz ladle)

## Ingredients

Meat Sauce, reduced-fat*	3-½ bags
Water	6 gal
Rotini, whole grain-rich*	3 lb

\*USDA Foods

## Instructions

- Place sealed bag of meat sauce in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bags carefully.  
 CCP: Heat meat sauce to 165°F or higher for 15 seconds.
- Preheat oven to 350°F. Lightly coat three medium half-steam table pans (10" x 12" x 4") with pan release spray.
- Heat water to rolling boil. Slowly add rotini. Stir constantly until water boils again. Cook rotini for 8 – 10 minutes or until tender, stirring occasionally. DO NOT OVERCOOK.
- Drain rotini well. Run cold water over rotini to cool slightly.
- Mix rotini and sauce together.
- Divide rotini mixture evenly into steam table pans. Cover and bake at 350°F for 20 – 25 minutes or until mixture becomes bubbly.  
 CCP: Heat rotini and meat sauce mixture until internal temperature reaches 165°F.  
 CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

Calories	254 kcal	Iron	3 mg	Protein	19 g	30% of kcal
Cholesterol	55 mg	Calcium	68 mg	Carbohydrates	29 g	46% of kcal
Sodium	306 mg	Vitamin A	651 IU	Total Fat	9.4 g	33% of kcal
Dietary Fiber	4.7g	Vitamin C	19 mg	Saturated Fat	3.4 g	12% of kcal
				Trans Fat†	0.5 g	1.7% of kcal

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

# Sock-Rockin' Chili

Number of Portions: 25

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

**One portion provides:** 2 oz-eq meat/meat alternate  
1 cup vegetables (½ cup red/orange, ¼ cup legumes,  
¼ cup other)

**Portion Size:** 1-¼ cup (10-oz ladle)

## Ingredients

Olive oil	¼ cup
Onions (frozen), chopped	½ cup
Green peppers (frozen), chopped	1 cup
Celery (raw), chopped	½ cup (~1 rib)
Garlic powder	1 tbsp
Cumin, ground	1-½ tbsp
Chili powder	1 tbsp
Zucchini (raw), with skin, diced	2 lb (~6 medium zucchinis)
Beef crumbles (frozen)*	3-¾ lb
Black beans (canned), low-sodium*	¼ #10 can (~1-⅔ cups)
Red kidney beans (canned), low-sodium*	½ #10 can (~4-⅔ cups)
Tomato sauce (canned), low-sodium*	½ #10 can (~6-⅔ cups)
Tomatoes (canned), diced, low-sodium*	½ #10 can (~6-½ cups)

\*USDA Foods

## Instructions

- Place sealed bag of beef crumbles in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. **CAUTION:** Open bag carefully to avoid being burned.  
CCP: Heat beef crumbles to internal temperature of 165°F for at least 15 seconds.
- Meanwhile, wash and chop raw vegetables.
- Heat olive oil in stock pot. Add onions, celery, and peppers; sauté until soft (approximately 5 minutes).
- Add garlic, cumin, chili powder, zucchini, diced tomatoes, and tomato sauce. Cook over medium heat until zucchini is softened (approximately 15 minutes).
- Drain and rinse beans. Add beef and beans to mixture. Simmer chili, stirring occasionally, for approximately 45 minutes.  
CCP: Heat chili to 165°F for at least 15 seconds.  
CCP: Hold chili for hot service at 135°F or higher.

# Sock-Rockin' Chili

(continued)

## Nutrition Information

Calories	269 kcal	Iron	4 mg	Protein	17 g	25% of kcal
Cholesterol	41 mg	Calcium	71 mg	Carbohydrates	19 g	28% of kcal
Sodium	380 mg	Vitamin A	1037 IU	Total Fat	14 g	48% of kcal
Dietary Fiber	7 g	Vitamin C	16 mg	Saturated Fat	5 g	16% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

Menus that Move



# Sock-Rockin' Chili

Number of Portions: 50

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

**One portion provides:** 2 oz-eq meat/meat alternate  
1 cup vegetables (½ cup red/orange, ¼ cup legumes,  
¼ cup other)

**Portion Size:** 1-¼ cup (10-oz ladle)

## Ingredients

Olive oil	½ cup
Onions (frozen), chopped	1 cup
Green peppers (frozen), chopped	2 cups
Celery (raw), chopped	1 cup (~2 ribs)
Garlic powder	2 tbsp
Cumin, ground	3 tbsp
Chili powder	2 tbsp
Zucchini (raw), with skin, diced	4-¼ lb (~12-13 medium zucchinis)
Beef crumbles (frozen)*	7-½ lb
Black beans (canned), low-sodium*	½ #10 can (~3-⅓ cups)
Red kidney beans (canned), low-sodium*	1 #10 can (~9-⅜ cups)
Tomato sauce (canned), low-sodium*	1 #10 can (~12-⅔ cups)
Tomatoes (canned), diced, low-sodium*	1 #10 can (~12-¼ cups)

\*USDA Foods

## Instructions

- Place sealed bags of beef crumbles in a steamer or in boiling water. Heat approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.  
CCP: Heat beef crumbles to internal temperature of 165°F for at least 15 seconds.
- Meanwhile, wash and chop raw vegetables.
- Heat olive oil in stock pot. Add onions, celery, and peppers; sauté until soft (approximately 5 minutes).
- Add garlic, cumin, chili powder, zucchini, diced tomatoes, and tomato sauce. Cook over medium heat until zucchini is softened (approximately 15 minutes).
- Drain and rinse beans. Add beef and beans to mixture. Simmer chili, stirring occasionally, for approximately 45 minutes.  
CCP: Heat chili to 165°F for at least 15 seconds.  
CCP: Hold chili for hot service at 135°F or higher.

# Sock-Rockin' Chili

(continued)

## Nutrition Information

Calories	269 kcal	Iron	4 mg	Protein	17 g	25% of kcal
Cholesterol	41 mg	Calcium	71 mg	Carbohydrates	19 g	28% of kcal
Sodium	380 mg	Vitamin A	1037 IU	Total Fat	14 g	48% of kcal
Dietary Fiber	7 g	Vitamin C	16 mg	Saturated Fat	5 g	16% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

Menus that Move



# Taco Salad (ES)

Number of Portions: 25

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

**One portion provides:** 2 oz-eq meat/meat alternate  
 $\frac{3}{4}$  cups vegetables ( $\frac{1}{2}$  cup dark green,  
 $\frac{1}{8}$  cup red/orange,  $\frac{1}{8}$  cup starchy)

**Portion Size:** 1 serving (see instructions below)

**NOTE:** Serve with 1 packet ranch dressing.

## Ingredients

Beef taco filling, reduced fat*	2- $\frac{1}{2}$ lb
Romaine lettuce	3- $\frac{1}{4}$ lb
Corn (frozen)*	1 lb + 2 oz
Cheddar cheese, reduced fat, shredded*	1 lb + 9 oz
Tomato (fresh), chopped	1- $\frac{1}{2}$ lb (5 – 6 medium tomatoes)

\*USDA Foods

## Instructions

1. Thaw frozen corn in refrigerator overnight. Use within 2 days. Drain before using.  
 CCP: Refrigerate thawed corn at or below 41°F.
2. Place sealed bag of beef taco filling in steamer or boiling water. Heat approximately 45 minutes or until product reaches serving temperature.  
 CCP: Heat beef taco filling to an internal temperature of 165°F or higher for 15 seconds.  
 CCP: Hold beef taco filling for hot service at 135°F or higher.
3. Meanwhile, clean and chop romaine lettuce. Clean and dice tomatoes.  
 CCP: Hold vegetables for cold service at 41°F or below.
4. At service, portion 1 cup salad and top with 1.58 oz beef taco filling,  $\frac{1}{8}$  cup corn,  $\frac{1}{8}$  cup diced tomatoes, and 1 oz cheese. Serve with 1 packet ranch dressing.

## Nutrition Information

Calories	166 kcal	Iron	2 mg	Protein	16 g	38% of kcal
Cholesterol	34 mg	Calcium	297 mg	Carbohydrates	9 g	22% of kcal
Sodium	359 mg	Vitamin A	3605 IU	Total Fat	8 g	43% of kcal
Dietary Fiber	3 g	Vitamin C	19 mg	Saturated Fat	4 g	23% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Taco Salad (ES)

Number of Portions: 50

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

**One portion provides:** 2 oz-eq meat/meat alternate  
 $\frac{3}{4}$  cups vegetables ( $\frac{1}{2}$  cup dark green,  
 $\frac{1}{8}$  cup red/orange,  $\frac{1}{8}$  cup starchy)

**Portion Size:** 1 serving (see instructions below)

**NOTE:** Serve with 1 packet ranch dressing.

## Ingredients

Beef taco filling, reduced fat*	5 lb
Romaine lettuce	6- $\frac{1}{2}$ lb
Corn (frozen)*	2- $\frac{1}{4}$ lb
Cheddar cheese, reduced fat, shredded*	3 lb + 2 oz
Tomato (fresh), chopped	3 lb (10 – 12 medium tomatoes)

\*USDA Foods

## Instructions

1. Thaw frozen corn in refrigerator overnight. Use within 2 days. Drain before using.  
 CCP: Refrigerate thawed corn at or below 41°F.
2. Place sealed bag of beef taco filling in steamer or boiling water. Heat approximately 45 minutes or until product reaches serving temperature.  
 CCP: Heat beef taco filling to an internal temperature of 165°F or higher for 15 seconds.  
 CCP: Hold beef taco filling for hot service at 135°F or higher.
3. Meanwhile, clean and chop romaine lettuce. Clean and dice tomatoes.  
 CCP: Hold vegetables for cold service at 41°F or below.
4. At service, portion 1 cup salad and top with 1.58 oz beef taco filling,  $\frac{1}{8}$  cup corn,  $\frac{1}{8}$  cup diced tomatoes, and 1 oz cheese. Serve with 1 packet ranch dressing.

## Nutrition Information

Calories	166 kcal	Iron	2 mg	Protein	16 g	38% of kcal
Cholesterol	34 mg	Calcium	297 mg	Carbohydrates	9 g	22% of kcal
Sodium	359 mg	Vitamin A	3605 IU	Total Fat	8 g	43% of kcal
Dietary Fiber	3 g	Vitamin C	19 mg	Saturated Fat	4 g	23% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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



# Tossed Side Salad

Number of Portions: 25

**HACCP Process:** #1 No Cook

**One portion provides:**  $\frac{3}{4}$  cup vegetables ( $\frac{1}{2}$  cup dark green,  $\frac{1}{4}$  cup other)

**Portion Size:** 1- $\frac{1}{4}$  cups

## Ingredients

Romaine lettuce, chopped	12- $\frac{1}{2}$ cups
Spinach (raw), chopped	3 qt + $\frac{1}{2}$ cup
Carrots, chopped	1- $\frac{1}{2}$ cups + 1 tbsp (~3 medium carrots)
Green peppers, chopped	1- $\frac{1}{2}$ cups + 1 tbsp (~1- $\frac{1}{2}$ medium peppers)
Cucumber, sliced	1- $\frac{1}{2}$ cups + 1 tbsp (~1 medium cucumber)
Tomato, chopped	1- $\frac{1}{2}$ cups + 1 tbsp (~2 large tomatoes)

## Instructions

1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
3. For service, combine 1 cup lettuce/spinach mixture and  $\frac{1}{4}$  cup chopped vegetables.

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

## Nutrition Information

Calories	16 kcal	Iron	<1 mg	Protein	1 g	32% of kcal
Cholesterol	0 mg	Calcium	31 mg	Carbohydrates	3 g	88% of kcal
Sodium	20 mg	Vitamin A	4937 IU	Total Fat	<1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	20 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat†	0 g	0% of kcal

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

# Tossed Side Salad

Number of Portions: 50

**HACCP Process:** #1 No Cook

**One portion provides:**  $\frac{3}{4}$  cup vegetables ( $\frac{1}{2}$  cup dark green,  $\frac{1}{4}$  cup other)

**Portion Size:** 1- $\frac{1}{4}$  cups

## Ingredients

Romaine lettuce, chopped	25 cups
Spinach (raw), chopped	1- $\frac{1}{2}$ gal + 1 cup
Carrots, chopped	3- $\frac{1}{8}$ cups (6 – 7 medium carrots)
Green peppers, chopped	3- $\frac{1}{8}$ cups (3 – 4 medium peppers)
Cucumber, sliced	3- $\frac{1}{8}$ cups (~2 medium cucumbers)
Tomato, chopped	3- $\frac{1}{8}$ cups (~5 medium tomatoes)

## Instructions

1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
3. For service, combine 1 cup lettuce/spinach mixture and  $\frac{1}{4}$  cup chopped vegetables.

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

## Nutrition Information

Calories	16 kcal	Iron	<1 mg	Protein	1 g	32% of kcal
Cholesterol	0 mg	Calcium	31 mg	Carbohydrates	3 g	88% of kcal
Sodium	20 mg	Vitamin A	4937 IU	Total Fat	<1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	20 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Spinach Strawberry Salad

Number of Portions: 25

**HACCP Process:** #1 No Cook

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

**Portion Size:** 1-½ cups

## Ingredients

Italian seasoning mix	1-½ tbsp
Balsamic vinegar	¼ cup
Water	¼ cup
Vegetable oil	2 tbsp
Strawberry preserves, sugar-free	2 tbsp
Spinach (raw)	4 lb
Mandarin oranges (canned in light syrup), drained	1 qt + 3 cups
Strawberries (fresh), sliced	1 qt + 3 cups

## Instructions

1. Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1 – 2 days prior to service for maximum flavor.
  2. Drain mandarin oranges.
  3. Wash and slice fresh strawberries.
  4. Lightly toss spinach, oranges, and strawberries.
  5. Just before service, toss salad mix with dressing.
- CCP: Hold salad for cold service at 41°F or lower.

## Nutrition Information

Calories	85 kcal	Iron	3 mg	Protein	3 g	13% of kcal
Cholesterol	0 mg	Calcium	88 mg	Carbohydrates	17 g	82% of kcal
Sodium	62 mg	Vitamin A	7682 IU	Total Fat	2 g	17% of kcal
Dietary Fiber	3 g	Vitamin C	61 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat <sup>†</sup>	<1 g	<1% of kcal

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

# Spinach Strawberry Salad

Number of Portions: 50

**HACCP Process:** #1 No Cook

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

**Portion Size:** 1-½ cups

## Ingredients

Italian seasoning mix	3 tbsp
Balsamic vinegar	½ cup
Water	½ cup
Vegetable oil	¼ cup
Strawberry preserves, sugar-free	¼ cup
Spinach (raw)	8 lb
Mandarin oranges (canned in light syrup), drained	3 qt + 2 cups
Strawberries (fresh), sliced	3 qt + 2 cups

## Instructions

1. Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1 – 2 days prior to service for maximum flavor.
  2. Drain mandarin oranges.
  3. Wash and slice fresh strawberries.
  4. Lightly toss spinach, oranges, and strawberries.
  5. Just before service, toss salad mix with dressing.
- CCP: Hold salad for cold service at 41°F or lower.

## Nutrition Information

Calories	85 kcal	Iron	3 mg	Protein	3 g	13% of kcal
Cholesterol	0 mg	Calcium	88 mg	Carbohydrates	17 g	82% of kcal
Sodium	62 mg	Vitamin A	7682 IU	Total Fat	2 g	17% of kcal
Dietary Fiber	3 g	Vitamin C	61 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat <sup>†</sup>	<1 g	<1% of kcal

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

# Sweet Sesame Chicken Stir-Fry (ES)

Number of Portions: 25

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

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

½ cup vegetables (¾ cup red/orange, ⅛ cup other)

**Portion Size:** ¾ cup (6-oz portion server)

**NOTE:** Serve with ½ cup prepared brown rice.

## Ingredients

Carrots (frozen)*	3-½ lb
Green peppers (frozen), diced	1-¼ lb
Sesame ginger salad dressing	2-⅛ cups
Chicken (frozen), diced*	3 lb + 2 oz

\*USDA Foods

## Instructions

1. Thaw diced chicken: keep chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36°F to 41°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.
2. Meanwhile, combine carrots and green peppers in a 20" x 12" x 2" steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) for 5 minutes. Drain excess liquid from vegetables.
3. Add dressing, carrots, and peppers to the chicken, stirring well. Steam until tender-crisp (approximately 10 minutes). Do not overcook the vegetables. CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

Calories	142 kcal	Iron	3 mg	Protein	19 g	52% of kcal
Cholesterol	53 mg	Calcium	23 mg	Carbohydrates	12 g	33% of kcal
Sodium	236 mg	Vitamin A	9051 IU	Total Fat	3 g	17% of kcal
Dietary Fiber	2 g	Vitamin C	3 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Sweet Sesame Chicken Stir-Fry (ES)

Number of Portions: 50

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

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

½ cup vegetables (¾ cup red/orange, ⅛ cup other)

**Portion Size:** ¾ cup (6-oz portion server)

**NOTE:** Serve with ½ cup prepared brown rice.

## Ingredients

Carrots (frozen)*	7 lb
Green peppers (frozen), diced	2-½ lb
Sesame ginger salad dressing	4-¼ cups
Chicken (frozen), diced*	6-¼ lb

\*USDA Foods

## Instructions

1. Thaw diced chicken: keep chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36°F to 41°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.
2. Meanwhile, combine carrots and green peppers in two 20" x 12" x 2" steam table pans. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) for 5 minutes. Drain excess liquid from vegetables.
3. Add dressing, carrots, and peppers to the chicken, stirring well. Steam until tender-crisp (approximately 10 minutes). Do not overcook the vegetables.  
CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

Calories	142 kcal	Iron	3 mg	Protein	19 g	52% of kcal
Cholesterol	53 mg	Calcium	23 mg	Carbohydrates	12 g	33% of kcal
Sodium	236 mg	Vitamin A	9051 IU	Total Fat	3 g	17% of kcal
Dietary Fiber	2 g	Vitamin C	3 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Sweet & Sour Chicken Nuggets

Number of Portions: 25

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

**One portion provides:** 2 oz-eq meat/meat alternate  
1 oz-eq grains

**Portion Size:** 5 nuggets + 2 tbsp dipping sauce

## Ingredients

Chicken nuggets (frozen)\*                    125 each  
Sweet & sour sauce (bottled)                3 cups

\*USDA Foods

## Instructions

1. Prepare 25 portion cups with 2 tbsp sweet and sour sauce. Refrigerate dressing at 41°F or lower until service.
2. Preheat oven to 375°F.
3. Place frozen nuggets on baking sheet. Heat 10 – 12 minutes.  
CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
4. Serve 5 chicken nuggets with 2 tbsp sweet and sour sauce for dipping.

## Nutrition Information

Calories	228 kcal	Iron	1 mg	Protein	15 g	26% of kcal
Cholesterol	44 mg	Calcium	14 mg	Carbohydrates	23 g	41% of kcal
Sodium	511 mg	Vitamin A	74 IU	Total Fat	8 g	32% of kcal
Dietary Fiber	0 g	Vitamin C	1 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Sweet & Sour Chicken Nuggets

Number of Portions: 50

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

**One portion provides:** 2 oz-eq meat/meat alternate  
1 oz-eq grains

**Portion Size:** 5 nuggets + 2 tbsp dipping sauce

## Ingredients

Chicken nuggets (frozen)\*                      250 each  
Sweet & sour sauce (bottled)                      1-½ qt

\*USDA Foods

## Instructions

1. Prepare 25 portion cups with 2 tbsp sweet and sour sauce. Refrigerate dressing at 41°F or lower until service.
2. Preheat oven to 375°F.
3. Place frozen nuggets on baking sheet. Heat 10 – 12 minutes.  
CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
4. Serve 5 chicken nuggets with 2 tbsp sweet and sour sauce for dipping.

## Nutrition Information

Calories	228 kcal	Iron	1 mg	Protein	15 g	26% of kcal
Cholesterol	44 mg	Calcium	14 mg	Carbohydrates	23 g	41% of kcal
Sodium	511 mg	Vitamin A	74 IU	Total Fat	8 g	32% of kcal
Dietary Fiber	0 g	Vitamin C	1 mg	Saturated Fat	1 g	4% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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



# Walking Taco

Number of Portions: 25

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

**One portion provides:** 3 oz-eq meat/meat alternate  
 ½ cup vegetables (¼ cup other, ¼ cup red/orange)

**Portion Size:** 1 serving (see instructions below)

**NOTE:** Serve with 1 bag of tortilla rounds.

## Ingredients

Beef taco filling, reduced fat*	5 lb
Cheddar cheese, reduced fat*	1-½ lb
Tomato (fresh), chopped	3 lb (10 – 12 medium tomatoes)
Iceberg lettuce, shredded	3 lb (~9 cups)

\*USDA Foods

## Instructions

- Place sealed bag of frozen beef taco filling in steamer or boiling water. Heat for approximately 45 minutes or until product reaches internal temperature of 165°F or higher for 15 seconds. **CAUTION:** Open bag carefully to avoid being burned.  
 CCP: Heat beef taco filling to 165°F or higher for 15 seconds.
- Wash and chop vegetables.
- At service, portion beef taco filling with #10 (⅔ cup) scoop. Top with 1 oz (¼ cup) shredded cheese, ¼ cup tomato, and ½ cup lettuce. Serve with 1 bag of tortilla rounds.  
 CCP: Hot hold taco filling at 135°F or higher for service.  
 CCP: Hold cheese, lettuce, and tomatoes at 41°F or lower for cold service.

## Nutrition Information

Calories	211 kcal	Iron	2 mg	Protein	22 g	42% of kcal
Cholesterol	51 mg	Calcium	321 mg	Carbohydrates	9 g	16% of kcal
Sodium	509 mg	Vitamin A	1390 IU	Total Fat	10 g	44% of kcal
Dietary Fiber	3 g	Vitamin C	14 mg	Saturated Fat	5 g	22% of kcal
				Trans Fat†	0 g	0% of kcal

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

# Walking Taco

Number of Portions: 50

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

**One portion provides:** 3 oz-eq meat/meat alternate

½ cup vegetables (¼ cup other, ¼ cup red/orange)

**Portion Size:** 1 serving (see instructions below)

**NOTE:** Serve with 1 bag of tortilla rounds.

## Ingredients

Beef taco filling, reduced fat*	10 lb
Cheddar cheese, reduced fat*	3 lb
Tomato (fresh), chopped	5-¾ lb (20 – 24 medium tomatoes)
Iceberg lettuce, shredded	6-¼ lb (~18 cups)

\*USDA Foods

## Instructions

- Place sealed bags of frozen beef taco filling in steamer or boiling water. Heat for approximately 45 minutes or until product reaches internal temperature of 165°F or higher for 15 seconds. CAUTION: Open bags carefully to avoid being burned.

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

- Wash and chop vegetables.

- At service, use ⅔-cup ladle to portion beef taco filling. Top with 1 oz (¼ cup) shredded cheese, ¼ cup tomato, and ½ cup lettuce. Serve with 1 bag of tortilla rounds.

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

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

## Nutrition Information

Calories	211 kcal	Iron	2 mg	Protein	22 g	42% of kcal
Cholesterol	51 mg	Calcium	321 mg	Carbohydrates	9 g	16% of kcal
Sodium	509 mg	Vitamin A	1390 IU	Total Fat	10 g	44% of kcal
Dietary Fiber	3 g	Vitamin C	14 mg	Saturated Fat	5 g	22% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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