
Healthier Kansas Menu

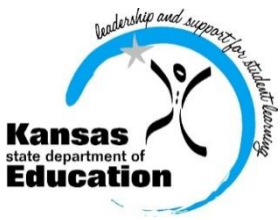


RECIPES

Child Nutrition & Wellness, Kansas State Department of Education

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Healthier Kansas Menus – RECIPES



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Healthier Kansas Menus – RECIPES

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

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

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Healthier Kansas Menus – RECIPES

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

Baked Chicken Drumstick

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 27
(USD 225 Fowler, modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, drumsticks, frozen, CN labeled to provide 1.5 oz eq M/MA Pan Release Spray, Butter Flavored Pepper, black, ground Ranch Dressing Mix	100 each (21 lb 14 oz)	As needed			<ol style="list-style-type: none"> 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 Tbsp 3 oz				<ol style="list-style-type: none"> 6. 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. 7. CCP: Hold at 135°F or higher. 8. 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)			<ol style="list-style-type: none"> 1. Thaw chicken under refrigeration overnight. 2. Lay thawed chicken in single layer on sheet pans lined with parchment paper. 3. Spray with pan release spray. 4. Bake until internal temperature reaches 180°F: Conventional oven: 400°F for 45-55 minutes. Convection oven: 350°F for 30-35 minutes. CCP: Heat to 180°F or higher for 15 seconds.
*Barbeque Sauce Catsup Sugar, brown, packed Mustard, yellow, prepared Liquid Smoke		1 #10 can 1 qt 2 cups 3 cups 4 fl oz			<ol style="list-style-type: none"> 5. Combine all ingredients in bowl and mix well and store in refrigerator (if prepared ahead of time). 6. During the last 7 minutes of baking, brush or spread BBQ sauce onto full surface of chicken. CCP: Hold at 135°F or higher.

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

Nutrients Per Serving (1 drumstick)

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

BBQ Beef on a Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 135 - Revised

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, steak slices, raw	21 lb				<ol style="list-style-type: none"> 1. Cook beef slices according to manufacturer's instructions. CCP: Heat to 145°F or higher for 15 seconds. 2. Add BBQ sauce. Rinse out the BBQ sauce bottle with the water. Add to meat and sauce. Mix. 3. 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. 4. Portion a #8 scoop (1/2 cup) of beef mixture on bun. <p><i>Optional:</i> 12 lb + 11 oz shredded, pre-cooked roast beef or 20 lb + 3 oz raw top round roast may be substituted for <i>each</i> 100 servings.</p>
Barbecue Sauce, no more than 500 mg sodium per 1 fl oz		1 gal 1 qt			
Water		2½ cups			
Hamburger Bun, whole wheat, 2 oz equivalent Grains OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		100 each			

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 %		

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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			2. Add beef broth to cooked beef, reserving 1 qt for step 5.
Sage, ground Pepper, black Salt, table Onions, dehydrated flakes		1½ tsp 2¼ tsp 2¼ tsp ¼ cup			3. Place sage, pepper, and onions into a stock pot, steam-jacketed kettle, or tilting skillet with the meat and broth. Bring to a simmer.
Egg Noodles, dry, whole grain Flour, all-purpose, enriched	5 lb 5 oz 8 oz	2 cups			4. Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 5. 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.
					6. Add additional broth or cook down as needed to make 18 qt + 3 cups for every 100 ¾-cup servings. 7. Pour into steam table pans. CCP: Hold at 135°F or higher.

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

Beef & Noodles, continued

Nutrients Per $\frac{3}{4}$ cup Serving

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

Biscuit and Sausage Gravy

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 118
(KSDE, Child Nutrition & Wellness)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Angel Biscuit Recipe (HKM Recipe 120) OR Purchased Whole Wheat Biscuits weighing at least 2 oz		100 each			1. Prepare angel biscuits according to recipe or Slice and warm pre-made whole wheat biscuits.
Gravy, country style Sausage, turkey, raw* OR Sausage, turkey, pre-cooked, crumbles*	7 lb 6 lb 4 oz	2 gal 2 qt			2. Prepare country style gravy mix according to the directions on package. 3. 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 135° F. 4. Mix cooked drained sausage with gravy mix. CCP: Heat to 135°F or higher. 5. Place sliced biscuit on tray. At time of service, cover with 3 oz of gravy/sausage mixture.
*Purchase turkey sausage product so 1 serving provides 0.75 oz equivalent M/MA.					

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

Nutrients Per Serving

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

Cheese Breadsticks

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 125

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

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

Nutrients Per Serving

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

Cheese Sauce

Meat/Meat Alternate

HACCP: #2 Same Day Service

Healthier Kansas Recipe 139
USDA (modified)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Butter, unsalted* All-purpose flour, enriched Salt	12 oz 13 oz	1½ tsp			1. Melt margarine. Add flour and salt. Stir until smooth.
Milk, low-fat or non-fat	6 lb				2. Add milk gradually, stirring constantly. Cook for 12-15 minutes, stirring frequently, until smooth and thick.
Cheese, American, shredded	3 lb 12 oz				3. 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 <i>trans</i> fat free					

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

Nutrients Per Serving

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

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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, frozen Chicken Broth, low sodium Poultry Seasoning Sage, ground Pepper, white Dehydrated Onion Flakes Allspice, ground (optional) Food Coloring, yellow (optional)	12 lb 12 oz	4 gal 2 qt			1. Place chicken meat, chicken broth, poultry seasoning, sage, pepper, onions, food coloring (optional) and allspice (optional) into a stock pot, steam-jacketed kettle or tilting skillet. Bring to a simmer.
Egg Noodles, dry, whole grain Chicken Broth, low sodium Flour, all-purpose, enriched	8 lb 8 oz 6 oz	1 qt 1½ cups			2. Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 3. 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.
					4. Add additional broth or cook down as needed to make 25 quarts for every 100 1-cup servings. 5. Pour into steam table pans. CCP: Hold at 135°F or above.

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

Chicken & Noodles, continued

Nutrients Per Serving

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

Chicken Quesadilla

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 29
(Iowa Gold Star Cycle Menus, Modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Whole Grain Flour Tortilla, 8", 1.5 oz equivalent Grains	100 each				1. Line sheet pans (18"x26"x1") with parchment paper or pan liners (5 sheet pans per 100 servings). 2. Lay tortillas on lined sheet pans and set aside for step 8.
Green Bell Pepper, AP Onion, fresh, AP Corn, frozen, whole kernel Chicken, cooked, diced Tomato, fresh, AP Mexican Seasoning Mix (HKM Recipe 79)	2 lb 1 lb 4 oz 5 lb 9 lb 2 lb 4 oz	7 Tbsp			3. Chop peppers, onion and tomatoes. 4. 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. 5. Add tomatoes to chicken mixture. Drain excess liquid. 6. Add chili powder, cumin, onion powder, and paprika to vegetable mixture.
Cheese, Monterey Jack, reduced fat, shredded Cheese, cheddar, shredded	1 lb 12 oz 1 lb 12 oz				7. Combine shredded cheeses. 8. Spoon 3/8 cup vegetable/chicken mixture on half of each tortilla. 9. Sprinkle 2 Tbsp of cheese on top of vegetable mix on each tortilla. 10. Fold tortillas in half and shingle quesadillas on lined sheet pans. 11. Spray tortillas with pan release spray to aid browning.
					12. Bake until tops are golden brown: Conventional oven: 400°F for 10 minutes. Convection oven: 375°F for 7 minutes. 13. Allow quesadillas to stand for 5 minutes. CCP: Hold hot for service at 135°F or higher.

Chicken Quesadilla, continued

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

Nutrients Per Serving

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

Chicken Tetrazzini

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 7
(USD 308 Hutchinson, modified)

Ingredients	100 Servings (3/4 cup)		Servings		Directions
	Weight	Measure	Weight	Measure	
Water, cold Broth, chicken, low sodium	3 lb 12 oz 27 lb 10 oz	1 qt 3½ cups 3 gal + 1 qt + 3 ¼ cup			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.
Margarine, liquid	8 oz				
Pepper, black		2 tsp			
Chicken, cooked, diced ½"	12 lb				
Chilies, diced, canned	1 lb 1 oz				
Pimentos, canned	11 oz				
Onions, dehydrated flakes	5 oz				
Soup, Cream of Mushroom	4 lb 11 oz				3. Add soup to mixture. Stir until blended.
Spaghetti Noodles, whole wheat, dry	6 lb 8 oz				4. Add dry spaghetti noodles. Bring to a boil for 2 minutes and turn to low.
Cheese, American, shredded	2 lb				5. Add cheese to mixture. 6. 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)	K-8: 2.0 oz equivalent M/MA + 1.0 oz equivalent Grains	75 cups
9-12: 1 cup (8 oz spoodle)	9-12: 2.75 oz equivalent M/MA + 1.25 oz equivalent Grains	

Nutrients Per ¾ Cup Serving

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

Chicken Wrap

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 158 - Revised

Ingredients	100 Servings (K-8)		100 Servings (9-12)		Directions
	Weight	Measure	Weight	Measure	
Chicken Patty, unbreaded, CN labeled to provide 2.0 oz equivalent M/MA each patty Cheese, cheddar, shredded Tortilla, whole wheat, 8", 1.5 oz equivalent Grains	1 lb 9 oz	75 patties	1 lb 9 oz	100 patties 100 each	1. Purchase CN labeled precooked, unbreaded, chicken patties with 2 oz equivalent M/MA per serving. 2. Heat chicken according to manufacturer's directions and cut into strips. CCP: Hold at 135°F or above until served. 3. For each wrap serve: K-8: 1.5 oz of chicken strips 9-12: 2 oz of chicken strips 4. Place chicken on top of tortilla. Sprinkle with approximately 1 Tbsp of cheese. Fold tortilla in half.

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

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

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

Chili

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 218

Ingredients	100 – 6 oz Servings Or (75 – 8 oz Servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20, raw Dehydrated Onion Flakes Chili Powder Cumin Ground Garlic Powder Tomato Puree Pinto Beans, canned, drained Tomato Juice Red or Cayenne Pepper (optional) Water	13 lb 4 oz 5 oz 6 lb 8 oz	1 cup 2 Tbsp 2½ Tbsp 1½ Tbsp ½ #10 can 5½ #10 cans 3 qt 1 cup 2 Tbsp As needed			1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 2. Drain beans. 3. Add remaining ingredients, except water, to ground beef. 4. Add additional water or juice from canned beans to make approximately 19-20 quarts for every 100 3/4-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates. CCP: Heat to 160°F or higher for at least 15 seconds. CCP: Hold hot for service at 135°F or above.
					<i>Notes:</i> <ul style="list-style-type: none"> ▪ For less sodium, choose a “fancy” or very-low sodium chili powder. ▪ Older students may like the chili spicier and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste. ▪ May use 1 lb 6 oz of fresh onions per 100 servings in place of dried onions. ▪ May use minced garlic in place of garlic powder. ▪ May puree one can of the pinto beans prior to adding to chili. This will yield a thicker product.

Chili, continued

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

Nutrients Per 6 oz Serving

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

Cowboy Cavatini

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 32

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pasta, Penne, whole wheat	6 lb 4 oz				1. Cook pasta according to manufacturer's directions. Rinse cooked pasta well and hold for step 4.
Beef, ground, 80/20, raw Sauce, tomato, canned Water Mexican Seasoning Mix (HKM Recipe 79)	15 lb 8 oz 3 lb	2½ #10 cans 1 qt 2 cups 10 Tbsp			2. Brown beef and drain. CCP: Heat to 165°F or higher for 15 seconds. 3. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes.
Cheese, Mozzarella, part skim, shredded	1 lb 8 oz				4. Add cooked pasta to meat mixture. Mix well and divide into three 2" steam pans. 5. Sprinkle with mozzarella cheese, ½ lb. per pan. 6. Bake at: *Convection: 325°F for 30-40 minutes. *Conventional: 350°F for 40-45 minutes. 7. Serve hot with 6 oz spoodle. CCP: Hold hot for service at 135°F or higher.

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

Nutrients Per Serving

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

Hot Ham & Cheese on a Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 48

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Ham, cooked, water added, sliced	7 lb 11 oz				<ol style="list-style-type: none"> 1. Slice ham into 0.6 oz slices. 2. Heat to a minimum of 135° 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.
Cheese, American, slices	6 lb 4 oz	(100 ½ oz slices)			
Hamburger Bun, whole wheat, 2 oz equivalent Grains OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		100 each			
					Cold Ham & Cheese Variation: Do not preheat ham. Assemble sandwiches as above. CCP: Hold at 41°F or below for cold service.

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

Nutrients Per Serving

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

Lasagna

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 40
(USD 225 Fowler, modified)

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground, 80/20, raw Onions, dehydrated Spaghetti Sauce, canned Tomatoes, canned, diced, drained Water	8 lb 1 oz 1 lb 12 oz	 1½ #10 can 1 #10 can 3½ cups			1. Brown beef and drain. 2. Add onions, spaghetti sauce, tomatoes, and water. Stir to combine. CCP: Heat to 160°F or higher for 15 seconds.
Cottage Cheese, Lowfat, 2% Egg, whole, fresh, raw, large Lasagna Noodles, whole grain, dry Cheese, Mozzarella, part skim, shredded	6 lb 3 lb 4 oz 2 lb 14 oz	 7 each			3. Combine cottage cheese and eggs. Mix well. 4. For 100 servings, spray 4 pans (12" x 20" x 2½") with pan release spray. 5. In each pan, spread 2 cups of meat sauce on the bottom of the pan. Then build lasagna as follows: <ul style="list-style-type: none"> a) Place 8 uncooked lasagna noodles in each pan. b) Spread 1 qt of meat sauce on top of noodles in each pan. c) Spread 1½ cups of egg mixture over top of meat sauce in each pan. d) Cover with 1¼ cups of mozzarella cheese per pan. e) Repeat steps a-d 1 time. 6. Cover tightly with foil and bake: *Conventional oven: 350°F for 1½ hours *Convection oven: 325°F for 1 hour. 7. 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 %		

Mexican Seasoning Mix

Seasoning

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 79
(USDA G-01A modified)

Ingredients	4 Cups		Servings		Directions
	Weight	Measure	Weight	Measure	
Chili Powder		1¾ cups			<ol style="list-style-type: none"> 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.
Cumin, ground		1⅓ cups			
Paprika		¼ cup 3 Tbsp			
Onion Powder		¼ cup 3 Tbsp			

Yield: 1 quart

Mini Meatball Sub

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 132 - Revised
Ohio Department of Education, Modified

Ingredients	100 Servings (K-8)		100 Servings (9-12)		Directions
	Weight	Measure	Weight	Measure	
Beef meatballs, frozen, CN labeled to provide 2 oz equivalent M/MA Tomatoes, spaghetti sauce, canned Cheese, Mozzarella, reduced-fat, shredded	3 lb 2 oz	300 each <i>(or number needed to meet 1 oz M/MA per serving)</i> 2 #10 cans + 1 cup	3 lb 2 oz	500 each <i>(or number needed to meet 2 oz M/MA per serving)</i> 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	

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	12 lb 8 oz (2 recipes for 100 rolls)				<ol style="list-style-type: none"> Purchase reduced-fat frankfurter with no more than 10 grams of fat and no more than 500 mg of sodium per hot dog. Prepare roll recipe #877 or purchase prepared, frozen dough. Thaw per manufacturer's instructions. 2 oz of dough is needed per frankfurter. Spray work surface lightly with pan release spray to allow easier handling. 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. 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. 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. Spray pigs in a blanket lightly with pan release spray after removing from oven. CCP: Hold for hot service at 135°F or higher. <p>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.</p>
Frankfurter, turkey, 2 oz equivalent M/MA		100 each			
Pan Release Spray		As needed			

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 <i>(or amount to provide 2 oz eq M/MA)</i>				<ol style="list-style-type: none"> 1. Thaw pork under refrigeration. 2. Conventional oven: preheat oven to 350° 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			<ol style="list-style-type: none"> 4. Portion 4 oz of heated pork (or amount needed to meet 2 oz eq M/MA) onto bun for service. CCP: Hold at 135°F or higher.
*Optional Additional Barbeque Sauce Catsup Sugar, brown, packed Mustard, yellow prepared Liquid Smoke		1 #10 can 1 qt 2 cups 3 cups 4 fl oz			<ol style="list-style-type: none"> 5. Optional: If purchasing an unsauced product, or if more sauce is desired - Combine all ingredients in bowl and mix well and store in refrigerator. Serve 2 tbsp (1 fl oz) with each sandwich.

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

Nutrients Per Serving (without optional additional sauce)

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

Rock and Roll Beef Wraps

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 133
Beef Council (modified)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20, raw	17 lb				1. Brown ground beef, breaking into ½ inch crumbles and stirring occasionally until fully cooked. Remove drippings. CCP: Heat to 165°F or higher for 15 seconds.
Water Rice, brown, long-grain, dry Dry Ranch Dressing Mix Black Pepper	3 lb 4 oz	3 qt 1 cup 2 Tbsp			2. Combine water, rice, dry ranch mix and pepper with ground beef. 3. 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				4. 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			5. Portion 1 cups beef mixture onto each tortilla. Fold over sides of tortilla and roll up to enclose the filling.

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

Nutrients Per Serving

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

Spaghetti & Meat Sauce

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 170
(USDA D-35 modified)

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20 Spaghetti Sauce, canned	17 lb 8 oz	3¼ #10 cans			1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. CCP: Heat to 165°F or above for at least 15 seconds. 2. Add spaghetti sauce. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving. CCP: Hold at 135° F or higher.
Water Spaghetti Noodles, whole grain, dry Pan Release Spray	9 lb 8 oz	12 gal As needed			3. Bring water to a boil. 4. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly. 5. Stir noodles into meat sauce. 6. 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. 7. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently. CCP: Hold at 135°F or higher. <i>Note:</i> USDA Recipes D-35 Spaghetti Sauce may be used in place of purchased spaghetti sauce.

Spaghetti & Meat Sauce, continued

Serving Size	1 Serving Provides	Yield
8 oz spoodle (1 cup)	2.0 oz equivalent M/MA + 1.5 oz equivalent Grains + 0.375 cup vegetables, RO	Approximately 6 gal + 1 qt

Nutrients Per Serving

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

Stromboli Squares

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 181
(USD 503 Parsons, modified)

Ingredients	120 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Dough from Whole Wheat Rolls, 51%, HKM Recipe 877	16 lb (approximately 2.5 x 100-roll recipe)				1. Portion 2 lbs dough balls. Roll half of the balls to fit 18" x 26" x 1" sheet pans (will use 4 sheet pans per 120 servings). Place rolled dough rectangles on sheet pans lined with pan liners. Set remaining balls aside for step 5.
Italian Seasonings Mozzarella Cheese, part-skim	8 lb 8 oz	2 Tbsp			2. Mix shredded cheese and seasonings.
Turkey Ham, lean, shaved or deli sliced Italian Seasonings (optional)	11 lb	As needed			3. On each sheet pan lay out 2 lbs 12 oz of turkey ham. 4. Top each sheet pan with 2 lbs 2 oz of cheese. Spread cheese evenly. 5. 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. 6. 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). 7. 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. 8. Cool slightly before cutting. Cut each pan into 30 servings. (3 x 10 cut or 3 x 5 cut with squares cut into triangles.) CCP: Hold for hot service at 135°F or higher.

Stromboli Squares, continued

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

Nutrients Per Serving

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

Super Nachos

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 140 - Revised

Ingredients	100 Servings (K-8)		100 Servings (9-12)		Directions
	Weight	Measure	Weight	Measure	
Tortilla Chips, whole grain, unsalted	100 oz		200 oz		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 1/4 cup/#16 scoop for 9-12). CCP: Hold at 135°F or higher.
Taco Meat, HKM Recipe 76		25 cups		25 cups	
Cheese Sauce, HKM Recipe 139		13 cups		25 cups	

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

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 <i>(or number needed to meet 2 oz M/MA per serving)</i>			1. Prepare according to manufacturer's instructions. 2. Portion 25 servings (125 nuggets) per pan. CCP: Hold at 135° F or higher.
Sweet and Sour Sauce, bottled Pineapple Juice Cornstarch Water, cold	5 lb 2 lb	¾ cup 3 ¼ cup			3. In a large sauce pan, combine sweet & sour sauce and pineapple juice. 4. Dissolve cornstarch in cold water. Add to sauce mixture. 5. Simmer sauce mixture for 15 minutes or until thickened, stirring occasionally.
					6. Combine 3 cup + 1 fl oz sweet and sour sauce (1 fl oz per serving) with each pan of nuggets before service. 9. Toss to coat. 10. Serving size = 5 nuggets (or amount needed to meet 2 oz M/MA). Serving suggestion: serve nuggets on top of seasoned brown rice. CCP: Hold at 135°F or higher.

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

Nutrients Per Serving

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

Taco Burger

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 77
(USDA D-13 modified)

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

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

Taco Burger, continued

Nutrients Per Serving

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

Taco Meat

Meat/Meat Alternate

HACCP: #2 Same Day Service

Healthier Kansas Recipe 76
(USDA D-13 modified)

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

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

Nutrients Per #16 Scoop Serving

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

Taco Salad

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 78
(USDA D-13 modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Taco Meat, HKM Recipe 76 Romaine Lettuce, fresh, untrimmed, AP Tomatoes, large, AP Cheese, cheddar, shredded	25 cups 9 lb 8 oz 6 lb 10 oz 3 lb 2 oz				1. Prepare taco meat according to HKM recipe 76. 2. Wash and chop romaine lettuce and tomatoes. 3. For each serving, portion as follows: <ul style="list-style-type: none"> • 1 cup chopped romaine lettuce • #16 scoop (1/4 cup) taco meat • 1/8 cup diced tomatoes • 1/8 cup shredded cheese

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

Nutrients Per Serving (K-8)

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

Taco Soup

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 20

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20, raw	15 lb				<ol style="list-style-type: none"> 1. Cook ground beef, breaking into small chunks as it cooks. Drain Fat. CCP: Heat to 165°F for at least 15 seconds. 2. Add Mexican seasoning mix. 3. Add water and bring to a boil. 4. Add beef base and stir to dissolve. 5. Add corn to soup. 6. Drain and rinse beans and add to soup. 7. Add salsa to soup. 8. Simmer for 30-40 minutes to 165°F or higher. CCP: Hold hot for service at 135°F or higher. 9. Serve 8 oz portions and garnish at service with 1 Tbsp of cheese per serving.
Mexican Seasoning Mix (HKM Recipe 79)	12 oz	3 cups			
Water		1 gal 3 qt			
Beef Base, low sodium	6 oz				
Corn, frozen	7 lb				
Pinto Beans, canned		2¾ #10 cans			
Salsa, canned		1¾ #10 cans			
Cheese, cheddar, shredded, reduced fat	2 lb				

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

Nutrients Per Serving

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

Turkey & Cheese Sub

Main Dish

HACCP: #1 No Cook

Healthier Kansas Recipe 144

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey Breast, thin sliced, cooked, no more than 700 mg sodium per 2 oz serving	12 lb 8 oz <i>(or amount needed to provide 1.5 oz M/MA per serving)</i>				<ol style="list-style-type: none"> 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. <p>CCP: Hold at 41°F or below.</p>
Cheese American, slices	3 lb 2 oz	(100 ½ oz slices)			
Hamburger Bun, whole wheat, purchased 2 oz equivalent Grains OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns		100 each			

Serving Size	1 Serving Provides	Yield
1 each	2.0 oz equivalent M/MA + 2.0 oz equivalent Grains	100 sandwiches

Nutrients Per Serving

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

White Chicken Chili

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 128
Iowa Gold Star Recipe

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, yellow, AP Garlic, fresh, minced Chicken, cooked, diced Great Northern Beans, canned, low sodium, undrained Water Chicken Base, low sodium White Pepper Cumin, ground	3 lb 8 oz 5 oz 10 lb 17 oz 4 oz 2 oz	 3 ¼ #10 cans 3 Tbsp			1. In a steam jacketed kettle, combine chopped onions, garlic, chicken, beans with liquid, water, chicken base, white pepper, and ground cumin. 2. Simmer for 10 minutes to blend flavors, stirring occasionally. 3. Add green chili peppers. 4. 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. 5. 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.
Green Chili Peppers, canned, diced Chicken Stock, prepared from low-sodium base	15 oz	1 gal + 2 qt + 1 cup (as prepared)			
Mozzarella Cheese, part skim, shredded	3 lb 2 oz				

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, raw Cabbage, shredded, ready to use Onions, dehydrated Celery, AP Green Bell Pepper, AP Water	17 lb 8 oz 2 lb 7 oz 3 oz 1 lb 11 oz 1 lb 4 oz	 1¾ cup			1. Brown ground beef in tilt skillet. CCP: Cook to 160° 2. Chop celery and bell pepper. 3. Add shredded cabbage, onions, chopped celery, chopped green pepper and water. Cook until vegetables are tender. CCP: Heat to 135°F for at least 15 seconds.
Catsup Brown Sugar, packed Lemon Juice Vinegar, white Worcestershire Sauce Mustard, yellow Pepper, black	 12 oz 7 oz 7 oz	2 qt 2½ cups 2¾ cups ¾ cup 3 Tbsp			2. 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			3. Portion #8 disher (1/2 cup) on each 2 oz bun.

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

Yummy Sloppy Joe, continued

Nutrients Per Serving

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

Apple Glazed Sweet Potatoes

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 122
(New Hampshire Dept. of HHS)

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

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

Nutrients Per ½ Cup Serving

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

Apple Salad

Fruit

HACCP: #1 no cook

Healthier Kansas Recipe 121
(Ohio Dept. of Education)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, #125-138, AP Raisins, seedless, unsweetened Yogurt, vanilla, low-fat	10 lb 8 oz 2 lb 2 lb 8 oz				1. With gloved hands, wash and core apples, do not peel. Chop into bite size pieces. Add raisins and yogurt. Mix well. CCP: Hold at 41°F or lower. 2. Serve cold with #8 scoop (1/2 cup).

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

Nutrients Per Serving

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

Asian Fresh Vegetables

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 141
Idaho Child Nutrition Program

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, whole, AP	3 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.
Peas, green, frozen	2 lb 10 oz				
Broccoli, raw, florets, EP	1 lb 12 oz				
Carrots, frozen, sliced or crinkle cut	5 lb 4 oz				
Peppers, green bell, AP	2 lb 10 oz				

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

Nutrients Per Serving

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

Baked Beans

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 188
USDA Recipe, modified

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

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

Nutrients Per Serving

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

Black Bean & Corn Salsa

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 81
(USDA E-21 modified)

Ingredients	100 2 oz Servings OR 50 4 oz Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Black Beans, canned, drained Corn, frozen, whole kernel Green Pepper, fresh, AP Red Pepper, fresh, AP Red Onions, fresh, AP	3 lb 12 oz 1 lb 1 lb 5 oz	1 1/3 #10 cans			1. Thaw corn. 2. Chill canned beans prior to preparation. 3. Dice pepper and onion. 4. Combine drained beans, corn, diced peppers and diced onions.
Lemon Juice Parsley, dried Cumin, ground Garlic Powder Salsa, canned, low sodium Salad Oil		1/2 cup 2 Tbsp 1 Tbsp 2 tsp 3 1/4 cups 1/4 cup			5. Mix remaining ingredients to make the dressing. 6. Pour dressing over the salad and toss lightly to combine. 7. Chill 2 hours before serving. CCP: Hold for cold service at 41°F or lower.

Serving Size	1 Serving Provides	Yield
2 oz spoodle (1/4 cup)	0.25 cup vegetable, additional	Approximately 6 quarts + 1 cup

Nutrients Per Serving

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

Creamy Cole Slaw

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 20
Adapted from Iowa Gold Star Recipes

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, green, shredded, ready to use Carrots, AP	12 lb 1 lb 8 oz				1. Shred carrots and mix with cabbage in a large bowl. Toss lightly to mix.
Mayo, Reduced Calorie Sugar, granulated Celery Seed Dry Mustard Vinegar, White	3 lb 8 oz	½ cup 2 Tbsp + 2 tsp 1 Tbsp + 1 tsp ½ cup			2. In a small bowl, combine mayo, sugar, celery seed, dry mustard and vinegar. 3. Pour dressing over cabbage/carrot mixture. Mix thoroughly. 4. 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 41° F or lower within 4 hours. 5. Cover, refrigerate until ready to use. 6. Mix lightly before serving. Portion with #8 scoop (1/2 cup). 7. CCP: Hold for cold service at 41° F or lower.

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

Nutrients Per Serving

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

Fresh Citrus Fruit Cup

Fruit

HACCP: #Non-Hazardous/Other

Healthier Kansas Recipe 134

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Mandarin Oranges, canned in 100% juice or light syrup Bananas, fresh, AP Apples, fresh, AP Grapes, fresh, AP	8 lb 8 oz 9 lb 3 lb 8 oz 3 lb 8 oz				<ol style="list-style-type: none"> 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. <p style="margin-left: 20px;">CCP: Hold for cold service at 41°F or lower.</p> <p><i>Note:</i> Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.</p>

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

Nutrients Per Serving

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

Fresh Mixed Fruit Cup

Fruit

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 183

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, AP Bananas, fresh, AP Fruit Cocktail, canned in 100% juice or light syrup	4 lb 7 lb	2 #10 cans			<ol style="list-style-type: none"> 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. <p>CCP: Hold for cold service at 41°F or lower.</p>

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

Nutrients Per Serving

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

Garden Salad

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 164
(Team Nutrition modified)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, partly trimmed fresh, AP	6 lb 8 oz				<ol style="list-style-type: none"> 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.
Romaine Lettuce, AP	6 lb 8 oz				
Tomatoes, fresh, AP	1 lb 5 oz				
Carrots, fresh, AP	15 oz				
Cucumber, fresh, AP	14 oz				

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

Nutrients Per Serving

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

Ranch Potato Wedges

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 131
Idaho Child Nutrition Programs

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Potato, russet, IQF, wedges Vegetable Oil OR Pan Release Spray	17 lb	½ cup As needed			1. Preheat oven to 325°F. 2. Spread each bag of potato wedges over a lined sheet pan. 3. Put oil into a squeeze bottle or dispenser and shake over all potatoes or spray generously with pan release spray.
Garlic Powder Onions, dehydrated flakes Parsley, dried Salt Sugar, granulated		¼ cup ¾ cup 2 cups 1½ Tbsp ½ cup			4. In a large bowl, mix garlic powder, dehydrated onions, parsley, salt and sugar. 5. Evenly sprinkle ranch mixture over all pans and toss to coat. 6. Bake 30 minutes. CCP: Hold at 135°F or higher.

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

Nutrients Per Serving

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

Strawberries & Bananas

Fruit

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 124

Ingredients	100 –Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, frozen, unsweetened, sliced Applesauce, canned, unsweetened Bananas, AP	11 lb	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.
	14 lb				

Serving Size	1 Serving Provides	Yield
½ cup (4 oz)	0.5 cup fruit	100 servings

Nutrients per Serving

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

Southwestern Lentils

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 138

Ingredients	100 - ¼ cup Servings OR 50 - ½ cup Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Lentils, brown Water	2 lb 2 oz	As needed			1. Combine lentils and water as recommended by manufacturer in a tilt skillet. Cover and bring to boil. Turn down to 225°F and simmer gently for 30 minutes or until lentils are tender. Drain well.
Vegetable Oil Onions, fresh, AP Garlic, minced Cumin, ground Chili Powder Tomatoes, crushed, canned Salt	2 lb 4 oz 2 lb 8 oz	¼ cup ¼ cup 2 Tbsp ¼ cup 1 Tbsp			2. Chop onions. 3. 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.
					4. Bring to a boil. Reduce the heat to low and simmer, uncovered, for 10 minutes. CCP: Hold for hot service at 135°F or higher.

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

Nutrients Per ¼ Cup Serving

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

Summer Fruit Salad

Fruit

HACCP: #1 No cook

Healthier Kansas Recipe 119
(Ohio Dept. of Education)

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, fresh, AP Bananas, fresh, AP Blueberries, fresh, AP Pineapple Juice, 100%	8 lb 10 lb 4 lb	3 cups			1. With gloved hands, wash berries, slice strawberries, and cut bananas into chunks. 2. Toss with 100% pineapple juice to keep from browning and refrigerate until serving. CCP: Hold for cold service at 41°F or lower.

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

Nutrients Per Serving

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

Sunshine Garden Salad

Vegetable/Fruit

HACCP: #1 No Cook

Healthier Kansas Recipe 137
Ohio Department of Education

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberry Preserves, sugar-free		½ cup			1. Microwave strawberry preserves until warm and slightly runny.
Italian Seasoning Mix Vinegar, Balsamic Vegetable Oil		6 Tbsp 1 cup 1 cup			2. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1-2 days prior to service for maximum flavor.
Mandarin Oranges, canned in 100% juice or light syrup Strawberries, fresh, AP Spinach, partly trimmed, AP Romaine Lettuce, AP	14 lbs 9 lb 12 oz 3 lb 8 oz 3 lb 8 oz				3. Drain mandarin oranges. Wash and slice fresh strawberries. 4. Wash and chop romaine lettuce. Mix with spinach. 5. Lightly toss greens, oranges and strawberries. 6. Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

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

Nutrients Per Serving

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

Tomato Salsa

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 129

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Tomatoes, crushed, salsa-ready, canned, not drained Garlic Powder Cilantro, dried Cumin, ground Lemon Juice, canned Onion, dehydrated flakes Jalapeno Peppers, canned, drained (optional)	2 oz	1 #10 can ½ tsp 1 tsp 2 Tbsp 2 Tbsp ½ cup			1. Mix all ingredients except jalapeno peppers. 2. Optional: Mince or puree optional jalapeno peppers before adding to the salsa. Mix well. 3. Refrigerate for at least one hour to blend flavors. CCP: Refrigerate until served. Hold for cold service at 41°F or lower. 4. May be pre-portioned.
					Substitutions and Variations: <ul style="list-style-type: none"> ▪ May increase or decrease the amount of jalapeno peppers and/or seasonings to taste. ▪ May substitute fresh peppers for canned peppers; fresh garlic for garlic powder; fresh onions for dried onions, lime juice for lemon juice, and/or fresh cilantro for dried cilantro. ▪ May substitute diced tomatoes for crushed tomatoes.

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

Nutrients Per Serving

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

Tossed Salad

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 74

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

Serving Size	1 Serving Provides	Yield
1 cup	0.5 cup vegetables, DG	100 servings

Nutrients Per Serving

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

Angel Biscuits, Whole Wheat

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 120
(Cooking Light, modified by KSDE)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Yeast, instant Sugar, granulated Baking Powder Baking Soda Salt	4 lb 3 lb 2½ oz 10 oz	1 Tbsp 2 tsp 1 Tbsp 2 tsp 1 Tbsp 2 tsp			1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed.
Vegetable Shortening, Trans Fat Free	1 lb 4 oz				2. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes).
Buttermilk, low-fat		2 qt 2 cups			3. Add buttermilk to flour mixture, mix just until ingredients are moistened. 4. Cover and chill 1 hour.
Flour for kneading: Flour, whole wheat	7 oz				5. Turn the dough out onto a floured surface; knead lightly 5 times. 6. Roll dough into a ½ inch thickness; cut with a 2½ inch biscuit cutter. Biscuits should weigh approximately 2 oz each. 7. Place the biscuits on a paper lined sheet pan. 8. Bake in a convection oven at 450°F for 9 minutes or a conventional oven at 475°F for 12 minutes, or until golden brown.

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

Nutrients Per Serving

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

Blueberry Oat Muffin, Whole Grain

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 28
(USD 349 Stafford, modified)

Ingredients	115 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Applesauce, canned, unsweetened		¾ #10 can			1. Beat applesauce, eggs, oil, milk, and sugar until smooth.
Egg, whole, raw, large		9 each			
Oil, soybean, salad or cooking	12 oz	1½ cups			
Milk, lowfat, fluid, 1%	1 lb 2 oz	2¼ cups			
Sugar, granulated	1 lb 5 oz	3 cups			2. 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.
Oats, rolled, dry	2 lb 5 oz				
Baking Powder	4 oz				
Baking Soda	1 oz				
Cinnamon, ground		3 Tbsp			
Flour, whole wheat	2 lb 4 oz				3. Add blueberries and mix on low speed (10-15 seconds) or by hand to incorporate into the batter. 4. Portion #20 scoop of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. <i>Note:</i> Could also be baked in a 12" x 20" x 2" pan and cut 6 x 4 (use 1 pan per 24 servings). 5. Bake until lightly browned. Conventional oven: 375°F for 16-20 minutes Convection oven: 350°F for 12-16 minutes
Blueberries, frozen, unsweetened	2 lb 8 oz				

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

Nutrients Per Serving

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

Cherry Crisp, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 215

USDA C-07, modified

Ingredients	120 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Oats, rolled or quick Sugar, brown Margarine, liquid Cherries, canned, packed in water	1 lb 14 oz 1 lb 3 oz 1 lb 14 oz 2 lb	3 #10 cans			1. For topping: Combine flour, rolled oats, brown sugar and margarine. Mix until crumbly. Set aside for Step 8. 2. For filling: Drain cherries, reserving juice. For 105 servings, reserve 3 cups juice. Set juice aside. 3. Place one #10 can of drained cherries into each steam table pan (12" x 20" x 2½"). Use 3 pans for 100 servings.
Sugar, granulated Orange Juice, frozen, unsweetened Cornstarch	1 lb 4 oz	½ cup 1 cup			4. Combine ½ cup cherry juice with cornstarch. Stir until smooth. 5. Combine remaining cherry juice with sugar and orange juice concentrate. Cook juice mixture on medium heat for 2 minutes. 6. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.
					7. Divide liquid mixture among pans and mix. 8. Divide topping and spread evenly over top of pans. 9. 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 10. Cool. Cut each pan 5 x 8 (40 pieces per pan).

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

Cherry Crisp, Whole Wheat, continued

Nutrients Per Serving

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

Chocolate Chip Cookies, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 1079

USD 320 Wamego, modified

Ingredients	100 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, liquid Brown Sugar Sugar, granulated	1 lb 3 oz 1 lb 1 lb 5 oz	2 ³ / ₈ cups			1. Beat margarine and sugars with paddle attachment in mixer until smooth.
Eggs, whole, raw Vanilla	7½ oz	5 large 2 Tbsp			2. Add egg and vanilla to margarine/sugar mixture. Mix well.
Baking Powder Baking Soda Oats, quick Flour, white whole wheat	13½ oz 1 lb 6 oz	1 Tbsp ³ / ₄ tsp 2¼ tsp			3. Stir together baking powder, baking soda, oatmeal and flour. 4. Add flour mixture to margarine/sugar mixture in mixer bowl. Mix just until all ingredients are moistened.
Chocolate Chips, semi-sweet	8½ oz				5. Stir in chocolate chips.
					6. 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. 7. 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. 8. Cool about 5 minutes before removing from the baking sheet. Cookies will flatten as they cool.
					<i>Note:</i> If 100% whole grain <i>white</i> wheat flour is not available, replacing half the whole wheat flour with enriched white flour will provide a smoother texture.

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

Chocolate Chip Cookies, Whole Wheat, continued

Nutrients Per Serving

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

Cornbread Muffins

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 127
USDA B-09, Modified

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat Cornmeal, whole grain Sugar Baking Powder Salt	2 lb 6 oz 2 lb 6 oz 12 oz 2¼ oz	3 tsp			1. Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Eggs, whole, large Milk, low-fat Vegetable Oil Pan Release Spray		6 each 2 qt 1¼ cup 1 cup 2 Tbsp As needed			2. 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. 3. Portion #20 disher in lined muffin tins. 4. 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 wheat Oats, rolled or quick Sugar, brown Cinnamon, ground Margarine, liquid	2 lb 1 lb 1 lb 14 oz 1 lb 8 oz	3 Tbsp			1. For topping: Combine flour, rolled oats, brown sugar, cinnamon, and margarine. Mix until crumbly. Set aside for Step 6.
Apples, sliced, canned in water Water		2 #10 cans As needed			2. 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. 3. Place 5 lb 9 oz (2 qt + 3¾ cups or 1 #10 can) apples into each steam table pan (12" x 20" x 2-1/2"). For 96 servings, use 2 pans.
Honey Cinnamon, ground Lemon Juice	1 lb 4oz 4 oz	1 Tbsp			4. Spread 10 oz honey, ½ Tbsp cinnamon and 1/4-cup lemon juice over apples in each pan. Stir to combine.
					5. Pour 1½ cups liquid over apples in each pan. 6. Divide topping among pans. Sprinkle 3 lb 6 oz, or approximately 2 qt + 1 cup, topping evenly over apples in each steam table pan. 7. Bake until topping is browned and crisp. * Conventional oven: 425° F for 35-45 minutes * Convection oven: 350° F for 25-35 minutes 8. Cool. Cut each pan 6 x 8 (48 pieces)

Honey Apple Crisp, Whole Wheat, continued

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

Nutrients Per Serving

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

Oatmeal Cookies, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 37

USDA C-10, modified

Ingredients	110 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Baking Soda Oats, rolled or quick Sugar, granulated Sugar, brown Cinnamon, ground Cloves, ground	1 lb 13 oz 1 lb 4 oz 14 oz 1 lb 3 oz	1 Tbsp 1 tsp 2 tsp ½ tsp			1. Blend flour, baking soda, oats, sugar, brown sugar, cinnamon, and cloves in mixer for 2 minutes on low speed.
Shortening, vegetable, trans fat free Margarine, liquid Eggs, whole Vanilla	1 lb 14 oz	6 large 2 Tbsp			2. Add shortening, margarine, eggs and vanilla. Mix for 1 minute on medium speed. 3. 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. 4. 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-cooking Flour, white whole wheat Flour, all-purpose, enriched Sugar, granulated Sugar, brown Yeast, instant, dry Salt	8 oz 1 lb 11 oz 1 lb 8 oz 1 oz 5 oz 2 oz	 ¼ cup 1 Tbsp ¾ tsp			<ol style="list-style-type: none"> 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			
Water	2 lb 14 oz	5¾ cups (+ up to ½ cup if dough is too stiff)			<ol style="list-style-type: none"> 4. 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. 5. 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			

Oatmeal Rolls, Whole Grain, continued

Ingredients	100 Rolls		___ Servings		Directions
	Weight	Measure	Weight	Measure	
					7. Proof in a warm area until double in bulk (30-50 minutes). 8. 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. 9. Lightly spray rolls with pan release spray when baking is completed. Let cool.

Serving Size	1 Serving Provides	Yield
1 roll	1 oz equivalent Grains	100 rolls

Nutrients Per Roll

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

Rice Crispy Bars, Whole Grain

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 82

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, liquid Marshmallows Cereal, Crispy Rice, whole grain Pan Release Spray	12 oz 3 lb 12 oz 3 lb	As needed			<ol style="list-style-type: none"> 1. Heat oven to 200°F. 2. Add margarine and 1 lb 4 oz of marshmallows in each full 2" steam table pan (12" x 20" x 2"). Mix. 3. Return to oven. When marshmallows are completely melted remove from oven and gently mix in 3 quarts of cereal per pan. 4. Press mixture evenly and lightly into the pan. Spray utensil or gloved hands with pan release spray to prevent sticking to the mixture. 5. Cool completely before cutting. Cut each pan 4 x 8.

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

Nutrients Per Serving

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

Royal Brownies, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 62
USDA C-21, modified

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Salad Oil Sugar, granulated Vanilla Extract Applesauce, unsweetened	3 lb 4 oz 2 lb 8 oz	1½ cup 1 Tbsp 4½ cup			1. Cream oil, sugar, vanilla and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.
Egg Whites, raw	1 lb 8 oz	20 large			
Flour, white whole wheat Cocoa Powder, unsweetened Baking Soda	1 lb 14 oz 12 oz 2 Tbsp				3. In a separate bowl, combine flour, cocoa and baking soda. Mix for 1 minute on medium speed. 4. 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. 5. 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			
Powdered Sugar		As needed			6. 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 7. Cut each pan 10 x 10.
					Optional: Brownies may be lightly dusted with powdered sugar.

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

Nutrients Per Serving

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

Savory Rice

Grains

HACCP: #2 Same Day Service

Healthier Kansas Recipe 17
(USD 306 Southeast of Saline, modified)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Rice, brown, long grain, dry Rice, long grain & wild mix (with seasoning packet) Onions, dehydrated Parsley, dried	5 lb 20 oz 4 oz	 4 Tbsp			1. Spray 12"x20"x4" steam pans (1 pan per 100 servings) with pan release spray. Place dry rices, dehydrated onion, and parsley flakes in pans. 2. Set seasoning packets from wild rice mix aside for step 3.
Oil, canola Base, chicken, low sodium, dry Water	12 oz 6 oz 16 lb	 2 gal			

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

Nutrients Per Serving

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

Seasoned Brown Rice

Grains

HACCP: #2 Same Day Service

Healthier Kansas Recipe 142

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

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

Nutrients Per Serving

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

Snickerdoodles, Whole Wheat

Grain Based Dessert

HACCP: Non-hazardous/Other

Healthier Kansas Recipe 19
(USD 267 Renwick, modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, liquid	1 lb	2 cups			<ol style="list-style-type: none"> 1. Cream margarine and sugar in mixer with paddle attachment on medium speed for 10 minutes. 2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down bowl. 3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended. 4. Place on sheet pan with parchment paper. Portion with a #40 scoop.
Sugar, granulated	2 lb				
Eggs, whole, raw		5 large			
Vanilla Extract		1 Tbsp 1 tsp			
Milk, fluid, 1%	4 oz				
Flour, whole wheat	2 lb 8 oz				
Baking Powder		1 Tbsp 1 tsp			
Baking Soda		2 tsp			
Salt		2 tsp			
Nutmeg		1½ tsp			
Cinnamon, ground		1 Tbsp 1 tsp			
Sugar, granulated	8 oz				<ol style="list-style-type: none"> 5. Combine sugar and cinnamon and sprinkle over cookies. 6. Bake until light brown: Convection oven 350°F for 6 minutes or Conventional oven 375°F for 8 minutes.
Cinnamon, ground		1 Tbsp			

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

Nutrients Per Serving

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

Spanish Brown Rice

Grains

HACCP: #2 Same Day Service

Healthier Kansas Recipe 237

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Rice, brown, long-grain, dry Salsa, canned, mild Water	6 lb 12 oz 10 lb	7 cup			5. Spray 12"x20"x4" steam pans (1 pan per 100 servings) with pan release spray. Combine rice, picante sauce, and water in pans. 6. Cover pans with foil. 7. Bake: *Conventional oven: 350°F for 40-45 minutes. *Convection oven: 325°F for 30-35 minutes. 8. Fluff when ready to serve. Serve hot. CCP: Hold at 135°F or higher.
*based on 1 oz dry = 1 oz equivalent (1/2 cup) cooked					

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

Nutrients Per Serving

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

Whole Wheat Bread, 51%

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 107
USDA B-16, modified

Ingredients	100 Slices		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Dry Milk, instant, nonfat Sugar, granulated Yeast, instant, dry Salt	1 lb 14 oz 1 lb 12 oz 4 oz 6 oz 2 oz 1 oz	 $\frac{3}{4}$ cup $\frac{1}{4}$ cup 1 Tbsp 1 tsp			1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed.
Vegetable Oil	7 oz				3. 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 $\frac{1}{2}$ cup if dough is stiff)			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to $\frac{1}{2}$ 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. 5. 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			6. Divide dough into two balls (approximately 3 lbs 6 oz each) per recipe for every 100 1 oz slices. Spray with pan release spray or cover with plastic wrap until ready to shape. Shape each ball into a smooth roll 24" long. Place lengthwise, one or two per pan, on sheet pans (18" x 26" x 1") lined with pan liners.

Whole Wheat Bread, 51%, continued

Ingredients	100 Slices		___ Servings		Directions
	Weight	Measure	Weight	Measure	
					7. Proof in a warm area until double in bulk (30 - 50 minutes). 8. 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. 9. Lightly spray loaves with pan release spray when baking is completed. Let cool. 10. Trim off the crust on the ends of each loaf. 11. Cut each loaf into 50 slices for 1 oz slices.

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

Nutrients Per Slice

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

Whole Wheat Cinnamon Puff, 51%

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 46

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Dough from Whole Wheat Roll, 51%,(HKM Recipe 877)	6 lb 4 oz (1 recipe for 100 rolls)				1. Form 1 oz rolls from dough. Place in rows of 7 across and 10 down on sheet pans (18" x 26" x 2") lined with pan liners. 2. Place in a warm area (about 90°F) until double in size (about 30-50 minutes).
Sugar, granulated Cinnamon, ground	3 oz	6 Tbsp 1½ Tbsp			
Butter-Flavored Spray	As Needed				3. Mix sugar and cinnamon in a separate bowl. 4. When rolls have risen, spray evenly with butter-flavored spray so that roll tops are covered. 5. Sprinkle cinnamon sugar over the tops of the rolls, 2 oz per pan. 6. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 400°F for 18-20 minutes * Convection oven: 350°F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F.
Powdered Sugar Vanilla Extract Water	10 oz 2 oz	2 cups 1 Tbsp ¼ cup			
					7. Let rolls cool 5-10 minutes. 8. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 9. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm.

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

Nutrients Per Serving

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

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Whole Wheat Cinnamon Rolls, 51%

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 167

Ingredients	144 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
51% White Whole Wheat Roll Dough (HKM Recipe 877) Pan Release Spray	12 lb 8 oz (2 Recipes for 100 rolls)	As needed			1. Prepare dough according to HKM Recipe 877. Form dough into 3 lb balls (4½ balls for 144 servings) and spray with pan release spray or cover with plastic wrap.
Sugar, granulated Cinnamon, ground	1 lb	2 cups ⅔ cup			2. Mix sugar and cinnamon in a separate bowl.
Salad Oil	2 oz	¼ cup			3. 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. 4. Brush dough with oil. Sprinkle with approximately ½ cup cinnamon-sugar mixture per rectangle. 5. 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. 6. Place rolls on sheet pans (18" x 26" x 1) lined with pan liners in 8 rows with 6 per row (48 per pan).
					7. Place in a warm area (90°F) until double in size (30-50 minutes). 8. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 400°F for 18-20 minutes * Convection oven: 350°F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F.
Powdered Sugar Vanilla Extract Water	1 lb 4 oz 4 oz	3¾ cups 2 Tbsp			9. Let rolls cool 5-10 minutes. 10. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 11. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm.

Whole Wheat Cinnamon Rolls, 51%, continued

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

Nutrients Per Serving

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

Whole Wheat French Garlic Bread, 51%

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 163

Food for 50, modified

Ingredients	120 Servings (1/2 slice per serving)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Sugar, granulated Salt Yeast, instant, dry	3 lb 2 oz 2 lb 14 oz 2¼ oz 2 oz 1¼ oz	 4½ Tbsp 3 Tbsp			1. Place flours, sugar, salt and yeast in mixer bowl. Using a dough hook, blend on low speed approximately 2 minutes.
Vegetable Oil	3 oz				2. 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			3. 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. 4. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
Cornmeal Pan Release Spray		4-6 Tbsp As needed			5. Divide dough evenly into balls weighing approximately 3 lb 6 oz each. 6. 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. 7. Proof in a warm area (about 90°F) until double in size, approximately 30-50 minutes. 8. With a sharp knife, make 5 or 6 diagonal slits ¼" deep across the top of each loaf.

Whole Wheat French Garlic Bread, 51%, continued

Ingredients	120 Servings (1/2 slice per serving)		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Garlic-Flavored Spray	As needed				9. 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. 10. Lightly spray loaves with pan release spray when baking is complete to improve the appearance. Let cool. 11. Trim off the crusts on the ends of each loaf. 12. Cut each loaf into 20 slices. Cut each slice in half for 1 serving. 13. Lightly spray each slice with garlic-flavored spray. Hold and serve warm.
					Optional: For a shiny crust, brush loaves before baking with an egg wash made from one slightly beaten egg and one tablespoon water or milk.

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

Nutrients in 1/2 Slice

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

Whole Wheat Rolls, Breadsticks and Buns, 51%

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 877

USDA B-16, modified

Ingredients	100 – 1 oz Servings (50 – 2 oz servings)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Dry Milk, instant, nonfat Sugar, granulated Yeast, instant, dry Salt	1 lb 14 oz 1 lb 12 oz 4 oz 6 oz 2 oz 1 oz	 ¾ cup ¼ cup 1 Tbsp 1 tsp			1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed.
Vegetable Oil	7 oz				3. 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)			4. 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. 5. 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			6. 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.) 7. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes.

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

Ingredients	100 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
					8. Bake until lightly browned. * Conventional oven: 400°F for 18-20 minute * Convection oven: 350°F for 12-14 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.

Serving Size	1 Serving Provides	Yield
1 each	1 oz roll/breadstick = 1.0 oz equivalent Grains 2 oz bun = 2.0 oz equivalent Grains	Approximately 6 lbs + 4 oz of dough <ul style="list-style-type: none"> • 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