Healthier Kansas Menus

C:\Documents and Settings\jmackey\My Documents\My Pictures\Microsoft Clip Organizer\j0349505.wmf

# RECIPES

Child Nutrition & Wellness, Kansas State Department of Education

***Revised July 2019***

This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

**For further information about this publication, please contact:** Child Nutrition & Wellness, KSDE, Landon State Office Building, 900 SW Jackson Street, Suite #251, Avenue, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232,

[www.kn-eat.org](http://www.kn-eat.org/)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.  
  
Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.  
  
To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ocio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\_filing\_cust.html](https://www.ascr.usda.gov/filing-discrimination-complaint-usda-customer), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:  
  
(1)   Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
  
(2)   Fax: (202) 690-7442; or  
  
(3)   Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
  
This institution is an equal opportunity provider.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

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

Thank you to the following schools for assisting with menu development and recipe testing:

* Logan Elementary School – USD 345 Seaman
* St. Joseph Catholic School – Mt. Hope, KS
* Winfield Scott Elementary School – USD 234 Fort Scott

This page intentionally left blank.

# Table of Contents

**Main Dishes: Page**

Baked Chicken Drumstick 1

BBQ Chicken Drumstick 2

BBQ Beef on a Bun 3

Beef & Noodles 5

Biscuit & Sausage Gravy 7

Cheese Breadsticks 8

Cheese Sauce 9

Chicken & Noodles 11

Chicken Quesadilla 13

Chicken Tetrazzini 13

Chicken Wrap 15

Chili 17

Cowboy Cavatini 19

Hot Ham & Cheese on Bun 20

**Main Dishes, continued Page**

Lasagna 21

Macaroni & Cheese 23

Mexican Seasoning Mix 24

Mini Meatball Sub 25

Pig in a Blanket 27

Pulled Pork Sandwich 29

Rock and Roll Beef Wraps 30

Spaghetti & Meat Sauce 31

Stromboli Squares 33

Super Nachos 35

Sweet and Sour Chicken Nuggets 36

Taco Burger 37

Taco Meat 39

Taco Salad 40

Taco Soup 41

**Main Dishes, continued Page**

Turkey & Cheese Sub 42

White Chicken Chili 43

Yummy Sloppy Joe on a Bun 45

**Fruits and Vegetables: Page**

Apple Glazed Sweet Potatoes 47

Apple Salad 48

Asian Fresh Vegetables 49

Baked Beans 50

Black Bean & Corn Salsa 51

Creamy Cole Slaw 52

Fresh Citrus Fruit Cup 53

Fresh Mixed Fruit Cup 54

Garden Salad 55

Ranch Potato Wedges 56

**Fruits and Vegetables, continued Page**

Strawberries & Bananas 57

Southwestern Lentils 58

Summer Fruit Salad 59

Sunshine Garden Salad 60

Tomato Salsa 61

Tossed Salad 62

**Breads, Grains, and Desserts: Page**

Angel Biscuits, Whole Wheat 63

Blueberry Oat Muffins, Whole Grain 64

Cherry Crisp, Whole Wheat 65

Chocolate Chip Cookies, Whole Wheat 67

Cornbread Muffins 69

Honey Apple Crisp, Whole Wheat 71

**Breads, Grains, and Desserts, continued Page**

Oatmeal Cookies, Whole Wheat 73

Oatmeal Rolls, Whole Grain 75

Rice Crispy Bars, Whole Grain 77

Royal Brownies, Whole Wheat 78

Savory Rice 79

Seasoned Brown Rice 80

Snickerdoodles, Whole Grain 81

Spanish Brown Rice 82

Whole Wheat Bread, 51% 83

Whole Wheat Cinnamon Puffs, 51% 85

Whole Wheat Cinnamon Rolls, 51% 87

Whole Wheat French Garlic Bread, 51% 89

Whole Wheat Rolls, Breadsticks and Buns, 51% 91

|  |  |  |  |
| --- | --- | --- | --- |
| **Abbreviation** | **What it Means** | **Abbreviation** | **What it Means** |
| HKM | Healthier Kansas Menus | Tbsp | tablespoon |
| EP | edible portion | tsp | teaspoon |
| AP | as purchased | gal | Gallon |
| fl | fluid | qt | Quart |
| oz | ounce | pt | Pint |
| lb | pound | M/MA | meat/meat alternate |
| gm | gram | RO | Red/Orange |
| mg | milligram | DG | Dark Green |
| CCP | Critical Control Point | BP | Beans/Peas |
| IU | International Unit | CN | Child Nutrition |

# Baked Chicken Drumstick

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | **Healthier Kansas Recipe 27**  (USD 225 Fowler, modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Chicken, drumsticks, frozen, CN labeled to provide 1.5 oz eq M/MA  Pan Release Spray, Butter Flavored  Pepper, black, ground  Ranch Dressing Mix | 100 each  (21 lb 14 oz)  1 Tbsp  3 oz | As needed | |  |  | 1. Thaw chicken under refrigeration overnight. 2. Lay thawed chicken in single layer on sheet pans lined with parchment paper. 3. Spray with pan release spray. 4. Combine pepper and dressing mix in a shaker. 5. Sprinkle dry mix evenly over chicken. |
|  |  |  | |  |  | 1. Bake until internal temperature reaches 180**°**F:   Conventional oven: 400°F for 45-55 minutes.  Convection oven: 350°F for 30-35 minutes.  **CCP: Heat to 180°F or higher for 15 seconds.**   1. **CCP: Hold at 135°F or higher.** 2. Serve 1 leg for K-8 and 2 legs for 9-12. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-8:** 1 drumstick  **9-12:** 2 drumsticks | **K-8:** 1.5 oz equivalent M/MA  **9-12:** 3.0 oz equivalent M/MA | 100 pieces |

#### Nutrients Per Serving (1 leg)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 91 | Vitamin A | 0.38 IU | Iron | 0.01 mg |
| Protein | 12.01 gm | Vitamin C | 0 mg | Calcium | 0.31 mg |
| Carbohydrate | 0.16 gm | Fiber | 0.02 gm | Cholesterol | 65 mg |
| Fat | 4.0 gm | % Fat | 39.68 % | Sodium | 66.01 mg |
| Saturated Fat | 1.00 gm | % Saturated Fat | 9.92 % |  |  |

# BBQ Chicken

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 130** Idaho Child Nutrition Programs, Modified |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Chicken, drumsticks, frozen, CN labeled to provide 1.5 oz eq M/MA |  | 100 each (21 lb 14 oz) | |  |  | 1. Thaw chicken under refrigeration overnight. 2. Lay thawed chicken in single layer on sheet pans lined with parchment paper. 3. Spray with pan release spray. 4. Bake until internal temperature reaches 180°F:   Conventional oven: 400°F for 45-55 minutes.  Convection oven: 350°F for 30-35 minutes.  **CCP: Heat to 180°F or higher for 15 seconds.** | |
| \***Barbeque Sauce**  Catsup  Sugar, brown, packed  Mustard, yellow, prepared  Liquid Smoke |  | 1 #10 can  1 qt 2 cups  3 cups  4 fl oz | |  |  | 1. Combine all ingredients in bowl and mix well and store in refrigerator (if prepared ahead of time). 2. During the last 7 minutes of baking, brush or spread BBQ sauce onto full surface of chicken.   **CCP: Hold at 135°F or higher.** | |
|  | |  | | | |  | |
| **Serving Size** | | **1 Serving Provides** | | | | **Yield** | |
| **K-8:** 1 drumsticks  **9-12:** 2 drumsticks | | **K-8:** 1.5 oz equivalent M/MA  **9-12:** 3.0 oz equivalent M/MA | | | | **100 pieces** | |

#### Nutrients Per Serving (1 drumstick)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 179 | Vitamin A | 167.2 IU | Iron | 0.28 mg |
| Protein | 12.54 gm | Vitamin C | 1.34 mg | Calcium | 18.2 mg |
| Carbohydrate | 21.68 gm | Fiber | 0.12 gm | Cholesterol | 65 mg |
| Fat | 4.17 gm | % Fat | 20.99 % | Sodium | 379.45 mg |
| Saturated Fat | 1.02 gm | % Saturated Fat | 5.15 % |  |  |

# BBQ Beef on a Bun

|  |  |  |
| --- | --- | --- |
| **Main Dish** | **HACCP: #2 Same Day Service** | **Healthier Kansas Recipe 135 - Revised** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Servings** | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Beef, steak slices, raw  Barbecue Sauce, no more than 500 mg sodium per 1 fl oz  Water  Hamburger Bun, whole wheat, 2 oz equivalent Grains  **OR**  Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | 21 lb | 1gal 1 qt  2½ cups  100 each |  |  | 1. Cook beef slices according to manufacturer’s instructions.   **CCP: Heat to 145°F or higher for 15 seconds.**   1. Add BBQ sauce. Rinse out the BBQ sauce bottle with the water. Add to meat and sauce. Mix. 2. Heat in oven, tilting skillet, steam kettle or on the stove top. Add water if needed to maintain volume as water evaporates.   **CCP: Heat to 135°F or higher for 15 seconds.**  **CCP: Hold at 135°F or higher.**   1. Portion a #8 scoop (1/2 cup) of beef mixture on bun.   *Optional*: 12 lb + 11 oz shredded, pre-cooked roast beef or 20 lb + 3 oz raw top round roast may be substituted for *each* 100 servings. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 sandwich | 2.0 oz equivalent M/MA +  2.0 oz equivalent Grains | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 427 | Vitamin A | 53.64 IU | Iron | 3.74 mg |
| Protein | 22.34 gm | Vitamin C | 4.66 mg | Calcium | 39.54 mg |
| Carbohydrate | 49.95 gm | Fiber | 2.4 gm | Cholesterol | 54.84 mg |
| Fat | 16.68 gm | % Fat | 35.17 % | Sodium | 830.8 mg |
| Saturated Fat | 5.42 gm | % Saturated Fat | 11.44 % |  |  |

**This page intentionally left blank**Beef & Noodles

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | **Healthier Kansas Recipe 3**  (USD 225 Fowler, modified) |
| **Ingredients** | **100 – ¾ cup Servings**  **Or (75 – 1 cup Servings)** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Beef, stew meat chunks, raw | 21 lb |  | |  |  | 1. Cook beef in tilt skillet or steam jacketed kettle.   **CCP: Heat to 145°F or higher for 15 seconds.** |
| Broth, beef, low sodium |  | 3 gal 1 qt | |  |  | 1. Add beef broth to cooked beef, reserving 1 qt for step 5. |
| Sage, ground  Pepper, black  Salt, table  Onions, dehydrated flakes |  | 1½ tsp  2¼ tsp  2¼ tsp  ¼ cup | |  |  | 1. Place sage, pepper, and onions into a stock pot, steam-jacketed kettle, or tilting skillet with the meat and broth. Bring to a simmer. |
| Egg Noodles, dry, whole grain  Flour, all-purpose, enriched | 5 lb 5 oz  8 oz | 2 cups | |  |  | 1. Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 2. Mix flour in small amount of reserved broth (or water) and add to meat/broth mixture to thicken. Adjust amount of flour to make the desired consistency. Simmer until thickened. |
|  |  |  | |  |  | 1. Add additional broth or cook down as needed to make 18 qt + 3 cups for every 100 ¾-cup servings. 2. Pour into steam table pans.   **CCP: Hold at 135°F or higher.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-8:** ¾ cup (6 oz spoodle)  **9-12:** 1 cup (8 oz spoodle) | **K-8:** 2.0 oz equivalent M/MA +  1.0 oz equivalent Grains  **9-12:** 2.5 oz equivalent M/MA +  1.25 oz equivalent Grains | 75 cups |

# Beef & Noodles, continued

#### Nutrients Per ¾ cup Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 232 | Vitamin A | 49.06 IU | Iron | 3.28 mg |
| Protein | 26.79 gm | Vitamin C | 0.15 mg | Calcium | 22.16 mg |
| Carbohydrate | 19.18 gm | Fiber | 2.22 gm | Cholesterol | 84.27 mg |
| Fat | 5.57 gm | % Fat | 21.56 % | Sodium | 347.99 mg |
| Saturated Fat | 2.28 gm | % Saturated Fat | 8.82 % |  |  |

# Biscuit and Sausage Gravy

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | **HACCP: #2 Same Day Service** | | | | | **Healthier Kansas Recipe 118**  (KSDE, Child Nutrition & Wellness) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_ Servings** | | Directions | |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Angel Biscuit Recipe (HKM Recipe 120)  **OR**  Purchased Whole Wheat Biscuits weighing at least 2 oz |  | | 100 each |  |  | 1. Prepare angel biscuits according to recipe **or**   Slice and warm pre-made whole wheat biscuits. | |
| Gravy, country style  Sausage, turkey, raw\*  **OR**  Sausage, turkey, pre-cooked, crumbles\* | 7 lb  6 lb 4 oz | | 2 gal 2 qt |  |  | 1. Prepare country style gravy mix according to the directions on package. 2. Brown and crumble sausage in skillet. Cook to an internal temperature of 160°F. Drain and rinse.   OR heat pre-cooked sausage crumbles according to manufacturer’s instructions to a minimum of 135o F.   1. Mix cooked drained sausage with gravy mix.   **CCP: Heat to 135°F or higher.**   1. Place sliced biscuit on tray. At time of service, cover with 3 oz of gravy/sausage mixture. | |
| **\*Purchase turkey sausage product so 1 serving provides 0.75 oz equivalent M/MA.** | | | | | | | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each (1 biscuit + 3 oz of gravy mixture) | 1 oz equivalent M/MA +  2 oz equivalent Grains | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 279 | Vitamin A | 11.52 IU | Iron | 2.15 mg |
| Protein | 10.3 gm | Vitamin C | 3.08 mg | Calcium | 97.79 mg |
| Carbohydrate | 39.32 gm | Fiber | 2.71 gm | Cholesterol | 18.39 mg |
| Fat | 9.16 gm | % Fat | 29.49% | Sodium | 794.69 mg |
| Saturated Fat | 2.13 gm | % Saturated Fat | 6.87% |  |  |

# Cheese Breadsticks

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 125** |
|  | | |  | | | |  |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Dough from Whole Wheat Breadstick, 51%, (HKM Recipe 877)  Cheese, mozzarella, low-fat, shredded, frozen | 12 lb 8 oz  (2 recipes for 100 rolls)  12 lb 8 oz |  | |  |  | 1. Prepare dough from HKM Recipe 877 for White Whole Wheat Breadsticks. 2. Before removing dough from mixer, add mozzarella cheese. For best results, use frozen cheese. 3. Mix thoroughly. 4. Form breadsticks from dough by pinching off 2 oz pieces and shaping. Place in rows 3 across and 17 down on sheet pans lined with pan liners. 5. Place in a warm area (about 90**°**F) until double in size, approximately 45-60 minutes. 6. Bake until lightly browned. \* Conventional oven: 400**°**F for 18-20 minutes \* Convection oven: 350**°**F for 12-14 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198**°**F. 7. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 2 breadsticks | 2.0 oz equivalent M/MA +  2.0 oz equivalent Grains | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 320 | Vitamin A | 453.6 IU | Iron | 2.05 mg |
| Protein | 17.64 gm | Vitamin C | 2.43 mg | Calcium | 439.33 mg |
| Carbohydrate | 30.15 gm | Fiber | 2.4 gm | Cholesterol | 30.41 mg |
| Fat | 12.93 gm | % Fat | 36.38 % | Sodium | 297.62 mg |
| Saturated Fat | 6.66 gm | % Saturated Fat | 18.73 % |  |  |

# Cheese Sauce

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Meat/Meat Alternate** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 139**  USDA (modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Butter, unsalted\*  All-purpose flour, enriched  Salt | 12 oz  13 oz | 1½ tsp | |  |  | 1. Melt margarine. Add flour and salt. Stir until smooth. | |
| Milk, low-fat or non-fat | 6 lb |  | |  |  | 1. Add milk gradually, stirring constantly. Cook for 12-15 minutes, stirring frequently, until smooth and thick. | |
| Cheese, American, shredded | 3 lb 12 oz |  | |  |  | 1. Remove pan from heat. Add shredded American cheese and stir until melted.   **CCP: Hold for hot service at 135°F or higher.** | |
| **\*May use margarine instead of butter, but must ensure that product is *trans* fat free** | | | | | | | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| ¼ cup (2 oz ladle) | 0.5 oz equivalent M/MA | 25 cups |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 113 | Vitamin A | 261.1 IU | Iron | 0.21 mg |
| Protein | 5.1 gm | Vitamin C | 0 mg | Calcium | 129 mg |
| Carbohydrate | 4.47 gm | Fiber | 0.10 gm | Cholesterol | 24.88 mg |
| Fat | 8.38 gm | % Fat | 66.72 % | Sodium | 301 mg |
| Saturated Fat | 5.27 gm | % Saturated Fat | 42.01 % |  |  |

**This page intentionally left blank**

Chicken & Noodles

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 152** (USD 364 Marysville, modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Chicken, cooked, pulled,  frozen  Chicken Broth, low sodium  Poultry Seasoning  Sage, ground  Pepper, white  Dehydrated Onion Flakes  Allspice, ground (optional)  Food Coloring, yellow  (optional) | 12 lb 12 oz | 4 gal 2 qt  1 tsp  ¾ tsp  ½ tsp  ⅓ cup  ¼ tsp  ½ tsp | |  |  | 1. Place chicken meat, chicken broth, poultry seasoning, sage, pepper, onions, food coloring (optional) and allspice (optional) into a stock pot, steam-jacketed kettle or tilting skillet. Bring to a simmer. | |
| Egg Noodles, dry, whole grain  Chicken Broth, low sodium  Flour, all-purpose, enriched | 8 lb 8 oz  6 oz | 1 qt  1½ cups | |  |  | 1. Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 2. Mix flour in small amount of reserved broth (or water) and add to noodles to thicken. Adjust amount of flour to make the desired consistency. Simmer until thickened.  **CCP: Heat to 165°F or higher for at least 15 seconds.** | |
|  |  |  | |  |  | 1. Add additional broth or cook down as needed to make 25 quarts for every 100 1-cup servings. 2. Pour into steam table pans.  **CCP: Hold at 135°F or above.** | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 8 oz spoodle or ladle (1 cup) | 2.0 oz equivalent M/MA +  1.25 oz equivalent Grains | Approximately 6 gallons 1 quart |

Chicken & Noodles, continued

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 276 | Vitamin A | 97.73 IU | Iron | 2.61 mg |
| Protein | 24.48 gm | Vitamin C | 0.21 mg | Calcium | 22.95 mg |
| Carbohydrate | 28.64 gm | Fiber | 3.48 gm | Cholesterol | 88.23 mg |
| Fat | 6.51 gm | % Fat | 21.2 % | Sodium | 136.7 mg |
| Saturated Fat | 2.03 gm | % Saturated Fat | 6.62 % |  |  |

# Chicken Quesadilla

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 29**  (Iowa Gold Star Cycle Menus, Modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Whole Grain Flour Tortilla, 8”, 1.5 oz equivalent Grains | 100 each | |  |  |  | 1. Line sheet pans (18”x26”x1”) with parchment paper or pan liners (5 sheet pans per 100 servings). 2. Lay tortillas on lined sheet pans and set aside for step 8. |
| Green Bell Pepper, AP  Onion, fresh, AP  Corn, frozen, whole kernel  Chicken, cooked, diced  Tomato, fresh, AP  Mexican Seasoning Mix (HKM Recipe 79) | 2 lb  1 lb 4 oz  5 lb  9 lb  2 lb 4 oz | | 7 Tbsp |  |  | 1. Chop peppers, onion and tomatoes. 2. Combine chicken, peppers, onions, and corn in tilt skillet or steam kettle and heat.   **CCP: Heat to 165°F or higher for at least 15 seconds.**   1. Add tomatoes to chicken mixture. Drain excess liquid. 2. Add chili powder, cumin, onion powder, and paprika to vegetable mixture. |
| Cheese, Monterey Jack, reduced fat, shredded  Cheese, cheddar, shredded | 1 lb 12 oz  1 lb 12 oz | |  |  |  | 1. Combine shredded cheeses. 2. Spoon 3/8 cup vegetable/chicken mixture on half of each tortilla. 3. Sprinkle 2 Tbsp of cheese on top of vegetable mix on each tortilla. 4. Fold tortillas in half and shingle quesadillas on lined sheet pans. 5. Spray tortillas with pan release spray to aid browning. |
|  |  | |  |  |  | 1. Bake until tops are golden brown: Conventional oven: 400°F for 10 minutes. Convection oven: 375°F for 7 minutes. 2. Allow quesadillas to stand for 5 minutes.   **CCP: Hold hot for service at 135°F or higher.** |

Chicken Quesadilla, continued

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 quesadilla | 2.0 oz equivalent M/MA +  1.5 oz equivalent Grains +  0.25 cup vegetable, additional | 50 quesadillas (100 servings) |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 256 | Vitamin A | 345.6 IU | Iron | 1.97 mg |
| Protein | 21.76 gm | Vitamin C | 10.59 mg | Calcium | 234.33 mg |
| Carbohydrate | 28.49 gm | Fiber | 3.96 gm | Cholesterol | 47.08 mg |
| Fat | 8.12 gm | % Fat | 28.53 % | Sodium | 446.65 mg |
| Saturated Fat | 4.06 gm | % Saturated Fat | 14.25 % |  |  |

# Chicken Tetrazzini

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 7**  (USD 308 Hutchinson, modified) |
| **Ingredients** | **100 Servings (3/4 cup)** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Water, cold  Broth, chicken, low sodium  Margarine, liquid  Pepper, black  Chicken, cooked, diced ½”  Chilies, diced, canned  Pimentos, canned  Onions, dehydrated flakes | 3 lb 12 oz  27 lb 10 oz  8 oz  12 lb  1 lb 1 oz  11 oz  5 oz | | 1 qt 3½ cups  3 gal + 1 qt + 3 ¼ cup  2 tsp |  |  | 1. Mix water, broth, margarine, pepper, chicken, chilies, pimentos, and onions in stock pot, steam-jacketed kettle, or tilting skillet. 2. Bring to a boil.   **CCP: Heat to 165°F or higher for at least 15 seconds.** |
| Soup, Cream of Mushroom | 4 lb 11 oz | |  |  |  | 1. Add soup to mixture. Stir until blended. |
| Spaghetti Noodles, whole wheat, dry | 6 lb 8 oz | |  |  |  | 1. Add dry spaghetti noodles. Bring to a boil for 2 minutes and turn to low. |
| Cheese, American, shredded | 2 lb | |  |  |  | 1. Add cheese to mixture. 2. Stir in to melt. Serve hot with 6 oz spoodle.   **CCP: Hold hot for service at 135°F or above.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-8:** ¾ cup (6 oz spoodle)  **9-12:** 1 cup (8 oz spoodle) | **K-8:** 2.0 oz equivalent M/MA +  1.0 oz equivalent Grains  **9-12:** 2.75 oz equivalent M/MA +  1.25 oz equivalent Grains | 75 cups |

#### Nutrients Per ¾ Cup Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 272 | Vitamin A | 259.2 IU | Iron | 1.97 mg |
| Protein | 24.58 gm | Vitamin C | 5.36 mg | Calcium | 70.79 mg |
| Carbohydrate | 25.85 gm | Fiber | 3.34 gm | Cholesterol | 60.62 mg |
| Fat | 8.87 gm | % Fat | 29.4 % | Sodium | 387.54 mg |
| Saturated Fat | 3.26 gm | % Saturated Fat | 10.79 % |  |  |

# Chicken Wrap

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 158 - Revised** |
| **Ingredients** | **100 Servings (K-8)** | | | **100 Servings (9-12)** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Chicken Patty, unbreaded, CN labeled to provide 2.0 oz equivalent M/MA each patty  Cheese, cheddar, shredded  Tortilla, whole wheat, 8”, 1.5 oz equivalent Grains | 1 lb 9 oz | 75 patties    100 each | | 1 lb 9 oz | 100 patties  100 each | 1. Purchase CN labeled precooked, unbreaded,  chicken patties with 2 oz equivalent M/MA per serving. 2. Heat chicken according to manufacturer’s directions and cut into strips.   **CCP: Hold at 135°F or above until served.**   1. For each wrap serve:   K-8: 1.5 oz of chicken strips  9-12: 2 oz of chicken strips   1. Place chicken on top of tortilla. Sprinkle with approximately 1 Tbsp of cheese. Fold tortilla in half. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | **K-8**: 1.75 oz equivalent M/MA +  1.5 oz equivalent Grains  **9-12**: 2.25 oz equivalent M/MA +  1.5 oz equivalent Grains | 100 servings |

#### Nutrients Per Serving (for 1.75 oz equivalent M/MA)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 240 | Vitamin A | 0 IU | Iron | 2.16 mg |
| Protein | 14.5 gm | Vitamin C | 0 mg | Calcium | 100 mg |
| Carbohydrate | 23.5 gm | Fiber | 3 gm | Cholesterol | 26.25 mg |
| Fat | 11.25 gm | % Fat | 42.19 % | Sodium | 725 mg |
| Saturated Fat | 3.37 gm | % Saturated Fat | 12.66 % |  |  |

# Chili

|  |  |  |
| --- | --- | --- |
| **Main Dish** | **HACCP: #2 Same Day Service** | **Healthier Kansas Recipe 218** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 – 6 oz Servings**  **Or (75 – 8 oz Servings)** | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Ground Beef, 80/20, raw  Dehydrated Onion Flakes  Chili Powder  Cumin Ground  Garlic Powder  Tomato Puree  Pinto Beans, canned, drained  Tomato Juice  Red or Cayenne Pepper  (optional)  Water | 13 lb 4 oz  5 oz  6 lb 8 oz | 1 cup 2 Tbsp  2½ Tbsp  1½ Tbsp  ½ #10 can  5½ #10 cans  3 qt 1 cup  2 Tbsp  As needed |  |  | 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 2. Drain beans. 3. Add remaining ingredients, except water, to ground beef. 4. Add additional water or juice from canned beans to make approximately 19-20 quarts for every 100  3/4-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates.   **CCP: Heat to 160°F or higher for at least 15 seconds.**  **CCP: Hold hot for service at 135°F or above.** |
|  |  |  |  |  | *Notes:*   * For less sodium, choose a “fancy” or very-low sodium chili powder. * Older students may like the chili spicier and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste. * May use 1 lb 6 oz of fresh onions per 100 servings in place of dried onions. * May use minced garlic in place of garlic powder. * May puree one can of the pinto beans prior to adding to chili. This will yield a thicker product. |

# 

Chili, continued

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-8**: 6 oz spoodle (3/4 cup) | **K-8:** 1.5 oz equivalent M/MA +  0.5 cup vegetables, BP +  0.25 cup vegetables, RO  \*Beans counted as vegetable | 100 servings: 6 oz spoodle |
| **9-12**: 8 oz spoodle (1 cup) | **9-12:** 2.0 oz equivalent M/MA +  0.625 cup vegetables, BP +  0.25 cup vegetables, RO  \*Beans counted as vegetable | 75 servings: 8 oz spoodle |
|  |  | Approximately 19 quarts |

#### Nutrients Per 6 oz Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 229 | Vitamin A | 653.7 IU | Iron | 3.74 mg |
| Protein | 19.05 gm | Vitamin C | 8.77 mg | Calcium | 74.91 mg |
| Carbohydrate | 19.86 gm | Fiber | 4.23 gm | Cholesterol | 39.58 mg |
| Fat | 8.35 gm | % Fat | 32.81 % | Sodium | 717.5 mg |
| Saturated Fat | 3.06 gm | % Saturated Fat | 12.03 % |  |  |

# Cowboy Cavatini

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 32** |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Pasta, Penne, whole wheat | 6 lb 4 oz | |  |  |  | 1. Cook pasta according to manufacturer’s directions. Rinse cooked pasta well and hold for step 4. |
| Beef, ground, 80/20, raw  Sauce, tomato, canned  Water  Mexican Seasoning Mix (HKM Recipe 79) | 15 lb 8 oz  3 lb | | 2½ #10 cans  1 qt 2 cups  10 Tbsp |  |  | 1. Brown beef and drain.   **CCP: Heat to 165°F or higher for 15 seconds.**   1. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes. |
| Cheese, Mozzarella, part skim, shredded | 1 lb 8 oz | |  |  |  | 1. Add cooked pasta to meat mixture. Mix well and divide into three 2” steam pans. 2. Sprinkle with mozzarella cheese, ½ lb. per pan. 3. Bake at:   \*Convection: 325**°**F for 30-40 minutes.  \*Conventional: 350**°**F for 40-45 minutes.   1. Serve hot with 6 oz spoodle.   **CCP: Hold hot for service at 135°F or higher.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 6 oz spoodle (3/4 cup) | 2.0 oz equivalent M/MA +  1.0 oz equivalent Grains +  0.25 cup vegetables, RO | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 280 | Vitamin A | 479.4 IU | Iron | 3.29 mg |
| Protein | 21.79 gm | Vitamin C | 5.29 mg | Calcium | 80.91 mg |
| Carbohydrate | 25.97 gm | Fiber | 3.64 gm | Cholesterol | 54.86 mg |
| Fat | 10.54 gm | % Fat | 33.89 % | Sodium | 482.23 mg |
| Saturated Fat | 4.18 gm | % Saturated Fat | 13.44 % |  |  |

# Hot Ham & Cheese on a Bun

|  |  |  |
| --- | --- | --- |
| **Main Dish** | **HACCP: #2 Same Day Service** | **Healthier Kansas Recipe 48** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Servings** | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Ham, cooked, water added, sliced  Cheese, American, slices  Hamburger Bun, whole wheat, 2 oz equivalent Grains  **OR**  Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | 7 lb 11 oz  6 lb 4 oz | (100 ½ oz slices)    100 each |  |  | 1. Slice ham into 0.6 oz slices. 2. Heat to a minimum of 1350 F for at least 15 seconds. 3. Assemble sandwiches using 1 bun, 2 slices of cheese (1 oz), and 1.2 oz of ham (2 slices) per sandwich. 4. Place on paper-lined sheet pans and cover, or wrap individually in foil. 5. Heat in oven until cheese begins to melt.   **CCP: Hold for hot service at 135°F or above.** |
|  |  |  |  |  | **Cold Ham & Cheese Variation:**  Do not preheat ham. Assemble sandwiches as above.  **CCP: Hold at 41°F or below for cold service.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 2.0 oz equivalent M/MA +  2.0 oz equivalent Grains | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 317 | Vitamin A | 321.6 IU | Iron | 1.87 mg |
| Protein | 15.68 gm | Vitamin C | 4.66 mg | Calcium | 335.36 mg |
| Carbohydrate | 31.99 gm | Fiber | 2.4 gm | Cholesterol | 46.86 mg |
| Fat | 14.36 gm | % Fat | 40.79 % | Sodium | 857.76 mg |
| Saturated Fat | 5.98 gm | % Saturated Fat | 16.98 % |  |  |

# Lasagna

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 40**  (USD 225 Fowler, modified) |
| **Ingredients** | **96 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Beef, ground, 80/20, raw  Onions, dehydrated  Spaghetti Sauce, canned  Tomatoes, canned, diced, drained  Water | 8 lb  1 oz  1 lb 12 oz | | 1½ #10 can  1 #10 can  3½ cups |  |  | 1. Brown beef and drain. 2. Add onions, spaghetti sauce, tomatoes, and water. Stir to combine.   **CCP: Heat to 160°F or higher for 15 seconds.** |
| Cottage Cheese, Lowfat, 2%  Egg, whole, fresh, raw, large  Lasagna Noodles, whole grain, dry  Cheese, Mozzarella, part skim, shredded | 6 lb    3 lb 4 oz  2 lb 14 oz | | 7 each |  |  | 1. Combine cottage cheese and eggs. Mix well. 2. For 100 servings, spray 4 pans (12” x 20” x 2½”) with pan release spray. 3. In each pan, spread 2 cups of meat sauce on the bottom of the pan. Then build lasagna as follows: 4. Place 8 uncooked lasagna noodles in each pan. 5. Spread 1 qt of meat sauce on top of noodles in each pan. 6. Spread 1½ cups of egg mixture over top of meat sauce in each pan. 7. Cover with 1¼ cups of mozzarella cheese per pan. 8. Repeat steps a-d 1 time. 9. Cover tightly with foil and bake:   \*Conventional oven: 350**°**F for 1½ hours  \*Convection oven: 325**°**F for 1 hour.   1. Cut each pan 4 x 6 (24 pieces per pan). Serve hot.   **CCP: Hold hot for service at 135°F or higher.** |

# Lasagna, continued

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 piece | 2.0 oz equivalent M/MA +  0.5 oz equivalent Grains +  0.25 cup vegetables, RO | 96 pieces |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 229 | Vitamin A | 474.6 IU | Iron | 2.11 mg |
| Protein | 18.89 gm | Vitamin C | 6.36 mg | Calcium | 151.25 mg |
| Carbohydrate | 18.7 gm | Fiber | 2.71 gm | Cholesterol | 49.26 mg |
| Fat | 8.36 gm | % Fat | 32.91 % | Sodium | 439.64 mg |
| Saturated Fat | 3.27 gm | % Saturated Fat | 12.88 % |  |  |

# Macaroni & Cheese

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 184 – revised** |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Water  Macaroni, elbow, whole grain | 6 lb 4 oz | 6 gal | |  |  | 1. Bring water to a boil. 2. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes, or until tender. **Do not overcook.** Drain well, rinse with cool water, and drain again. 3. Transfer cooked macaroni to pans and set aside. | |
| Cheese Sauce\*, low sodium  **OR – Prepare homemade cheese sauce:**  Milk, skim  Margarine, liquid  Pepper  Cheese, American, shredded | 13 lb 14 oz  11 lb 2 oz  1 lb 2 oz  7 lb | 1 gal 1½ qt  2¼ cups  1 tsp | |  |  | 1. Prepare cheese sauce according to package directions. Heat to 165**°**F. Or prepare homemade cheese sauce per directions below. 2. Pour hot cheese sauce over macaroni and fold together until mixed.   **CCP: Hold for hot service at 135°F or higher.**   1. Serve with a #8 scoop   **\* Note:** Purchased cheese sauce will only credit toward M/MA component, with a CN label or Product Formulation Statement from the manufacturer.  **Option:** 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 | 100 servings  3 gal + 2 cups |

#### 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 % |  |  |

Mexican Seasoning Mix

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Seasoning** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 79**  (USDA G-01A modified) |
| **Ingredients** | **4 Cups** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Chili Powder  Cumin, ground  Paprika  Onion Powder |  | 1¾ cups  1⅓cups  ¼ cup 3 Tbsp  ¼ cup 3 Tbsp | |  |  | 1. Mix all ingredients together well. 2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator. 3. Use 1/4 cup + 3 Tbsp per 10 lbs of ground beef, adjusting to taste. | |

**Yield:**  1 quart

# Mini Meatball Sub

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 132 - Revised**  Ohio Department of Education, Modified |
| **Ingredients** | **100 Servings (K-8)** | | | **100 Servings (9-12)** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Beef meatballs, frozen, CN labeled to provide 2 oz equivalent M/MA  Tomatoes, spaghetti sauce, canned  Cheese, Mozzarella, reduced-fat, shredded | 3 lb 2 oz | 300 each  *(or number needed to meet 1 oz M/MA per serving)*  2 #10 cans +  1 cup | | 3 lb 2 oz | 500 each  *(or number needed to meet 2 oz M/MA per serving)*  2 #10 cans + 1 cup | 1. Preheat convection oven to 375**°**F. 2. Place frozen meatballs and marinara sauce in two 20” x 12” x 4” steam table pans. Cover and heat in convection oven for 30 minutes. 3. During the last 5 minutes of cooking, sprinkle each pan with 1 lb 9 oz cheese.   **CCP: Heat to 165°F or higher for 15 seconds.** | |
| Sub Bun, whole wheat, purchased, 2 oz equivalent Grains  **OR**  Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns |  | 100 each | |  | 100 each | 1. At service, assemble subs: place 5 meatballs with sauce and cheese on bun.   **CCP: Hold for hot service at 135°F or higher.** | |

# 

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 sandwich | **K-8:** 1.5 oz equivalent M/MA +  2.0 oz equivalent Grains +  0.25 cups vegetables, RO  **9-12:** 2.5 oz equivalent M/MA +  2.0 oz equivalent Grains +  0.25 cups vegetables, RO | 100 sandwiches |

#### Nutrients Per Serving (for 1.5 oz equivalent M/MA)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 333 | Vitamin A | 466.5 IU | Iron | 3.41 mg |
| Protein | 16.11 gm | Vitamin C | 11.38 mg | Calcium | 173.4 mg |
| Carbohydrate | 37.87 gm | Fiber | 4.01 gm | Cholesterol | 25.91 mg |
| Fat | 13.32 gm | % Fat | 36.01 % | Sodium | 714.7 mg |
| Saturated Fat | 3.96 gm | % Saturated Fat | 10.71 % |  |  |

**This page intentionally left blank**

# Pig in a Blanket

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 30** |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Dough from Whole Wheat Rolls, 51%, HKM Recipe 877  **OR**  Bread Dough, whole wheat, frozen  Frankfurter, turkey, 2 oz equivalent M/MA  Pan Release Spray | 12 lb 8 oz  (2 recipes for 100 rolls)  12 lb 8 oz | 100 each  As needed | |  |  | 1. Purchase reduced-fat frankfurter with no more than 10 grams of fat and no more than 500 mg of sodium per hot dog. 2. Prepare roll recipe #877 or purchase prepared, frozen dough. Thaw per manufacturer’s instructions.  2 oz of dough is needed per frankfurter. 3. Spray work surface lightly with pan release spray to allow easier handling. 4. For every 10 servings, roll 20 ounces of dough into a 14” long x 15” wide rectangle. Cut 2 x 5, placing hot dogs horizontally in 5 rows with 2 hot dogs to each row. 5. Wrap each hot dog in one square of dough, pinching seams to seal. Place seam side down on sheet pans (18” x 26” x 1”) lined with pan liners. 6. Bake until lightly browned**.  \*** Conventional oven: 350**°**F for 18-20 minutes **\*** Convection oven: 325**°**F for 12-15 minutes   **CCP: Heat to 165°F or above for 15 seconds.**   1. Spray pigs in a blanket lightly with pan release spray after removing from oven.   **CCP: Hold for hot service at 135°F or higher.** | |
|  |  |  | |  |  | **Alternate Wrapping Method:** Cut dough in 2 oz long strips. Wrap a strip in a spiral around each frankfurter, pinching dough together at the ends to seal. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 2.0 oz equivalent M/MA +  2.0 oz equivalent Grains | 100 servings |

#### Pig in a Blanket, continued

#### 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 % |  |  |

# Pulled Pork Sandwich

**Main Dish HACCP: #2 Same Day Service Healthier Kansas Recipe 136**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Servings** | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Pulled pork, precooked, frozen, CN labeled to provide 2 oz equivalent M/MA per 4 oz serving | 25 lb  *(or amount to provide 2 oz eq M/MA)* |  |  |  | 1. Thaw pork under refrigeration. 2. Conventional oven: preheat oven to 350o F. 3. Remove pork from package and place in large baking pan. Cover pan with foil and heat for 40-50 minutes or until heated through, stirring occasionally.   **CCP: Heat to 135°F or higher for 15 seconds.** | |
| Hamburger Bun, whole wheat, 2 oz equivalent Grains  **OR**  Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns |  | 100 each |  |  | 1. Portion 4 oz of heated pork (or amount needed to meet 2 oz eq M/MA) onto bun for service.   **CCP: Hold at 135°F or higher.** | |
| \***Optional Additional Barbeque Sauce**  Catsup  Sugar, brown, packed  Mustard, yellow prepared  Liquid Smoke |  | 1 #10 can  1 qt 2 cups  3 cups  4 fl oz |  |  | | 1. Optional: If purchasing an unsauced product, or if more sauce is desired - Combine all ingredients in bowl and mix well and store in refrigerator. Serve 2 tbsp (1 fl oz) with each sandwich. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 sandwich | 2.0 oz equivalent M/MA +  2.0 oz equivalent Grains | 100 servings |

#### Nutrients Per Serving (without optional additional sauce)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 413 | Vitamin A | 53.64 IU | Iron | 2.42 mg |
| Protein | 20.85 gm | Vitamin C | 4.66 mg | Calcium | 39.36 mg |
| Carbohydrate | 47.37 gm | Fiber | 2.4 gm | Cholesterol | 71.28 mg |
| Fat | 16.58 gm | % Fat | 36.14 % | Sodium | 638.76 mg |
| Saturated Fat | 5.72 gm | % Saturated Fat | 12.48 % |  |  |

# Rock and Roll Beef Wraps

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 133**  Beef Council (modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Ground Beef, 80/20, raw | 17 lb | |  |  |  | 1. Brown ground beef, breaking into ½ inch crumbles and stirring occasionally until fully cooked. Remove drippings.   **CCP: Heat to 165°F or higher for 15 seconds.** |
| Water  Rice, brown, long-grain, dry  Dry Ranch Dressing Mix  Black Pepper | 3 lb 4 oz | | 3 qt  1 cup  2 Tbsp |  |  | 1. Combine water, rice, dry ranch mix and pepper with ground beef. 2. Bring to a boil, reduce heat and cook covered, until rice is tender and water is absorbed, stirring occasionally. Cook time will be approximately 30 minutes. |
| Broccoli Slaw | 9 lb 8 oz | |  |  |  | 1. Add slaw, increase heat to medium. Cook uncovered, 3-5 minutes, until slaw is crisp-tender, stirring occasionally. |
| Whole Wheat Tortillas, 8 inch, 1.5 oz equivalent Grains |  | | 100 each |  |  | 1. Portion 1 cups beef mixture onto each tortilla. Fold over sides of tortilla and roll up to enclose the filling. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 wrap | 2.0 oz equivalent M/MA +  2.0 oz equivalent Grains +  0.5 cup vegetable, DG | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 349 | Vitamin A | 887.4 IU | Iron | 3.07 mg |
| Protein | 22.3 gm | Vitamin C | 36.48 mg | Calcium | 132.1 mg |
| Carbohydrate | 36.31 gm | Fiber | 4.56 gm | Cholesterol | 57.63 mg |
| Fat | 13.5 gm | % Fat | 34.84 % | Sodium | 417.69 mg |
| Saturated Fat | 5.54 gm | % Saturated Fat | 14.30 % |  |  |

# Spaghetti & Meat Sauce

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 170** (USDA D-35 modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Ground Beef, 80/20  Spaghetti Sauce, canned | 17 lb 8 oz | 3¼ #10 cans | |  |  | 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain.   **CCP: Heat to 165°F or above for at least 15 seconds.**   1. 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.   **CCP: Hold at 135o F or higher.** | |
| Water  Spaghetti Noodles, whole grain, dry  Pan Release Spray | 9 lb 8 oz | 12 gal  As needed | |  |  | 1. Bring water to a boil. 2. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. **Do not overcook.** Drain well. Run cold water over spaghetti to cool slightly. 3. Stir noodles into meat sauce. 4. Divide mixture equally into steam table pans (12” x 20” x 4”) which have been lightly coated with pan release spray. Use 3 pans for every 100 servings. 5. 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.   **CCP: Hold at 135°F or higher.** | |
|  |  |  | |  |  | *Note:*  USDA Recipes D-35 Spaghetti Sauce may be used in place of purchased spaghetti sauce. | |

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 6 gal + 1 qt |

#### 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 % |  |  |

# Stromboli Squares

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 181** (USD 503 Parsons, modified) |
| **Ingredients** | **120 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Dough from Whole Wheat Rolls, 51%, HKM Recipe 877 | 16 lb  (approximately 2.5 x 100-roll recipe) |  | |  |  | 1. Portion 2 lbs dough balls. Roll half of the balls to fit 18” x 26” x 1” sheet pans (will use 4 sheet pans per 120 servings). Place rolled dough rectangles on sheet pans lined with pan liners. Set remaining balls aside for step 5. | |
| Italian Seasonings  Mozzarella Cheese,  part-skim | 8 lb 8 oz | 2 Tbsp | |  |  | 1. Mix shredded cheese and seasonings. | |
| Turkey Ham, lean, shaved or deli sliced  Italian Seasonings (optional) | 11 lb | As needed | |  |  | 1. On each sheet pan lay out 2 lbs 12 oz of turkey ham. 2. Top each sheet pan with 2 lbs 2 oz of cheese. Spread cheese evenly. 3. Roll out remaining bread dough balls to fit over the tops of the pan. Lay on top of cheese. Stretch to fit to the edge of the pan(s) and crimp. 4. Prick the top layer of dough with a large meat fork to allow for air expansion. Brush dough with an egg wash or spray with pan release spray before baking. Sprinkle top with Italian seasonings (optional). 5. Bake until golden brown: \* Conventional oven: 350**°**F for 18-24 minutes \* Convection oven: 325**°**F for 15-20 minutes   Recommended internal temperature for bread is 196-198**°**F.   1. Cool slightly before cutting. Cut each pan into 30 servings. (3 x 10 cut *or* 3 x 5 cut with squares cut into triangles.)   **CCP: Hold for hot service at 135°F or higher.** | |

# Stromboli Squares, continued

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 piece | 2.0 oz equivalent M/MA +  2.0 oz equivalent Grains | 120 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 303 | Vitamin A | 213.7 IU | Iron | 2.39 mg |
| Protein | 19.24 gm | Vitamin C | 4.88 mg | Calcium | 293.06 mg |
| Carbohydrate | 32.01 gm | Fiber | 2.52 gm | Cholesterol | 42.99 mg |
| Fat | 11.2 gm | % Fat | 33.3 % | Sodium | 765.06 mg |
| Saturated Fat | 4.3 gm | % Saturated Fat | 12.79 % |  |  |

# Super Nachos

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 140 - Revised** |
| **Ingredients** | **100 Servings (K-8)** | | | **100 Servings (9-12)** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Tortilla Chips, whole grain, unsalted  Taco Meat, HKM Recipe 76  Cheese Sauce, HKM Recipe 139 | 100 oz | | 25 cups  13 cups | 200 oz | 25 cups  25 cups | 1. Place tortilla chips on a plate (portion 1 oz chips for grades K-8 and 2 oz chips for grades 9-12) 2. Top with #16 scoop (1/4 cup) taco meat. 3. Top with cheese sauce (1/8 cup/#30 scoop for K-8 and ¼ cup/#16 scoop for 9-12).   **CCP: Hold at 135°F or higher.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-8:** 1 plate (1 oz chips)  **9-12:** 1 plate (2 oz chips) | **K-8**: 1.75 oz equivalent M/MA + 1.0 oz equivalent Grains  **9-12**: 2.0 oz equivalent M/MA + 2.0 oz equivalent Grains | 100 servings |

#### Nutrients Per K-8 Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 336 | Vitamin A | 460.5 IU | Iron | 1.93 mg |
| Protein | 17.41 gm | Vitamin C | 4.96 mg | Calcium | 101.3 mg |
| Carbohydrate | 22.53 gm | Fiber | 1.65 gm | Cholesterol | 57.01 mg |
| Fat | 19.27 gm | % Fat | 51.67 % | Sodium | 293.24 mg |
| Saturated Fat | 8.82 gm | % Saturated Fat | 23.66 % |  |  |

#### Nutrients Per 9-12 Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 532 | Vitamin A | 585.8 IU | Iron | 2.39 mg |
| Protein | 21.88 gm | Vitamin C | 4.96 mg | Calcium | 183.49 mg |
| Carbohydrate | 41.88 gm | Fiber | 2.70 gm | Cholesterol | 68.95 mg |
| Fat | 30.37 gm | % Fat | 51.43 % | Sodium | 452.70 mg |
| Saturated Fat | 14.39 gm | % Saturated Fat | 24.36 % |  |  |

# Sweet and Sour Chicken Nuggets

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 143** |
| **Ingredients** | **100 – Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Chicken Nuggets, whole grain rich, precooked, CN labeled to provide 2 oz equivalent M/MA and 1 oz equivalent Grains |  | | 500 each  *(or number needed to meet 2 oz M/MA per serving)* |  |  | 1. Prepare according to manufacturer’s instructions. 2. Portion 25 servings (125 nuggets) per pan.   **CCP: Hold at 135o F or higher.** |
| Sweet and Sour Sauce, bottled  Pineapple Juice  Cornstarch  Water, cold | 5 lb  2 lb | | ¾ cup  3 ¼ cup |  |  | 1. In a large sauce pan, combine sweet & sour sauce and pineapple juice. 2. Dissolve cornstarch in cold water. Add to sauce mixture. 3. Simmer sauce mixture for 15 minutes or until thickened, stirring occasionally. |
|  |  | |  |  |  | 1. Combine 3 cup + 1 fl oz sweet and sour sauce (1 fl oz per serving) with each pan of nuggets before service. 2. Toss to coat. 3. Serving size = 5 nuggets (or amount needed to meet 2 oz M/MA). Serving suggestion: serve nuggets on top of seasoned brown rice.   **CCP: Hold at 135°F or higher.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 5 nuggets | 2.0 oz equivalent M/MA +  1.0 oz equivalent Grains | **100 servings** |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 287 | Vitamin A | 162.7 IU | Iron | 2.4 mg |
| Protein | 16.53 gm | Vitamin C | 2.54 mg | Calcium | 30.05 mg |
| Carbohydrate | 22.01 gm | Fiber | 2.6 gm | Cholesterol | 25.08 mg |
| Fat | 15.08 gm | % Fat | 47.34 % | Sodium | 460.58 mg |
| Saturated Fat | 2.52 gm | % Saturated Fat | 7.9 % |  |  |

# Taco Burger

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 77** (USDA D-13 modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Beef, ground 80/20, raw  Dehydrated Onion Flakes  Pepper  Tomato Paste  Mexican Seasoning Mix (see HKM Recipe 79)  **OR**  Purchased Mexican Seasoning Mix  Salt  Sugar, brown  Water  Hamburger Bun, whole wheat, 2 oz equivalent Grains  **OR**  Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns  Cheese, cheddar, low-fat, shredded | 13 lb  2 oz  3 lb 2 oz | 1 Tbsp 1 tsp  3 cups  ½ cup 1 Tbsp  1 Tbsp  ¼ cup  2 qt  100 each | |  |  | 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package.   **CCP: Heat to 165°F for at least 15 seconds.**   1. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed.   **CCP: Hold at 135°F or higher**   1. Portion #16 scoop taco meat onto bun and top with ½ oz cheddar cheese. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 sandwich | 2 oz equivalent M/MA +  2.0 oz equivalent Grains | 100 servings |

# Taco Burger, continued

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 345 | Vitamin A | 460.8 IU | Iron | 3.16 mg |
| Protein | 21.23 gm | Vitamin C | 9.62 mg | Calcium | 181.7 mg |
| Carbohydrate | 32.41 gm | Fiber | 2.98 gm | Cholesterol | 52.48 mg |
| Fat | 14.85 gm | % Fat | 38.74 % | Sodium | 455.2 mg |
| Saturated Fat | 5.35 gm | % Saturated Fat | 13.95 % |  |  |

# Taco Meat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Meat/Meat Alternate** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 76** (USDA D-13 modified) |
| **Ingredients** | **100 #16 Scoop Servings**  **(or 75 #12 Scoop Servings)** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Beef, ground 80/20, raw  Onion, Dehydrated Flakes  Pepper  Tomato Paste  Mexican Seasoning Mix (see HKM Recipe 79)\*  **OR**  Purchased Mexican Seasoning Mix  Salt  Sugar, brown, packed  Water | 13 lb  2 oz | 1 Tbsp 1 tsp  3 cups  ½ cup 1 Tbsp  1 Tbsp  ¼ cup  2 qt | |  |  | 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package.   **CCP: Heat to 165°F for at least 15 seconds.**   1. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed.   **CCP: Hold at 135°F or higher.** | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| #16 scoop (¼ cup) | 1.5 oz equivalent M/MA (per #16 scoop) | 25 cups |
| #12 scoop (⅓ cup) | 2.0 oz equivalent M/MA + 0.125 cup vegetables, RO (per #12 scoop) |

#### Nutrients Per #16 Scoop Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 135 | Vitamin A | 317.7 IU | Iron | 1.45 mg |
| Protein | 12.73 gm | Vitamin C | 4.96 mg | Calcium | 13.86 mg |
| Carbohydrate | 2.98 gm | Fiber | 0.57 gm | Cholesterol | 44.07 mg |
| Fat | 7.82 gm | % Fat | 52.12 % | Sodium | 118.4 mg |
| Saturated Fat | 3.04 gm | % Saturated Fat | 20.27 % |  |  |

# Taco Salad

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 78** (USDA D-13 modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Taco Meat, HKM Recipe 76  Romaine Lettuce, fresh, untrimmed, AP  Tomatoes, large, AP  Cheese, cheddar, shredded | 25 cups  9 lb 8 oz  6 lb 10 oz  3 lb 2 oz |  | |  |  | 1. Prepare taco meat according to HKM recipe 76. 2. Wash and chop romaine lettuce and tomatoes. 3. For each serving, portion as follows:    * 1 cup chopped romaine lettuce    * #16 scoop (1/4 cup) taco meat    * 1/8 cup diced tomatoes    * 1/8 cup shredded cheese | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 salad | 2.0 oz equivalent M/MA +  0.5 cup vegetable, DG + 0.125 cup vegetable, RO | 100 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 % |  |  |

# Taco Soup

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 20** |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Ground Beef, 80/20, raw  Mexican Seasoning Mix (HKM Recipe 79)  Water  Beef Base, low sodium  Corn, frozen  Pinto Beans, canned  Salsa, canned  Cheese, cheddar, shredded, reduced fat | 15 lb  12 oz  6 oz  7 lb  2 lb | 3 cups  1 gal 3 qt  2¾ #10 cans  1¾ #10 cans | |  |  | 1. Cook ground beef, breaking into small chunks as it cooks. Drain Fat.   **CCP: Heat to 165°F for at least 15 seconds.**   1. Add Mexican seasoning mix. 2. Add water and bring to a boil. 3. Add beef base and stir to dissolve. 4. Add corn to soup. 5. Drain and rinse beans and add to soup. 6. Add salsa to soup. 7. Simmer for 30-40 minutes to 165**°**F or higher.   **CCP: Hold hot for service at 135°F or higher.**   1. Serve 8 oz portions and garnish at service with 1 Tbsp of cheese per serving. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 8 oz spoodle (1 cup) | 2.0 oz equivalent M/MA +  0.25 cup vegetables, BP +  0.125 cup vegetables, RO +  0.125 cup vegetables, starchy | 100 cups |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 276 | Vitamin A | 1067 IU | Iron | 4.57 mg |
| Protein | 22.48 gm | Vitamin C | 4.63 mg | Calcium | 140.92 mg |
| Carbohydrate | 20.62 gm | Fiber | 4.06 gm | Cholesterol | 55.97 mg |
| Fat | 11.85 gm | % Fat | 38.65 % | Sodium | 472.48 mg |
| Saturated Fat | 4.72 gm | % Saturated Fat | 15.38 % |  |  |

# Turkey & Cheese Sub

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #1 No Cook** | | | | **Healthier Kansas Recipe 144** |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Turkey Breast, thin sliced, cooked, no more than 700 mg sodium per 2 oz serving  Cheese American, slices  Hamburger Bun, whole wheat, purchased 2 oz equivalent Grains  **OR**  Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | 12 lb 8 oz  *(or amount needed to provide 1.5 oz M/MA per serving)*  3 lb 2 oz | (100 ½ oz slices)  100 each | |  |  | 1. Place 2 oz of turkey on one half of bun (or amount needed to provide 1.5 oz M/MA – product should be CN labeled or have a product formulation statement with crediting information). 2. Top with one slice (or 0.5 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.   **CCP: Hold at 41°F or below.** | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 2.0 oz equivalent M/MA +  2.0 oz equivalent Grains | 100 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 % |  |  |

# White Chicken Chili

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 128**  Iowa Gold Star Recipe |
| **Ingredients** | **100 Servings** | | | \_\_\_\_\_\_\_\_\_**Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Onions, yellow, AP  Garlic, fresh, minced  Chicken, cooked, diced  Great Northern Beans, canned, low sodium, undrained  Water  Chicken Base, low sodium  White Pepper  Cumin, ground | 3 lb 8 oz  5 oz  10 lb  17 oz  4 oz  2 oz | 3 ¼ #10 cans  3 Tbsp | |  |  | 1. In a steam jacketed kettle, combine chopped onions, garlic, chicken, beans with liquid, water, chicken base, white pepper, and ground cumin. 2. Simmer for 10 minutes to blend flavors, stirring occasionally. | |
| Green Chili Peppers, canned, diced  Chicken Stock, prepared from low-sodium base | 15 oz | 1 gal + 2 qt + 1 cup  (as *prepared)* | |  |  | 1. Add green chili peppers. 2. Add prepared chicken stock and simmer for 10 minutes. Final product should be 4 gal + 2 ¾ qt. Adjust with extra chicken stock if needed.   **CCP: Heat to 165°F or higher for 15 seconds.**   1. Pour into serving pans. Portion with 6 oz ladle (K-8) or 8 oz ladle (9-12).   **CCP: Hold for hot service at 135°F or higher.** | |
| Mozzarella Cheese, part skim, shredded | 3 lb 2 oz |  | |  |  | 1. Top chili with 0.5 oz mozzarella cheese at time of service. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 3/4 cup (6 oz spoodle) | 2 oz equivalent M/MA +  0.25 cup vegetable, BP | K-8: 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 240 | Vitamin A | 108.1 IU | Iron | 2.58 mg |
| Protein | 25.36 gm | Vitamin C | 4.43 mg | Calcium | 166.09 mg |
| Carbohydrate | 25.08 gm | Fiber | 5.48 gm | Cholesterol | 49.1 mg |
| Fat | 4.46 gm | % Fat | 16.7 % | Sodium | 238.25 mg |
| Saturated Fat | 2.16 gm | % Saturated Fat | 8.1 % |  |  |

**This page intentionally left blank**

# Yummy Sloppy Joe on a Bun

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Main Dish** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 123**  (USD 512 Shawnee Mission) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Beef, ground, 80/20, raw  Cabbage, shredded, ready to use  Onions, dehydrated  Celery, AP  Green Bell Pepper, AP  Water | 17 lb 8 oz  2 lb 7 oz  3 oz  1 lb 11 oz  1 lb 4 oz | 1¾ cup | |  |  | 1. Brown ground beef in tilt skillet.   **CCP: Cook to 160o**   1. Chop celery and bell pepper. 2. Add shredded cabbage, onions, chopped celery, chopped green pepper and water. Cook until vegetables are tender.   **CCP: Heat to 135°F for at least 15 seconds.** | |
| Catsup  Brown Sugar, packed  Lemon Juice  Vinegar, white  Worcestershire Sauce  Mustard, yellow  Pepper, black | 12 oz  7 oz  7 oz | 2 qt 2½ cups  2⅜ cups  ¾ cup  3 Tbsp | |  |  | 1. Stir in the catsup, brown sugar, lemon juice, vinegar, Worcestershire sauce, mustard and pepper. Simmer for 10 minutes or until cabbage is tender.   **CCP: Hold at 135°F or higher.** | |
| Hamburger Bun, whole wheat, purchased, 2 oz equivalent Grains  **OR**  prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns |  | 100 each | |  |  | 1. Portion #8 disher (1/2 cup) on each 2 oz bun. | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** | |
| 1 sandwich | 2.0 oz equivalent M/MA +  2.0 oz equivalent Grains +  0.25 cup vegetables, additional | | 100 servings |

# Yummy Sloppy Joe, continued

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 394 | Vitamin A | 252.1 IU | Iron | 3.51 mg |
| Protein | 21.91 gm | Vitamin C | 16.75 mg | Calcium | 69 mg |
| Carbohydrate | 43.51 gm | Fiber | 3.12 gm | Cholesterol | 59.74 mg |
| Fat | 14.92 gm | % Fat | 34.06% | Sodium | 551.73 mg |
| Saturated Fat | 4.76 gm | % Saturated Fat | 10.87% |  |  |

# Apple Glazed Sweet Potatoes

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vegetable** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 122**  (New Hampshire Dept. of HHS) |
| **Ingredients** | **100 – ½-Cup Servings**  **Or (200 ¼-Cup Servings)** | | | **\_\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Sweet Potatoes, fresh, whole, AP  Apple Juice, 100% juice  Nutmeg, ground  Cinnamon, ground  Salt  Butter, unsalted, cut into 1-inch pats | 31 lb | 1 gal  1 Tbsp  ¼ cup  2 Tbsp  1 cup | |  |  | 1. Preheat oven to 375**°**F. 2. Prick sweet potatoes with a fork and bake 45-60 minutes until tender. 3. Slice potatoes lengthwise into wedges (8 per potato). 4. Place apple juice in steam kettle and reduce to ¼ over medium high heat. 5. Add nutmeg, cinnamon, and salt to apple glaze and stir in pats of butter. Reduce heat. 6. Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through. 7. Serve 4 wedges per serving.   **CCP: Hold at 135°F or higher.** | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-8:** 2 wedges (1/4 cup)  **9-12:** 4 wedges (1/2 cup) | **K-8:** 0.25 cup vegetables, RO  **9-12:** 0.5 cup vegetables, RO | 200 ¼-cup servings  OR 100 ½-cup servings |

#### Nutrients Per ½ Cup Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 157 | Vitamin A | 20006 IU | Iron | 0.94 mg |
| Protein | 2.28 gm | Vitamin C | 18.67 mg | Calcium | 49.25 mg |
| Carbohydrate | 33.06 gm | Fiber | 4.48 gm | Cholesterol | 4.88 mg |
| Fat | 1.99 gm | % Fat | 11.45% | Sodium | 220.68 mg |
| Saturated Fat | 1.22 gm | % Saturated Fat | 7.01% |  |  |

# Apple Salad

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Fruit** | | | **HACCP: #1 no cook** | | | | **Healthier Kansas Recipe 121**  (Ohio Dept. of Education) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Apples, fresh, #125-138, AP  Raisins, seedless, unsweetened  Yogurt, vanilla, low-fat | 10 lb 8 oz  2 lb  2 lb 8 oz |  | |  |  | 1. With gloved hands, wash and core apples, do not peel. Chop into bite size pieces. Add raisins and yogurt. Mix well.   **CCP: Hold at 41°F or lower.**   1. Serve cold with #8 scoop (1/2 cup). | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| ½ cup | 0.5 cup fruit | 100 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% |  |  |

# Asian Fresh Vegetables

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Vegetable** | | | **HACCP: #2 Same Day Service** | | | **Healthier Kansas Recipe 141**  Idaho Child Nutrition Program |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Cabbage, whole, AP  Peas, green, frozen  Broccoli, raw, florets, EP  Carrots, frozen, sliced or crinkle cut  Peppers, green bell, AP | 3 lb 10 oz  2 lb 10 oz  1 lb 12 oz  5 lb 4 oz  2 lb 10 oz |  | |  |  | 1. Thaw carrots. 2. Slice cabbage and peppers into medium strips. 3. Toss vegetables together. Steam all vegetables for 5 minutes.   **CCP: Hold for hot service at 135°F or higher.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-12:** ½ cup | 0.25 cup vegetables, additional +  0.125 cup vegetables, DG +  0.125 cup vegetables, RO | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 27 | Vitamin A | 3738.57 IU | Iron | 0.46 mg |
| Protein | 1.34 gm | Vitamin C | 25.41 mg | Calcium | 22.69 mg |
| Carbohydrate | 5.54 gm | Fiber | 2.14 gm | Cholesterol | 0 mg |
| Fat | 0.22 gm | % Fat | 7.46 % | Sodium | 34.99 mg |
| Saturated Fat | 0.03 gm | % Saturated Fat | 1.16 % |  |  |

# 

# Baked Beans

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vegetable** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 188**  USDA Recipe, modified |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Pan Release Spray  Beans, baked, canned, vegetarian |  | As needed  4¼ #10 cans | |  |  | 1. Wipe tops of cans clean before opening. Place canned beans into steam table pan (12" x 20" x 2½") that has been treated with pan release spray. Set aside. | |
| Tomato Sauce, canned  Onions, dehydrated flakes  Dry Mustard  Brown Sugar, packed  Vinegar, cider | 5 oz  8 oz | 6 cups  ¾ cup  4 Tbsp  2 cups  1 cup | |  |  | 1. In separate bowl, combine tomato sauce, onions, dry mustard, brown sugar, and cider vinegar.  Blend well with a whisk. 2. Pour mixture over beans in each steam table pan.  Stir to combine. 3. Cover pans with lid or aluminum foil. | |
|  |  |  | |  |  | 1. Bake: \* Conventional oven: 350**°**F for 2¼ hours  \* Convection oven: 325**°**F for 1¼ hours Remove cover during last half hour of baking to brown beans. **CCP: Hold for hot service at 135°F or higher.** | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 4 oz spoodle (1/2 cup) | 0.50 cup vegetables, BP | 100 servings |
|  |  | 3 gal + 2 cups |

# 

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 149 | Vitamin A | 204.4 IU | Iron | 1.76 mg |
| Protein | 6.58 gm | Vitamin C | 2.09 mg | Calcium | 53.62 mg |
| Carbohydrate | 33.93 gm | Fiber | 5.69 gm | Cholesterol | 0 mg |
| Fat | 0.51 gm | % Fat | 3.1 % | Sodium | 525 mg |
| Saturated Fat | 0.1 gm | % Saturated Fat | 0.59 % |  |  |

# Black Bean & Corn Salsa

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vegetable** | | | **HACCP: #1 No Cook** | | | | **Healthier Kansas Recipe 81** (USDA E-21 modified) |
| **Ingredients** | **100 2 oz Servings**  **OR**  **50 4 oz Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Black Beans, canned, drained  Corn, frozen, whole kernel  Green Pepper, fresh, AP  Red Pepper, fresh, AP  Red Onions, fresh, AP | 3 lb 12 oz  1 lb  1 lb  5 oz | 1⅓ #10 cans | |  |  | 1. Thaw corn. 2. Chill canned beans prior to preparation. 3. Dice pepper and onion. 4. Combine drained beans, corn, diced peppers and diced onions. | |
| Lemon Juice  Parsley, dried  Cumin, ground  Garlic Powder  Salsa, canned, low sodium  Salad Oil |  | ½ cup  2 Tbsp  1 Tbsp  2 tsp  3¼ cups  ¼ cup | |  |  | 1. Mix remaining ingredients to make the dressing. 2. Pour dressing over the salad and toss lightly to combine. 3. Chill 2 hours before serving.   **CCP: Hold for cold service at 41°F or lower.** | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 2 oz spoodle (¼ cup) | 0.25 cup vegetable, additional | Approximately 6 quarts + 1 cup |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 82 | Vitamin A | 240.1 IU | Iron | 0.86 mg |
| Protein | 2.66 gm | Vitamin C | 11.89 mg | Calcium | 15.1 mg |
| Carbohydrate | 8.81 gm | Fiber | 1.81 gm | Cholesterol | 0 mg |
| Fat | 0.84 gm | % Fat | 9.25 % | Sodium | 101.3 mg |
| Saturated Fat | 0.14 gm | % Saturated Fat | 1.49 % |  |  |

# Creamy Cole Slaw

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Vegetable** | | | **HACCP: #1 No Cook** | | | **Healthier Kansas Recipe 20**  Adapted from Iowa Gold Star Recipes |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Cabbage, green, shredded, ready to use  Carrots, AP | 12 lb  1 lb 8 oz |  | |  |  | 1. Shred carrots and mix with cabbage in a large bowl. Toss lightly to mix. |
| Mayo, Reduced Calorie  Sugar, granulated  Celery Seed  Dry Mustard  Vinegar, White | 3 lb 8 oz | ½ cup  2 Tbsp + 2 tsp  1 Tbsp + 1 tsp  ½ cup | |  |  | 1. In a small bowl, combine mayo, sugar, celery seed, dry mustard and vinegar. 2. Pour dressing over cabbage/carrot mixture. Mix thoroughly. 3. Spread 5 lb 3 oz (approximately 3 qt + ½ cup) into each shallow pan (12” x 20” x 2 ½”) to a product depth of 2” or less. For 100 servings, use 2 pans.   **CCP: Cool to 41o F or lower within 4 hours.**   1. Cover, refrigerate until ready to use. 2. Mix lightly before serving. Portion with #8 scoop (1/2 cup). 3. **CCP: Hold for cold service at 41o F or lower.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-12:** #8 scoop (½ cup) | 0.5 cup vegetable, other | Approximately 3 gal + 2 cups |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 58 | Vitamin A | 1197.23 IU | Iron | 0.35 mg |
| Protein | 0.86 gm | Vitamin C | 20.35 mg | Calcium | 27.16 mg |
| Carbohydrate | 7.47 gm | Fiber | 1.57 gm | Cholesterol | 3.81 mg |
| Fat | 3.16 gm | % Fat | 48.8 % | Sodium | 32.27 mg |
| Saturated Fat | 0.55 gm | % Saturated Fat | 8.47 % |  |  |

# Fresh Citrus Fruit Cup

|  |  |  |
| --- | --- | --- |
| **Fruit** | **HACCP: #Non-Hazardous/Other** | **Healthier Kansas Recipe 134** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Servings** | | **\_\_\_\_ Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Mandarin Oranges, canned in 100% juice or light syrup  Bananas, fresh, AP  Apples, fresh, AP  Grapes, fresh, AP | 8 lb 8 oz  9 lb  3 lb 8 oz  3 lb 8 oz |  |  |  | 1. Chill cans of mandarin oranges.  Wipe tops of cans clean before opening. 2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container. 3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges. 4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. 5. Wash and remove stems from grapes. 6. Add apples and grapes to bananas and oranges. 7. Chill thoroughly.   **CCP: Hold for cold service at 41°F or lower.**  *Note:* Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 4 oz spoodle (1/2 cup) | 0.5 cup fruit | Approximately 3 gal + 2 cups |

#### 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% |  |  |

# Fresh Mixed Fruit Cup

|  |  |  |
| --- | --- | --- |
| **Fruit** | **HACCP: Non-Hazardous/Other** | **Healthier Kansas Recipe 183** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Servings** | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Apples, fresh, AP  Bananas, fresh, AP  Fruit Cocktail, canned in 100% juice or light syrup | 4 lb  7 lb | 2 #10 cans |  |  | 1. Chill cans of fruit cocktail.  Wipe tops of cans clean before opening. 2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. 3. Slice bananas. 4. Mix fresh fruit with canned fruit. 5. Chill thoroughly.   **CCP: Hold for cold service at 41°F or lower.** |

# 

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| ½ cup | 0.5 cup fruit | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 65 | Vitamin A | 203.4 IU | Iron | 0.23 mg |
| Protein | 0.64 gm | Vitamin C | 5.33 mg | Calcium | 7.41 mg |
| Carbohydrate | 16.76 gm | Fiber | 1.88 gm | Cholesterol | 0 mg |
| Fat | 0.18 gm | % Fat | 2.43 % | Sodium | 2.59 mg |
| Saturated Fat | 0.05 gm | % Saturated Fat | 0.64 % |  |  |

# Garden Salad

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vegetable** | | | **HACCP: #1 No Cook** | | | | **Healthier Kansas Recipe 164** (Team Nutrition modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Spinach, partly trimmed fresh, AP  Romaine Lettuce, AP  Tomatoes, fresh, AP  Carrots, fresh, AP  Cucumber, fresh, AP | 6 lb 8 oz  6 lb 8 oz  1 lb 5 oz  15 oz  14 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.   **CCP: Hold for cold service at 41°F or lower.** | |

# 

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 cup | 0.5 cup vegetable, DG | Approximately 6 gallons + 1 quart |

#### 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 % |  |  |

# Ranch Potato Wedges

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Vegetable** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 131**  Idaho Child Nutrition Programs |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Potato, russet, IQF, wedges  Vegetable Oil  **OR**  Pan Release Spray | 17 lb | | ½ cup  As needed |  |  | 1. Preheat oven to 325**°**F. 2. Spread each bag of potato wedges over a lined sheet pan. 3. Put oil into a squeeze bottle or dispenser and shake over all potatoes or spray generously with pan release spray. |
| Garlic Powder  Onions, dehydrated flakes  Parsley, dried  Salt  Sugar, granulated |  | | ¼ cup  ¾ cup  2 cups  1½ Tbsp  ½ cup |  |  | 1. In a large bowl, mix garlic powder, dehydrated onions, parsley, salt and sugar. 2. Evenly sprinkle ranch mixture over all pans and toss to coat. 3. Bake 30 minutes.   **CCP: Hold at 135°F or higher.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| ½ cup | 0.5 cup vegetable, starchy | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 142 | Vitamin A | 9.42 IU | Iron | 1.75 mg |
| Protein | 4.04 gm | Vitamin C | 19.18 mg | Calcium | 19.73 mg |
| Carbohydrate | 29.93 gm | Fiber | 2.15 gm | Cholesterol | 0 mg |
| Fat | 1.38 gm | % Fat | 8.7 % | Sodium | 148.74 mg |
| Saturated Fat | 0.24 gm | % Saturated Fat | 1.49 % |  |  |

# 

# Strawberries & Bananas

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 –Servings** | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Strawberries, frozen, unsweetened, sliced  Applesauce, canned, unsweetened  Bananas, AP | 11 lb  14 lb | ½ #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.   **CCP: Hold for cold service at 41°F or lower.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| ½ cup (4 oz) | 0.5 cup fruit | 100 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 % |  |  |

# Southwestern Lentils

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vegetable** | | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 138** |
| **Ingredients** | **100 - ¼ cup Servings**  **OR**  **50 - ½ cup Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Lentils, brown  Water | 2 lb 2 oz | As needed | |  |  | 1. Combine lentils and water as recommended by manufacturer in a tilt skillet. Cover and bring to boil. Turn down to 225**°**F and simmer gently for 30 minutes or until lentils are tender. Drain well. | |
| Vegetable Oil  Onions, fresh, AP  Garlic, minced  Cumin, ground  Chili Powder  Tomatoes, crushed, canned  Salt | 2 lb 4 oz  2 lb 8 oz | ¼ cup  ¼ cup  2 Tbsp  ¼ cup  1 Tbsp | |  |  | 1. Chop onions. 2. Sauté the onion and garlic in oil for 2-3 minutes to soften. Add this mixture, along with the cumin, chili powder, undrained crushed tomatoes and salt to lentils. | |
|  |  |  | |  |  | 1. Bring to a boil. Reduce the heat to low and simmer, uncovered, for 10 minutes.   **CCP: Hold for hot service at 135°F or higher.** | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-8:** ¼ cup  **9-12:** ½ cup | **K-8:** 0.125 cup vegetable, BP + 0.125 cup vegetable, additional  **9-12:** 0.25 cup vegetable, BP + 0.25 cup vegetable, additional | 1 gal + 2 qt + 1 cup |

#### Nutrients Per ¼ Cup Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 49 | Vitamin A | 159.6 IU | Iron | 1 mg |
| Protein | 2.97 gm | Vitamin C | 3.12 mg | Calcium | 12.3 mg |
| Carbohydrate | 7.99 gm | Fiber | 3.35 gm | Cholesterol | 0 mg |
| Fat | 0.76 gm | % Fat | 13.98 % | Sodium | 110.63 mg |
| Saturated Fat | 0.12 gm | % Saturated Fat | 2.13 % |  |  |

# Summer Fruit Salad

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Fruit** | | | **HACCP: #1 No cook** | | | | **Healthier Kansas Recipe 119**  (Ohio Dept. of Education) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Strawberries, fresh, AP  Bananas, fresh, AP  Blueberries, fresh, AP  Pineapple Juice, 100% | 8 lb  10 lb  4 lb | 3 cups | |  |  | 1. With gloved hands, wash berries, slice strawberries, and cut bananas into chunks. 2. Toss with 100% pineapple juice to keep from browning and refrigerate until serving.   **CCP: Hold for cold service at 41°F or lower.** | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| ½ cup | 0.5 cup fruit | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 66 | Vitamin A | 43.56 IU | Iron | 0.34 mg |
| Protein | 0.9 gm | Vitamin C | 27.79 mg | Calcium | 10.14 mg |
| Carbohydrate | 16.74 gm | Fiber | 2.36 gm | Cholesterol | 0 mg |
| Fat | 0.33 gm | % Fat | 4.44% | Sodium | 1.15 mg |
| Saturated Fat | 0.06 gm | % Saturated Fat | 0.84% |  |  |

# Sunshine Garden Salad

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vegetable/Fruit** | | | **HACCP: #1 No Cook** | | | | **Healthier Kansas Recipe 137**  Ohio Department of Education |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Strawberry Preserves, sugar-free |  | ½ cup | |  |  | 1. Microwave strawberry preserves until warm and slightly runny. | |
| Italian Seasoning Mix  Vinegar, Balsamic  Vegetable Oil |  | 6 Tbsp  1 cup  1 cup | |  |  | 1. 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. | |
| Mandarin Oranges, canned in 100% juice or light syrup  Strawberries, fresh, AP  Spinach, partly trimmed, AP  Romaine Lettuce, AP | 14 lbs  9 lb 12 oz  3 lb 8 oz  3 lb 8 oz |  | |  |  | 1. Drain mandarin oranges. Wash and slice fresh strawberries. 2. Wash and chop romaine lettuce. Mix with spinach. 3. Lightly toss greens, oranges and strawberries. 4. Just before service, toss salad mix with dressing.   **CCP: Hold salad for cold service at 41°F or lower.** | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 cup | 0.25 cup vegetables, DG +  0.5 cup fruit | 100 servings |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 84 | Vitamin A | 304.8 IU | Iron | 1.09 mg |
| Protein | 1.34 gm | Vitamin C | 44.46 mg | Calcium | 37.12 mg |
| Carbohydrate | 15.59 gm | Fiber | 2.27 gm | Cholesterol | 0 mg |
| Fat | 2.5 gm | % Fat | 26.81 % | Sodium | 21.79 mg |
| Saturated Fat | 0.36 gm | % Saturated Fat | 3.87 % |  |  |

# Tomato Salsa

|  |  |  |
| --- | --- | --- |
| **Vegetable** | **HACCP: #1 No Cook** | **Healthier Kansas Recipe 129** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **96 Servings** | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Tomatoes, crushed,  salsa-ready, canned,   not drained  Garlic Powder  Cilantro, dried  Cumin, ground  Lemon Juice, canned  Onion, dehydrated flakes  Jalapeno Peppers, canned, drained (optional) | 2 oz | 1 #10 can  ½ tsp  1 tsp  2 Tbsp  2 Tbsp  ½ cup |  |  | 1. Mix all ingredients except jalapeno peppers. 2. Optional: Mince or puree optional jalapeno peppers before adding to the salsa. Mix well. 3. Refrigerate for at least one hour to blend flavors.   **CCP: Refrigerate until served. Hold for cold service at 41°F or lower.**   1. May be pre-portioned. |
|  |  |  |  |  | **Substitutions and Variations:**   * May increase or decrease the amount of jalapeno peppers and/or seasonings to taste. * May substitute fresh peppers for canned peppers; fresh garlic for garlic powder; fresh onions for dried onions, lime juice for lemon juice, and/or fresh cilantro for dried cilantro. * May substitute diced tomatoes for crushed tomatoes. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 fl oz (2 Tbsp) | 0.125 cup vegetables, RO | 3 quarts |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 14 | Vitamin A | 199 IU | Iron | 0.42 mg |
| Protein | .86 gm | Vitamin C | 5.57 mg | Calcium | 7.44 mg |
| Carbohydrate | 3.07 gm | Fiber | 0.37 gm | Cholesterol | 0 mg |
| Fat | 0.13 gm | % Fat | 8.06 % | Sodium | 102.8 mg |
| Saturated Fat | 0.02 gm | % Saturated Fat | 0.94 % |  |  |

# Tossed Salad

|  |  |  |
| --- | --- | --- |
| **Vegetable** | **HACCP: #1 No Cook** | **Healthier Kansas Recipe 74** |

###### 

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Servings** | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Spinach, fresh, trimmed, AP  Romaine Lettuce, AP | 6 lb 8 oz  6 lb 8 oz |  |  |  | 1. Handle salad with gloved hands. Chop spinach and Romaine lettuce into bite-sized pieces if needed. 2. Toss together.   **CCP: Hold ingredients for cold service at 41°F or lower.** |

# 

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 cup | 0.5 cup vegetables, DG | 100 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 % |  |  |

# Angel Biscuits, Whole Wheat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 120**  (Cooking Light, modified by KSDE) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Flour, white whole wheat  Flour, all-purpose, enriched  Yeast, instant  Sugar, granulated  Baking Powder  Baking Soda  Salt | 4 lb  3 lb  2½ oz  10 oz | 1 Tbsp 2 tsp  1 Tbsp 2 tsp  1 Tbsp 2 tsp | |  |  | 1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed. | |
| Vegetable Shortening, Trans Fat Free | 1 lb 4 oz |  | |  |  | 1. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes). | |
| Buttermilk, low-fat |  | 2 qt 2 cups | |  |  | 1. Add buttermilk to flour mixture, mix just until ingredients are moistened. 2. Cover and chill 1 hour. | |
| Flour for kneading:  Flour, whole wheat | 7 oz |  | |  |  | 1. Turn the dough out onto a floured surface; knead lightly 5 times. 2. Roll dough into a ½ inch thickness; cut with a 2½ inch biscuit cutter. Biscuits should weigh approximately 2 oz each. 3. Place the biscuits on a paper lined sheet pan. 4. Bake in a convection oven at 450**°**F for   9 minutes **or** a conventional oven at 475**°**F  for 12 minutes, or until golden brown. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 biscuit | 2.0 oz equivalent Grains | 100 biscuits |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 188 | Vitamin A | 11.52 IU | Iron | 1.79 mg |
| Protein | 4.83 gm | Vitamin C | 3.08 mg | Calcium | 53.93 mg |
| Carbohydrate | 29.19 gm | Fiber | 2.71 gm | Cholesterol | 0.98 mg |
| Fat | 6.37 gm | % Fat | 30.40% | Sodium | 231.9 mg |
| Saturated Fat | 1.64 gm | % Saturated Fat | 7.82% |  |  |

# Blueberry Oat Muffin, Whole Grain

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 28**  (USD 349 Stafford, modified) |
| **Ingredients** | **115 Servings** | | | **\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Applesauce, canned, unsweetened  Egg, whole, raw, large  Oil, soybean, salad or cooking  Milk, lowfat, fluid, 1%  Sugar, granulated | 12 oz  1 lb 2 oz  1 lb 5 oz | ¾ #10 can  9 each  1½ cups  2¼ cups  3 cups | |  |  | 1. Beat applesauce, eggs, oil, milk, and sugar until smooth. | |
| Oats, rolled, dry  Baking Powder  Baking Soda  Cinnamon, ground  Flour, whole wheat | 2 lb 5 oz  4 oz  1 oz  2 lb 4 oz | 3 Tbsp | |  |  | 1. Combine oats, baking powder, baking soda, cinnamon, and flour. Add to applesauce mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened. | |
| Blueberries, frozen, unsweetened | 2 lb 8 oz |  | |  |  | 1. Add blueberries and mix on low speed (10-15 seconds) or by hand to incorporate into the batter. 2. Portion #20 scoop of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. *Note*: Could also be baked in a 12” x 20” x 2” pan and cut 6 x 4 (use 1 pan per 24 servings). 3. Bake until lightly browned.   Conventional oven: 375**°**F for 16-20 minutes  Convection oven: 350**°**F for 12-16 minutes | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 muffin | 1 oz equivalent Grains +  0.125 cup fruit | 115 Muffins |

**Nutrients Per Serving**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 134 | Vitamin A | 34.96 IU | Iron | 0.97 mg |
| Protein | 3.42 gm | Vitamin C | 0.49 mg | Calcium | 76.98 mg |
| Carbohydrate | 21.35 gm | Fiber | 2.61 gm | Cholesterol | 14.78 mg |
| Fat | 4.2 gm | % Fat | 28.12 % | Sodium | 180.9 mg |
| Saturated Fat | 0.71 gm | % Saturated Fat | 4.79 % |  |  |

# Cherry Crisp, Whole Wheat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grain Based Dessert** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 215**  USDA C-07, modified |
| **Ingredients** | **120 Servings** | | | **\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Flour, white whole wheat  Oats, rolled or quick  Sugar, brown  Margarine, liquid  Cherries, canned, packed in water | 1 lb 14 oz  1 lb 3 oz  1 lb 14 oz  2 lb | 3 #10 cans | |  |  | 1. **For topping:** Combine flour, rolled oats, brown sugar and margarine. Mix until crumbly. Set aside for Step 8. 2. **For filling**: Drain cherries, reserving juice. For 105 servings, reserve 3 cups juice. Set juice aside. 3. Place one #10 can of drained cherries into each steam table pan (12” x 20” x 2½”). Use 3 pans for 100 servings. | |
| Sugar, granulated  Orange Juice, frozen,  unsweetened  Cornstarch | 1 lb 4 oz | ½ cup  1 cup | |  |  | 1. Combine ½ cup cherry juice with cornstarch. Stir until smooth. 2. Combine remaining cherry juice with sugar and orange juice concentrate. Cook juice mixture on medium heat for 2 minutes. 3. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well. | |
|  |  |  | |  |  | 1. Divide liquid mixture among pans and mix. 2. Divide topping and spread evenly over top of pans. 3. Bake until the top is browned and crisp. Turn pans half way through the baking time to promote even baking.  \* Conventional oven: 425**°**F for 35-45 minutes \* Convection oven: 350**°**F for 25-35 minutes 4. Cool. Cut each pan 5 x 8 (40 pieces per pan). | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 piece cut 5 x 8 | 0.5 oz equivalent Grains (Grain Based Dessert) + 0.25 cup fruit | 3 steam table pans |

#### Cherry Crisp, Whole Wheat, continued

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 171 | Vitamin A | 819.5 IU | Iron | 1.64 mg |
| Protein | 2.11 gm | Vitamin C | 3.15 mg | Calcium | 20.07 mg |
| Carbohydrate | 27.79 gm | Fiber | 2.09 gm | Cholesterol | 0 mg |
| Fat | 6.43 gm | % Fat | 33.75 % | Sodium | 67.15 mg |
| Saturated Fat | 1.17 gm | % Saturated Fat | 6.14 % |  |  |

# Chocolate Chip Cookies, Whole Wheat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grain Based Dessert** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 1079**  USD 320 Wamego, modified |
| **Ingredients** | **100 Servings** | | | **\_\_\_ Servings** | | Directions | | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Margarine, liquid  Brown Sugar  Sugar, granulated | 1 lb 3 oz  1 lb  1 lb 5 oz | 2⅜ cups | |  |  | 1. Beat margarine and sugars with paddle attachment in mixer until smooth. | | |
| Eggs, whole, raw  Vanilla | 7½ oz | 5 large  2 Tbsp | |  |  | 1. Add egg and vanilla to margarine/sugar mixture. Mix well. | | |
| Baking Powder  Baking Soda  Oats, quick  Flour, white whole wheat | 13½ oz  1 lb 6 oz | 1 Tbsp ¾ tsp  2¼ tsp | |  |  | 1. Stir together baking powder, baking soda, oatmeal and flour. 2. Add flour mixture to margarine/sugar mixture in mixer bowl. Mix just until all ingredients are moistened. | | |
| Chocolate Chips, semi-sweet | 8½ oz |  | |  |  | 1. Stir in chocolate chips. | | |
|  |  |  | |  |  | 1. Drop by slightly rounded # 40 scoops (.92 oz) on to sheet pans (18” x 26”) lined with pan liners. Place 24 per pan in 4 rows of 6 each. Cookies will spread to about 3" in diameter as they cook. 2. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking.  \* Conventional oven: 350**°**F for 10-12 minutes  \* Convection oven: 325**°**F for 6-10 minutes **Do not overbake.** 3. Cool about 5 minutes before removing from the baking sheet. Cookies will flatten as they cool. | | |
|  |  |  | |  |  | *Note:* If 100% whole grain *white* wheat flour is not available, replacing half the whole wheat flour with enriched white flour will provide a smoother texture. | | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 cookie | 0.5 oz equivalent Grains (Grain Based Dessert) | 100 cookies |

Chocolate Chip Cookies, Whole Wheat, continued

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 130 | Vitamin A | 206.1 IU | Iron | 0.68 mg |
| Protein | 1.73 gm | Vitamin C | 0.0 mg | Calcium | 21.19 mg |
| Carbohydrate | 19.2 gm | Fiber | 1.25 gm | Cholesterol | 9.3 mg |
| Fat | 5.51 gm | % Fat | 38.51 % | Sodium | 94.55 mg |
| Saturated Fat | 1.34 gm | % Saturated Fat | 9.28 % |  |  |

# Cornbread Muffins

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 127**  USDA B-09, Modified |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Flour, whole wheat  Cornmeal, whole grain  Sugar  Baking Powder  Salt | 2 lb 6 oz  2 lb 6 oz  12 oz  2¼ oz | 3 tsp | |  |  | 1. Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed. | |
| Eggs, whole, large  Milk, low-fat  Vegetable Oil  Pan Release Spray |  | 6 each  2 qt 1¼ cup  1 cup 2 Tbsp  As needed | |  |  | 1. Mix eggs, milk, and oil. Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy. 2. Portion #20 disher in lined muffin tins. 3. Bake until lightly browned:   Conventional oven: 400**°**F for 30-35 minutes.  Convection oven: 350**°**F for 20-25 minutes. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| **K-8:** 1 muffin  **9-12:** 2 muffins | **K-8:** 1.25 oz equivalent Grains  **9-12:** 2.5 oz equivalent Grains | 100 muffins |

#### Nutrients Per Serving (1 muffin)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 124 | Vitamin A | 60.44 IU | Iron | 1.08 mg |
| Protein | 2.9 gm | Vitamin C | 0 mg | Calcium | 62.48 mg |
| Carbohydrate | 20.58 gm | Fiber | 1.94 gm | Cholesterol | 12.29 mg |
| Fat | 3.39 gm | % Fat | 24.53 % | Sodium | 89.01 mg |
| Saturated Fat | 0.61 gm | % Saturated Fat | 4.45 % |  |  |

**This page intentionally left blank**

# Honey Apple Crisp, Whole Wheat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grain Based Dessert** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 39**  USDA C-01, modified |
| **Ingredients** | **96 Servings** | | | **\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Flour, white whole wheat  Oats, rolled or quick  Sugar, brown  Cinnamon, ground  Margarine, liquid | 2 lb  1 lb  1 lb 14 oz  1 lb 8 oz | 3 Tbsp | |  |  | 1. **For topping:** Combine flour, rolled oats, brown sugar, cinnamon, and margarine. Mix until crumbly. Set aside for Step 6. | |
| Apples, sliced, canned in water  Water |  | 2 #10 cans  As needed | |  |  | 1. **For filling:** Drain apples, reserving juice. For 96 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for Step 5. 2. Place 5 lb 9 oz (2 qt + 3¾ cups or 1 #10 can) apples into each steam table pan (12” x 20” x 2-1/2”). For 96 servings, use 2 pans. | |
| Honey  Cinnamon, ground  Lemon Juice | 1 lb 4oz  4 oz | 1 Tbsp | |  |  | 1. Spread 10 oz honey, ½ Tbsp cinnamon and  1/4-cup lemon juice over apples in each pan. Stir to combine. | |
|  |  |  | |  |  | 1. Pour 1½ cups liquid over apples in each pan. 2. Divide topping among pans. Sprinkle 3 lb 6 oz, or approximately 2 qt + 1 cup, topping evenly over apples in each steam table pan. 3. Bake until topping is browned and crisp. \* Conventional oven: 425° F for 35-45 minutes \* Convection oven: 350° F for 25-35 minutes 4. Cool. Cut each pan 6 x 8 (48 pieces) | |

# Honey Apple Crisp, Whole Wheat, continued

# 

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 piece cut 6 x 8 | 0.75 oz equivalent Grains (Grain Based Dessert) + 0.25 cup fruit | 2 steam table pans |

# 

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 173 | Vitamin A | 254.5 IU | Iron | 1.43 mg |
| Protein | 1.8 gm | Vitamin C | 0.9 mg | Calcium | 15.1 mg |
| Carbohydrate | 28.24 gm | Fiber | 1.37 gm | Cholesterol | 0 mg |
| Fat | 5.97 gm | % Fat | 31 % | Sodium | 61.57 mg |
| Saturated Fat | 1.08 gm | % Saturated Fat | 5.62 % |  |  |

# Oatmeal Cookies, Whole Wheat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grain Based Dessert** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 37**  USDA C-10, modified |
| **Ingredients** | **110 Servings** | | | **\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Flour, white whole wheat  Baking Soda  Oats, rolled or quick  Sugar, granulated  Sugar, brown  Cinnamon, ground  Cloves, ground | 1 lb 13 oz  1 lb 4 oz  14 oz  1 lb 3 oz | 1 Tbsp 1 tsp  2 tsp  ½ tsp | |  |  | 1. Blend flour, baking soda, oats, sugar, brown sugar, cinnamon, and cloves in mixer for 2 minutes on low speed. | |
| Shortening, vegetable, trans fat free  Margarine, liquid  Eggs, whole  Vanilla | 1 lb  14 oz | 6 large  2 Tbsp | |  |  | 1. Add shortening, margarine, eggs and vanilla.  Mix for 1 minute on medium speed. 2. Drop by slightly rounded #40 scoops on to sheet pans (18” x 26” x 1”) lined with pan liners. Place 24 per pan in 4 rows of 6 each. Cookies will spread out to about 3” diameter as they cook. 3. Bake until lightly browned. Turn pans half way through the baking time to promote even baking. \* Conventional oven: 350**°**F for 12-14 minutes \* Convection oven: 300**°**F for 6-8 minutes   **Do not overbake.**  5. Cool completely. Remove from sheet pans. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 0.75 oz equivalent Grains (Grain Based Dessert) | 110 cookies |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 131 | Vitamin A | 143.7 IU | Iron | 0.47 mg |
| Protein | 1.26 gm | Vitamin C | 0 mg | Calcium | 7.71 mg |
| Carbohydrate | 14.76 gm | Fiber | 0.32 gm | Cholesterol | 10.15 mg |
| Fat | 7.34 gm | % Fat | 50.33 % | Sodium | 91.08 mg |
| Saturated Fat | 1.65 gm | % Saturated Fat | 11.32 % |  |  |

**This page intentionally left blank**

# Oatmeal Rolls, Whole Grain

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 14**  (tasteofhome.com, modified) |
| **Ingredients** | **100 Rolls** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Oats, quick-cooking  Flour, white whole wheat  Flour, all-purpose, enriched  Sugar, granulated  Sugar, brown  Yeast, instant, dry  Salt | 8 oz  1 lb 11 oz  1 lb 8 oz  1 oz  5 oz  2 oz | ¼ cup  1 Tbsp ¾ tsp | |  |  | 1. Place oats, flours, sugars, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed. | |
| Vegetable Oil | 4 oz | ½ cup | |  |  | 1. Add oil and blend for approximately 2 minutes on low speed. | |
| Water | 2 lb 14 oz | 5¾ cups (+ up to ½ cup if dough is too stiff) | |  |  | 1. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 2. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes). | |
| Pan Release Spray |  | As needed | |  |  | 1. Divide dough into four balls (approximately 2 lb + 6 oz each) per recipe for every 100 rolls. Spray with pan release spray or cover with plastic wrap until ready to shape. Shape each ball into 100 1 oz rolls. Place 5 x 10 on sheet pans (18” x 26” x 1”) lined with pan liners. | |

# Oatmeal Rolls, Whole Grain, continued

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Rolls** | | **\_\_\_ Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
|  |  |  |  |  | 1. Proof in a warm area until double in bulk  (30-50 minutes). 2. Bake until lightly browned: \* Conventional oven: 375**°**F for 18-20 minutes \* Convection oven: 325**°**F for 12-14 minutes   Turn pans half-way through the baking time to promote even baking.  Recommended internal temperature for baked bread  Is 196-198**°**F.   1. Lightly spray rolls with pan release spray when baking is completed. Let cool. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 roll | 1 oz equivalent Grains | 100 rolls |

#### Nutrients Per Roll

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 68 | Vitamin A | 0.22 IU | Iron | 0.77 mg |
| Protein | 1.76 gm | Vitamin C | 2.27 mg | Calcium | 6.63 mg |
| Carbohydrate | 12.76 gm | Fiber | 1.1 gm | Cholesterol | 0.00 mg |
| Fat | 1.32 gm | % Fat | 17.58 % | Sodium | 89.73 mg |
| Saturated Fat | 0.2 gm | % Saturated Fat | 2.67 % |  |  |

# Rice Crispy Bars, Whole Grain

|  |  |  |
| --- | --- | --- |
| **Grain Based Dessert** | **HACCP: Non-Hazardous/Other** | **Healthier Kansas Recipe 82** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **96 Servings** | | **\_\_\_\_Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Margarine, liquid  Marshmallows  Cereal, Crispy Rice,  whole grain  Pan Release Spray | 12 oz  3 lb 12 oz  3 lb | As needed |  |  | 1. Heat oven to 200**°**F. 2. Add margarine and 1 lb 4 oz of marshmallows in each full 2” steam table pan (12” x 20” x 2”). Mix. 3. Return to oven. When marshmallows are completely melted remove from oven and gently mix in 3 quarts of cereal per pan. 4. Press mixture evenly and lightly into the pan. Spray utensil or gloved hands with pan release spray to prevent sticking to the mixture. 5. Cool completely before cutting. Cut each pan 4 x 8. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 0.5 oz equivalent Grains (Grain Based Dessert) | 3 steam table pans |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 133 | Vitamin A | 717.1 IU | Iron | 4.25 mg |
| Protein | 1.24 gm | Vitamin C | 7.09 mg | Calcium | 0 mg |
| Carbohydrate | 25.99 gm | Fiber | 0.47 gm | Cholesterol | 0 mg |
| Fat | 3.02 gm | % Fat | 20.38 % | Sodium | 118.8 mg |
| Saturated Fat | 0.51 gm | % Saturated Fat | 3.42 % |  |  |

# Royal Brownies, Whole Wheat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grain Based Dessert** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 62**  USDA C-21, modified |
| **Ingredients** | **100 Servings** | | | **\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Salad Oil  Sugar, granulated  Vanilla Extract  Applesauce, unsweetened | 3 lb 4 oz  2 lb 8 oz | 1½ cup  1 Tbsp  4½ cup | |  |  | 1. Cream oil, sugar, vanilla and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl. | |
| Egg Whites, raw | 1 lb 8 oz | 20 large | |  |  | 1. Add eggs and mix for 1 minute on medium speed. Scrape down sides of bowl. | |
| Flour, white whole wheat  Cocoa Powder, unsweetened  Baking Soda | 1 lb 14 oz  12 oz  2 Tbsp |  | |  |  | 1. In a separate bowl, combine flour, cocoa and baking soda. Mix for 1 minute on medium speed. 2. Add dry mixture to creamed ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Batter will be very thick. 3. Spread batter evenly in a full **sheet** pan  (18” x 26” x 1”) which has been lightly coated with pan release spray. | |
| Pan Release Spray |  | As needed | |  |  | 1. Bake until set but still moist in the center: \* Conventional oven: 350**°**F for 20-30 minutes \* Convection oven: 300**°**F for 18-25 minutes 2. Cut each pan 10 x 10. | |
| Powdered Sugar |  | As needed | |  |  | **Optional:**  Brownies may be lightly dusted with powdered sugar. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 0.5 oz equivalent Grains (Grain Based Dessert) | 1 sheet pan (cut 10x10) |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 130 | Vitamin A | 3.29 IU | Iron | 0.97 mg |
| Protein | 2.51 gm | Vitamin C | 0.14 mg | Calcium | 9.45 mg |
| Carbohydrate | 24.26 gm | Fiber | 2.25 gm | Cholesterol | 0 mg |
| Fat | 3.89 gm | % Fat | 26.96 % | Sodium | 87.87 mg |
| Saturated Fat | 0.77 gm | % Saturated Fat | 5.35 % |  |  |

# Savory Rice

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 17**  (USD 306 Southeast of Saline, modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Rice, brown, long grain, dry  Rice, long grain & wild mix (with seasoning packet)  Onions, dehydrated  Parsley, dried | 5 lb  20 oz  4 oz | | 4 Tbsp |  |  | 1. Spray 12”x20”x4” steam pans (1 pan per 100 servings) with pan release spray. Place dry rices, dehydrated onion, and parsley flakes in pans. 2. Set seasoning packets from wild rice mix aside for step 3. |
| Oil, canola  Base, chicken, low sodium, dry  Water | 12 oz  6 oz  16 lb | | 2 gal |  |  | 1. Mix water, seasoning packets, chicken base, and oil. Stir until seasoning and chicken base are dissolved. 2. Pour water/broth over rice mix and stir. Cover pan with foil. 3. Bake:   \*Conventional oven: 350**°**F for 40-45 minutes.  \*Convection oven: 325**°**F for 30-35 minutes.   1. Fluff when ready to serve. Serve hot.   **CCP: Hold at 135°F or higher.** |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| #8 scoop (1/2 cup) | 1 oz eq Grains | About 50 cups |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 143 | Vitamin A | 5.15 IU | Iron | 0.69 mg |
| Protein | 2.91 gm | Vitamin C | 0.95 mg | Calcium | 18.82 mg |
| Carbohydrate | 23.03 gm | Fiber | 1.02 gm | Cholesterol | 0.74 mg |
| Fat | 4.34 gm | % Fat | 27.31 % | Sodium | 116.87 mg |
| Saturated Fat | 0.71 gm | % Saturated Fat | 4.5 % |  |  |

# Seasoned Brown Rice

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 142** |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Rice, brown, long-grain, dry  Pepper, black, ground  Salt  Garlic powder  Water | 6 lb 12 oz  11 lb | | 1 Tbsp  1/4 cup  ½ cup  5 qt 2 cup |  |  | 1. Spray 12”x20”x4” steam pans (1 pan per 100 servings) with pan release spray. Combine rice, spices, and water in pans. 2. Cover pans with foil. 3. Bake:   \*Conventional oven: 350**°**F for 40-45 minutes.  \*Convection oven: 325**°**F for 30-35 minutes.   1. Fluff when ready to serve. Serve hot.   **CCP: Hold at 135°F or higher.** |
| **\*based on 1 oz dry = 1 oz equivalent (½** **cup) cooked** | | | | | | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| #8 scoop (1/2 cup) | 1 oz eq Grains | About 50 cups |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 117 | Vitamin A | 0.38 IU | Iron | 0.51 mg |
| Protein | 2.58 gm | Vitamin C | 0.01 mg | Calcium | 10.09 mg |
| Carbohydrate | 24.38 gm | Fiber | 1.15 gm | Cholesterol | 0 mg |
| Fat | 0.91 gm | % Fat | 6.99 % | Sodium | 283.01 mg |
| Saturated Fat | 0.18 gm | % Saturated Fat | 1.42 % |  |  |

# 

# Snickerdoodles, Whole Wheat

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grain Based Dessert** | | | **HACCP: Non-hazardous/Other** | | | | **Healthier Kansas Recipe 19**  (USD 267 Renwick, modified) |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Margarine, liquid  Sugar, granulated  Eggs, whole, raw  Vanilla Extract  Milk, fluid, 1%  Flour, whole wheat  Baking Powder  Baking Soda  Salt  Nutmeg  Cinnamon, ground | 1 lb  2 lb  4 oz  2 lb 8 oz | 2 cups  5 large  1 Tbsp 1 tsp  1 Tbsp 1 tsp  2 tsp  2 tsp  1½ tsp  1 Tbsp 1 tsp | |  |  | 1. Cream margarine and sugar in mixer with paddle attachment on medium speed for 10 minutes. 2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down bowl. 3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended. 4. Place on sheet pan with parchment paper. Portion with a #40 scoop. | |
| Sugar, granulated  Cinnamon, ground | 8 oz | 1 Tbsp | |  |  | 1. Combine sugar and cinnamon and sprinkle over cookies. 2. Bake until light brown: Convection oven 350**°**F for 6 minutes or Conventional oven 375**°**F for 8 minutes. | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 cookie | 0.5 oz equivalent Grains (Grain Based Dessert) | 100 cookies |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 120 | Vitamin A | 177.6 IU | Iron | 0.5 mg |
| Protein | 1.86 gm | Vitamin C | 0.01 mg | Calcium | 19.55 mg |
| Carbohydrate | 19.81 gm | Fiber | 1.31 gm | Cholesterol | 9.36 mg |
| Fat | 4.11 gm | % Fat | 30.8 % | Sodium | 131.86 mg |
| Saturated Fat | 0.79 gm | % Saturated Fat | 5.93 % | Trans Fat | 0.00 gm |

# Spanish Brown Rice

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | **HACCP: #2 Same Day Service** | | | | **Healthier Kansas Recipe 237** |
| **Ingredients** | **100 Servings** | | | **\_\_\_\_Servings** | | Directions |
| **Weight** | | **Measure** | **Weight** | **Measure** |
| Rice, brown, long-grain, dry  Salsa, canned, mild  Water | 6 lb 12 oz  10 lb | | 7 cup |  |  | 1. Spray 12”x20”x4” steam pans (1 pan per 100 servings) with pan release spray. Combine rice, picante sauce, and water in pans. 2. Cover pans with foil. 3. Bake:   \*Conventional oven: 350**°**F for 40-45 minutes.  \*Convection oven: 325**°**F for 30-35 minutes.   1. Fluff when ready to serve. Serve hot.   **CCP: Hold at 135°F or higher.** |
| **\*based on 1 oz dry = 1 oz equivalent (½** **cup) cooked** | | | | | | |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| #8 scoop (1/2 cup) | 1 oz eq Grains | About 50 cups |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 119 | Vitamin A | 56 IU | Iron | 0.45 mg |
| Protein | 2.44 gm | Vitamin C | 0 mg | Calcium | 8.82 mg |
| Carbohydrate | 24.89 gm | Fiber | 1.49 gm | Cholesterol | 0 mg |
| Fat | 0.9 gm | % Fat | 6.76 % | Sodium | 132.29 mg |
| Saturated Fat | 0.18 gm | % Saturated Fat | 1.36 % |  |  |

# Whole Wheat Bread, 51%

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 107**  USDA B-16, modified |
| **Ingredients** | **100 Slices** | | | **\_\_\_\_Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Flour, white whole wheat  Flour, all-purpose, enriched  Dry Milk, instant, nonfat  Sugar, granulated  Yeast, instant, dry  Salt | 1 lb 14 oz  1 lb 12 oz  4 oz  6 oz  2 oz  1 oz | ¾ cup  ¼ cup  1 Tbsp 1 tsp | |  |  | 1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed. | |
| Vegetable Oil | 7 oz |  | |  |  | 1. Add oil and blend for approximately 2 minutes on low speed. | |
| Water  (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°) |  | 1 qt 2 Tbsp  (+ up to ½ cup if dough is stiff) | |  |  | 1. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 2. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes). | |
| Pan Release Spray |  | As needed | |  |  | 1. Divide dough into two balls (approximately 3 lbs 6 oz each) per recipe for every 100 1 oz slices. Spray with pan release spray or cover with plastic wrap until ready to shape. Shape each ball into a smooth roll 24” long. Place lengthwise, one or two per pan, on sheet pans (18” x 26” x 1”) lined with pan liners. | |

# Whole Wheat Bread, 51%, continued

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Slices** | | **\_\_\_ Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
|  |  |  |  |  | 1. Proof in a warm area until double in bulk  (30 - 50 minutes). 2. Bake until lightly browned: \* Conventional oven: 400**°**F for 28-40 minutes \* Convection oven: 350**°**F for 20-30 minutes   Turn pans half-way through the baking time to promote even baking.  Recommended internal temperature for baked bread  Is 196-198**°**F.   1. Lightly spray loaves with pan release spray when baking is completed. Let cool. 2. Trim off the crust on the ends of each loaf. 3. Cut each loaf into 50 slices for 1 oz slices. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 slice | 1.0 oz equivalent Grains | 100 slices |
|  |  | 2 loaves |

#### Nutrients Per Slice

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 85 | Vitamin A | 0.17 IU | Iron | 0.85 mg |
| Protein | 2.32 gm | Vitamin C | 2.33 mg | Calcium | 19.69 mg |
| Carbohydrate | 14.57 gm | Fiber | 1.20 gm | Cholesterol | 0.2 mg |
| Fat | 2.22 gm | % Fat | 23.48 % | Sodium | 116.8 mg |
| Saturated Fat | 0.33 gm | % Saturated Fat | 3.5 % |  |  |

Whole Wheat Cinnamon Puff, 51%

|  |  |  |
| --- | --- | --- |
| **Grain Based Dessert** | **HACCP: Non-Hazardous/Other** | **Healthier Kansas Recipe 46** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Servings** | | **\_\_\_ Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Dough from Whole Wheat Roll, 51%,(HKM Recipe 877) | 6 lb 4 oz  (1 recipe for 100 rolls) |  |  |  | 1. Form 1 oz rolls from dough. Place in rows of 7 across and 10 down on sheet pans (18” x 26” x 2”) lined with pan liners. 2. Place in a warm area (about 90**°**F) until double in size (about 30-50 minutes). |
| Sugar, granulated  Cinnamon, ground | 3 oz | 6 Tbsp  1½ Tbsp |  |  | 1. Mix sugar and cinnamon in a separate bowl. |
| Butter-Flavored Spray | As Needed |  |  |  | 1. When rolls have risen, spray evenly with butter-flavored spray so that roll tops are covered. 2. Sprinkle cinnamon sugar over the tops of the rolls, 2 oz per pan. |
|  |  |  |  |  | 1. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. \* Conventional oven: 400**°**F for 18-20 minutes \* Convection oven: 350**°**F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198**°**F. |
| Powdered Sugar  Vanilla Extract  Water | 10 oz  2 oz | 2 cups  1 Tbsp  ¼ cup |  |  | 1. Let rolls cool 5-10 minutes. 2. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 3. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 1.0 oz equivalent Grains (Grain Based Dessert) | 100 rolls |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 101 | Vitamin A | 27.16 IU | Iron | 0.86 mg |
| Protein | 2.33 gm | Vitamin C | 2.34 mg | Calcium | 20.97 mg |
| Carbohydrate | 18.42 gm | Fiber | 1.26 gm | Cholesterol | 0.20 mg |
| Fat | 2.22 gm | % Fat | 19.73 % | Sodium | 117 mg |
| Saturated Fat | 0.33 gm | % Saturated Fat | 2.95 % |  |  |

**This page intentionally left blank**

# Whole Wheat Cinnamon Rolls, 51%

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grain Based Dessert** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 167** |
| **Ingredients** | **144 Servings** | | | **\_\_\_ Servings** | | Directions | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| 51% White Whole Wheat Roll Dough (HKM Recipe 877)  Pan Release Spray | 12 lb 8 oz  (2 Recipes for 100 rolls) | As needed | |  |  | 1. Prepare dough according to HKM Recipe 877. Form dough into 3 lb balls (4½ balls for 144 servings) and spray with pan release spray or cover with plastic wrap. | |
| Sugar, granulated  Cinnamon, ground | 1 lb | 2 cups  ⅔ cup | |  |  | 1. Mix sugar and cinnamon in a separate bowl. | |
| Salad Oil | 2 oz | ¼ cup | |  |  | 1. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into a rectangle 24” x 10” x ¼” thick. 2. Brush dough with oil. Sprinkle with approximately  ½ cup cinnamon-sugar mixture per rectangle. 3. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 ¾-inch circles. Cut the ½ roll into 12 circles. 4. Place rolls on sheet pans (18” x 26” x 1) lined with pan liners in 8 rows with 6 per row (48 per pan). | |
|  |  |  | |  |  | 1. Place in a warm area (90**°**F) until double in size  (30-50 minutes). 2. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. \* Conventional oven: 400**°**F for 18-20 minutes \* Convection oven: 350**°**F for 12-14 minutes   Recommended internal temperature for baked rolls  is 196-198°F. | |
| Powdered Sugar  Vanilla Extract  Water | 1 lb 4 oz  4 oz | 3¾ cups  2 Tbsp | |  |  | 1. Let rolls cool 5-10 minutes. 2. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 3. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm. | |

# Whole Wheat Cinnamon Rolls, 51%, continued

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 1.25 oz equivalent Grains (Grain Based Dessert) | 144 rolls |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 151 | Vitamin A | 38.95 IU | Iron | 1.23 mg |
| Protein | 3.25 gm | Vitamin C | 3.26 mg | Calcium | 33.24 mg |
| Carbohydrate | 27.81 gm | Fiber | 1.97 gm | Cholesterol | 0.28 mg |
| Fat | 3.46 gm | % Fat | 20.67 % | Sodium | 162.5 mg |
| Saturated Fat | 0.52 gm | % Saturated Fat | 3.08 % |  |  |

# Whole Wheat French Garlic Bread, 51%

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 163**  *Food for 50*, modified |
| **Ingredients** | **120 Servings (1/2 slice per serving)** | | | **\_\_\_\_Servings** | | Directions | | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Flour, white whole wheat  Flour, all-purpose, enriched  Sugar, granulated  Salt  Yeast, instant, dry | 3 lb 2 oz  2 lb 14 oz  2¼ oz  2 oz  1¼ oz | 4½ Tbsp  3 Tbsp | |  |  | 1. Place flours, sugar, salt and yeast in mixer bowl. Using a dough hook, blend on low speed approximately 2 minutes. | | |
| Vegetable Oil | 3 oz |  | |  |  | 1. Slowly add oil and blend on low speed for approximately 2 minutes. | | |
| Water  (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°) |  | 2 qt ¼ cup | |  |  | 1. Slowly add water to the dry ingredients and mix for  1 minute on low speed or until all water is mixed with the dry ingredients. If dough is too stiff to mix well, add up to 1 cup extra water per 100 servings. 2. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. | | |
| Cornmeal  Pan Release Spray |  | 4-6 Tbsp  As needed | |  |  | 1. Divide dough evenly into balls weighing approximately 3 lb 6 oz each. 2. Shape each piece into a smooth loaf by rolling dough using rolling pin or sheeter to 24” x 18”. Roll, jelly roll style, into tight 24” loaf. Place lengthwise, one or two per pan, on sheet pans (18” x 26” x 1”) which have been lined with pan liners and sprinkled with approximately 2 tablespoons of cornmeal per pan. 3. Proof in a warm area (about 90**°**F) until double in size, approximately 30-50 minutes. 4. With a sharp knife, make 5 or 6 diagonal slits ¼” deep across the top of each loaf. | | |

# Whole Wheat French Garlic Bread, 51%, continued

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **120 Servings (1/2 slice per serving)** | | **\_\_\_\_ Servings** | | **Directions** |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Garlic-Flavored Spray | As needed |  |  |  | 1. Bake until lightly browned.  \* Conventional oven: 400**°**F for 18-20 minutes \* Convection oven: 375**°**F for 15-20 minutes  Turn pans half-way through the baking time to promote even baking.  Recommended internal temperature for baked rolls is 196-198**°**F. 2. Lightly spray loaves with pan release spray when baking is complete to improve the appearance. Let cool. 3. Trim off the crusts on the ends of each loaf. 4. Cut each loaf into 20 slices. Cut each slice in half for 1 serving. 5. Lightly spray each slice with garlic-flavored spray. Hold and serve warm. |
|  |  |  |  |  | **Optional:** For a shiny crust, brush loaves before baking with an egg wash made from one slightly beaten egg and one tablespoon water or milk. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| ½ slice (1.35 oz) | **K-6:** 1.25 oz equivalent Grains | 120 servings: ½ slice |
|  |  | 3 loaves |

#### Nutrients in 1/2 Slice

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 87 | Vitamin A | 0 IU | Iron | 1.16 mg |
| Protein | 2.66 gm | Vitamin C | 1.18 mg | Calcium | 8.0 mg |
| Carbohydrate | 17.47 gm | Fiber | 1.66 gm | Cholesterol | 0 mg |
| Fat | 1.02 gm | % Fat | 10.58 % | Sodium | 184.2 mg |
| Saturated Fat | 0.16 gm | % Saturated Fat | 1.63 % |  |  |

# Whole Wheat Rolls, Breadsticks and Buns, 51%

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Grains** | | | **HACCP: Non-Hazardous/Other** | | | | **Healthier Kansas Recipe 877**  USDA B-16, modified |
| **Ingredients** | **100 – 1 oz Servings**  **(50 – 2 oz servings)** | | | **\_\_\_\_Servings** | | Directions | | |
| **Weight** | **Measure** | | **Weight** | **Measure** |
| Flour, white whole wheat  Flour, all-purpose, enriched  Dry Milk, instant, nonfat  Sugar, granulated  Yeast, instant, dry  Salt | 1 lb 14 oz  1 lb 12 oz  4 oz  6 oz  2 oz  1 oz | ¾ cup  ¼ cup  1 Tbsp 1 tsp | |  |  | 1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed. | | |
| Vegetable Oil | 7 oz |  | |  |  | 1. Add oil and blend for approximately 2 minutes on low speed. | | |
| Water  (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°) |  | 1 qt 2 Tbsp  (+ up to ½ cup if dough is stiff) | |  |  | 1. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 2. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. | | |
| Pan Release Spray |  | As needed | |  |  | 1. Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18" x 26" x 1") which have been lined with pan liners. (See variations below for shaping breadsticks and hamburger buns.) 2. Place in a warm area (about 90**°**F) until double in size, approximately 45-60 minutes. | | |

# Whole Wheat Rolls, Breadsticks and Buns, 51%, continued

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **100 Servings** | | **\_\_\_ Servings** | | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
|  |  |  |  |  | 1. Bake until lightly browned. \* Conventional oven: 400**°**F for 18-20 minute \* Convection oven: 350**°**F for 12-14 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 2. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven. |

|  |  |  |
| --- | --- | --- |
| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 1 oz roll/breadstick = 1.0 oz equivalent Grains  2 oz bun = 2.0 oz equivalent Grains | Approximately 6 lbs + 4 oz of dough   * 100 rolls/breadsticks (1 oz each) * 50 buns (2 oz each) |

#### Nutrients Per Serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories | 85 | Vitamin A | 26.82 IU | Iron | 0.85 mg |
| Protein | 2.32 gm | Vitamin C | 1.22 mg | Calcium | 19.67 mg |
| Carbohydrate | 14.5 gm | Fiber | 1.2 gm | Cholesterol | 0.2 mg |
| Fat | 2.22 gm | % Fat | 23.55 % | Sodium | 101.3 mg |
| Saturated Fat | 0.33 gm | % Saturated Fat | 3.52 % |  |  |

# Whole Wheat Rolls, Breadsticks and Buns, 51%, Variations

# Breadstick Variation

1. Follow steps 1 – 5 for Whole Wheat Rolls.
2. At step 6, pinch 1-ounce dough balls stretching to make “sticks”. Place in rows 3 across and 17 down on sheet pans lined with pan liners. OR weigh out 3-pound 3-ounce dough balls. Place one ball per pan. Roll or spread to fill pan. Cut 3 across and 17 down.
3. Brush sticks with margarine or butter and sprinkle lightly with garlic powder for a Garlic Breadstick.
4. Continue with remaining steps.

# Hamburger Bun Variation

1. Follow steps 1 – 5 above.
2. At step 6, form 2 oz dough balls.
3. Flatten with a rolling pin, or with hands, or place on sheet pans, cover with a tray liner and flatten buns with a second sheet pan.
4. Continue with remaining steps.

**Note:**

Dough made with whole wheat flour will absorb more water and requires increased rising/proofing time. Mixing time is less because the bran from the whole grain cuts through developing gluten strands with increased mixing resulting in a product with low volume. Even an additional one minute mixing time with whole grains can make a difference in quality. Figuring water temperature so that the final dough temperature is approximately 80°F is essential for quality bread products.

Notes