

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
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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.

Nutrition Information

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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

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Beef & Refried Bean Burrito

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

Portion Size: 1 burrito

Ingredients

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

*USDA Foods

Instructions

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

Beef & Refried Bean Burrito (continued)

Nutrition Information

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

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

Menus that Move

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
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				Trans Fat [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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.
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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 [†]	0 g	0% of kcal

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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 ^a	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 ^b	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

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

^bLow-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 ^a	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 ^b	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

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

^bLow-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)

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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

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Chicken Alfredo with a Twist

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

Portion Size: 1 cup (#4 scoop)

Ingredients

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

*USDA Foods

Instructions

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

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

Nutrition Information

Calories	370 kcal	Iron	2 mg	Protein	27 g	30% of kcal
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Dietary Fiber	4 g	Vitamin C	<1 mg	Saturated Fat	6 g	15% of kcal
				Trans Fat†	0 g	0% of kcal

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 [†]	0 g	0% of kcal

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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.
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				Trans Fat [†]	0 g	0% of kcal

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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

[†]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.
 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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

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

Fresh Cucumber and Tomato Dip

Number of Portions: 25

HACCP Process: #1 No Cook

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

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

Ingredients

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

Instructions

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

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

Nutrition Information

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

Golden Corn & Carrots Number of Portions: 25

HACCP Process: #2 Same Day Service

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

Portion Size: ½ cup (#8 scoop)

Ingredients

Corn kernels (frozen)*	2 lb + 5 oz
Carrots (raw)	2 lb + 6 oz
Parsley, (dried)	1 Tbsp
Salt, onion	½ tsp

*USDA Foods

Instructions

- Place 2 lb + 5 oz (1/2 gal) corn in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 10 minutes until tender.
- Place 2 lb + 6 oz (1/2 gal) carrots in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 15 minutes until tender.
- Combine cooked corn and cooked corn in a steam table pan (12"x20"x2 1/2") and stir to blend.
- Mix the parsley and onion salt. Sprinkle seasoning mixture over pan of vegetables and stir to coat evenly.

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

Nutrition Information

Calories	56 kcal	Iron	.49 mg	Protein	1.74 g	12.4 % of kcal
Cholesterol	0 mg	Calcium	14.91 mg	Carbohydrates	13.24 g	94.3% of kcal
Sodium	53 mg	Vitamin A	11039 IU	Total Fat	.41 g	6.5% of kcal
Dietary Fiber	2.34 g	Vitamin C	5.2 mg	Saturated Fat	.06 g	91% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Golden Corn & Carrots

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

Portion Size: ½ cup (#8 scoop)

Ingredients

Corn kernels (frozen)*	4 lb + 10 oz
Carrots (raw)	4 lb + 12 oz
Parsley, (dried)	2 Tbsp
Salt, onion	1 tsp

*USDA Foods

Instructions

1. Place 4 lb + 10 oz (1 gal) corn in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 10 minutes until tender.
2. Place 4 lb + 12 oz (1 gal) carrots in a steam table pan (12"x20"x2 1/2"). Cover with plastic wrap and foil. Steam for 15 minutes until tender.
3. Combine ½ pan of cooked corn and ½ pan of cooked corn in each steam table pan (12"x20"x2 1/2") and stir to blend.
4. Mix the parsley and onion salt. Sprinkle seasoning mixture over each pan of vegetables and stir to coat evenly.
CCP: Hold for hot service at 135°F or higher.

Nutrition Information

Calories	56 kcal	Iron	.49 mg	Protein	1.74 g	2.4 % of kcal
Cholesterol	0 mg	Calcium	14.91 mg	Carbohydrates	13.24 g	94.3% of kcal
Sodium	53 mg	Vitamin A	11039 IU	Total Fat	.41 g	6.5% of kcal
Dietary Fiber	2.34 g	Vitamin C	5.2 mg	Saturated Fat	.06 g	.91% 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 (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†	0 g	0% of kcal

†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 (½ 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 [†]	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 [†]	0 g	0% of kcal

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

Menus that Move

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
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Dietary Fiber	4 g	Vitamin C	1 mg	Saturated Fat	4 g	11% of kcal
				Trans Fat [†]	0 g	0% of kcal

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Menus that Move

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 [†]	0 g	0% of kcal

[†]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.
 CCP: Hold wraps for cold service at 41°F or below.

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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 [†]	0 g	0% of kcal

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

Meatball Sub (HS)

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)
 ½ cup vegetables (½ cup red/orange)

Portion Size: 1 sandwich

Ingredients

Mini hoagie buns, whole grain-rich	25 each
Beef meatballs (frozen)*	100 each
Marinara sauce*	3 qt + ½ cup
Mozzarella cheese, part skim, shredded*	3-⅛ cups (~¾ lb)

*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 4 meatballs with sauce on open bun and top with ½ oz (⅛ cup) shredded cheese.

Nutrition Information

Calories	421 kcal	Iron	6 mg	Protein	25 g	23% of kcal
Cholesterol	44 mg	Calcium	237 mg	Carbohydrates	46 g	44% of kcal
Sodium	1421 mg	Vitamin A	853 IU	Total Fat	16 g	34% of kcal
Dietary Fiber	7 g	Vitamin C	13 mg	Saturated Fat	5 g	11% of kcal
				Trans Fat [†]	<1 g	1% of kcal

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

Meatball Sub (HS)

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)
 ½ cup vegetables (½ cup red/orange)

Portion Size: 1 sandwich

Ingredients

Mini hoagie buns, whole grain-rich	50 each
Beef meatballs (frozen)*	200 each
Marinara sauce*	1-½ gal + 1 cup
Mozzarella cheese, part skim, shredded*	1 qt + 2-¼ cups (~1-½ lb)

*USDA Foods

Instructions

- Preheat convection oven to 375°F.
- Place frozen meatballs and marinara sauce in two 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 4 meatballs with sauce on open bun and top with ½ oz (⅛ cup) shredded cheese.

Nutrition Information

Calories	421 kcal	Iron	6 mg	Protein	25 g	23% of kcal
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Sodium	1421 mg	Vitamin A	853 IU	Total Fat	16 g	34% of kcal
Dietary Fiber	7 g	Vitamin C	13 mg	Saturated Fat	5 g	11% of kcal
				Trans Fat [†]	<1 g	1% of kcal

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

Menus that Move



Northwest Apple Salad Number of Portions: 25

HACCP Process: #1 No Cook
One portion provides: ½ cup fruit
Portion Size: ½ cup (#8 scoop)

Ingredients

Apples, chopped (with peel)	3 qt + ½ cup
Raisins, seedless	1-½ cups (packed)
Walnuts, chopped	¾ cup
Yogurt, vanilla, Low-Fat	1 cup + 3 tbsp

Instructions

1. Wash apples and chop into bite-size pieces, leaving the skin on. Place chopped apples into container.
 2. Add nuts, raisins, and yogurt and mix well.
- CCP: Hold all ingredients for cold service at 41°F or below.

Nutrition Information

Calories	95 kcal	Iron	<1 mg	Protein	2 g	8% of kcal
Cholesterol	1 mg	Calcium	31 mg	Carbohydrates	18 g	78% of kcal
Sodium	9 mg	Vitamin A	40 IU	Total Fat	2.5 g	24% of kcal
Dietary Fiber	2 g	Vitamin C	3 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat [†]	0 g	0% of kcal

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

Northwest Apple Salad Number of Portions: 50

HACCP Process: #1 No Cook
One portion provides: ½ cup fruit
Portion Size: ½ cup (#8 scoop)

Ingredients

Apples, chopped (with peel)	6 qt + 1 cup
Raisins, seedless	3 cups (packed)
Walnuts, chopped	1-½ cups
Yogurt, vanilla, Low-Fat	2 cups + 6 tbsp

Instructions

1. Wash apples and chop into bite-size pieces, leaving the skin on. Place chopped apples into container.
 2. Add nuts, raisins, and yogurt and mix well.
- CCP: Hold all ingredients for cold service at 41°F or below.

Nutrition Information

Calories	95 kcal	Iron	<1 mg	Protein	2 g	8% of kcal
Cholesterol	1 mg	Calcium	31 mg	Carbohydrates	18 g	78% of kcal
Sodium	9 mg	Vitamin A	40 IU	Total Fat	2.5 g	24% of kcal
Dietary Fiber	2 g	Vitamin C	3 mg	Saturated Fat	<1 g	2% of kcal
				Trans Fat [†]	0 g	0% 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 [†]	0 g	0% of kcal

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

Quirky Quesadillas

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

¼ cup vegetables (¼ cup legumes)

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

Portion Size: 1 quesadilla

Ingredients

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

*USDA Foods

Instructions

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

Nutrition Information

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

[†]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 [†]	0.5 g	1% of kcal

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

Sock-Rockin' Chili

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

Portion Size: 1-¼ cup (10-oz ladle)

Ingredients

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

*USDA Foods

Instructions

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

Sock-Rockin' Chili

(continued)

Nutrition Information

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

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

Sock-Rockin' Chili

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

Portion Size: 1-¼ cup (10-oz ladle)

Ingredients

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

*USDA Foods

Instructions

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

Sock-Rockin' Chili

(continued)

Nutrition Information

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

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

Menus that Move



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 ¾ 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 [†]	0 g	0% of kcal

[†]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
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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 [†]	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

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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.

Sweet & Sour Chicken with Honey (HS)

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

Portion Size: 1- $\frac{1}{4}$ cup

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

Ingredients

Honey	1 cup
Orange juice, unsweetened	$\frac{1}{3}$ cup
Tomato paste, low-sodium	$\frac{1}{3}$ cup
Soy sauce, low-sodium	$\frac{1}{4}$ cup
Canola oil	$\frac{1}{4}$ cup
Popcorn chicken (frozen)*	3 lb + 2 oz
Broccoli florets (frozen)	1- $\frac{3}{4}$ lb
Carrots (frozen)*	2 lb + 9 oz
Sesame seeds	2 tbsp
Garlic powder	1 tsp
Ginger, ground	1 tsp

*USDA Foods

Instructions

- Place sesame seeds in a single layer on baking sheet. Bake at 350°F for 15 minutes, stirring every 5 minutes to ensure even toasting. Set aside for later use.
- Stir together honey, orange juice, tomato paste, soy sauce, spices, and oil to make sauce.
- Combine frozen chicken and sauce together. Stir to coat.
- Spray sheet pan and one 20" x 12" x 2" steam table pan with pan release spray.
- Place frozen chicken and sauce mixture in a single layer on a baking sheet in an oven preheated to 375°F. Bake approximately 10 – 12 minutes or until internal temperature reaches 165°F or higher for 15 seconds.
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
- Place carrots in a 12" x 20" x 2" steam table pan. Allow room for steam to circulate around the vegetables. Do not add liquid. Steam (uncovered at 5 pounds pressure) until tender (approximately 8 – 10 minutes). Drain excess liquid from cooked carrots.
- Combine hot, cooked vegetables and chicken/sauce in prepared steam table pan. Top with sesame seeds.
 CCP: Hold for hot service at 135°F or higher.

Sweet & Sour Chicken with Honey (HS)

(continued)

Nutrition Information

Calories	217 kcal	Iron	2 mg	Protein	9 g	17% of kcal
Cholesterol	18 mg	Calcium	38 mg	Carbohydrates	26 g	49% of kcal
Sodium	655 mg	Vitamin A	8179 IU	Total Fat	9 g	38% of kcal
Dietary Fiber	3 g	Vitamin C	16 mg	Saturated Fat	2 g	9% of kcal
				Trans Fat [†]	<1 g	<1% of kcal

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



Sweet & Sour Chicken with Honey (HS)

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

Portion Size: 1- $\frac{1}{4}$ cup

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

Ingredients

Honey	2 cups
Orange juice, unsweetened	$\frac{3}{4}$ cup
Tomato paste, low-sodium	$\frac{2}{3}$ cup
Soy sauce, low-sodium	$\frac{1}{2}$ cup
Canola oil	$\frac{1}{2}$ cup
Popcorn chicken (frozen)*	6- $\frac{1}{4}$ lb
Broccoli florets (frozen)	3- $\frac{1}{2}$ lb
Carrots (frozen)*	5 lb + 2 oz
Sesame seeds	$\frac{1}{4}$ cup
Garlic powder	2 tsp
Ginger, ground	2 tsp

*USDA Foods

Instructions

- Place sesame seeds in a single layer on baking sheet. Bake at 350°F for 15 minutes, stirring every 5 minutes to ensure even toasting. Set aside for later use.
- Stir together honey, orange juice, tomato paste, soy sauce, spices, and oil to make sauce.
- Combine frozen chicken and sauce together. Stir to coat.
- Spray sheet pan and two 20" x 12" 2" steam table pans with pan release spray.
- Place frozen chicken and sauce mixture in a single layer on a baking sheet in an oven preheated to 375°F. Bake approximately 10 – 12 minutes or until internal temperature reaches 165°F or higher for 15 seconds.
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
- Place carrots in a 12" x 20" x 2" steam table pan. Allow room for steam to circulate around the vegetables. Do not add liquid. Steam (uncovered at 5 pounds pressure) until tender (approximately 8 – 10 minutes). Drain excess liquid from cooked carrots.
- Combine hot, cooked vegetables and chicken/sauce in prepared steam table pan. Top with sesame seeds.
 CCP: Hold for hot service at 135°F or higher.

Sweet & Sour Chicken with Honey (HS)

(continued)

Nutrition Information

Calories	217 kcal	Iron	2 mg	Protein	9 g	17% of kcal
Cholesterol	18 mg	Calcium	38 mg	Carbohydrates	26 g	49% of kcal
Sodium	655 mg	Vitamin A	8179 IU	Total Fat	9 g	38% of kcal
Dietary Fiber	3 g	Vitamin C	16 mg	Saturated Fat	2 g	9% of kcal
				Trans Fat [†]	<1 g	<1% of kcal

[†]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 [†]	0 g	0% of kcal

[†]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 [†]	0 g	0% of kcal

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

Sweet Sesame Chicken Stir-Fry (HS)

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

Portion Size: 1-¼ cups

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

Carrots (frozen)*	2-½ lb
Broccoli florets (frozen)	5-¼ lb
Green peppers (frozen), diced	1-½ 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, broccoli, 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, broccoli, 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	166 kcal	Iron	3 mg	Protein	21 g	50% of kcal
Cholesterol	53 mg	Calcium	37 mg	Carbohydrates	15 g	36% of kcal
Sodium	247 mg	Vitamin A	7034 IU	Total Fat	3 g	14% of kcal
Dietary Fiber	4 g	Vitamin C	41 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 (HS)

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1 cup vegetables (½ cup dark green, ¼ cup red/orange, ¼ cup other)

Portion Size: 1-1/4 cups

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

Carrots (frozen)*	5 lb
Broccoli florets (frozen)	10-½ lb
Green peppers (frozen), diced	3 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, broccoli, and green peppers in three 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, broccoli, 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	166 kcal	Iron	3 mg	Protein	21 g	50% of kcal
Cholesterol	53 mg	Calcium	37 mg	Carbohydrates	15 g	36% of kcal
Sodium	247 mg	Vitamin A	7034 IU	Total Fat	3 g	14% of kcal
Dietary Fiber	4 g	Vitamin C	41 mg	Saturated Fat	<1 g	4% 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
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				Trans Fat [†]	0 g	0% of kcal

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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.
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