

# 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
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.

# American Harvest Salad

Number of Portions: 25

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

**One portion provides:** 3 oz-eq meat/meat alternate  
 1 cup vegetables (1 cup dark green)  
 ¼ cup fruit  
 1 oz-eq grains

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

## Ingredients

Popcorn chicken (frozen)*	5 lb
Apples, with skin, chopped	2-¼ lb (~7 medium apples)
Lemon juice (bottled)	3 cups
Romaine lettuce, torn	6-½ lb
Cranberries, dried	3 cups
Mozzarella cheese, reduced fat, shredded*	1-½ lb (6 cups)

\*USDA Foods

## Instructions

- Preheat oven to 375°F. Spray baking sheet with pan release spray.
- Bake popcorn chicken on prepared pans 10 – 12 minutes or until internal temperature reaches 165°F.  
 CCP: Heat chicken to 165°F or higher for 15 seconds.  
 CCP: Hold chicken for hot service at 135°F or higher.
- Chop apples into bite-sized pieces. Combine apples with lemon juice and stir together to coat apples.
- Portion 2 cups romaine lettuce into each container. Top salads with ¼ cup apples, 2 tbsp cranberries, and ½ oz cheese.  
 CCP: Hold cold salad components for cold service at 41°F or below.
- Just before serving, top salads with 3.2 oz hot cooked chicken.

## Nutrition Information

Calories	341 kcal	Iron†	2.8 mg	Protein	21 g	25% of kcal
Cholesterol	37 mg	Calcium†	241 mg	Carbohydrates	37 g	44% of kcal
Sodium	1054 mg	Vitamin A†	5765 IU	Total Fat	13 g	34% of kcal
Dietary Fiber	4 g	Vitamin C†	34 mg	Saturated Fat	5 g	14% of kcal
				Trans Fat†	0 g	0% of kcal

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

# American Harvest Salad

Number of Portions: 50

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

**One portion provides:** 3 oz-eq meat/meat alternate  
 1 cup vegetables (1 cup dark green)  
 ¼ cup fruit  
 1 oz-eq grains

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

## Ingredients

Popcorn chicken (frozen)*	10 lb
Apples, with skin, chopped	4-½ lb (~14 medium apples)
Lemon juice (bottled)	1 qt + 2 cups
Romaine lettuce, torn	13 lbs
Cranberries, dried	1 qt + 2 cups
Mozzarella cheese, reduced fat, shredded*	3 lbs (12 cups)

\*USDA Foods

## Instructions

- Preheat oven to 375°F. Spray baking sheet with pan release spray.
- Bake popcorn chicken on prepared pans 10 – 12 minutes or until internal temperature reaches 165°F.  
 CCP: Heat chicken to 165°F or higher for 15 seconds.  
 CCP: Hold chicken for hot service at 135°F or higher.
- Chop apples into bite-sized pieces. Combine apples with lemon juice and stir together to coat apples.
- Portion 2 cups romaine lettuce into each container. Top salads with ¼ cup apples, 2 tbsp cranberries, and ½ oz cheese.  
 CCP: Hold cold salad components for cold service at 41°F or below.
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## Nutrition Information

Calories	341 kcal	Iron†	2.8 mg	Protein	21 g	25% of kcal
Cholesterol	37 mg	Calcium†	241 mg	Carbohydrates	37 g	44% of kcal
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Dietary Fiber	4 g	Vitamin C†	34 mg	Saturated Fat	5 g	14% 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

- 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.
- Preheat oven to 375°F (or 325°F for convection oven). Spray one sheet pan (18" x 26" x 1") with pan release spray.
- Combine beef taco filling with refried beans, salsa, and shredded cheddar cheese.
- Steam tortillas for 3 minutes until warm OR place in warmer to prevent tortillas from tearing when folding.
- Portion beef and bean mixture with #8 scoop (1/2 cup) onto each tortilla. Fold tortilla around beef and bean mixture, envelope style.
- Place folded burritos seam side down onto prepared sheet pan.
- 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

- 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.
- Preheat oven to 375°F (or 325°F for convection oven). Spray two sheet pans (18" x 26" x 1") with pan release spray.
- Combine beef taco filling with refried beans, salsa, and shredded cheddar cheese.
- Steam tortillas for 3 minutes until warm OR place in warmer to prevent tortillas from tearing when folding.
- Portion beef and bean mixture with #8 scoop (1/2 cup) onto each tortilla. Fold tortilla around beef and bean mixture, envelope style.
- Place folded burritos seam side down onto prepared sheet pans, 33 – 35 burritos per pan.
- 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.



# Berry Crisp

Number of Portions: 25

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

**One portion provides:** ¼ cup fruit  
0.5 oz-eq grains (0.5 oz-eq whole grain-rich)

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

## Ingredients

Whole-wheat flour*	1-¾ cups (7 oz)
Rolled oats** <sup>a</sup>	1-½ cups (4-½ oz)
Brown sugar, packed	1-¼ cups (7-½ oz)
Salt	¼ tsp
Stick margarine <sup>b</sup>	8 oz (2 sticks)
Three-berry blend (frozen)	3 qt + 2 cups (3 lb + 14 oz)
Lemon juice (bottled)	2 tbsp
Whole-wheat flour*	2 tbsp
Sugar, granulated	⅔ cup (5-¼ oz)

\*USDA Foods

<sup>a</sup>4-1/2 oz rolled wheat may be substituted for oats.

<sup>b</sup>8 oz butter may be substituted for margarine.

## Instructions

1. Preheat conventional oven to 350°F (425°F for convection oven). Spray one half-size, 2"-deep steam table pan with pan release spray.
2. For topping, in mixer, combine 7 oz flour, rolled oats (or rolled wheat), brown sugar, salt, and margarine (or butter). Use a dough hook; mix until crumbly. Set aside.
3. Combine lemon juice, 2 tbsp flour, and berries. Stir gently. Place berry mixture into prepared pan.
4. Sprinkle granulated sugar over berries in each pan. Stir to combine.
5. Sprinkle topping evenly over berries in steam table pan.
6. Bake until topping is browned and crisp:  
Convection oven: 350°F for 25 – 35 minutes.  
Conventional oven: 425°F for 35 – 45 minutes.
7. Cool. Cut each pan 5 x 5 (25 pieces per pan)

## Nutrition Information

Calories	211 kcal	Iron	1 mg	Protein	2 g	9% of kcal
Cholesterol	0 mg	Calcium	24 mg	Carbohydrates	34 g	52% of kcal
Sodium	112 mg	Vitamin A	325 IU	Total Fat	8 g	37% of kcal
Dietary Fiber	4 g	Vitamin C	8 mg	Saturated Fat	2 g	6% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Berry Crisp

Number of Portions: 50

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

**One portion provides:** ¼ cup fruit

0.5 oz-eq grains (0.5 oz-eq whole grain-rich)

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

## Ingredients

Whole-wheat flour*	3-½ cups (14 oz)
Rolled oats* <sup>a</sup>	3 cups (9 oz)
Brown sugar, packed	2-½ cups (15 oz)
Salt	½ tsp
Stick margarine <sup>b</sup>	1 lb (4 sticks)
Three-berry blend (frozen)	7 qt (7 lb + 10 oz)
Lemon juice (bottled)	¼ cup
Whole-wheat flour*	¼ cup
Sugar, granulated	1-⅓ cup (10-½oz)

\*USDA Foods

<sup>a</sup>9 oz rolled wheat may be substituted for oats.

<sup>b</sup>1 lb butter may be substituted for margarine.

## Instructions

1. Preheat conventional oven to 350°F (425°F for convection oven). Spray one 20" x 12" x 2" steam table pan with pan release spray.
2. For topping, in mixer, combine 14 oz flour, rolled oats (or rolled wheat), brown sugar, salt, and margarine (or butter). Use a dough hook; mix until crumbly. Set aside.
3. Combine lemon juice, ¼ cup flour, and berries. Stir gently. Place berry mixture into prepared pan.
4. Sprinkle granulated sugar over berries in each pan. Stir to combine.
5. Sprinkle topping evenly over berries in steam table pan.
6. Bake until topping is browned and crisp:  
 Convection oven: 350°F for 25 – 35 minutes.  
 Conventional oven: 425°F for 35 – 45 minutes.
7. Cool. Cut each pan 5 x 10 (50 pieces per pan)

## Nutrition Information

Calories	211 kcal	Iron	1 mg	Protein	2 g	9% of kcal
Cholesterol	0 mg	Calcium	24 mg	Carbohydrates	34 g	52% of kcal
Sodium	112 mg	Vitamin A	325 IU	Total Fat	8 g	37% of kcal
Dietary Fiber	4 g	Vitamin C	8 mg	Saturated Fat	2 g	6% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Broccoli Salad

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 (fresh), chopped	3 lb + 12 oz.
Green onions, chopped	5 medium (~1 cup)
Vinegar	½ cup
Honey	¼ cup
Ginger (dried), ground	1 tbsp
Soy sauce, low-sodium	2-1/2 tbsp
Chow Mein noodles	1 cup
Sesame oil	1 tbsp

## Instructions

1. Wash broccoli and green onion. Chop broccoli into bite-sized pieces. Finely chop green onion.
2. Combine broccoli and green onions in a steam table pan. Steam 5 minutes to soften. Chill broccoli mixture 20 minutes in refrigerator. CCP: Hold broccoli mixture at or below 41°F.
3. Meanwhile, in a bowl, combine vinegar, honey, ginger, soy sauce, and oil. Stir well.
4. Mix broccoli with sauce. CCP: Hold salad for cold service at 41°F or below.
5. Break Chow Mein noodles into bite-sized pieces. Just before serving, top broccoli salad with noodles.

## Nutrition Information

Calories	49 kcal	Iron	.47 mg	Protein	1.9 g	16% of kcal
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	7.6 g	63% of kcal
Sodium	78 mg	Vitamin A	427 IU	Total Fat	1 g	21% of kcal
Dietary Fiber	1.8 g	Vitamin C	28 mg	Saturated Fat	.16 g	3% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Broccoli Salad

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 (fresh), chopped	7.5 lbs
Green onions, chopped	10 medium (~2 cups)
Vinegar	1 cup
Honey	½ cup
Ginger (dried), ground	2 tbsp
Soy sauce, low-sodium	¼ cup + 1 tbsp
Chow Mein noodles	2 cup
Sesame oil	2 tbsp

## Instructions

1. Wash broccoli and green onion. Chop broccoli into bite-sized pieces. Finely chop green onion.
2. Combine broccoli and green onions in a steam table pan. Steam 5 minutes to soften. Chill broccoli mixture 20 minutes in refrigerator. CCP: Hold broccoli mixture at or below 41°F.
3. Meanwhile, in a bowl, combine vinegar, honey, ginger, soy sauce, and oil. Stir well.
4. Mix broccoli with sauce. CCP: Hold salad for cold service at 41°F or below.
5. Break Chow Mein noodles into bite-sized pieces. Just before serving, top broccoli salad with noodles.

## Nutrition Information

Calories	49 kcal	Iron	.47 mg	Protein	1.9 g	16% of kcal
Cholesterol	0 mg	Calcium	18 mg	Carbohydrates	7.6 g	63% of kcal
Sodium	78 mg	Vitamin A	427 IU	Total Fat	1 g	21% of kcal
Dietary Fiber	1.8 g	Vitamin C	28 mg	Saturated Fat	.16 g	3% 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 +  $\frac{3}{4}$  tspp 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

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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
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 Philly

Number of Portions: 25

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

**One portion provides:** 3 oz-eq meat/meat alternate  
 2.5 oz-eq grains (2.5 oz-eq whole grain-rich)  
 ¼ cup vegetables (¼ cup other)

**Portion Size:** 1 sandwich

## Ingredients

Mini hoagie buns, whole grain-rich	25 each
Chicken fajita strips, cooked*	5-¾ lb
Pepper strip blend (frozen)	3 qt + ½ cup
Mozzarella cheese, part skim, shredded*	1 qt + 2-¼ cups

\*USDA Foods

## Instructions

1. Preheat conventional oven to 350°F (or 400°F for convection oven). Place frozen fajita strips in a single layer on sheet pans.
2. Bake fajita strips for 25 – 30 minutes in conventional oven (or 15 – 20 minutes for convection oven).  
 CCP: Heat chicken to 165°F or higher for 15 seconds.
3. Place frozen pepper strip blend in a 12" x 20" x 2" counter pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) until tender (approximately 3 – 5 minutes). **DO NOT OVERCOOK.** Drain excess liquid from vegetables.  
 CCP: Hold pepper strips for hot service at 135°F or higher.
4. Assemble sandwiches during tray service: place open hoagie bun on tray, top with 3.6 oz chicken fajita meat, ¼ cup pepper strips, and 1 oz cheese.

## Nutrition Information

Calories	386 kcal	Iron	4 mg	Protein	33 g	34% of kcal
Cholesterol	105 mg	Calcium	271 mg	Carbohydrates	35 g	36% of kcal
Sodium	1231 mg	Vitamin A	304 IU	Total Fat	13 g	29% of kcal
Dietary Fiber	4 g	Vitamin C	11 mg	Saturated Fat	5 g	12% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Chicken Philly

Number of Portions: 50

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

**One portion provides:** 3 oz-eq meat/meat alternate  
 2.5 oz-eq grains (2.5 oz-eq whole grain-rich)  
 ¼ cup vegetables (¼ cup other)

**Portion Size:** 1 sandwich

## Ingredients

Mini hoagie buns, whole grain-rich	50 each
Chicken fajita strips, cooked*	11-¼ lb
Pepper strip blend (frozen)	1-½ gal + 1 cup
Mozzarella cheese, part skim, shredded*	3 qt + ½ cup

\*USDA Foods

## Instructions

1. Preheat conventional oven to 350°F (or 400°F for convection oven). Place frozen fajita strips in a single layer on sheet pans.
2. Bake fajita strips for 25 – 30 minutes in conventional oven (or 15 – 20 minutes for convection oven).  
 CCP: Heat chicken to 165°F or higher for 15 seconds.
3. Place frozen pepper strip blend in a 12" x 20" x 2" counter pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) until tender (approximately 3 – 5 minutes). **DO NOT OVERCOOK.** Drain excess liquid from vegetables.  
 CCP: Hold pepper strips for hot service at 135°F or higher.
4. Assemble sandwiches during tray service: place open hoagie bun on tray, top with 3.6 oz chicken fajita meat, ¼ cup pepper strips, and 1 oz cheese.

## Nutrition Information

Calories	386 kcal	Iron	4 mg	Protein	33 g	34% of kcal
Cholesterol	105 mg	Calcium	271 mg	Carbohydrates	35 g	36% of kcal
Sodium	1231 mg	Vitamin A	304 IU	Total Fat	13 g	29% of kcal
Dietary Fiber	4 g	Vitamin C	11 mg	Saturated Fat	5 g	12% 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†	0 g	0% of kcal

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

# Eagle Tostada (HS)

Number of Portions: 25

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

**One portion provides:** 3 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*	5 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

- 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 baking sheet. Spread ¼ cup refried beans, 3.17 oz (½ cup) beef filling, and 1 oz (¼ cup) cheese on each tortilla.
- Heat tostadas at 350°F in oven until cheese is melted.
- At service, top each tostada with ¼ cup shredded lettuce and ¼ cup diced tomatoes.

CCP: Hold baked tostadas for hot service at 135°F or higher.  
CCP: Hold lettuce and tomatoes at 41°F or lower for cold service.

## Nutrition Information

Calories	317 kcal	Iron	4 mg	Protein	25 g	32% of kcal
Cholesterol	55 mg	Calcium	419 mg	Carbohydrates	28 g	36% of kcal
Sodium	790 mg	Vitamin A	1323 IU	Total Fat	13 g	36% of kcal
Dietary Fiber	7 g	Vitamin C	14 mg	Saturated Fat	6 g	16% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Eagle Tostada (HS)

Number of Portions: 50

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

**One portion provides:** 3 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*	10 lb
Refried beans*	3 qt + ½ cup
Cheddar cheese, Reduced-Fat, shredded*	3 lb + 2 oz
Lettuce, shredded	3 qt + ½ cup (about 1-½ 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 baking sheet. Spread ¼ cup refried beans, 3.17 oz (½ 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	317 kcal	Iron	4 mg	Protein	25 g	32% of kcal
Cholesterol	55 mg	Calcium	419 mg	Carbohydrates	28 g	36% of kcal
Sodium	790 mg	Vitamin A	1323 IU	Total Fat	13 g	36% of kcal
Dietary Fiber	7 g	Vitamin C	14 mg	Saturated Fat	6 g	16% 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: 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.

# Honey Mustard Chicken Wrap

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 other)

**Portion Size:** 1 wrap

## Ingredients

Tortillas, whole grain-rich, 8"*	25 each
Chicken, cooked, diced (frozen)*	3 lb + 2 oz
Broccoli slaw	2-½ lb
Honey mustard dressing, Reduced-Fat	1-½ qt

\*USDA Foods

## Instructions

1. To thaw diced chicken: keep diced chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36 - 41°F for 24 hours. Use within 2 days after thawing. Chicken meat is cooked and ready to eat after thawing without reheating.
2. To assemble wraps, top each tortilla with ½ cup broccoli slaw, 2 oz diced chicken, and 1 oz honey mustard dressing. Fold in the sides of the tortilla and then roll from the bottom up. Cut wraps in half.
3. Package each wrap in a sandwich container and serve cold.  
CCP: Hold wraps for cold service at 41°F or below.

## Nutrition Information

Calories	300 kcal	Iron	2 mg	Protein	22 g	29% of kcal
Cholesterol	51 mg	Calcium	149 mg	Carbohydrates	31 g	41% of kcal
Sodium	658 mg	Vitamin A	969 IU	Total Fat	10 g	29% of kcal
Dietary Fiber	4 g	Vitamin C	39 mg	Saturated Fat	2 g	6% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Honey Mustard Chicken Wrap

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 other)

**Portion Size:** 1 wrap

## Ingredients

Tortillas, whole grain-rich, 8"*	50 each
Chicken, cooked, diced (frozen)*	6-¼ lb
Broccoli slaw	5 lb
Honey mustard dressing, Reduced-Fat	3 qt

\*USDA Foods

## Instructions

1. To thaw diced chicken: keep diced chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36 - 41°F for 24 hours. Use within 2 days after thawing. Chicken meat is cooked and ready to eat after thawing without reheating.
2. To assemble wraps, top each tortilla with ½ cup broccoli slaw, 2 oz diced chicken, and 1 oz honey mustard dressing. Fold in the sides of the tortilla and then roll from the bottom up. Cut wraps in half.
3. Package each wrap in a sandwich container and serve cold.  
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## Nutrition Information

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Cholesterol	51 mg	Calcium	149 mg	Carbohydrates	31 g	41% of kcal
Sodium	658 mg	Vitamin A	969 IU	Total Fat	10 g	29% of kcal
Dietary Fiber	4 g	Vitamin C	39 mg	Saturated Fat	2 g	6% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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



# Hot Italian Sub

Number of Portions: 25

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

**One portion provides:** 2.5 oz-eq meat/meat alternate  
2.5 oz-eq grains (2.5 oz-eq whole grain-rich)

**Portion Size:** 1 sandwich

## Ingredients

Mini hoagie buns, whole grain-rich	25 each
Turkey ham	25 slices
Turkey bologna	25 slices
Turkey salami	50 slices
Mozzarella cheese, part skim, shredded*	12-½ oz

\*USDA Foods

## Instructions

1. Preheat oven to 300°F.
2. To assemble subs:  
Place open hoagie buns on individual foil sheets.  
Layer each bun with 1 slice of turkey ham (0.5 oz), 1 slice of turkey bologna (0.5 oz), and 2 slices of turkey salami (1 oz).  
Top meat with ½ oz (⅓ cup) mozzarella cheese.
3. Fold sandwich together. Wrap in foil sheets.
4. Place wrapped subs on sheet pan and bake at 300°F for 15 minutes.  
CCP: Heat sandwiches to 165°F or higher for 15 seconds.  
CCP: Hold sandwiches for hot service at 135°F or higher.

## Nutrition Information

Calories	303 kcal	Iron	4 mg	Protein	19 g	25% of kcal
Cholesterol	55 mg	Calcium	196 mg	Carbohydrates	31 g	41% of kcal
Sodium	1029 mg	Vitamin A <sup>†</sup>	58 IU	Total Fat	11 g	34% of kcal
Dietary Fiber	4 g	Vitamin C	1 mg	Saturated Fat	4 g	11% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Hot Italian Sub

Number of Portions: 50

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

**One portion provides:** 2.5 oz-eq meat/meat alternate  
2.5 oz-eq grains (2.5 oz-eq whole grain-rich)

**Portion Size:** 1 sandwich

## Ingredients

- Mini hoagie buns, whole grain-rich 50 each
- Turkey ham 50 slices
- Turkey bologna 50 slices
- Turkey salami 100 slices
- Mozzarella cheese, part skim, shredded\* 1 lb + 9 oz

\*USDA Foods

## Instructions

1. Preheat oven to 300°F.
2. To assemble subs:  
Place open hoagie buns on individual foil sheets.  
Layer each bun with 1 slice of turkey ham (0.5 oz), 1 slice of turkey bologna (0.5 oz), and 2 slices of turkey salami (1 oz).  
Top meat with ½ oz (⅛ cup) mozzarella cheese.
3. Fold sandwich together. Wrap in foil sheets.
4. Place wrapped subs on sheet pan and bake at 300°F for 15 minutes.  
CCP: Heat sandwiches to 165°F or higher for 15 seconds.  
CCP: Hold sandwiches for hot service at 135°F or higher.

## Nutrition Information

Calories	303 kcal	Iron	4 mg	Protein	19 g	25% of kcal
Cholesterol	55 mg	Calcium	196 mg	Carbohydrates	31 g	41% of kcal
Sodium	1029 mg	Vitamin A <sup>†</sup>	58 IU	Total Fat	11 g	34% of kcal
Dietary Fiber	4 g	Vitamin C	1 mg	Saturated Fat	4 g	11% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Mexican 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*	1 lb + 9 oz
Water	1 qt + 3-¾ cups
Tub margarine, reduced-fat	1 tbsp + 1-½ tsp
Salsa, low-sodium*	3-⅛ cups
Cumin, ground	½ tbsp
Cilantro, dried	½ tbsp
Garlic powder	⅜ tsp
Onion powder	⅜ tsp

\*USDA Foods

## Instructions

1. Place rice in steam table pan.
2. Add water, salsa, tub margarine, and seasonings. Stir and cover with foil or metal lid.
3. Steam for 20 minutes or until tender.  
CCP: Hot hold at 135°F or higher for service.

## Nutrition Information

Calories	121 kcal	Iron	1 mg	Protein	3 g	9% of kcal
Cholesterol	0 mg	Calcium	15 mg	Carbohydrates	24 g	81% of kcal
Sodium	48 mg	Vitamin A	206 IU	Total Fat	1 g	10% of kcal
Dietary Fiber	1 g	Vitamin C	1 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Mexican 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*	3 lb + 2 oz
Water	3 qt + 3-½ cups
Tub margarine, reduced-fat	3 tbsp + ½ tsp
Salsa, low-sodium*	1 qt + 2-¼ cups
Cumin, ground	1 tbsp + ⅛ tsp
Cilantro, dried	1 tbsp + ⅛ tsp
Garlic powder	¾ tsp
Onion powder	¾ tsp

\*USDA Foods

## Instructions

- Place rice in steam table pan.
- Add water, salsa, tub margarine, and seasonings. Stir and cover with foil or metal lid.
- Steam for 20 minutes or until tender.  
CCP: Hot hold at 135°F or higher for service.

## Nutrition Information

Calories	121 kcal	Iron	1 mg	Protein	3 g	9% of kcal
Cholesterol	0 mg	Calcium	15 mg	Carbohydrates	24 g	81% of kcal
Sodium	48 mg	Vitamin A	206 IU	Total Fat	1 g	10% of kcal
Dietary Fiber	1 g	Vitamin C	1 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

## Pasta Salad

Number of Portions: 25

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

**One portion provides:** 1 oz-eq grains (1 oz-eq whole grain-rich)  
 $\frac{3}{8}$  cup vegetables ( $\frac{1}{4}$  cup legumes,  $\frac{1}{8}$  cup other)

**Portion Size:**  $\frac{3}{4}$  cup (#6 scoop)

### Ingredients

Rotini, whole grain-rich*	2- $\frac{1}{2}$ lb
Water	5 gal
Cucumbers, peeled, chopped	3 cups (1 – 2 cucumbers)
Green peppers, chopped	1- $\frac{3}{4}$ pint (3 – 4 peppers)
Carrots, shredded	3 cups (~6 medium carrots)
Cherry tomatoes	1- $\frac{3}{4}$ pint (~30 cherry tomatoes)
Pinto beans, canned, low-sodium*	6- $\frac{1}{4}$ cups
Cheddar cheese, reduced-fat, shredded*	4 oz (1 cup)
Italian salad dressing, reduced-fat	2 cups
Mayonnaise, reduced-fat	1 cup

\*USDA Foods

### Instructions

1. Heat water to rolling boil. Slowly add rotini, stirring constantly. Cook for 8 – 10 minutes. **DO NOT OVERCOOK.**
2. Drain pasta well. Rinse under cold water. Cover and refrigerate until completely cooled. Pasta can be prepared one day ahead.  
 CCP: Cool to 41°F or lower within 4 hours.
3. Wash vegetables. Chop cucumbers and peppers. Shred carrots.
4. Drain and rinse beans.
5. Combine vegetables, beans, and pasta. Stir well.
6. In a separate bowl, mix mayonnaise and Italian dressing well. Add dressing mixture to pasta mixture and toss lightly to combine and coat evenly. Cover and refrigerate until service.  
 CCP: Hold for cold service at 41°F or lower.
7. Just before service, add cheese to pasta salad and stir to combine.

### Nutrition Information

Calories	281 kcal	Iron	3 mg	Protein	11 g	16% of kcal
Cholesterol	4 mg	Calcium	128 mg	Carbohydrates	49 g	70% of kcal
Sodium	424 mg	Vitamin A	2532 IU	Total Fat	6 g	19% of kcal
Dietary Fiber	8 g	Vitamin C	22 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.

# Pasta Salad

Number of Portions: 50

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

**One portion provides:** 1 oz-eq grains (1 oz-eq whole grain-rich)  
 $\frac{3}{8}$  cup vegetables ( $\frac{1}{4}$  cup legumes,  $\frac{1}{8}$  cup other)

**Portion Size:**  $\frac{3}{4}$  cup (#6 scoop)

## Ingredients

Rotini, whole grain-rich*	5 lb
Water	10 gal
Cucumbers, peeled, chopped	1 qt + 2 cups (3 – 4 cucumbers)
Green peppers, chopped	3-½ pint (7 – 8 peppers)
Carrots, shredded	1 qt + 2 cups (~12 medium carrots)
Cherry tomatoes	3-½ pint (~60 cherry tomatoes)
Pinto beans, canned, low-sodium*	3 qt + ½ cup
Cheddar cheese, reduced-fat, shredded*	8 oz (2 cups)
Italian salad dressing, reduced-fat	1 qt
Mayonnaise, reduced-fat	2 cups

\*USDA Foods

## Instructions

- Heat water to rolling boil. Slowly add rotini, stirring constantly. Cook for 8 – 10 minutes. **DO NOT OVERCOOK.**
- Drain pasta well. Rinse under cold water. Cover and refrigerate until completely cooled. Pasta can be prepared one day ahead.  
 CCP: Cool to 41°F or lower within 4 hours.
- Wash vegetables. Chop cucumbers and peppers. Shred carrots.
- Drain and rinse beans.
- Combine vegetables, beans, and pasta. Stir well.
- In a separate bowl, mix mayonnaise and Italian dressing well. Add dressing mixture to pasta mixture and toss lightly to combine and coat evenly. Cover and refrigerate until service.  
 CCP: Hold for cold service at 41°F or lower.
- Just before service, add cheese to pasta salad and stir to combine.

## Nutrition Information

Calories	281 kcal	Iron	3 mg	Protein	11 g	16% of kcal
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Dietary Fiber	8 g	Vitamin C	22 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.

## Pizza Wrap

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)

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

**Portion Size:** 1 wrap

### Ingredients

Tortillas, whole grain-rich, 8"*	25 each
Marinara sauce*	1-½ cups + 1 tbsp
Beef crumbles*	2 lb
Mozzarella cheese, part skim*	1 lb + 9 oz
Spinach leaves (raw)	1 qt + 2-¼ cups
Tomatoes, fresh, chopped	1-½ cups + 1 tbsp

\*USDA Foods

### Instructions

- Place sealed bag of beef crumbles in steamer for 30 minutes or until internal temperature reaches 165°F or higher for 15 seconds.  
CAUTION: Open bag carefully to avoid being burned.  
CCP: Heat beef crumbles to 165°F or higher for 15 seconds.
- Preheat oven to 350°F. Lightly coat sheet pans with pan release spray.
- Arrange tortillas on prepared sheet pans.
- Spread 1 oz. marinara sauce (2 tbsp) on each tortilla. Top each tortilla with 1 oz (¼ cup) beef crumbles and 1 oz (¼ cup) shredded cheese.
- Bake tortillas for 5 minutes or until cheese is melted.  
CCP: Hold at 135°F or higher for hot service.
- Just before service, top each tortilla with ¼ cup spinach and 1 tbsp tomatoes. Serve open-faced.

### Nutrition Information

Calories	303 kcal	Iron	2 mg	Protein	18 g	24% of kcal
Cholesterol	41 mg	Calcium	328 mg	Carbohydrates	24 g	31% of kcal
Sodium	714 mg	Vitamin A	1093 IU	Total Fat	15 g	44% of kcal
Dietary Fiber	4 g	Vitamin C	5 mg	Saturated Fat	7 g	20% of kcal
				Trans Fat <sup>†</sup>	<1 g	1% of kcal

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

# Pizza Wrap

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)

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

**Portion Size:** 1 wrap

## Ingredients

Tortillas, whole grain-rich, 8"*	50 each
Marinara sauce*	3-⅛ cups
Beef crumbles*	3-¾ lb
Mozzarella cheese, part skim*	3 lb + 2 oz
Spinach leaves (raw)	3 qt + ½ cup
Tomatoes, fresh, chopped	3-⅛ cups

\*USDA Foods

## Instructions

- Place sealed bag of beef crumbles in steamer for 30 minutes or until internal temperature reaches 165°F or higher for 15 seconds.  
CAUTION: Open bag carefully to avoid being burned.  
CCP: Heat beef crumbles to 165°F or higher for 15 seconds.
- Preheat oven to 350°F. Lightly coat sheet pans with pan release spray.
- Arrange tortillas on prepared sheet pans.
- Spread 1 oz. marinara sauce (2 tbsp) on each tortilla. Top each tortilla with 1 oz (¼ cup) beef crumbles and 1 oz (¼ cup) shredded cheese.
- Bake tortillas for 5 minutes or until cheese is melted.  
CCP: Hold at 135°F or higher for hot service.
- Just before service, top each tortilla with ¼ cup spinach and 1 tbsp tomatoes. Serve open-faced.

## Nutrition Information

Calories	303 kcal	Iron	2 mg	Protein	18 g	24% of kcal
Cholesterol	41 mg	Calcium	328 mg	Carbohydrates	24 g	31% of kcal
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				Trans Fatt	<1 g	1% of kcal

†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 a pproximately 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
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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 (HS)

Number of Portions: 25

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

**One portion provides:** 3 oz-eq meat/meat alternate  
 1.5 oz-eq grains (1.5 oz-eq whole grain-rich)  
 ¾ cup vegetables (¾ cup red/orange)

**Portion Size:** 1-½ cups (12-oz ladle)

## Ingredients

Meat Sauce, Reduced-Fat*	1-¾ bags
Marinara sauce*	1 qt + 2 cups
Water	6 gal
Rotini, whole grain-rich*	2 lb + 1 ½ oz
Mozzarella cheese, reduced fat, shredded*	1 lb + 9 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. Top with cheese, 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	384 kcal	Iron	4 mg	Protein	30 g	30% of kcal
Cholesterol	64 mg	Calcium	318 mg	Carbohydrates	44 g	45% of kcal
Sodium	776 mg	Vitamin A	1011 IU	Total Fat	13 g	31% of kcal
Dietary Fiber	7 g	Vitamin C	25 mg	Saturated Fat	6 g	13% of kcal
				Trans Fat†	0.5 g	1% of kcal

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

# Rotini & Meat Sauce (HS)

Number of Portions: 50

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

**One portion provides:** 3 oz-eq meat/meat alternate  
 1.5 oz-eq grains (1.5 oz-eq whole grain-rich)  
 ¾ cup vegetables (¾ cup red/orange)

**Portion Size:** 1-½ cups (12-oz ladle)

## Ingredients

Meat Sauce, Reduced-Fat*	3-½ bags
Marinara sauce*	3 qt
Water	12 gal
Rotini, whole grain-rich*	4 lb + 3 oz
Mozzarella cheese, reduced fat, shredded*	3 lb + 2 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. Top with cheese, 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	384 kcal	Iron	4 mg	Protein	30 g	30% of kcal
Cholesterol	64 mg	Calcium	317 mg	Carbohydrates	44 g	45% of kcal
Sodium	776 mg	Vitamin A	1011 IU	Total Fat	13 g	31% of kcal
Dietary Fiber	7 g	Vitamin C	25 mg	Saturated Fat	6 g	13% of kcal
				Trans Fat <sup>†</sup>	0.5 g	1% of kcal

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

# Santa Fe Wrap (HS)

Number of Portions: 25

**HACCP Process:** #1 No Cook (Hot variation: #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)

¾ cup vegetables (¼ cup dark green, ¼ cup red/orange,

¼ cup starchy)

**Portion Size:** 1 wrap

## Ingredients

Chicken (cooked), diced*	3 lb + 2 oz
Salsa (canned), low-sodium*	1 cup
Ranch dressing, light	1 cup
Chipotle flavor concentrate	2 tsp
Romaine lettuce	1 lb + 11 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 (HS)

(continued)

### Nutrition Information

Calories	320 kcal	Iron	3 mg	Protein	25 g	31% of kcal
Cholesterol	54 mg	Calcium	166 mg	Carbohydrates	33 g	41% of kcal
Sodium	556 mg	Vitamin A	2061 IU	Total Fat	10 g	28% of kcal
Dietary Fiber	5 g	Vitamin C	14 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.

# Santa Fe Wrap (HS)

Number of Portions: 50

**HACCP Process:** #1 No Cook (Hot variation: #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)

¾ cup vegetables (¼ cup dark green, ¼ cup red/orange,

¼ cup starchy)

**Portion Size:** 1 wrap

## Ingredients

Chicken (cooked), diced*	6 lb + 4 oz
Salsa (canned), low-sodium*	2 cups
Ranch dressing, light	2 cups
Chipotle flavor concentrate	1 tbsp + 1 tsp
Romaine lettuce	3 lb + 6 oz (~ 10 cups)
Tomatoes (fresh), chopped	3 qt + 1-½ cups (~20 medium tomatoes)
Corn (frozen kernels)*	3 qt + 1-½ cups
Cheddar cheese, Low-Fat, shredded*	4 cups (16 oz)
Tortillas, whole grain-rich, 8"*	50 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:

- 5 .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 (HS)

(continued)

## Nutrition Information

Calories	320 kcal	Iron	3 mg	Protein	25 g	31% of kcal
Cholesterol	54 mg	Calcium	166 mg	Carbohydrates	33 g	41% of kcal
Sodium	556 mg	Vitamin A	2061 IU	Total Fat	10 g	28% of kcal
Dietary Fiber	5 g	Vitamin C	14 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.



# Spicy Nachos

Number of Portions: 25

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

**One portion provides:** 3 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 serving (see instructions below)

## Ingredients

Beef taco filling, reduced fat*	5 lb
Onions (raw), chopped	½ lb (2 – 3 medium onions)
Green chilies (canned), diced	1-¾ cups
Black beans (canned), low sodium*	1 #10 can
Cheddar cheese, reduced fat, shredded*	1 lb + 9 oz
Tortilla chips (whole grain)	25- 1.5 oz single-serve packages

## Instructions

- 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.
- Chop onions. Drain green chilies. Mix onions and green chilies with beef taco filling.  
 CCP: Hold beef taco filling for hot service at 135°F or higher.
- Drain and rinse beans. Heat on steam table.  
 CCP: Hold beans for hot service at 135°F or higher.
- To serve, top chips with 3.17 oz (approximately ⅜ cup) beef taco filling, ¼ cup beans, and 1 oz (¼ cup) shredded cheese.

## Nutrition Information

Calories	461 kcal	Iron	4 mg	Protein	27 g	24% of kcal
Cholesterol	55 mg	Calcium	434 mg	Carbohydrates	46 g	40% of kcal
Sodium	766 mg	Vitamin A	1074 IU	Total Fat	22 g	44% of kcal
Dietary Fiber	9 g	Vitamin C	13 mg	Saturated Fat	6 g	12% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Spicy Nachos

Number of Portions: 50

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

**One portion provides:** 3 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 serving (see instructions below)

## Ingredients

Beef taco filling, reduced fat*	10 lb
Onions (raw), chopped	1 lb (4 – 5 medium onions)
Green chilies (canned), diced	3-½ cups
Black beans (canned), low sodium*	2 #10 cans
Cheddar cheese, reduced fat, shredded*	3 lb + 2 oz
Tortilla chips (Whole grain)	50-1.5 oz single-serve packages

## Instructions

- 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.
- Chop onions. Drain green chilies. Mix onions and green chilies with beef taco filling.  
 CCP: Hold beef taco filling for hot service at 135°F or higher.
- Drain and rinse beans. Heat on steam table.  
 CCP: Hold beans for hot service at 135°F or higher.
- To serve, top chips with 3.17 oz (approximately ⅜ cup) beef taco filling, ¼ cup beans, and 1 oz (¼ cup) shredded cheese.

## Nutrition Information

Calories	461 kcal	Iron	4 mg	Protein	27 g	24% of kcal
Cholesterol	55 mg	Calcium	434 mg	Carbohydrates	46 g	40% of kcal
Sodium	766 mg	Vitamin A	1074 IU	Total Fat	22 g	44% of kcal
Dietary Fiber	9 g	Vitamin C	13 mg	Saturated Fat	6 g	12% 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.

# 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 <sup>†</sup>	0 g	0% of kcal

<sup>†</sup>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 <sup>†</sup>	0 g	0% of kcal

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

# Sweet Potato Soufflé Number of Portions: 25

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

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

**Portion Size:** 2/3 cup (#6 scoop)

## Ingredients

Sweet potatoes (syrup pack), low-sodium*	1-2/3 #10 cans
Brown sugar	2 cups (packed)
Eggs	1 cup (~5 large eggs)
1% milk	1 cup
Butter, unsalted, melted	4 oz (1 stick)
Vanilla extract	2 tsp
Water	1 cup
Mini marshmallows	¼ lb

\*USDA Foods

## Instructions

1. Spray one 20" x 12" x 2" steam table pan with pan release spray.
2. Drain sweet potatoes and place in mixer.
3. Add sugar, eggs, milk, melted butter, hot water, and vanilla. Mix well.
4. Pour sweet potato mixture into steam table pan.
5. Bake, uncovered, at 350°F for 35 – 45 minutes, until internal temperature reaches 160°F.  
CCP: Bake sweet potatoes to 160°F or higher.
6. Remove pan from oven and sprinkle mini marshmallows over hot sweet potatoes.  
CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

Calories	231 kcal	Iron	1 mg	Protein	3 g	4% of kcal
Cholesterol	39 mg	Calcium	50 mg	Carbohydrates	45 g	78% of kcal
Sodium	70 mg	Vitamin A	8304 IU	Total Fat	5 g	19% of kcal
Dietary Fiber	3 g	Vitamin C	11 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.

# Sweet Potato Soufflé Number of Portions: 50

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

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

**Portion Size:** ⅔ cup (#6 scoop)

## Ingredients

Sweet potatoes (syrup pack), low-sodium*	3-⅓ #10 cans
Brown sugar	4 cups (packed)
Eggs	1-½ cups (~6 large eggs)
1% milk	2 cups
Butter, unsalted, melted	8 oz (2 sticks)
Vanilla extract	1 tbsp + 1 tsp
Water	2 cups
Mini marshmallows	½ lb

\*USDA Foods

## Instructions

1. Spray two 2" deep (12" x 20") steam table pans with pan release spray.
2. Drain sweet potatoes and place in mixer.
3. Add sugar, eggs, milk, melted butter, hot water, and vanilla. Mix well.
4. Pour sweet potato mixture into steam table pans.
5. Bake, uncovered, at 350°F for 35 – 45 minutes, until internal temperature reaches 160°F.  
CCP: Bake sweet potatoes to 160°F or higher.
6. Remove pans from oven and sprinkle mini marshmallows over hot sweet potatoes.  
CCP: Hold for hot service at 135°F or higher.

## Nutrition Information

Calories	231 kcal	Iron	1 mg	Protein	3 g	4% of kcal
Cholesterol	39 mg	Calcium	50 mg	Carbohydrates	45 g	78% of kcal
Sodium	70 mg	Vitamin A	8304 IU	Total Fat	5 g	19% of kcal
Dietary Fiber	3 g	Vitamin C	11 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.



# Taco Salad (HS)

Number of Portions: 25

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

**One portion provides:** 3 oz-eq meat/meat alternate  
 1-½ cups vegetables (1 cup dark green,  
 ¼ cup red/orange, ¼ 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	6-½ lb
Corn (frozen)*	2-¼ lb
Cheddar cheese, reduced fat, shredded*	1 lb + 9 oz
Tomato (fresh), chopped	3 lb

\*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 2 cups salad and top with 3.17 oz beef taco filling, ¼ cup corn, ¼ cup diced tomatoes, and 1 oz cheese. Serve with 1 packet ranch dressing.

## Nutrition Information

Calories	251 kcal	Iron	3 mg	Protein	24 g	38% of kcal
Cholesterol	51 mg	Calcium	337 mg	Carbohydrates	18 g	28% of kcal
Sodium	511 mg	Vitamin A	7013 IU	Total Fat	11 g	39% of kcal
Dietary Fiber	6 g	Vitamin C	37 mg	Saturated Fat	5 g	19% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Taco Salad (HS)

Number of Portions: 50

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

**One portion provides:** 3 oz-eq meat/meat alternate  
 1-½ cups vegetables (1 cup dark green,  
 ¼ cup red/orange, ¼ cup starchy)

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

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

## Ingredients

Beef taco filling, reduced fat*	10 lb
Romaine lettuce	13 lb
Corn (frozen)*	4-½ lb
Cheddar cheese, reduced fat, shredded*	3 lb + 2 oz
Tomato (fresh), chopped	5-¾ lb

\*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 2 cups salad and top with 3.17 oz beef taco filling, ¼ cup corn, ¼ cup diced tomatoes, and 1 oz cheese. Serve with 1 packet ranch dressing.

## Nutrition Information

Calories	251 kcal	Iron	3 mg	Protein	24 g	38% of kcal
Cholesterol	51 mg	Calcium	337 mg	Carbohydrates	18 g	28% of kcal
Sodium	511 mg	Vitamin A	7013 IU	Total Fat	11 g	39% of kcal
Dietary Fiber	6 g	Vitamin C	37 mg	Saturated Fat	5 g	19% 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.

# Turkey Pita

Number of Portions: 25

**HACCP Process:** #1 No Cook

**One portion provides:** 3 oz-eq meat/meat alternate  
 1 oz-eq grains (1 oz-eq whole grain-rich)  
 3/8 cups vegetables (1/4 cup red/orange, 1/8 cup other)

**Portion Size:** 1 pita

## Ingredients

Pita bread, whole-wheat, 4"	25 each
Turkey breast, deli sliced	3 lb + 2 oz
Tomato (fresh), diced	3-1/4 cups (1.5 – 2 lb)
Lettuce, shredded	10 oz
Cheddar cheese, reduced fat, shredded*	1 lb + 9 oz

\*USDA Foods

## Instructions

1. Wash and chop tomatoes.
2. To assemble pitas, slice top of pita and stuff with 2 oz meat, 1 oz cheese, 1/8 cup lettuce, and 1/4 cup diced tomatoes. Wrap in foil wrapper. Serve with assorted dressings.

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

## Nutrition Information

Calories	231 kcal	Iron	2 mg	Protein	21 g	36% of kcal
Cholesterol	55 mg	Calcium	317 mg	Carbohydrates	17 g	30% of kcal
Sodium	772 mg	Vitamin A	552 IU	Total Fat	10 g	38% of kcal
Dietary Fiber	2 g	Vitamin C	7 mg	Saturated Fat	5 g	18% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

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

# Turkey Pita

Number of Portions: 50

**HACCP Process:** #1 No Cook

**One portion provides:** 3 oz-eq meat/meat alternate  
 1 oz-eq grains (1 oz-eq whole grain-rich)  
 3/8 cups vegetables (1/4 cup red/orange, 1/8 cup other)

**Portion Size:** 1 pita

## Ingredients

Pita bread, whole wheat, 4"	50 each
Turkey breast, deli sliced	6-1/4 lb
Tomato (fresh), diced	6-1/2 cups (3 – 4 lb)
Lettuce, shredded	1-1/4 lb
Cheddar cheese, reduced fat, shredded*	3 lb + 2 oz

\*USDA Foods

## Instructions

1. Wash and chop tomatoes.
2. To assemble pitas, slice top of pita and stuff with 2 oz meat, 1 oz cheese, 1/8 cup lettuce, and 1/4 cup diced tomatoes. Wrap in foil wrapper. Serve with assorted dressings.

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

## Nutrition Information

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				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>†</sup>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 <sup>†</sup>	0 g	0% of kcal

<sup>†</sup>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.
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