

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 [†]	0 g	0% of kcal

[†]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
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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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.
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.

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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.

Berry Delicious Salad Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (½ cup dark green)
¼ cup fruit

Portion Size: 1 cup greens + ¼ cup strawberries

Ingredients

Romaine lettuce	1-½ lb
Spinach, raw	1-½ lb
Strawberries	2-¼ lb
Mayonnaise, Reduced-Fat	½ cup
Cider vinegar	1 tbsp + 1 tsp
Poppy seeds	2 tsp
Milk, Low-Fat (1%)	¼ cup
Sugar, granulated	2 tbsp
Strawberry preserves, sugar-free	2 tbsp

Instructions

1. Wash romaine and spinach and combine in a pan. Refrigerate until service.
 2. Clean strawberries, removing stems. Slice strawberries and refrigerate until service.
 3. Mix together mayonnaise, vinegar, sugar, poppy seeds, milk, and preserves. Whisk until smooth. Refrigerate until ready to serve.
 4. Just before service, toss salad with dressing to evenly coat.
- CCP: Hold all ingredients for cold service at 41°F or below.

Nutrition Information

Calories	42 kcal	Iron	1 mg	Protein	2 g	15% of kcal
Cholesterol	1 mg	Calcium	49 mg	Carbohydrates	7 g	70% of kcal
Sodium	31 mg	Vitamin A	4031 IU	Total Fat	1 g	28% of kcal
Dietary Fiber	2 g	Vitamin C	38 mg	Saturated Fat	<1 g	4.5% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Berry Delicious Salad Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (½ cup dark green)
¼ cup fruit

Portion Size: 1 cup greens + ¼ cup strawberries

Ingredients

Romaine lettuce	3 lb
Spinach, raw	3 lb
Strawberries	4-½ lb
Mayonnaise, Reduced-Fat	1 cup
Cider vinegar	2 tbsp + 2 tsp
Poppy seeds	1 tbsp + 1 tsp
Milk, Low-Fat (1%)	½ cup
Sugar, granulated	¼ cup
Strawberry preserves, sugar-free	¼ cup

Instructions

1. Wash romaine and spinach and combine in a 6" full deep pan. Refrigerate until service.
 2. Clean strawberries, removing stems. Slice strawberries and refrigerate until service.
 3. Mix together mayonnaise, vinegar, sugar, poppy seeds, milk, and p reserves. Whisk until smooth. Refrigerate until ready to serve.
 4. Just before service, toss salad with dressing to evenly coat.
- CCP: Hold all ingredients for cold service at 41°F or below.

Nutrition Information

Calories	42 kcal	Iron	1 mg	Protein	2 g	15% of kcal
Cholesterol	1 mg	Calcium	49 mg	Carbohydrates	7 g	70% of kcal
Sodium	31 mg	Vitamin A	4031 IU	Total Fat	1 g	28% of kcal
Dietary Fiber	2 g	Vitamin C	38 mg	Saturated Fat	<1 g	4.5% 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: 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
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 Stir-Fry (ES) Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

¼ cup vegetables (⅛ cup dark green, ⅛ cup other)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with ½ cup cooked brown rice.

Ingredients

Cornstarch	¼ cup + 1 tsp (2-¼ oz)
Water	¼ cup
Soy sauce, low-sodium	¼ cup
Ginger, ground	¼ tsp
Garlic (dried), granulated	1-½ tbsp
Pepper, black	1 tsp
Chicken stock	1 qt
Chinese pea pods (raw)	1-¼ lb
Spinach (raw)	1 lb
Popcorn chicken (frozen)*	5 lb

*USDA Foods

Instructions

1. Preheat oven to 375°F.
2. Combine cornstarch, water, soy sauce, ginger, garlic, and pepper; set aside.
3. Heat chicken stock to a boil and slowly stir in sauce mixture. Return to simmer. Cook 3 – 5 minutes, stirring occasionally, until thickened. Remove from heat.
4. Carefully wash pea pods and spinach. Place pea pods and spinach in a 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). Drain excess liquid from cooked vegetables.
5. Add sauce to vegetable mixture in steam table pan. Cover and hold for hot service.
CCP: Hold vegetable mixture for hot service at 135°F or higher.
6. Place frozen popcorn chicken bites in a single layer on a baking sheet in an oven. Bake at 375°F for approximately 10 – 12 minutes.
CCP: Heat chicken until internal temperature reaches 165°F for at least 15 seconds.
CCP: Hold chicken for hot service at 135°F or higher.
7. At serving time, portion 2 oz chicken (¼-cup ladle) with ¼ cup vegetables over ½ cup cooked rice.

Chicken Stir-Fry (ES)

(continued)

Nutrition Information

Calories	222 kcal	Iron	3 mg	Protein	14 g	24% of kcal
Cholesterol	28 mg	Calcium	31 mg	Carbohydrates	20 g	35% of kcal
Sodium	1180 mg	Vitamin A	2019 IU	Total Fat	10 g	41% of kcal
Dietary Fiber	1 g	Vitamin C	20 mg	Saturated Fat	3 g	12% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Menus that Move



Chicken Stir-Fry (ES) Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

¼ cup vegetables (⅛ cup dark green, ⅛ cup other)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with ½ cup cooked brown rice.

Ingredients

Cornstarch	½ cup + 2 tsp (4-½ oz)
Water	½ cup
Soy sauce, low-sodium	½ cup
Ginger, ground	½ tsp
Garlic (dried), granulated	3 tbsp
Pepper, black	2 tsp
Chicken stock	2 qt
Chinese pea pods (raw)	2-½ lb
Spinach (raw)	2 lb
Popcorn chicken (frozen)*	10 lb

*USDA Foods

Instructions

1. Preheat oven to 375°F.
2. Combine cornstarch, water, soy sauce, ginger, garlic, and pepper; set aside.
3. Heat chicken stock to a boil and slowly stir in sauce mixture. Return to simmer. Cook 3 – 5 minutes, stirring occasionally, until thickened. Remove from heat.
4. Carefully wash pea pods and spinach. Place pea pods and spinach in a 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). Drain excess liquid from cooked vegetables.
5. Add sauce to vegetable mixture in steam table pan. Cover and hold for hot service.
CCP: Hold vegetable mixture for hot service at 135°F or higher.
6. Place frozen popcorn chicken bites in a single layer on a baking sheet in an oven. Bake at 375°F for approximately 10 – 12 minutes.
CCP: Heat chicken until internal temperature reaches 165°F for at least 15 seconds.
CCP: Hold chicken for hot service at 135°F or higher.
7. At serving time, portion 2 oz chicken (¼-cup ladle) with ¼ cup vegetables over ½ cup cooked rice.

Chicken Stir-Fry (ES)

(continued)

Nutrition Information

Calories	222 kcal	Iron	3 mg	Protein	14 g	24% of kcal
Cholesterol	28 mg	Calcium	31 mg	Carbohydrates	20 g	35% of kcal
Sodium	1180 mg	Vitamin A	2019 IU	Total Fat	10 g	41% of kcal
Dietary Fiber	1 g	Vitamin C	20 mg	Saturated Fat	3 g	12% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Menus that Move



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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

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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 [†]	0 g	0% of kcal

[†]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

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Eagle Tostada (ES)

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
 ¾ cup vegetables (¼ cup red/orange, ¼ cup legumes,
 ¼ cup other)
 1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: 1 tostada

Ingredients

Corn tortillas, 6", without salt	25 each
Beef taco filling, Reduced-Fat*	2-½ lb
Refried beans*	1 qt + 2-¼ cups
Cheddar cheese, Reduced-Fat, shredded*	1-½ lb
Lettuce, shredded	1 qt + 2-¼ cups (about ¾ lb)
Tomatoes (canned), diced, drained	1 qt + 2-¼ cups

*USDA Foods

Instructions

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

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

2. Preheat oven to 350°F. Lightly coat baking sheet with pan release spray.

3. Place tortillas on prepared baking sheet. Spread ¼ cup refried beans, 1.58 oz (¼ cup) beef filling, and 1 oz (¼ cup) cheese on each tortilla.

4. Heat tostadas at 350°F in oven until cheese is melted.

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

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

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

Nutrition Information

Calories	261 kcal	Iron	3 mg	Protein	19 g	29% of kcal
Cholesterol	38 mg	Calcium	398 mg	Carbohydrates	26 g	41% of kcal
Sodium	643 mg	Vitamin A	998 IU	Total Fat	10 g	35% of kcal
Dietary Fiber	6 g	Vitamin C	11 mg	Saturated Fat	5 g	16% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Eagle Tostada (ES)

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

¾ cup vegetables (¼ cup red/orange, ¼ cup legumes, ¼ cup other)

1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: 1 tostada

Ingredients

Corn tortillas, 6", without salt	50 each
Beef taco filling, Reduced-Fat*	5 lb
Refried beans*	3 qt + ½ cup
Cheddar cheese, Reduced-Fat, shredded*	3 lb + 2 oz
Lettuce, shredded	3 qt + ½ cup (about 1.5 lb)
Tomatoes (canned), diced, drained	3 qt + ½ cup

*USDA Foods

Instructions

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

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

- Preheat oven to 350°F. Lightly coat baking sheet with pan release spray.
- Place tortillas on prepared baking sheet. Spread ¼ cup refried beans, 1.58 oz (¼ cup) beef filling, and 1 oz (¼ cup) cheese on each tortilla.

- Heat tostadas at 350°F in oven until cheese is melted.

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

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

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

Nutrition Information

Calories	261 kcal	Iron	3 mg	Protein	19 g	29% of kcal
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				Trans Fat [†]	0 g	0% of kcal

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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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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 (⅝ cup dark green, ⅛ 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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

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

Lemon Broccoli

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

Portion Size: ½ cup (#8 scoop)

Ingredients

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

Instructions

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

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 [†]	0 g	0% of kcal

[†]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

- Preheat convection oven to 375°F.
- 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.
- 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 [†]	<1 g	1% of kcal

[†]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

- Preheat convection oven to 375°F.
- 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.
- 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 [†]	<1 g	1% of kcal

[†]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*	1-¾ bags
Water	3 gal
Rotini, whole grain-rich*	1 lb + 7 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	250 kcal	Iron	3 mg	Protein	19 g	30% of kcal
Cholesterol	55 mg	Calcium	68 mg	Carbohydrates	29 g	46% of kcal
Sodium	305 mg	Vitamin A	651 IU	Total Fat	9 g	33% of kcal
Dietary Fiber	4.6 g	Vitamin C	19 mg	Saturated Fat	3 g	12% of kcal
				Trans Fat [†]	0.5 g	1% 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*	2 lb + 14 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 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	250 kcal	Iron	3 mg	Protein	19 g	30% of kcal
Cholesterol	55 mg	Calcium	68 mg	Carbohydrates	29 g	46% of kcal
Sodium	305 mg	Vitamin A	651 IU	Total Fat	9 g	33% of kcal
Dietary Fiber	4.6 g	Vitamin C	19 mg	Saturated Fat	3 g	12% of kcal
				Trans Fat [†]	0.5 g	1% of kcal

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

Santa Fe Wrap (ES)

Number of Portions: 25

HACCP Process: #1 No Cook
(Hot variation: #2 Same Day Service)

One portion provides: 2 oz-eq meat/meat alternate
0.75 oz-eq grains (0.75 oz-eq whole grain-rich)
¼ cup vegetables (¼ cup other)

Portion Size: ½ wrap

Ingredients

Chicken (cooked), diced*	3 lb + 2 oz
Salsa (canned), low-sodium*	½ cup
Ranch dressing, light	½ cup
Chipotle flavor concentrate	1 tsp
Romaine lettuce	13-½ oz (~3 cups)
Tomatoes (fresh), chopped	3-⅓ cups (~5 medium tomatoes)
Corn (frozen kernels)*	3-⅓ cups
Cheddar cheese, Low-Fat, shredded*	1 cup (4 oz)
Tortillas, whole grain-rich, 8"*	12-½ each

*USDA Foods

Instructions

1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 - 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
2. In a bowl, mix together salsa, ranch dressing, and chipotle flavor concentrate until well combined.
3. In a separate bowl, combine the lettuce, tomatoes, corn, and cheese. Toss with dressing mixture until evenly coated.
4. Drain thawed chicken.

For cold service:

4. Arrange 2 oz (¼ cup) chicken down the middle of a tortilla. Lay 1 cup of lettuce mixture on top. Fold edges and roll tortilla. Repeat with remaining tortillas.
CCP: Hold for cold service at 41°F or lower.

For hot service:

5. Place thawed chicken in steam table pan and heat until internal temperature reaches 165°F or higher for at least 15 seconds.
CCP: Heat chicken to 165°F or higher for at least 15 seconds.
6. At service, place 2 oz (¼ cup) heated chicken on tortilla. Top with 1 cup of lettuce mixture. Fold edges and roll tortilla.
CCP: Hold chicken for hot service at 135°F or higher.
CCP: Hold lettuce mixture for cold service at 41°F or lower.

Santa Fe Wrap (ES)

(continued)

Nutrition Information

Calories	213 kcal	Iron	2 mg	Protein	21 g	39% of kcal
Cholesterol	52 mg	Calcium	88 mg	Carbohydrates	17 g	31% of kcal
Sodium	298 mg	Vitamin A	1074 IU	Total Fat	7 g	30% of kcal
Dietary Fiber	3 g	Vitamin C	7 mg	Saturated Fat	2 g	8% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Santa Fe Wrap (ES)

Number of Portions: 50

HACCP Process: #1 No Cook
(Hot variation: #2 Same Day Service)

One portion provides: 2 oz-eq meat/meat alternate
 0.75 oz-eq grains (0.75 oz-eq whole grain-rich)
 ¼ cup vegetables (¼ cup other)

Portion Size: ½ wrap

Ingredients

Chicken (cooked), diced*	6 lb + 4 oz
Salsa (canned), low-sodium*	1 cup
Ranch dressing, light	1 cup
Chipotle flavor concentrate	2 tsp
Romaine lettuce	1 lb + 11 oz oz (~5 cups)
Tomatoes (fresh), chopped	1 qt + 2-¾ cups (~10 medium tomatoes)
Corn (frozen kernels)*	1 qt + 2-¾ cups
Cheddar cheese, Low-Fat, shredded*	2 cups (8 oz)
Tortillas, whole grain-rich, 8"	*25 each

*USDA Foods

Instructions

- To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 - 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
- In a bowl, mix together salsa, ranch dressing, and chipotle flavor concentrate until well combined.
- In a separate bowl, combine the lettuce, tomatoes, corn, and cheese. Toss with dressing mixture until evenly coated.
- Drain thawed chicken.

For cold service:

- Arrange 2 oz (¼ cup) chicken down the middle of a tortilla. Lay 1 cup of lettuce mixture on top. Fold edges and roll tortilla. Repeat with remaining tortillas.

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

For hot service:

- Place thawed chicken in steam table pan and heat until internal temperature reaches 165°F or higher for at least 15 seconds.
 CCP: Heat chicken to 165°F or higher for at least 15 seconds.
- At service, place 2 oz (¼ cup) heated chicken on tortilla. Top with 1 cup of lettuce mixture. Fold edges and roll tortilla.

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

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

Santa Fe Wrap (ES)

(continued)

Nutrition Information

Calories	213 kcal	Iron	2 mg	Protein	21 g	39% of kcal
Cholesterol	52 mg	Calcium	88 mg	Carbohydrates	17 g	31% of kcal
Sodium	298 mg	Vitamin A	1074 IU	Total Fat	7 g	30% of kcal
Dietary Fiber	3 g	Vitamin C	7 mg	Saturated Fat	2 g	8% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Spicy Mexican Chicken

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)

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with 1.5 oz whole grain tortilla chips

Ingredients

Chicken, diced, cooked (frozen)*	1-lb + 9 oz
Chipotle chili pepper, ground	½ tsp
Black pepper	1 tsp
Garlic powder	2 tsp
Cream of chicken soup, Healthy Request	4-¼ cans (10.75 oz each; ~5-¼ cups total)
Cheddar cheese, reduced fat, shredded*	1 lb + 9 oz (~6 cups)
Yellow onion (raw), chopped	1 cup (~2 small onions)
Green chilies (canned), diced	4 oz
Black beans (canned), low-sodium*	1 qt + 2-¼ cups

*USDA Foods

Instructions

1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 - 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
2. Heat chicken thoroughly (approximately 15 minutes).
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
3. Meanwhile, combine pepper, garlic powder, chipotle spice, and soup.
4. While chicken is hot, toss chicken with spice mixture.
5. Drain and rinse black beans. Drain diced green chilies. Chop onion. In a large bowl, combine beans, chilies, and onion.
6. Spray 20" x 12" x 2" hotel pan with pan release spray. Layer chicken mixture in bottom of pan. Add a layer of beans, chilies, and onion. Top with cheese.
7. Heat, uncovered, for 30 minutes until golden and bubbly. Remove from oven.
 CCP: Hot hold for service at 135°F or higher.

Spicy Mexican Chicken

(continued)

Nutrition Information

Calories	185 kcal	Iron	2.44 mg	Protein	20 g	43% of kcal
Cholesterol	34 mg	Calcium	142 mg	Carbohydrates	16.5 g	35% of kcal
Sodium	607 mg	Vitamin A	276 IU	Total Fat	4.8 g	23% of kcal
Dietary Fiber	5 g	Vitamin C	4 mg	Saturated Fat	1.8 g	9% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Menus that Move



Spicy Mexican Chicken

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)

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with 1.5 oz whole grain tortilla chips.

Ingredients

Chicken, precooked, diced*	3-lb + 2 oz
Chipotle chili pepper, ground	1 tsp
Black pepper, ground	2 tsp
Garlic powder	1 tbsp + 1 tsp
Cream of chicken soup, Healthy Request	8-⅓ can (10.75 oz each; ~10-½ cups total)
Cheddar cheese, reduced-fat, shredded*	3 lb + 2 oz (~12 cups)
Yellow onion (raw), chopped	2 cups (~4 small onions)
Green chilies (canned), diced	8 oz
Black beans (canned), low-sodium*	3 qt + ½ cup

*USDA Foods

Instructions

- To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 - 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
- Heat chicken thoroughly (approximately 15 minutes).
CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
- Meanwhile, combine pepper, garlic powder, chipotle spice, and soup.
- While chicken is hot, toss chicken with spice mixture.
- Drain and rinse black beans. Drain diced green chilies. Chop onion. In a large bowl, combine beans, chilies, and onion.
- Spray 20" x 12" x 2" hotel pan with pan release spray. Layer chicken mixture in bottom of pan. Add a layer of beans, chilies, and onion. Top with cheese.
- Heat, uncovered, for 30 minutes until golden and bubbly. Remove from oven.
CCP: Hot hold for service at 135°F or higher.

Nutrition Information

Calories	185 kcal	Iron	2.44 mg	Protein	20 g	43% of kcal
Cholesterol	34 mg	Calcium	142 mg	Carbohydrates	16.5 g	35% of kcal
Sodium	607 mg	Vitamin A	276 IU	Total Fat	4.8 g	23% of kcal
Dietary Fiber	5 g	Vitamin C	4 mg	Saturated Fat	1.8 g	9% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]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 [†]	<1 g	<1% of kcal

[†]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 [†]	<1 g	<1% of kcal

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

Spring/Summer Fruit Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ½ cup fruit

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with Honey-Mint Citrus Dressing.

Ingredients

Strawberries (fresh)	2 lb
Bananas (fresh)	2-½ lb
Blueberries (fresh)	1 lb

Instructions

1. Wash berries. Slice strawberries. Cut bananas into chunks. Combine prepared fruit.
2. Toss fruit with honey mint citrus dressing and refrigerate until serving.
 CCP: Cool to 41°F or lower within 4 hours.
 CCP: Hold fruit salad at 41°F or lower for cold service.

Nutrition Information

Calories	61 kcal	Iron	<1 mg	Protein	1 g	6% of kcal
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	15 g	101% of kcal
Sodium	1 mg	Vitamin A	42 IU	Total Fat	<1 g	5% of kcal
Dietary Fiber	2 g	Vitamin C	26 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Spring/Summer Fruit Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ½ cup fruit

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with Honey-Mint Citrus Dressing.

Ingredients

Strawberries (fresh)	3-¾ lb
Bananas (fresh)	5 lb
Blueberries (fresh)	2 lb

Instructions

1. Wash berries. Slice strawberries. Cut bananas into chunks. Combine prepared fruit.
2. Toss fruit with honey mint citrus dressing and refrigerate until serving.
 CCP: Cool to 41°F or lower within 4 hours.
 CCP: Hold fruit salad at 41°F or lower for cold service.

Nutrition Information

Calories	61 kcal	Iron	<1 mg	Protein	1 g	6% of kcal
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	15 g	101% of kcal
Sodium	1 mg	Vitamin A	42 IU	Total Fat	<1 g	5% of kcal
Dietary Fiber	2 g	Vitamin C	26 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

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

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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

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

Wokin' Orange Chicken Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

½ cup vegetables (¼ cup red/orange, ⅛ cup dark green,

⅛ cup other)

Portion Size: ½ cup vegetable mixture + 2 oz popcorn chicken

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

Popcorn chicken*	5 lb
Sweet and sour sauce	3 cups
Spinach (frozen), chopped or leaf	2-¼ lb
Carrots (frozen), sliced*	2-½ lb
Pepper strip blend (frozen)	1 qt + 2 cups

*USDA Foods

Instructions

1. Preheat oven to 375°F.
2. Place frozen popcorn chicken bites in a single layer on baking sheet. Bake chicken 10 – 12 minutes or until internal temperature reaches 165°F.
CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
3. Combine spinach, carrots, and pepper strip blend with sweet and sour sauce. Stir lightly to coat.
4. Place vegetable mixture in steamer and heat for 5 – 8 minutes or until vegetables are tender.
CCP: Hot hold vegetable mixture at 135°F or higher until service.

Nutrition Information

Calories	288 kcal	Iron	3 mg	Protein	14 g	19% of kcal
Cholesterol	28 mg	Calcium	71 mg	Carbohydrates	34 g	47% of kcal
Sodium	1020 mg	Vitamin A	12,419 IU	Total Fat	11 g	33% of kcal
Dietary Fiber	3 g	Vitamin C	9 mg	Saturated Fat	3 g	10% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Wokin' Orange Chicken Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
 1 oz-eq grains
 ½ cup vegetables (¼ cup red/orange, 1/8 cup dark green, 1/8 cup other)

Portion Size: ½ cup vegetable mixture + 2 oz popcorn chicken

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

Popcorn chicken*	10 lb
Sweet and sour sauce	1 qt + 2 cups
Spinach (frozen), chopped or leaf	4-½ lb
Carrots (frozen), sliced*	5 lb
Pepper strip blend (frozen)	3 qt

*USDA Foods

Instructions

1. Preheat oven to 375°F.
2. Place frozen popcorn chicken bites in a single layer on baking sheet. Bake chicken 10 – 12 minutes or until internal temperature reaches 165°F.
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
3. Combine spinach, carrots, and pepper strip blend with sweet and sour sauce. Stir lightly to coat.
4. Place vegetable mixture in steamer and heat for 5 – 8 minutes or until vegetables are tender.
 CCP: Hot hold vegetable mixture at 135°F or higher until service

Nutrition Information

Calories	288 kcal	Iron	3 mg	Protein	14 g	19% of kcal
Cholesterol	28 mg	Calcium	71 mg	Carbohydrates	34 g	47% of kcal
Sodium	1020 mg	Vitamin A	12,419 IU	Total Fat	11 g	33% of kcal
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