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# **Rock and a Rollin' with Summer Meals**



## **RECIPES**

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Child Nutrition & Wellness, Kansas State Department of Education

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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
- USD 512 Shawnee Mission

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# Apple Salad

Fruit

HACCP: #1 no cook

Healthier Kansas Recipe 121  
(Ohio Dept. of Education)

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, #125-138, AP	5 lb 4 oz				1. With gloved hands, wash and core apples, do not peel. Chop into bite size pieces. Add raisins and yogurt. Mix well. <b>CCP: Hold at 41°F or lower.</b>  2. Serve cold with #8 scoop (1/2 cup).
Raisins, seedless, unsweetened	1 lb				
Yogurt, vanilla, low-fat	1 lb 4 oz				

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	50 servings

## Nutrients Per Serving

Calories	62	Vitamin A	30.59 IU	Iron	0.24 mg
Protein	0.96 gm	Vitamin C	2.49 mg	Calcium	26.78 mg
Carbohydrate	15.33 gm	Fiber	1.48 gm	Cholesterol	0.57 mg
Fat	0.26 gm	% Fat	3.87 %	Sodium	8.96 mg
Saturated Fat	0.11 gm	% Saturated Fat	1.63%		

# Fresh Citrus Fruit Cup

Fruit

HACCP: #Non-Hazardous/Other

Healthier Kansas Recipe 134

Ingredients	50 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Mandarin Oranges, canned in 100% juice or light syrup	4 lb 4 oz				<ol style="list-style-type: none"> <li>1. Chill cans of mandarin oranges. Wipe tops of cans clean before opening.</li> <li>2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container.</li> <li>3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges.</li> <li>4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.</li> <li>5. Wash and remove stems from grapes.</li> <li>6. Add apples and grapes to bananas and oranges.</li> <li>7. Chill thoroughly.</li> </ol> <p style="text-align: center;"><b>CCP: Hold for cold service at 41°F or lower.</b></p> <p><i>Note:</i> Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.</p>
Bananas, fresh, AP	4.5 lb				
Apples, fresh, AP	1 lb 12 oz				
Grapes, fresh, AP	1 lb 12 oz				

Serving Size	1 Serving Provides	Yield
4 oz spoodle (1/2 cup)	0.5 cup fruit	Approximately 1 1/2 gal + 1 cup

## Nutrients Per Serving

Calories	97	Vitamin A	567.8 IU	Iron	0.35 mg
Protein	0.88 gm	Vitamin C	14.04 mg	Calcium	10.34 mg
Carbohydrate	25.13 gm	Fiber	2.86 gm	Cholesterol	0 mg
Fat	0.33 gm	% Fat	3.05%	Sodium	3.54 mg
Saturated Fat	0.08 gm	% Saturated Fat	0.77%		

# Garden Salad

**Vegetable**

**HACCP: #1 No Cook**

**Healthier Kansas Recipe 164**  
(Team Nutrition modified)

Ingredients	50 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, partly trimmed fresh, AP	1 lb 10 oz				1. Handle all produce with clean gloved hands or clean utensils. 2. Rinse and trim spinach and lettuce, if not purchased ready-to-eat. 3. Chop lettuce and spinach. Rinse, core and dice tomatoes. Rinse, peel and grate carrots. Rinse, peel (or score) and chop cucumbers. 4. Toss all ingredients together. <b>CCP: Hold for cold service at 41°F or lower.</b>
Romaine Lettuce, AP	1 lb 10 oz				
Tomatoes, fresh, AP	5 oz				
Carrots, fresh, AP	4 oz				
Cucumber, fresh, AP	3 oz				

Serving Size	1 Serving Provides	Yield
1/2 cup	0.5 cup vegetable, DG	Approximately 1 ½ gallons + 1 cup

## Nutrients Per Serving

Calories	15	Vitamin A	6101.3 IU	Iron	1.12 mg
Protein	1.32 gm	Vitamin C	10.64 mg	Calcium	41.55 mg
Carbohydrate	2.82 gm	Fiber	1.48 gm	Cholesterol	0 mg
Fat	0.23 gm	% Fat	13.61 %	Sodium	28.96 mg
Saturated Fat	0.04 gm	% Saturated Fat	2.07 %		

# Macaroni & Cheese

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 184 – revised

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water Macaroni, elbow, whole grain	3 lb 2 oz	3 gal			1. Bring water to a boil. 2. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes, or until tender. <b>Do not overcook.</b> Drain well, rinse with cool water, and drain again. 3. Transfer cooked macaroni to pans and set aside.
Cheese Sauce*, low sodium  <b>OR – Prepare homemade cheese sauce:</b> Milk, skim Margarine, liquid Pepper Cheese, American, shredded	6 lb 15 oz				4. Prepare cheese sauce according to package directions. Heat to 165°F. Or prepare homemade cheese sauce per directions below. 5. Pour hot cheese sauce over macaroni and fold together until mixed. <b>CCP: Hold for hot service at 135°F or higher.</b> 6. Serve with a #8 scoop  * <b>Note:</b> Purchased cheese sauce will only credit toward M/MA component, with a CN label or Product Formulation Statement from the manufacturer.  <b>Option:</b> To prepare homemade cheese sauce, heat milk and then add margarine, pepper, and shredded cheese to the warm milk.
* Nutritional analysis uses low sodium prepackaged cheese sauce.					

Serving Size	1 Serving Provides	Yield
#8 scoop (1/2 cup)	1 oz equivalent M/MA (*see note above) + 1 oz equivalent Grains	50 servings 1 ½ gal + 1 cup

## Nutrients Per Serving\*

Calories	271	Vitamin A	589.96 IU	Iron	1.10 mg
Protein	12.88 gm	Vitamin C	0 mg	Calcium	254.65 mg
Carbohydrate	24.3 gm	Fiber	2.34 gm	Cholesterol	31.25 mg
Fat	14.37 gm	% Fat	47.75 %	Sodium	543.25 mg
Saturated Fat	7.08 gm	% Saturated Fat	23.53 %		



# Pig in a Blanket

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 30 Revised

Ingredients	50 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Biscuit Frankfurter, turkey, 2 oz equivalent M/MA  Pan Release Spray	6 lb 4 oz	1 ea 50 each  As needed			<ol style="list-style-type: none"> <li>Purchase reduced-fat frankfurter with no more than 10 grams of fat and no more than 500 mg of sodium per hot dog.</li> <li>Wrap each hot dog in one biscuit, pinching seams to seal. Place seam side down on sheet pans (18" x 26" x 1") lined with pan liners.</li> <li>Bake until lightly browned. * Conventional oven: 350°F for 18-20 minutes * Convection oven: 325°F for 12-15 minutes <b>CCP: Heat to 165°F or above for 15 seconds.</b></li> <li>Spray pigs in a blanket lightly with pan release spray after removing from oven. <b>CCP: Hold for hot service at 135°F or higher.</b></li> </ol>

Serving Size	1 Serving Provides	Yield
1 each	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	50 servings

## Nutrients Per Serving

Calories	270	Vitamin A	53.64 IU	Iron	2.35 mg
Protein	10.15 gm	Vitamin C	4.66 mg	Calcium	105.96 mg
Carbohydrate	30.86 gm	Fiber	2.40 gm	Cholesterol	35.06 mg
Fat	12.21 gm	% Fat	40.67 %	Sodium	643.72 mg
Saturated Fat	2.47 gm	% Saturated Fat	8.24 %		

# Spaghetti & Meat Sauce

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 170  
(USDA D-35 modified)

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20  Spaghetti Sauce, canned	8 lb 12 oz	1 3/8 #10 cans			<ol style="list-style-type: none"> <li>1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. <b>CCP: Heat to 165°F or above for at least 15 seconds.</b></li> <li>2. Add spaghetti sauce. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving. <b>CCP: Hold at 135° F or higher.</b></li> </ol>
Water  Spaghetti Noodles, whole grain, dry  Pan Release Spray	4 lb 12 oz	6 gal  As needed			<ol style="list-style-type: none"> <li>3. Bring water to a boil.</li> <li>4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. <b>Do not overcook.</b> Drain well. Run cold water over spaghetti to cool slightly.</li> <li>5. Stir noodles into meat sauce.</li> <li>6. Divide mixture equally into steam table pans (12" x 20" x 4") which have been lightly coated with pan release spray. Use 1 1/2 pans for every 50 servings.</li> <li>7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently. <b>CCP: Hold at 135°F or higher.</b></li> </ol> <p><i>Note:</i> USDA Recipes D-35 Spaghetti Sauce may be used in place of purchased spaghetti sauce.</p>

## Spaghetti & Meat Sauce, continued

Serving Size	1 Serving Provides	Yield
8 oz spoodle (1 cup)	2.0 oz equivalent M/MA + 1.5 oz equivalent Grains + 0.375 cup vegetables, RO	Approximately 3 gal + 1 pt

### Nutrients Per Serving

Calories	441	Vitamin A	394.3 IU	Iron	4.48 mg
Protein	31.58 gm	Vitamin C	7.10 mg	Calcium	56.97 mg
Carbohydrate	41.97 gm	Fiber	5.83 gm	Cholesterol	84.75 mg
Fat	16.59 gm	% Fat	33.89 %	Sodium	533.8 mg
Saturated Fat	5.93 gm	% Saturated Fat	12.11 %		

# Strawberries & Bananas

Fruit HACCP: Non-Hazardous/Other Healthier Kansas Recipe 124

Ingredients	50 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, frozen, unsweetened, sliced Applesauce, canned, unsweetened Bananas, AP	5 1/2 lb	1/4 #10 can			1. Thaw strawberries in refrigerator. 2. Chill cans of applesauce. Wipe tops of cans clean before opening. 3. Mix applesauce into thawed strawberries. 4. Handle bananas with gloved hands. Peel and slice bananas. Add to strawberries. Combine gently. <b>CCP: Hold for cold service at 41°F or lower.</b>
	7 lb				

Serving Size	1 Serving Provides	Yield
1/2 cup (4 oz)	0.5 cup fruit	50 servings

## Nutrients per Serving

Calories	60	Vitamin A	52.66 IU	Iron	0.5 mg
Protein	0.68 gm	Vitamin C	24.27 mg	Calcium	10.5 mg
Carbohydrate	15.49 gm	Fiber	2.28 gm	Cholesterol	0 mg
Fat	0.20 gm	% Fat	2.95 %	Sodium	1.64 mg
Saturated Fat	0.05 gm	% Saturated Fat	0.75 %		

# Taco Salad

**Main Dish**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 78**  
(USDA D-13 modified)

Ingredients	50 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Taco Meat	12 1/2 cups				1. Brown hamburger and add taco seasoning to taste. 2. Wash and chop romaine lettuce and tomatoes. 3. For each serving, portion as follows: <ul style="list-style-type: none"> <li>• 1 cup chopped romaine lettuce</li> <li>• #16 scoop (1/4 cup) taco meat</li> <li>• 1/8 cup diced tomatoes</li> <li>• 1/8 cup shredded cheese</li> <li>• 1 oz tortilla chips</li> </ul>
Romaine Lettuce, fresh, untrimmed, AP	4 lb 12 oz				
Tomatoes, large, AP	3 lb 5 oz				
Cheese, cheddar, shredded	1 lb 9 oz				
Tortilla Chips	50 oz				

Serving Size	1 Serving Provides	Yield
1 salad	2.0 oz equivalent M/MA + 0.5 cup vegetable, DG + 0.125 cup vegetable, RO	50 servings

## Nutrients Per Serving (K-8)

Calories	205	Vitamin A	4463 IU	Iron	2.04 mg
Protein	17.02 gm	Vitamin C	10.8 mg	Calcium	133.1 mg
Carbohydrate	6.07 gm	Fiber	1.84 gm	Cholesterol	59.07 mg
Fat	12.76 gm	% Fat	55.95 %	Sodium	215.9 mg
Saturated Fat	6.07 gm	% Saturated Fat	26.6 %		

# Tossed Salad

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 74

Ingredients	50 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, fresh, trimmed, AP Romaine Lettuce, AP	1 lb 12 oz 1 lb 12 oz				1. Handle salad with gloved hands. Chop spinach and Romaine lettuce into bite-sized pieces if needed. 2. Toss together. <b>CCP: Hold ingredients for cold service at 41°F or lower.</b>

Serving Size	1 Serving Provides	Yield
1/2 cup	0.5 cup vegetables, DG	50 servings

## Nutrients Per Serving

Calories	12	Vitamin A	5332.6 IU	Iron	1.08 mg
Protein	1.21 gm	Vitamin C	9.46 mg	Calcium	38.9 mg
Carbohydrate	2.04 gm	Fiber	1.27 g	Cholesterol	0 mg
Fat	0.2 gm	% Fat	15.53 %	Sodium	25.6 mg
Saturated Fat	0.2 gm	% Saturated Fat	2.3 %		

# Turkey & Cheese Sub

Main Dish

HACCP: #1 No Cook

Healthier Kansas Recipe 144

Ingredients	50 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey Breast, thin sliced, cooked, no more than 700 mg sodium per 2 oz serving	3 lb 2 oz <i>(or amount needed to provide 1 oz M/MA per serving)</i>				1. Place 1 oz of turkey on one half of bun (or amount needed to provide 1 oz M/MA – product should be CN labeled or have a product formulation statement with crediting information). 2. Top with one slice (or 1 oz) of American cheese. 3. Place other half of bun on top. 4. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually in plastic wrap. <b>CCP: Hold at 41°F or below.</b>
Cheese American, slices	3 lb 2 oz	(50 1 oz slices)			
Hamburger Bun, whole wheat, purchased 2 oz equivalent Grains <b>OR</b> Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		50 each			

Serving Size	1 Serving Provides	Yield
1 each	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	50 sandwiches

## Nutrients Per Serving

Calories	279	Vitamin A	208.4 IU	Iron	2.07 mg
Protein	20.79 gm	Vitamin C	7.91 mg	Calcium	121.9 mg
Carbohydrate	29.37 gm	Fiber	2.69 gm	Cholesterol	38.99 mg
Fat	9.36 gm	% Fat	30.17 %	Sodium	884.8 mg
Saturated Fat	3.64 gm	% Saturated Fat	11.72 %		