Healthier Kansas Menus



# RECIPES

Child Nutrition & Wellness, Kansas State Department of Education

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* *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
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|  |  |  |  |
| --- | --- | --- | --- |
| **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/MAPan Release Spray, Butter FlavoredPepper, black, groundRanch Dressing Mix | 100 each(21 lb 14 oz)1 Tbsp3 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**CatsupSugar, brown, packedMustard, yellow, preparedLiquid Smoke |  | 1 #10 can1 qt 2 cups3 cups4 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

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredients** | **100 Servings** | **\_\_\_\_Servings** | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Beef, steak slices, rawBarbecue Sauce, no more than 500 mg sodium per 1 fl ozWaterHamburger Bun, whole wheat, 2 oz equivalent Grains **OR**  Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | 21 lb | 1gal 1 qt2½ cups100 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, groundPepper, blackSalt, tableOnions, dehydrated flakes |  | 1½ tsp2¼ tsp2¼ tsp¼ 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 grainFlour, all-purpose, enriched | 5 lb 5 oz8 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.** |

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| **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 styleSausage, turkey, raw\***OR**Sausage, turkey, pre-cooked, crumbles\* | 7 lb6 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.** |

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| **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 minutesTurn 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.
 |

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| --- | --- | --- |
| **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, enrichedSalt | 12 oz13 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** |

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| **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 % |  |  |

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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,  frozenChicken Broth, low sodiumPoultry SeasoningSage, groundPepper, whiteDehydrated Onion FlakesAllspice, ground (optional)Food Coloring, yellow (optional) | 12 lb 12 oz | 4 gal 2 qt1 tsp¾ tsp½ tsp⅓ cup ¼ tsp½ 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 grainChicken Broth, low sodiumFlour, all-purpose, enriched  | 8 lb 8 oz6 oz | 1 qt1½ 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, APOnion, fresh, APCorn, frozen, whole kernel Chicken, cooked, dicedTomato, fresh, APMexican Seasoning Mix (HKM Recipe 79) | 2 lb1 lb 4 oz5 lb9 lb2 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, shreddedCheese, cheddar, shredded | 1 lb 12 oz1 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, coldBroth, chicken, low sodiumMargarine, liquidPepper, blackChicken, cooked, diced ½”Chilies, diced, cannedPimentos, cannedOnions, dehydrated flakes | 3 lb 12 oz27 lb 10 oz8 oz12 lb1 lb 1 oz11 oz5 oz | 1 qt 3½ cups3 gal + 1 qt + 3 ¼ cup2 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 pattyCheese, cheddar, shreddedTortilla, whole wheat, 8”, 1.5 oz equivalent Grains | 1 lb 9 oz | 75 patties 100 each | 1 lb 9 oz | 100 patties100 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 strips1. 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 FlakesChili Powder Cumin GroundGarlic PowderTomato PureePinto Beans, canned, drainedTomato JuiceRed or Cayenne Pepper (optional)Water | 13 lb 4 oz5 oz6 lb 8 oz | 1 cup 2 Tbsp2½ Tbsp1½ Tbsp½ #10 can5½ #10 cans3 qt 1 cup2 TbspAs 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.
 |

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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, rawSauce, tomato, cannedWaterMexican Seasoning Mix (HKM Recipe 79) | 15 lb 8 oz3 lb | 2½ #10 cans1 qt 2 cups10 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, slicedCheese, American, slicesHamburger Bun, whole wheat, 2 oz equivalent Grains **OR**  Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | 7 lb 11 oz6 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, rawOnions, dehydratedSpaghetti Sauce, cannedTomatoes, canned, diced, drainedWater | 8 lb1 oz1 lb 12 oz | 1½ #10 can1 #10 can3½ 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, largeLasagna Noodles, whole grain, dryCheese, Mozzarella, part skim, shredded | 6 lb 3 lb 4 oz2 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** |
| WaterMacaroni, 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, skimMargarine, liquidPepperCheese, American, shredded | 13 lb 14 oz11 lb 2 oz1 lb 2 oz7 lb | 1 gal 1½ qt2¼ cups1 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 servings3 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 PowderCumin, groundPaprikaOnion Powder |  | 1¾ cups1⅓cups¼ cup 3 Tbsp¼ 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/MATomatoes, spaghetti sauce, cannedCheese, 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 % |  |  |

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#  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/MAPan 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**CatsupSugar, brown, packedMustard, yellow preparedLiquid Smoke |  | 1 #10 can1 qt 2 cups3 cups4 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.** |
| WaterRice, brown, long-grain, dryDry Ranch Dressing MixBlack Pepper | 3 lb 4 oz | 3 qt1 cup2 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, 80/20Spaghetti 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.**  |
| WaterSpaghetti Noodles, whole grain, dryPan Release Spray | 9 lb 8 oz | 12 galAs 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 SeasoningsMozzarella Cheese,  part-skim | 8 lb 8 oz | 2 Tbsp |  |  | 1. Mix shredded cheese and seasonings.
 |
| Turkey Ham, lean, shaved or deli slicedItalian 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, unsaltedTaco Meat, HKM Recipe 76Cheese Sauce, HKM Recipe 139 | 100 oz  | 25 cups13 cups | 200 oz | 25 cups25 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 JuiceCornstarchWater, cold | 5 lb2 lb | ¾ cup3 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, rawDehydrated Onion FlakesPepperTomato PasteMexican Seasoning Mix (see HKM Recipe 79) **OR**Purchased Mexican Seasoning MixSaltSugar, brownWaterHamburger 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 oz3 lb 2 oz | 1 Tbsp 1 tsp3 cups ½ cup 1 Tbsp1 Tbsp¼ cup2 qt100 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, rawOnion, Dehydrated FlakesPepperTomato PasteMexican Seasoning Mix (see HKM Recipe 79)\*  **OR** Purchased Mexican Seasoning MixSaltSugar, brown, packedWater | 13 lb 2 oz | 1 Tbsp 1 tsp3 cups ½ cup 1 Tbsp1 Tbsp¼ cup2 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 76Romaine Lettuce, fresh, untrimmed, APTomatoes, large, APCheese, cheddar, shredded | 25 cups9 lb 8 oz6 lb 10 oz3 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, rawMexican Seasoning Mix (HKM Recipe 79)WaterBeef Base, low sodiumCorn, frozenPinto Beans, cannedSalsa, cannedCheese, cheddar, shredded, reduced fat | 15 lb12 oz6 oz7 lb2 lb | 3 cups1 gal 3 qt2¾ #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 servingCheese American, slicesHamburger 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, APGarlic, fresh, mincedChicken, cooked, dicedGreat Northern Beans, canned, low sodium, undrainedWaterChicken Base, low sodiumWhite PepperCumin, ground | 3 lb 8 oz5 oz10 lb17 oz4 oz2 oz | 3 ¼ #10 cans3 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, dicedChicken 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 % |  |  |

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# 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, rawCabbage, shredded, ready to useOnions, dehydratedCelery, APGreen Bell Pepper, APWater | 17 lb 8 oz2 lb 7 oz3 oz1 lb 11 oz1 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.** |
| CatsupBrown Sugar, packedLemon JuiceVinegar, whiteWorcestershire SauceMustard, yellowPepper, black | 12 oz7 oz7 oz | 2 qt 2½ cups2⅜ 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, APApple Juice, 100% juiceNutmeg, groundCinnamon, groundSaltButter, unsalted, cut into 1-inch pats | 31 lb | 1 gal1 Tbsp¼ cup2 Tbsp1 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 servingsOR 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, APRaisins, seedless, unsweetenedYogurt, vanilla, low-fat | 10 lb 8 oz2 lb2 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, APPeas, green, frozenBroccoli, raw, florets, EPCarrots, frozen, sliced or crinkle cutPeppers, green bell, AP | 3 lb 10 oz2 lb 10 oz1 lb 12 oz5 lb 4 oz2 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 SprayBeans, baked, canned, vegetarian |  | As needed4¼ #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 flakesDry MustardBrown Sugar, packedVinegar, cider | 5 oz8 oz | 6 cups¾ cup4 Tbsp2 cups1 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 hoursRemove 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, drainedCorn, frozen, whole kernelGreen Pepper, fresh, APRed Pepper, fresh, APRed Onions, fresh, AP | 3 lb 12 oz1 lb1 lb5 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 JuiceParsley, driedCumin, groundGarlic PowderSalsa, canned, low sodiumSalad Oil |  | ½ cup2 Tbsp1 Tbsp2 tsp3¼ cups¼ 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 useCarrots, AP | 12 lb1 lb 8 oz |  |  |  | 1. Shred carrots and mix with cabbage in a large bowl. Toss lightly to mix.
 |
| Mayo, Reduced CalorieSugar, granulatedCelery SeedDry MustardVinegar, White | 3 lb 8 oz | ½ cup2 Tbsp + 2 tsp1 Tbsp + 1 tsp½ 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 syrupBananas, fresh, APApples, fresh, APGrapes, fresh, AP | 8 lb 8 oz9 lb3 lb 8 oz3 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, APBananas, fresh, APFruit Cocktail, canned in 100% juice or light syrup   | 4 lb7 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, APRomaine Lettuce, APTomatoes, fresh, APCarrots, fresh, APCucumber, fresh, AP | 6 lb 8 oz6 lb 8 oz1 lb 5 oz15 oz14 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, wedgesVegetable Oil**OR**Pan Release Spray | 17 lb | ½ cupAs 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 PowderOnions, dehydrated flakesParsley, driedSaltSugar, granulated |  | ¼ cup¾ cup2 cups1½ Tbsp½ 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, slicedApplesauce, canned, unsweetenedBananas, AP | 11 lb14 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, brownWater | 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 OilOnions, fresh, APGarlic, mincedCumin, groundChili PowderTomatoes, crushed, cannedSalt | 2 lb 4 oz2 lb 8 oz | ¼ cup¼ cup2 Tbsp¼ cup1 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, APBananas, fresh, APBlueberries, fresh, APPineapple Juice, 100% | 8 lb10 lb4 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 MixVinegar, BalsamicVegetable Oil |  | 6 Tbsp1 cup1 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 syrupStrawberries, fresh, APSpinach, partly trimmed, APRomaine Lettuce, AP | 14 lbs9 lb 12 oz3 lb 8 oz3 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 drainedGarlic PowderCilantro, driedCumin, ground Lemon Juice, cannedOnion, dehydrated flakesJalapeno Peppers, canned, drained (optional)  | 2 oz | 1 #10 can½ tsp1 tsp2 Tbsp2 Tbsp½ 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, APRomaine Lettuce, AP | 6 lb 8 oz6 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 wheatFlour, all-purpose, enrichedYeast, instantSugar, granulatedBaking PowderBaking SodaSalt  | 4 lb3 lb2½ oz10 oz | 1 Tbsp 2 tsp1 Tbsp 2 tsp1 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, unsweetenedEgg, whole, raw, largeOil, soybean, salad or cookingMilk, lowfat, fluid, 1%Sugar, granulated | 12 oz1 lb 2 oz1 lb 5 oz | ¾ #10 can9 each1½ cups2¼ cups3 cups |  |  | 1. Beat applesauce, eggs, oil, milk, and sugar until smooth.
 |
| Oats, rolled, dryBaking PowderBaking SodaCinnamon, groundFlour, whole wheat | 2 lb 5 oz4 oz1 oz2 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 minutesConvection 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 wheatOats, rolled or quickSugar, brownMargarine, liquidCherries, canned, packed in water | 1 lb 14 oz1 lb 3 oz1 lb 14 oz2 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, granulatedOrange Juice, frozen,  unsweetenedCornstarch | 1 lb 4 oz | ½ cup1 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, liquidBrown SugarSugar, granulated | 1 lb 3 oz1 lb1 lb 5 oz | 2⅜ cups |  |  | 1. Beat margarine and sugars with paddle attachment in mixer until smooth.
 |
| Eggs, whole, rawVanilla | 7½ oz | 5 large2 Tbsp |  |  | 1. Add egg and vanilla to margarine/sugar mixture. Mix well.
 |
| Baking PowderBaking SodaOats, quickFlour, white whole wheat | 13½ oz1 lb 6 oz | 1 Tbsp ¾ tsp2¼ 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 wheatCornmeal, whole grainSugarBaking PowderSalt  | 2 lb 6 oz2 lb 6 oz12 oz2¼ oz |  3 tsp |  |  | 1. Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
 |
| Eggs, whole, largeMilk, low-fatVegetable OilPan Release Spray |  | 6 each2 qt 1¼ cup 1 cup 2 TbspAs 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 % |  |  |

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#  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 wheatOats, rolled or quickSugar, brownCinnamon, groundMargarine, liquid | 2 lb1 lb1 lb 14 oz1 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 waterWater |  | 2 #10 cansAs 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.
 |
| HoneyCinnamon, groundLemon Juice | 1 lb 4oz4 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 wheatBaking SodaOats, rolled or quickSugar, granulatedSugar, brownCinnamon, groundCloves, ground | 1 lb 13 oz1 lb 4 oz14 oz1 lb 3 oz | 1 Tbsp 1 tsp2 tsp½ 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 freeMargarine, liquidEggs, wholeVanilla | 1 lb14 oz | 6 large2 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 % |  |  |

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# 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-cookingFlour, white whole wheatFlour, all-purpose, enrichedSugar, granulatedSugar, brownYeast, instant, drySalt | 8 oz1 lb 11 oz1 lb 8 oz1 oz5 oz2 oz | ¼ cup1 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, liquidMarshmallowsCereal, Crispy Rice,whole grain Pan Release Spray | 12 oz3 lb 12 oz3 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 OilSugar, granulatedVanilla ExtractApplesauce, unsweetened | 3 lb 4 oz2 lb 8 oz | 1½ cup1 Tbsp4½ 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 wheatCocoa Powder, unsweetenedBaking Soda | 1 lb 14 oz12 oz2 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, dryRice, long grain & wild mix (with seasoning packet)Onions, dehydratedParsley, dried | 5 lb20 oz4 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, canolaBase, chicken, low sodium, dryWater | 12 oz6 oz16 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, dryPepper, black, groundSaltGarlic powderWater | 6 lb 12 oz11 lb | 1 Tbsp1/4 cup½ cup5 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, liquidSugar, granulatedEggs, whole, rawVanilla ExtractMilk, fluid, 1%Flour, whole wheatBaking PowderBaking SodaSaltNutmegCinnamon, ground | 1 lb2 lb4 oz2 lb 8 oz | 2 cups5 large1 Tbsp 1 tsp1 Tbsp 1 tsp2 tsp2 tsp1½ tsp1 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, granulatedCinnamon, 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

|  |  |  |
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| **Grains** | **HACCP: #2 Same Day Service** | **Healthier Kansas Recipe 237** |
| **Ingredients** | **100 Servings** | **\_\_\_\_Servings** | Directions |
| **Weight** | **Measure** | **Weight** | **Measure** |
| Rice, brown, long-grain, drySalsa, canned, mildWater | 6 lb 12 oz10 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** |

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

#### Nutrients Per Serving

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| --- | --- | --- | --- | --- | --- |
| 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%

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| --- | --- | --- |
| **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 wheatFlour, all-purpose, enrichedDry Milk, instant, nonfatSugar, granulatedYeast, instant, drySalt | 1 lb 14 oz1 lb 12 oz4 oz6 oz2 oz1 oz | ¾ cup¼ cup1 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.
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# Whole Wheat Bread, 51%, continued

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| **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.
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| **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%

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

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| **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, granulatedCinnamon, ground | 3 oz | 6 Tbsp1½ 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 minutesRecommended internal temperature for baked rolls is 196-198**°**F.
 |
| Powdered SugarVanilla ExtractWater | 10 oz2 oz | 2 cups1 Tbsp¼ 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.
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| **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 % |  |  |

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# Whole Wheat Cinnamon Rolls, 51%

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| **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, granulatedCinnamon, ground | 1 lb | 2 cups⅔ 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 SugarVanilla ExtractWater | 1 lb 4 oz4 oz | 3¾ cups2 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.
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# 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%

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| --- | --- | --- |
| **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 wheatFlour, all-purpose, enrichedSugar, granulatedSaltYeast, instant, dry | 3 lb 2 oz2 lb 14 oz2¼ oz2 oz1¼ oz | 4½ Tbsp3 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.
 |
| CornmealPan Release Spray |  | 4-6 TbspAs 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.
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# Whole Wheat French Garlic Bread, 51%, continued

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| --- | --- | --- | --- |
| **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.
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|  |  |  |  |  | **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. |

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| **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 wheatFlour, all-purpose, enrichedDry Milk, instant, nonfatSugar, granulatedYeast, instant, drySalt | 1 lb 14 oz1 lb 12 oz4 oz6 oz2 oz1 oz | ¾ cup¼ cup1 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.
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# 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 minutesTurn 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.
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| **Serving Size** | **1 Serving Provides** | **Yield** |
| 1 each | 1 oz roll/breadstick = 1.0 oz equivalent Grains2 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