

Asian Brown Rice

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: ½ cup (#8 scoop)

Ingredients

Brown rice, instant* 2-¼ lb

Water 2 qt + 1 cup

Sesame ginger salad dressing, light 1 ¾ cups

*USDA Foods

Instructions

Place rice in steam table pan. Steam until tender (approximately 20–25 minutes).

1. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|-------|------------------------|------|-------------|
| Calories | 172 kcal | Iron | <1 mg | Protein | 4 g | 9% of kcal |
| Cholesterol | 0 mg | Calcium | 12 mg | Carbohydrates | 36 g | 84% of kcal |
| Sodium | 144 mg | Vitamin A | 0 IU | Total Fat | 1 g | 6% of kcal |
| Dietary Fiber | 1 g | Vitamin C | 0 mg | Saturated Fat | <1 g | 1% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Asian Brown Rice

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: ½ cup (#8 scoop)

Ingredients

| | |
|-------------------------------------|------------------|
| Brown rice, instant* | 4-½ lb |
| Water | 1 gal + 1 ¾ cups |
| Sesame ginger salad dressing, light | 3 ½ cups |

*USDA Foods

Instructions

1. Place rice in steam table pan. Steam until tender (approximately 20 – 25 minutes).
2. Add dressing and stir well.
CCP: Hot hold at 135°F or higher for service.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|-------|------------------------|------|-------------|
| Calories | 172 kcal | Iron | <1 mg | Protein | 4 g | 9% of kcal |
| Cholesterol | 0 mg | Calcium | 12 mg | Carbohydrates | 30 g | 36% of kcal |
| Sodium | 144 mg | Vitamin A | 0 IU | Total Fat | 1 g | 6% of kcal |
| Dietary Fiber | 1 g | Vitamin C | 0 mg | Saturated Fat | <1 g | 1% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Bean & Corn Salad

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (¼ cup legumes, ⅛ cup starchy, ⅛ cup other)

Portion Size: ½ cup (4-oz portion server)

Ingredients

| | |
|---------------------------------------|-------------|
| Black-eyed peas (canned), low-sodium* | ¼ #10 can |
| Pinto beans (canned), low-sodium* | ½ #10 can |
| Corn kernels (frozen)* | 1 lb + 2 oz |
| Sweet red peppers (raw), chopped | 2 cups |
| Celery (raw), chopped | 2 cups |
| Onions (raw), chopped | 1 cup |
| Olive oil | ½ cup |
| Sugar, granulated | 1-¼ cups |
| Cider vinegar | 3 cups |

*USDA Foods

Instructions

Thaw corn overnight in refrigerator. Drain excess liquid.

1. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41° or below.
2. Rinse and drain beans.
3. Combine beans, thawed corn, peppers, and onion; gently mix.
4. Add marinade to bean and corn mixture. Stir until ingredients are well coated.

CCP: Hold bean and corn salad for cold service at or below 41°F.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|------|-------------|
| Calories | 153 kcal | Iron | 1 mg | Protein | 3 g | 9% of kcal |
| Cholesterol | 0 mg | Calcium | 28 mg | Carbohydrates | 24 g | 63% of kcal |
| Sodium | 74 mg | Vitamin A | 453 IU | Total Fat | 5 g | 29% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 18 mg | Saturated Fat | 1 g | 4% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Bean & Corn Salad

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (¼ cup legumes, ⅛ cup starchy, ⅛ cup other)

Portion Size: ½ cup (4-oz portion server)

Ingredients

| | |
|---------------------------------------|---------------|
| Black-eyed peas (canned), low-sodium* | ½ #10 can |
| Pinto beans (canned), low-sodium* | 1 #10 can |
| Corn kernels (frozen)* | 2-¼ lb |
| Sweet red peppers (raw), chopped | 1 qt |
| Celery (raw), chopped | 1 qt |
| Onions (raw), chopped | 2 cups |
| Olive oil | 1 cup |
| Sugar, granulated | 2-½ cups |
| Cider vinegar | 1 qt + 2 cups |

*USDA Foods

Instructions

Thaw corn overnight in refrigerator. Drain excess liquid.

1. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41° or below.
2. Rinse and drain beans.
3. Combine beans, thawed corn, peppers, and onion; gently mix.
4. Add marinade to bean and corn mixture. Stir until ingredients are well coated.

CCP: Hold bean and corn salad for cold service at or below 41°F.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|---------------|------|-------------|
| Calories | 153 kcal | Iron | 1 mg | Protein | 3 g | 9% of kcal |
| Cholesterol | 0 mg | Calcium | 28 mg | Carbohydrates | 24 g | 63% of kcal |
| Sodium | 74 mg | Vitamin A | 453 IU | Total Fat | 5 g | 29% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 18 mg | Saturated Fat | 1 g | 4% of kcal |
| | | | | Trans Fat† | 0 g | 0% of kcal |

Broccoli Salad

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

| | |
|---------------------------|-------------------|
| Broccoli (fresh), chopped | 3 lb + 12 oz. |
| Green onions, chopped | 5 medium (~1 cup) |
| Vinegar | ½ cup |
| Honey | ¼ cup |
| Ginger (dried), ground | 1 tbsp |
| Soy sauce, low-sodium | 2-1/2 tbsp |
| Chow Mein noodles | 1 cup |
| Sesame oil | 1 tbsp |

Instructions

1. Wash broccoli and green onion. Chop broccoli into bite-sized pieces. Finely chop green onion.
2. Combine broccoli and green onions in a steam table pan. Steam 5 minutes to soften. Chill broccoli mixture 20 minutes in refrigerator. CCP: Hold broccoli mixture at or below 41°F.
3. Meanwhile, in a bowl, combine vinegar, honey, ginger, soy sauce, and oil. Stir well.
4. Mix broccoli with sauce. CCP: Hold salad for cold service at 41°F or below.
5. Break Chow Mein noodles into bite-sized pieces. Just before serving, top broccoli salad with noodles.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|--------|------------------------|-------|-------------|
| Calories | 49 kcal | Iron | .47 mg | Protein | 1.9 g | 16% of kcal |
| Cholesterol | 0 mg | Calcium | 8 mg | Carbohydrates | 7.6 g | 63% of kcal |
| Sodium | 78 mg | Vitamin A | 427 IU | Total Fat | 1 g | 21% of kcal |
| Dietary Fiber | 1.8 g | Vitamin C | 28 mg | Saturated Fat | .16 g | 3% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Broccoli Salad

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

| | |
|---------------------------|---------------------|
| Broccoli (fresh), chopped | 7.5 lbs |
| Green onions, chopped | 10 medium (~2 cups) |
| Vinegar | 1 cup |
| Honey | ½ cup |
| Ginger (dried), ground | 2 tbsp |
| Soy sauce, low-sodium | ¼ cup + 1 tbsp |
| Chow Mein noodles | 2 cup |
| Sesame oil | 2 tbsp |

Instructions

1. Wash broccoli and green onion. Chop broccoli into bite-sized pieces. Finely chop green onion.
2. Combine broccoli and green onions in a steam table pan. Steam 5 minutes to soften. Chill broccoli mixture 20 minutes in refrigerator. CCP: Hold broccoli mixture at or below 41°F.
3. Meanwhile, in a bowl, combine vinegar, honey, ginger, soy sauce, and oil. Stir well.
4. Mix broccoli with sauce. CCP: Hold salad for cold service at 41°F or below.
5. Break Chow Mein noodles into bite-sized pieces. Just before serving, top broccoli salad with noodles.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|--------|------------------------|-------|-------------|
| Calories | 49 kcal | Iron | .47 mg | Protein | 1.9 g | 16% of kcal |
| Cholesterol | 0 mg | Calcium | 18 mg | Carbohydrates | 7.6 g | 63% of kcal |
| Sodium | 78 mg | Vitamin A | 427 IU | Total Fat | 1 g | 21% of kcal |
| Dietary Fiber | 1.8 g | Vitamin C | 28 mg | Saturated Fat | .16 g | 3% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Chicken Alfredo with a Twist

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

Portion Size: 1 cup (#4 scoop)

Ingredients

| | |
|--|---------------|
| Cream of chicken soup, Healthy Request (10-¾ oz can) | 1-½ cans |
| Half and half | 1 qt + 2 cups |
| White pepper, ground | 1 tsp |
| Garlic powder | ½ tsp |
| Parmesan cheese, grated | 1-⅛ cups |
| Chicken, cooked, diced* | 3-¼ lb |
| Rotini, whole grain-rich* | 2 lb + 6 oz |
| Water | 1-¼ gal |

*USDA Foods

Instructions

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

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

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|---------------|------|-------------|
| Calories | 370 kcal | Iron | 2 mg | Protein | 27 g | 30% of kcal |
| Cholesterol | 79 mg | Calcium | 143 mg | Carbohydrates | 37 g | 40% of kcal |
| Sodium | 215 mg | Vitamin A | 352 IU | Total Fat | 13 g | 33% of kcal |
| Dietary Fiber | 4 g | Vitamin C | <1 mg | Saturated Fat | 6 g | 15% of kcal |
| | | | | Trans Fat† | 0 g | 0% of kcal |

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

Chicken Alfredo with a Twist

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

Portion Size: 1 cup (#4 scoop)

Ingredients

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

*USDA Foods

Instructions

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

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

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|---------------|------|-------------|
| Calories | 370 kcal | Iron | 2 mg | Protein | 27 g | 30% of kcal |
| Cholesterol | 79 mg | Calcium | 143 mg | Carbohydrates | 37 g | 40% of kcal |
| Sodium | 215 mg | Vitamin A | 352 IU | Total Fat | 13 g | 33% of kcal |
| Dietary Fiber | 4 g | Vitamin C | <1 mg | Saturated Fat | 6 g | 15% of kcal |
| | | | | Trans Fat† | 0 g | 0% of kcal |

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

Chicken Stir-Fry (ES) Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

¼ cup vegetables (⅛ cup dark green, ⅛ cup other)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with ½ cup cooked brown rice.

Ingredients

| | |
|----------------------------|------------------------|
| Cornstarch | ¼ cup + 1 tsp (2-¼ oz) |
| Water | ¼ cup |
| Soy sauce, low-sodium | ¼ cup |
| Ginger, ground | ¼ tsp |
| Garlic (dried), granulated | 1-½ tbsp |
| Pepper, black | 1 tsp |
| Chicken stock | 1 qt |
| Chinese pea pods (raw) | 1-¼ lb |
| Spinach (raw) | 1 lb |
| Popcorn chicken (frozen)* | 5 lb |

*USDA Foods

Instructions

1. Preheat oven to 375°F.
2. Combine cornstarch, water, soy sauce, ginger, garlic, and pepper; set aside.
3. Heat chicken stock to a boil and slowly stir in sauce mixture. Return to simmer. Cook 3 – 5 minutes, stirring occasionally, until thickened. Remove from heat.
4. Carefully wash pea pods and spinach. Place pea pods and spinach in a steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered, at 5 lb pressure) until tender (approximately 5 – 8 minutes). Drain excess liquid from cooked vegetables.
5. Add sauce to vegetable mixture in steam table pan. Cover and hold for hot service.
CCP: Hold vegetable mixture for hot service at 135°F or higher.
6. Place frozen popcorn chicken bites in a single layer on a baking sheet in an oven. Bake at 375°F for approximately 10 – 12 minutes.
CCP: Heat chicken until internal temperature reaches 165°F for at least 15 seconds.
CCP: Hold chicken for hot service at 135°F or higher.
7. At serving time, portion 2 oz chicken (¼-cup ladle) with ¼ cup vegetables over ½ cup cooked rice.

Chicken Stir-Fry (ES)

(continued)

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|------|-------------|
| Calories | 222 kcal | Iron | 3 mg | Protein | 14 g | 24% of kcal |
| Cholesterol | 28 mg | Calcium | 31 mg | Carbohydrates | 20 g | 35% of kcal |
| Sodium | 1180 mg | Vitamin A | 2019 IU | Total Fat | 10 g | 41% of kcal |
| Dietary Fiber | 1 g | Vitamin C | 20 mg | Saturated Fat | 3 g | 12% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Chicken Stir-Fry (ES) Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

¼ cup vegetables (⅛ cup dark green, ⅛ cup other)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with ½ cup cooked brown rice.

Ingredients

| | |
|----------------------------|------------------------|
| Cornstarch | ½ cup + 2 tsp (4-½ oz) |
| Water | ½ cup |
| Soy sauce, low-sodium | ½ cup |
| Ginger, ground | ½ tsp |
| Garlic (dried), granulated | 3 tbsp |
| Pepper, black | 2 tsp |
| Chicken stock | 2 qt |
| Chinese pea pods (raw) | 2-½ lb |
| Spinach (raw) | 2 lb |
| Popcorn chicken (frozen)* | 10 lb |

*USDA Foods

Instructions

1. Preheat oven to 375°F.
2. Combine cornstarch, water, soy sauce, ginger, garlic, and pepper; set aside.
3. Heat chicken stock to a boil and slowly stir in sauce mixture. Return to simmer. Cook 3 – 5 minutes, stirring occasionally, until thickened. Remove from heat.
4. Carefully wash pea pods and spinach. Place pea pods and spinach in a steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered, at 5 lb pressure) until tender (approximately 5 – 8 minutes). Drain excess liquid from cooked vegetables.
5. Add sauce to vegetable mixture in steam table pan. Cover and hold for hot service.
CCP: Hold vegetable mixture for hot service at 135°F or higher.
6. Place frozen popcorn chicken bites in a single layer on a baking sheet in an oven. Bake at 375°F for approximately 10 – 12 minutes.
CCP: Heat chicken until internal temperature reaches 165°F for at least 15 seconds.
CCP: Hold chicken for hot service at 135°F or higher.
7. At serving time, portion 2 oz chicken (¼-cup ladle) with ¼ cup vegetables over ½ cup cooked rice.



Chicken Stir-Fry (ES)

(continued)

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|------|-------------|
| Calories | 222 kcal | Iron | 3 mg | Protein | 14 g | 24% of kcal |
| Cholesterol | 28 mg | Calcium | 31 mg | Carbohydrates | 20 g | 35% of kcal |
| Sodium | 1180 mg | Vitamin A | 2019 IU | Total Fat | 10 g | 41% of kcal |
| Dietary Fiber | 1 g | Vitamin C | 20 mg | Saturated Fat | 3 g | 12% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Cowboy Corn Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ¾ cup vegetables (½ cup other, ¼ cup legumes)

Portion Size: ¾ cup (6-oz portion server)

Ingredients

| | |
|-----------------------------------|--------------------------------|
| Corn (frozen kernels)* | 1 qt |
| Black beans (canned), low-sodium* | 1 qt + 2-¼ cups |
| Red onions, chopped | 1-⅓ cups (1 – 2 onions) |
| Cherry tomatoes, chopped | 1-⅓ cups (~20 cherry tomatoes) |
| Green peppers, chopped | ¾ cup (~1 medium pepper) |
| Cilantro (fresh), chopped | ⅓ cup |
| Italian dressing, Reduced-Fat | ¾ cup |
| Chili powder | 1 tbsp + 1 tsp |
| Cumin, ground | 1 tbsp + 1 tsp |

*USDA Foods

Instructions

1. Thaw frozen corn in refrigerator overnight. Drain liquid.
2. Wash and chop/dice onions, tomatoes, and peppers.
3. Drain and rinse black beans thoroughly.
4. Mix together thawed corn, beans, and chopped fresh ingredients.
5. Add dressing and seasonings to vegetables and gently toss.
6. Serve chilled.

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

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|--------|------------------------|------|-------------|
| Calories | 90 kcal | Iron | 2 mg | Protein | 5 g | 21% of kcal |
| Cholesterol | 0 mg | Calcium | 37 mg | Carbohydrates | 17 g | 77% of kcal |
| Sodium | 81 mg | Vitamin A | 270 IU | Total Fat | 1 g | 10% of kcal |
| Dietary Fiber | 5 g | Vitamin C | 8 mg | Saturated Fat | <1 g | 1% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Cowboy Corn Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: $\frac{3}{4}$ cup vegetables ($\frac{1}{2}$ cup other, $\frac{1}{4}$ cup legumes)

Portion Size: $\frac{3}{4}$ cup (6-oz portion server)

Ingredients

| | |
|-----------------------------------|--|
| Corn (frozen kernels)* | 2 qt + $\frac{1}{4}$ cup |
| Black beans (canned), low-sodium* | 3 qt + $\frac{1}{2}$ cup |
| Red onions, chopped | 2- $\frac{3}{4}$ cups (2 – 3 onions) |
| Cherry tomatoes, chopped | 2- $\frac{3}{4}$ cups (~40 cherry tomatoes) |
| Green peppers, chopped | 1- $\frac{1}{3}$ cups (1 – 2 medium peppers) |
| Cilantro (fresh), chopped | $\frac{2}{3}$ cup |
| Italian dressing, Reduced-Fat | 1- $\frac{1}{3}$ cups |
| Chili powder | 2 tbsp + 2 tsp |
| Cumin, ground | 2 tbsp + 2 tsp |

*USDA Foods

Instructions

1. Thaw frozen corn in refrigerator overnight. Drain liquid.
2. Wash and chop/dice onions, tomatoes, and peppers.
3. Drain and rinse black beans thoroughly.
4. Mix together thawed corn, beans, and chopped fresh ingredients.
5. Add dressing and seasonings to vegetables and gently toss.
6. Serve chilled.

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

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|--------|------------------------|------|-------------|
| Calories | 90 kcal | Iron | 2 mg | Protein | 5 g | 21% of kcal |
| Cholesterol | 0 mg | Calcium | 37 mg | Carbohydrates | 17 g | 77% of kcal |
| Sodium | 81 mg | Vitamin A | 270 IU | Total Fat | 1 g | 10% of kcal |
| Dietary Fiber | 5 g | Vitamin C | 8 mg | Saturated Fat | <1 g | 1% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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Deli Sub (ES)

Number of Portions: 25

HACCP Process: #1 No Cook

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

Portion Size: 1 sandwich

Ingredients

| | |
|------------------------------|--------------------|
| White buns, whole grain-rich | 25 each |
| Turkey, smoked, low-sodium | 50 slices (1-½ lb) |
| Ham, smoked, low-sodium | 25 slices (¾ lb) |
| American cheese* | 25 slices (¾ lb) |

*USDA Foods

Instructions

- To assemble subs, layer each bun with 2 slices (1 oz) of turkey, 1 slice (½ oz) of ham, and 1 slice (1½ oz) of cheese.

CCP: Hold sandwiches for cold service at 41°F or lower.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|------|-------------|
| Calories | 220 kcal | Iron | 1 mg | Protein | 15 g | 27% of kcal |
| Cholesterol | 28 mg | Calcium | 115 mg | Carbohydrates | 30 g | 55% of kcal |
| Sodium | 756 mg | Vitamin A | 134 IU | Total Fat | 5 g | 19% of kcal |
| Dietary Fiber | 2 g | Vitamin C | 0 mg | Saturated Fat | 2 g | 7% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Deli Sub (ES)

Number of Portions: 50

HACCP Process: #1 No Cook

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

Portion Size: 1 sandwich

Ingredients

| | |
|------------------------------|--------------------|
| White buns, whole grain-rich | 50 each |
| Turkey, smoked, low-sodium | 100 slices (3 lb) |
| Ham, smoked, low-sodium | 50 slices (1-½ lb) |
| American cheese* | 50 slices (1-½ lb) |

*USDA Foods

Instructions

- To assemble subs, layer each bun with 2 slices (1 oz) of turkey, 1 slice (½ oz) of ham, and 1 slice (½ oz) of cheese.

CCP: Hold sandwiches for cold service at 41°F or lower.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|---------------|------|-------------|
| Calories | 220 kcal | Iron | 1 mg | Protein | 15 g | 27% of kcal |
| Cholesterol | 28 mg | Calcium | 115 mg | Carbohydrates | 30 g | 55% of kcal |
| Sodium | 756 mg | Vitamin A | 134 IU | Total Fat | 5 g | 19% of kcal |
| Dietary Fiber | 2 g | Vitamin C | 0 mg | Saturated Fat | 2 g | 7% of kcal |
| | | | | Trans Fat† | 0 g | 0% of kcal |

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

Eagle Tostada (ES)

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

¾ cup vegetables (¼ cup red/orange, ¼ cup legumes, ¼ cup other)

1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: 1 tostada

Ingredients

| | |
|--|------------------------------|
| Corn tortillas, 6", without salt | 25 each |
| Beef taco filling, Reduced-Fat* | 2-½ lb |
| Refried beans* | 1 qt + 2-¼ cups |
| Cheddar cheese, Reduced-Fat, shredded* | 1-½ lb |
| Lettuce, shredded | 1 qt + 2-¼ cups (about ¾ lb) |
| Tomatoes (canned), diced, drained | 1 qt + 2-¼ cups |

*USDA Foods

Instructions

- Place sealed bag of frozen beef taco filling in steamer. Heat for approximately 45 minutes or until product reaches internal temperature of 165°F or higher for 15 seconds. CAUTION: Open bag carefully to avoid being burned.

CCP: Heat beef taco filling to 165°F or higher for 15 seconds.

- Preheat oven to 350°F. Lightly coat baking sheet with pan release spray.
- Place tortillas on prepared baking sheet. Spread ¼ cup refried beans, 1.58 oz (¼ cup) beef filling, and 1 oz (¼ cup) cheese on each tortilla.
- Heat tostadas at 350°F in oven until cheese is melted.
- At service, top each tostada with ¼ cup shredded lettuce and ¼ cup diced tomatoes.

CCP: Hold baked tostadas for hot service at 135°F or higher.
CCP: Hold lettuce and tomatoes at 41°F or lower for cold service.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|------|-------------|
| Calories | 261 kcal | Iron | 3 mg | Protein | 19 g | 29% of kcal |
| Cholesterol | 38 mg | Calcium | 398 mg | Carbohydrates | 26 g | 41% of kcal |
| Sodium | 643 mg | Vitamin A | 998 IU | Total Fat | 10 g | 35% of kcal |
| Dietary Fiber | 6 g | Vitamin C | 11 mg | Saturated Fat | 5 g | 16% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Eagle Tostada (ES)

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

¾ cup vegetables (¼ cup red/orange, ¼ cup legumes, ¼ cup other)

1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: 1 tostada

Ingredients

| | |
|--|-----------------------------|
| Corn tortillas, 6", without salt | 50 each |
| Beef taco filling, Reduced-Fat* | 5 lb |
| Refried beans* | 3 qt + ½ cup |
| Cheddar cheese, Reduced-Fat, shredded* | 3 lb + 2 oz |
| Lettuce, shredded | 3 qt + ½ cup (about 1.5 lb) |
| Tomatoes (canned), diced, drained | 3 qt + ½ cup |

*USDA Foods

Instructions

- Place sealed bag of frozen beef taco filling in steamer. Heat for approximately 45 minutes or until product reaches internal temperature of 165°F or higher for 15 seconds. CAUTION: Open bag carefully to avoid being burned.

CCP: Heat beef taco filling to 165°F or higher for 15 seconds.

- Preheat oven to 350°F. Lightly coat baking sheet with pan release spray.

- Place tortillas on prepared baking sheet. Spread ¼ cup refried beans, 1.58 oz (¼ cup) beef filling, and 1 oz (¼ cup) cheese on each tortilla.

- Heat tostadas at 350°F in oven until cheese is melted.

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

- At service, top each tostada with ¼ cup shredded lettuce and ¼ cup diced tomatoes.

CCP: Hold lettuce and tomatoes at 41°F or lower for cold service.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|------|-------------|
| Calories | 261 kcal | Iron | 3 mg | Protein | 19 g | 29% of kcal |
| Cholesterol | 38 mg | Calcium | 398 mg | Carbohydrates | 26 g | 41% of kcal |
| Sodium | 643 mg | Vitamin A | 998 IU | Total Fat | 10 g | 35% of kcal |
| Dietary Fiber | 6 g | Vitamin C | 11 mg | Saturated Fat | 5 g | 16% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Fresh Cucumber and Tomato Dip

Number of Portions: 25

HACCP Process: #1 No Cook

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

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

Ingredients

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

Instructions

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

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

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|-----|-------------|
| Calories | 102 kcal | Iron | <1 mg | Protein | 2 g | 8% of kcal |
| Cholesterol | 5 mg | Calcium | 24 mg | Carbohydrates | 9 g | 35% of kcal |
| Sodium | 290 mg | Vitamin A | 627 IU | Total Fat | 7 g | 60% of kcal |
| Dietary Fiber | 1 g | Vitamin C | 19 mg | Saturated Fat | 1 g | 9% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Fresh Cucumber and Tomato Dip

Number of Portions: 50

HACCP Process: #1 No Cook

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

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

Ingredients

| | |
|------------------------------|--------------------------------|
| Cucumber, sliced (with peel) | 3 qt + ½ cup (6 – 7 cucumbers) |
| Cherry tomatoes | 200 each (~8 lb) |
| Ranch dressing, light | 1 qt + 2-¼ cups |

Instructions

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

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

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|-----|-------------|
| Calories | 102 kcal | Iron | <1 mg | Protein | 2 g | 8% of kcal |
| Cholesterol | 5 mg | Calcium | 24 mg | Carbohydrates | 9 g | 35% of kcal |
| Sodium | 290 mg | Vitamin A | 627 IU | Total Fat | 7 g | 60% of kcal |
| Dietary Fiber | 1 g | Vitamin C | 19 mg | Saturated Fat | 1 g | 9% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Garlic Broccoli

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

| | |
|----------------------------|-------------|
| Broccoli florets (frozen) | 5 lb + 4 oz |
| Margarine, liquid | ½ cup |
| Garlic (dried), granulated | 1 tbsp |

Instructions

- Place frozen broccoli in a 12" x 20" x 2" counter pan. Allow room for the steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 pounds pressure) until tender (approximately 5 – 8 minutes). DO NOT OVERCOOK. Drain excess liquid from cooked broccoli.
- Add garlic and margarine.
CCP: Hold for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|---------|------------------------|-------|-------------|
| Calories | 61 kcal | Iron | .57mg | Protein | 3 g | 21% of kcal |
| Cholesterol | 0 mg | Calcium | 34.3mg | Carbohydrates | 5.4 g | 36% of kcal |
| Sodium | 46 mg | Vitamin A | 1224 IU | Total Fat | 3.66g | 54% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 38.3mg | Saturated Fat | .6 g | 9% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Garlic Broccoli

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

| | |
|----------------------------|--------------|
| Broccoli florets (frozen) | 10 lb + 8 oz |
| Margarine, liquid | 1 cup |
| Garlic (dried), granulated | 2 tbsp |

Instructions

- Place frozen broccoli in two 12" x 20" x 2" counter pan. Allow room for the steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 pounds pressure) until tender (approximately 5 – 8 minutes). **DO NOT OVERCOOK.** Drain excess liquid from cooked broccoli.
- Add garlic and margarine.
CCP: Hold for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|---------|------------------------|-------|-------------|
| Calories | 61 kcal | Iron | .57mg | Protein | 3 g | 21% of kcal |
| Cholesterol | 0 mg | Calcium | 34.3mg | Carbohydrates | 5.4 g | 36% of kcal |
| Sodium | 46 mg | Vitamin A | 1224 IU | Total Fat | 3.66g | 54% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 38.3mg | Saturated Fat | .6 g | 9% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Hatton Chicken Crunch Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

¾ cup vegetables (⅝ cup dark green, ⅛ cup red/orange)

Portion Size: ¾ cups vegetables + 3.2 oz (~16 bites) popcorn chicken

NOTE: Serve over ½ cup prepared brown rice.

Ingredients

| | |
|---------------------------|-----------------|
| Popcorn chicken (frozen)* | 5 lb |
| General Tso’s sauce | 2 cups + 1 tbsp |
| Broccoli (raw), chopped | 2 lb |
| Carrots (raw), sliced | 1 lb |
| Celery (raw), chopped | 2 cups + 1 tbsp |
| Onions (raw), chopped | 2 cups + 1 tbsp |
| Spinach (raw), chopped | 2 lb |
| Chicken broth, low-sodium | 2 cups + 1 tbsp |
| Ginger, ground | 2 tbsp |

*USDA Foods

Instructions

1. Wash and chop fresh broccoli, carrots, celery, and onions. Set aside.
2. Preheat oven to 375°F. Spray baking sheet with pan release spray.
3. Place frozen popcorn chicken in a single layer on prepared baking sheet. Bake 10 – 12 minutes or until internal temperature reaches 165°F or higher. CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
4. Place chopped vegetables in a 20" x 12" x 2" counter pan. Allow room for steam to circulate around vegetables. Do not add any liquid. Steam chopped vegetables (uncovered, 5 lb pressure) until tender (about 10 minutes). Drain liquid from vegetables.
5. In another 20" x 12" x 2" steam table pan, combine chicken stock, spinach, ginger, and General Tso’s sauce. Steam uncovered 5 minutes.
6. Combine steamed vegetables with sauce. Mix lightly. CCP: Hold vegetable/sauce mixture for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|---------------|------|-------------|
| Calories | 272 kcal | Iron | 3 mg | Protein | 15 g | 22% of kcal |
| Cholesterol | 28 mg | Calcium | 73 mg | Carbohydrates | 29 g | 43% of kcal |
| Sodium | 1165 mg | Vitamin A | 7068 IU | Total Fat | 12 g | 38% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 48 mg | Saturated Fat | 3 g | 11% of kcal |
| | | | | Trans Fat† | 0 g | 0% of kcal |

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

Hatton Chicken Crunch Number of Portions: 50

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

¾ cup vegetables (⅕ cup dark green, ⅕ cup red/orange)

Portion Size: ¾ cups vegetables + 3.2 oz (~16 bites) popcorn chicken

NOTE: Serve over ½ cup prepared brown rice.

Ingredients

| | |
|---------------------------|--------------|
| Popcorn chicken (frozen)* | 10 lb |
| General Tso’s sauce | 1 qt + ⅛ cup |
| Broccoli (raw), chopped | 4-⅛ lb |
| Carrots (raw), sliced | 2 lb |
| Celery (raw), chopped | 1 qt + ⅛ cup |
| Onions (raw), chopped | 1 qt + ⅛ cup |
| Spinach (raw), chopped | 4 -⅛ lb |
| Chicken broth, low-sodium | 1 qt + ⅛ cup |
| Ginger, ground | ¼ cup |

*USDA Foods

Instructions

1. Wash and chop fresh broccoli, carrots, celery, and onions. Set aside.
2. Preheat oven to 375°F. Spray baking sheet with pan release spray.
3. Place frozen popcorn chicken in a single layer on prepared baking sheet. Bake 10 – 12 minutes or until internal temperature reaches 165°F or higher. CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
4. Place chopped vegetables in a 20" x 12" x 2" counter pan. Allow room for steam to circulate around vegetables. Do not add any liquid. Steam chopped vegetables (uncovered, 5 lb pressure) until tender (about 10 minutes). Drain liquid from vegetables.
5. In another 20" x 12" x 2" steam table pan, combine chicken stock, spinach, ginger, and General Tso’s sauce. Steam uncovered 5 minutes.
6. Combine steamed vegetables with sauce. Mix lightly. CCP: Hold vegetable/sauce mixture for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|------|-------------|
| Calories | 272 kcal | Iron | 3 mg | Protein | 15 g | 22% of kcal |
| Cholesterol | 28 mg | Calcium | 73 mg | Carbohydrates | 29 g | 43% of kcal |
| Sodium | 1165 mg | Vitamin A | 7068 IU | Total Fat | 12 g | 38% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 48 mg | Saturated Fat | 3 g | 11% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Lemon Broccoli

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

| | |
|---------------------------|-------------------|
| Broccoli florets (frozen) | 5 lb + 4 oz |
| Margarine, liquid | ½ cup |
| Lemon juice, fresh | ½ cup (~2 lemons) |

Instructions

- Place frozen broccoli in a 12" x 20" x 2" counter pan. Allow room for steam to circulate around the broccoli. Do not add any liquid. Steam until tender (approximately 5 – 8 minutes). **DO NOT OVERCOOK.** Drain excess liquid from the cooked broccoli.
- Add lemon juice and margarine.
CCP: Hold for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|---------|------------------------|-------|-------------|
| Calories | 61 kcal | Iron | .56 mg | Protein | 3 g | 21% of kcal |
| Cholesterol | 0 mg | Calcium | 34.4mg | Carbohydrates | 5.5 g | 36% of kcal |
| Sodium | 46 mg | Vitamin A | 1224 IU | Total Fat | 3.67g | 54% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 40 mg | Saturated Fat | .6 g | 9% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Lemon Broccoli

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: ½ cup vegetables (½ cup dark green)

Portion Size: ½ cup (#8 scoop)

Ingredients

| | |
|---------------------------|-------------------|
| Broccoli florets (frozen) | 10 lb + 8 oz |
| Margarine, liquid | 1 cup |
| Lemon juice, fresh | 1 cup (~4 lemons) |

Instructions

1. Place frozen broccoli in two 12" x 20" x 2" counter pan. Allow room for steam to circulate around the broccoli. Do not add any liquid. Steam until tender (approximately 5 – 8 minutes). **DO NOT OVERCOOK.** Drain excess liquid from the cooked broccoli.
2. Add lemon juice and margarine.
CCP: Hold for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|---------|------------------------|-------|-------------|
| Calories | 61 kcal | Iron | .56 mg | Protein | 3 g | 21% of kcal |
| Cholesterol | 0 mg | Calcium | 34.4mg | Carbohydrates | 5.5 g | 36% of kcal |
| Sodium | 46 mg | Vitamin A | 1224 IU | Total Fat | 3.67g | 54% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 40 mg | Saturated Fat | .6 g | 9% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Mini Meatball Sub

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 1.5 oz-eq meat/meat alternate
 2 oz-eq grains (2 oz-eq whole grain-rich)
 ¼ cup vegetables (¼ cup red/orange)

Portion Size: 1 sandwich

Ingredients

| | |
|---|------------------|
| White buns, whole grain-rich | 25 each |
| Beef meatballs (frozen)* | 50 each |
| Marinara sauce* | 1 qt + 2-1¼ cups |
| Mozzarella cheese, part skim, shredded* | 3 cups (12-½ oz) |

*USDA Foods

Instructions

1. Preheat convection oven to 375°F.
2. Place frozen meatballs and marinara sauce in one 20" x 12" x 2" steam table pan. Cover and heat in convection oven at 375° for 30 minutes.
 CCP: Heat meatballs to internal temperature of 165°F for 15 seconds or longer.
 CCP: Hold meatballs for hot service at 135°F or higher.
3. At service, assemble subs: place 2 meatballs with sauce on open bun and top with ½ oz (⅛ cup) shredded cheese.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|------|-------------|
| Calories | 290 kcal | Iron | 3 mg | Protein | 16 g | 21% of kcal |
| Cholesterol | 26 mg | Calcium | 179 mg | Carbohydrates | 37 g | 51% of kcal |
| Sodium | 848 mg | Vitamin A | 477 IU | Total Fat | 10 g | 30% of kcal |
| Dietary Fiber | 4 g | Vitamin C | 7 mg | Saturated Fat | 4 g | 11% of kcal |
| | | | | Trans Fat [†] | <1 g | 1% of kcal |

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

Mini Meatball Sub

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 1.5 oz-eq meat/meat alternate
 2 oz-eq grains (2 oz-eq whole grain-rich)
 ¼ cup vegetables (¼ cup red/orange)

Portion Size: 1 sandwich

Ingredients

| | |
|---|----------------------|
| White buns, whole grain-rich | 50 each |
| Beef meatballs (frozen)* | 100 each |
| Marinara sauce* | 3 qt + ½ cup |
| Mozzarella cheese, part skim, shredded* | 6 cups (1 lb + 9 oz) |

*USDA Foods

Instructions

- Preheat convection oven to 375°F.
- Place frozen meatballs and marinara sauce in one 20" x 12" x 4" steam table pan. Cover and heat in convection oven at 375° for 30 minutes.
 CCP: Heat meatballs to internal temperature of 165°F for 15 seconds or longer.
 CCP: Hold meatballs for hot service at 135°F or higher.
- At service, assemble subs: place 2 meatballs with sauce on open bun and top with ½ oz (⅛ cup) shredded cheese.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|------|-------------|
| Calories | 290 kcal | Iron | 3 mg | Protein | 16 g | 21% of kcal |
| Cholesterol | 26 mg | Calcium | 179 mg | Carbohydrates | 37 g | 51% of kcal |
| Sodium | 848 mg | Vitamin A | 477 IU | Total Fat | 10 g | 30% of kcal |
| Dietary Fiber | 4 g | Vitamin C | 7 mg | Saturated Fat | 4 g | 11% of kcal |
| | | | | Trans Fat [†] | <1 g | 1% of kcal |

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

Rotini & Meat Sauce (ES)

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
 1 oz-eq grains (1 oz-eq whole grain-rich)
 ½ cup vegetables (½ cup red/orange)

Portion Size: 1 cup (8-oz ladle)

Ingredients

| | |
|---------------------------|-------------|
| Meat Sauce, Reduced-Fat* | 1-¾ bags |
| Water | 3 gal |
| Rotini, whole grain-rich* | 1 lb + 7 oz |

*USDA Foods

Instructions

- Place sealed bag of meat sauce in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bags carefully.
 CCP: Heat meat sauce to 165°F or higher for 15 seconds.
- Preheat oven to 350°F. Lightly coat two medium half-steam table pans (10" x 12" x 4") with pan release spray.
- Heat water to rolling boil. Slowly add rotini. Stir constantly until water boils again. Cook rotini for 8 – 10 minutes or until tender, stirring occasionally. DO NOT OVERCOOK.
- Drain rotini well. Run cold water over rotini to cool slightly.
- Mix rotini and sauce together.
- Divide rotini mixture evenly into steam table pans. Cover and bake at 350°F for 20 – 25 minutes or until mixture becomes bubbly.
 CCP: Heat rotini and meat sauce mixture until internal temperature reaches 165°F.
 CCP: Hold for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|-------|-------------|
| Calories | 250 kcal | Iron | 3 mg | Protein | 19 g | 30% of kcal |
| Cholesterol | 55 mg | Calcium | 68 mg | Carbohydrates | 29 g | 46% of kcal |
| Sodium | 305 mg | Vitamin A | 651 IU | Total Fat | 9 g | 33% of kcal |
| Dietary Fiber | 4.6 g | Vitamin C | 19 mg | Saturated Fat | 3 g | 12% of kcal |
| | | | | Trans Fat [†] | 0.5 g | 1% of kcal |

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

Rotini & Meat Sauce (ES)

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
 1 oz-eq grains (1 oz-eq whole grain-rich)
 ½ cup vegetables (½ cup red/orange)

Portion Size: 1 cup (8-oz ladle)

Ingredients

| | |
|---------------------------|--------------|
| Meat Sauce, Reduced-Fat* | 3-½ bags |
| Water | 6 gal |
| Rotini, whole grain-rich* | 2 lb + 14 oz |

*USDA Foods

Instructions

- Place sealed bag of meat sauce in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bags carefully.
 CCP: Heat meat sauce to 165°F or higher for 15 seconds.
- Preheat oven to 350°F. Lightly coat three medium half-steam table pans (10" x 12" x 4") with pan release spray.
- Heat water to rolling boil. Slowly add rotini. Stir constantly until water boils again. Cook rotini for 8 – 10 minutes or until tender, stirring occasionally. DO NOT OVERCOOK.
- Drain rotini well. Run cold water over rotini to cool slightly.
- Mix rotini and sauce together.
- Divide rotini mixture evenly into steam table pans. Cover and bake at 350°F for 20 – 25 minutes or until mixture becomes bubbly.
 CCP: Heat rotini and meat sauce mixture until internal temperature reaches 165°F.
 CCP: Hold for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|--------|------------------------|-------|-------------|
| Calories | 250 kcal | Iron | 3 mg | Protein | 19 g | 30% of kcal |
| Cholesterol | 55 mg | Calcium | 68 mg | Carbohydrates | 29 g | 46% of kcal |
| Sodium | 305 mg | Vitamin A | 651 IU | Total Fat | 9 g | 33% of kcal |
| Dietary Fiber | 4.6 g | Vitamin C | 19 mg | Saturated Fat | 3 g | 12% of kcal |
| | | | | Trans Fat [†] | 0.5 g | 1% of kcal |

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

Santa Fe Wrap (ES)

Number of Portions: 25

HACCP Process: #1 No Cook
(Hot variation: #2 Same Day Service)

One portion provides: 2 oz-eq meat/meat alternate
0.75 oz-eq grains (0.75 oz-eq whole grain-rich)
¼ cup vegetables (¼ cup other)

Portion Size: ½ wrap

Ingredients

| | |
|------------------------------------|-------------------------------|
| Chicken (cooked), diced* | 3 lb + 2 oz |
| Salsa (canned), low-sodium* | ½ cup |
| Ranch dressing, light | ½ cup |
| Chipotle flavor concentrate | 1 tsp |
| Romaine lettuce | 13-½ oz (~3 cups) |
| Tomatoes (fresh), chopped | 3-⅓ cups (~5 medium tomatoes) |
| Corn (frozen kernels)* | 3-⅓ cups |
| Cheddar cheese, Low-Fat, shredded* | 1 cup (4 oz) |
| Tortillas, whole grain-rich, 8"* | 12-½ each |

*USDA Foods

Instructions

1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 - 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
2. In a bowl, mix together salsa, ranch dressing, and chipotle flavor concentrate until well combined.
3. In a separate bowl, combine the lettuce, tomatoes, corn, and cheese. Toss with dressing mixture until evenly coated.
4. Drain thawed chicken.

For cold service:

4. Arrange 2 oz (¼ cup) chicken down the middle of a tortilla. Lay 1 cup of lettuce mixture on top. Fold edges and roll tortilla. Repeat with remaining tortillas.
CCP: Hold for cold service at 41°F or lower.

For hot service:

5. Place thawed chicken in steam table pan and heat until internal temperature reaches 165°F or higher for at least 15 seconds.
CCP: Heat chicken to 165°F or higher for at least 15 seconds.
6. At service, place 2 oz (¼ cup) heated chicken on tortilla. Top with 1 cup of lettuce mixture. Fold edges and roll tortilla.
CCP: Hold chicken for hot service at 135°F or higher.
CCP: Hold lettuce mixture for cold service at 41°F or lower.



Santa Fe Wrap (ES)

(continued)

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|------|-------------|
| Calories | 213 kcal | Iron | 2 mg | Protein | 21 g | 39% of kcal |
| Cholesterol | 52 mg | Calcium | 88 mg | Carbohydrates | 17 g | 31% of kcal |
| Sodium | 298 mg | Vitamin A | 1074 IU | Total Fat | 7 g | 30% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 7 mg | Saturated Fat | 2 g | 8% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Santa Fe Wrap (ES)

Number of Portions: 50

HACCP Process: #1 No Cook
(Hot variation: #2 Same Day Service)

One portion provides: 2 oz-eq meat/meat alternate
 0.75 oz-eq grains (0.75 oz-eq whole grain-rich)
 ¼ cup vegetables (¼ cup other)

Portion Size: ½ wrap

Ingredients

| | |
|------------------------------------|---------------------------------------|
| Chicken (cooked), diced* | 6 lb + 4 oz |
| Salsa (canned), low-sodium* | 1 cup |
| Ranch dressing, light | 1 cup |
| Chipotle flavor concentrate | 2 tsp |
| Romaine lettuce | 1 lb + 11 oz oz (~5 cups) |
| Tomatoes (fresh), chopped | 1 qt + 2-¾ cups (~10 medium tomatoes) |
| Corn (frozen kernels)* | 1 qt + 2-¾ cups |
| Cheddar cheese, Low-Fat, shredded* | 2 cups (8 oz) |
| Tortillas, whole grain-rich, 8" | *25 each |

*USDA Foods

Instructions

1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 - 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
2. In a bowl, mix together salsa, ranch dressing, and chipotle flavor concentrate until well combined.
3. In a separate bowl, combine the lettuce, tomatoes, corn, and cheese. Toss with dressing mixture until evenly coated.
4. Drain thawed chicken.

For cold service:

5. Arrange 2 oz (¼ cup) chicken down the middle of a tortilla. Lay 1 cup of lettuce mixture on top. Fold edges and roll tortilla. Repeat with remaining tortillas.

CCP: Hold for cold service at 41°F or lower.

For hot service:

5. Place thawed chicken in steam table pan and heat until internal temperature reaches 165°F or higher for at least 15 seconds.
 CCP: Heat chicken to 165°F or higher for at least 15 seconds.
6. At service, place 2 oz (¼ cup) heated chicken on tortilla. Top with 1 cup of lettuce mixture. Fold edges and roll tortilla.

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

CCP: Hold lettuce mixture for cold service at 41°F or lower.



Santa Fe Wrap (ES)

(continued)

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|------|-------------|
| Calories | 213 kcal | Iron | 2 mg | Protein | 21 g | 39% of kcal |
| Cholesterol | 52 mg | Calcium | 88 mg | Carbohydrates | 17 g | 31% of kcal |
| Sodium | 298 mg | Vitamin A | 1074 IU | Total Fat | 7 g | 30% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 7 mg | Saturated Fat | 2 g | 8% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Spicy Mexican Chicken

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
 ¼ cup vegetables (¼ cup legumes)

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with 1.5 oz whole grain tortilla chips

Ingredients

| | |
|--|---|
| Chicken, diced, cooked (frozen)* | 1-lb + 9 oz |
| Chipotle chili pepper, ground | ½ tsp |
| Black pepper | 1 tsp |
| Garlic powder | 2 tsp |
| Cream of chicken soup, Healthy Request | 4-¼ cans (10.75 oz each; ~5-¼ cups total) |
| Cheddar cheese, reduced fat, shredded* | 1 lb + 9 oz (~6 cups) |
| Yellow onion (raw), chopped | 1 cup (~2 small onions) |
| Green chilies (canned), diced | 4 oz |
| Black beans (canned), low-sodium* | 1 qt + 2-¼ cups |

*USDA Foods

Instructions

1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 - 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
2. Heat chicken thoroughly (approximately 15 minutes).
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
3. Meanwhile, combine pepper, garlic powder, chipotle spice, and soup.
4. While chicken is hot, toss chicken with spice mixture.
5. Drain and rinse black beans. Drain diced green chilies. Chop onion. In a large bowl, combine beans, chilies, and onion.
6. Spray 20" x 12" x 2" hotel pan with pan release spray. Layer chicken mixture in bottom of pan. Add a layer of beans, chilies, and onion. Top with cheese.
7. Heat, uncovered, for 30 minutes until golden and bubbly. Remove from oven.
 CCP: Hot hold for service at 135°F or higher.



Spicy Mexican Chicken

(continued)

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|--------|-------------|
| Calories | 185 kcal | Iron | 2.44 mg | Protein | 20 g | 43% of kcal |
| Cholesterol | 34 mg | Calcium | 142 mg | Carbohydrates | 16.5 g | 35% of kcal |
| Sodium | 607 mg | Vitamin A | 276 IU | Total Fat | 4.8 g | 23% of kcal |
| Dietary Fiber | 5 g | Vitamin C | 4 mg | Saturated Fat | 1.8 g | 9% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Spicy Mexican Chicken

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
 ¼ cup vegetables (¼ cup legumes)

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with 1.5 oz whole grain tortilla chips.

Ingredients

| | |
|--|---|
| Chicken, precooked, diced* | 3-lb + 2 oz |
| Chipotle chili pepper, ground | 1 tsp |
| Black pepper, ground | 2 tsp |
| Garlic powder | 1 tbsp + 1 tsp |
| Cream of chicken soup, Healthy Request | 8-⅓ can (10.75 oz each; ~10-½ cups total) |
| Cheddar cheese, reduced-fat, shredded* | 3 lb + 2 oz (~12 cups) |
| Yellow onion (raw), chopped | 2 cups (~4 small onions) |
| Green chilies (canned), diced | 8 oz |
| Black beans (canned), low-sodium* | 3 qt + ½ cup |

*USDA Foods

Instructions

1. To thaw chicken, keep in bag or transfer to clean, closed container. Thaw in refrigerator at 36 - 41°F for 24 hours. Keep thawed chicken in refrigerator until needed. Use within 2 days after thawing.
2. Heat chicken thoroughly (approximately 15 minutes).
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
3. Meanwhile, combine pepper, garlic powder, chipotle spice, and soup.
4. While chicken is hot, toss chicken with spice mixture.
5. Drain and rinse black beans. Drain diced green chilies. Chop onion. In a large bowl, combine beans, chilies, and onion.
6. Spray 20" x 12" x 2" hotel pan with pan release spray. Layer chicken mixture in bottom of pan. Add a layer of beans, chilies, and onion. Top with cheese.
7. Heat, uncovered, for 30 minutes until golden and bubbly. Remove from oven.
 CCP: Hot hold for service at 135°F or higher.



Spicy Mexican Chicken

(continued)

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|--------|-------------|
| Calories | 185 kcal | Iron | 2.44 mg | Protein | 20 g | 43% of kcal |
| Cholesterol | 34 mg | Calcium | 142 mg | Carbohydrates | 16.5 g | 35% of kcal |
| Sodium | 607 mg | Vitamin A | 276 IU | Total Fat | 4.8 g | 23% of kcal |
| Dietary Fiber | 5 g | Vitamin C | 4 mg | Saturated Fat | 1.8 g | 9% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Spinach Strawberry Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (½ cup dark green)
½ cup fruits

Portion Size: 1-½ cups

Ingredients

| | |
|---|---------------|
| Italian seasoning mix | 1-½ tbsp |
| Balsamic vinegar | ¼ cup |
| Water | ¼ cup |
| Vegetable oil | 2 tbsp |
| Strawberry preserves, sugar-free | 2 tbsp |
| Spinach (raw) | 4 lb |
| Mandarin oranges (canned in light syrup), drained | 1 qt + 3 cups |
| Strawberries (fresh), sliced | 1 qt + 3 cups |

Instructions

1. Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1 – 2 days prior to service for maximum flavor.
 2. Drain mandarin oranges.
 3. Wash and slice fresh strawberries.
 4. Lightly toss spinach, oranges, and strawberries.
 5. Just before service, toss salad mix with dressing.
- CCP: Hold salad for cold service at 41°F or lower.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|---------|------------------------|------|-------------|
| Calories | 85 kcal | Iron | 3 mg | Protein | 3 g | 13% of kcal |
| Cholesterol | 0 mg | Calcium | 88 mg | Carbohydrates | 17 g | 82% of kcal |
| Sodium | 62 mg | Vitamin A | 7682 IU | Total Fat | 2 g | 17% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 61 mg | Saturated Fat | <1 g | 2% of kcal |
| | | | | Trans Fat [†] | <1 g | <1% of kcal |

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

Spinach Strawberry Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ½ cup vegetables (½ cup dark green)
½ cup fruits

Portion Size: 1-½ cups

Ingredients

| | |
|---|---------------|
| Italian seasoning mix | 3 tbsp |
| Balsamic vinegar | ½ cup |
| Water | ½ cup |
| Vegetable oil | ¼ cup |
| Strawberry preserves, sugar-free | ¼ cup |
| Spinach (raw) | 8 lb |
| Mandarin oranges (canned in light syrup), drained | 3 qt + 2 cups |
| Strawberries (fresh), sliced | 3 qt + 2 cups |

Instructions

1. Microwave strawberry preserves until warm and slightly runny. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1 – 2 days prior to service for maximum flavor.
 2. Drain mandarin oranges.
 3. Wash and slice fresh strawberries.
 4. Lightly toss spinach, oranges, and strawberries.
 5. Just before service, toss salad mix with dressing.
- CCP: Hold salad for cold service at 41°F or lower.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|---------|------------------------|------|-------------|
| Calories | 85 kcal | Iron | 3 mg | Protein | 3 g | 13% of kcal |
| Cholesterol | 0 mg | Calcium | 88 mg | Carbohydrates | 17 g | 82% of kcal |
| Sodium | 62 mg | Vitamin A | 7682 IU | Total Fat | 2 g | 17% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 61 mg | Saturated Fat | <1 g | 2% of kcal |
| | | | | Trans Fat [†] | <1 g | <1% of kcal |

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

Spring/Summer Fruit Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ½ cup fruit

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with Honey-Mint Citrus Dressing.

Ingredients

| | |
|----------------------|--------|
| Strawberries (fresh) | 2 lb |
| Bananas (fresh) | 2-½ lb |
| Blueberries (fresh) | 1 lb |

Instructions

1. Wash berries. Slice strawberries. Cut bananas into chunks. Combine prepared fruit.
2. Toss fruit with honey mint citrus dressing and refrigerate until serving.
 CCP: Cool to 41°F or lower within 4 hours.
 CCP: Hold fruit salad at 41°F or lower for cold service.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|-------|------------------------|------|--------------|
| Calories | 61 kcal | Iron | <1 mg | Protein | 1 g | 6% of kcal |
| Cholesterol | 0 mg | Calcium | 9 mg | Carbohydrates | 15 g | 101% of kcal |
| Sodium | 1 mg | Vitamin A | 42 IU | Total Fat | <1 g | 5% of kcal |
| Dietary Fiber | 2 g | Vitamin C | 26 mg | Saturated Fat | <1 g | 1% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Spring/Summer Fruit Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ½ cup fruit

Portion Size: ½ cup (#8 scoop)

NOTE: Serve with Honey-Mint Citrus Dressing.

Ingredients

| | |
|----------------------|--------|
| Strawberries (fresh) | 3-¾ lb |
| Bananas (fresh) | 5 lb |
| Blueberries (fresh) | 2 lb |

Instructions

1. Wash berries. Slice strawberries. Cut bananas into chunks. Combine prepared fruit.
2. Toss fruit with honey mint citrus dressing and refrigerate until serving.
 CCP: Cool to 41°F or lower within 4 hours.
 CCP: Hold fruit salad at 41°F or lower for cold service.

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|-------|------------------------|------|--------------|
| Calories | 61 kcal | Iron | <1 mg | Protein | 1 g | 6% of kcal |
| Cholesterol | 0 mg | Calcium | 9 mg | Carbohydrates | 15 g | 101% of kcal |
| Sodium | 1 mg | Vitamin A | 42 IU | Total Fat | <1 g | 5% of kcal |
| Dietary Fiber | 2 g | Vitamin C | 26 mg | Saturated Fat | <1 g | 1% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Sweet Sesame Chicken Stir-Fry (ES)

Number of Portions: 25

HACCP Process: #2 Same Day Service

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

½ cup vegetables (¾ cup red/orange, ⅛ cup other)

Portion Size: ¾ cup (6-oz portion server)

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

| | |
|-------------------------------|-------------|
| Carrots (frozen)* | 3-½ lb |
| Green peppers (frozen), diced | 1-¼ lb |
| Sesame ginger salad dressing | 2-⅛ cups |
| Chicken (frozen), diced* | 3 lb + 2 oz |

*USDA Foods

Instructions

1. Thaw diced chicken: keep chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36°F to 41°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.
2. Meanwhile, combine carrots and green peppers in a 20" x 12" x 2" steam table pan. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) for 5 minutes. Drain excess liquid from vegetables.
3. Add dressing, carrots, and peppers to the chicken, stirring well. Steam until tender-crisp (approximately 10 minutes). Do not overcook the vegetables. CCP: Hold for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|------|-------------|
| Calories | 142 kcal | Iron | 3 mg | Protein | 19 g | 52% of kcal |
| Cholesterol | 53 mg | Calcium | 23 mg | Carbohydrates | 12 g | 33% of kcal |
| Sodium | 236 mg | Vitamin A | 9051 IU | Total Fat | 3 g | 17% of kcal |
| Dietary Fiber | 2 g | Vitamin C | 3 mg | Saturated Fat | 1 g | 4% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Sweet Sesame Chicken Stir-Fry (ES)

Number of Portions: 50

HACCP Process: #2 Same Day Service

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

½ cup vegetables (¾ cup red/orange, ⅛ cup other)

Portion Size: ¾ cup (6-oz portion server)

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

| | |
|-------------------------------|----------|
| Carrots (frozen)* | 7 lb |
| Green peppers (frozen), diced | 2-½ lb |
| Sesame ginger salad dressing | 4-¼ cups |
| Chicken (frozen), diced* | 6-¼ lb |

*USDA Foods

Instructions

1. Thaw diced chicken: keep chicken in the bag or pour into a clean, covered container. Thaw in the refrigerator at 36°F to 41°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.
2. Meanwhile, combine carrots and green peppers in two 20" x 12" x 2" steam table pans. Allow room for steam to circulate around the vegetables. Do not add any liquid. Steam (uncovered at 5 lb pressure) for 5 minutes. Drain excess liquid from vegetables.
3. Add dressing, carrots, and peppers to the chicken, stirring well. Steam until tender-crisp (approximately 10 minutes). Do not overcook the vegetables.
CCP: Hold for hot service at 135°F or higher.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|------|-------------|
| Calories | 142 kcal | Iron | 3 mg | Protein | 19 g | 52% of kcal |
| Cholesterol | 53 mg | Calcium | 23 mg | Carbohydrates | 12 g | 33% of kcal |
| Sodium | 236 mg | Vitamin A | 9051 IU | Total Fat | 3 g | 17% of kcal |
| Dietary Fiber | 2 g | Vitamin C | 3 mg | Saturated Fat | 1 g | 4% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Taco Salad (ES)

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
 ¾ cups vegetables (½ cup dark green,
 ⅛ cup red/orange, ⅛ cup starchy)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with 1 packet ranch dressing.

Ingredients

| | |
|--|--------------------------------|
| Beef taco filling, reduced fat* | 2-½ lb |
| Romaine lettuce | 3-¼ lb |
| Corn (frozen)* | 1 lb + 2 oz |
| Cheddar cheese, reduced fat, shredded* | 1 lb + 9 oz |
| Tomato (fresh), chopped | 1-½ lb (5 – 6 medium tomatoes) |

*USDA Foods

Instructions

1. Thaw frozen corn in refrigerator overnight. Use within 2 days. Drain before using.
 CCP: Refrigerate thawed corn at or below 41°F.
2. Place sealed bag of beef taco filling in steamer or boiling water. Heat approximately 45 minutes or until product reaches serving temperature.
 CCP: Heat beef taco filling to an internal temperature of 165°F or higher for 15 seconds.
 CCP: Hold beef taco filling for hot service at 135°F or higher.
3. Meanwhile, clean and chop romaine lettuce. Clean and dice tomatoes.
 CCP: Hold vegetables for cold service at 41°F or below.
4. At service, portion 1 cup salad and top with 1.58 oz beef taco filling, ⅛ cup corn, ⅛ cup diced tomatoes, and 1 oz cheese. Serve with 1 packet ranch dressing.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|---------------|------|-------------|
| Calories | 166 kcal | Iron | 2 mg | Protein | 16 g | 38% of kcal |
| Cholesterol | 34 mg | Calcium | 297 mg | Carbohydrates | 9 g | 22% of kcal |
| Sodium | 359 mg | Vitamin A | 3605 IU | Total Fat | 8 g | 43% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 19 mg | Saturated Fat | 4 g | 23% of kcal |
| | | | | Trans Fat† | 0 g | 0% of kcal |

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

Taco Salad (ES)

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
 $\frac{3}{4}$ cups vegetables ($\frac{1}{2}$ cup dark green,
 $\frac{1}{8}$ cup red/orange, $\frac{1}{8}$ cup starchy)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with 1 packet ranch dressing.

Ingredients

| | |
|--|--------------------------------|
| Beef taco filling, reduced fat* | 5 lb |
| Romaine lettuce | 6- $\frac{1}{2}$ lb |
| Corn (frozen)* | 2- $\frac{1}{4}$ lb |
| Cheddar cheese, reduced fat, shredded* | 3 lb + 2 oz |
| Tomato (fresh), chopped | 3 lb (10 – 12 medium tomatoes) |

*USDA Foods

Instructions

1. Thaw frozen corn in refrigerator overnight. Use within 2 days. Drain before using.
 CCP: Refrigerate thawed corn at or below 41°F.
2. Place sealed bag of beef taco filling in steamer or boiling water. Heat approximately 45 minutes or until product reaches serving temperature.
 CCP: Heat beef taco filling to an internal temperature of 165°F or higher for 15 seconds.
 CCP: Hold beef taco filling for hot service at 135°F or higher.
3. Meanwhile, clean and chop romaine lettuce. Clean and dice tomatoes.
 CCP: Hold vegetables for cold service at 41°F or below.
4. At service, portion 1 cup salad and top with 1.58 oz beef taco filling, $\frac{1}{8}$ cup corn, $\frac{1}{8}$ cup diced tomatoes, and 1 oz cheese. Serve with 1 packet ranch dressing.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|------|-------------|
| Calories | 166 kcal | Iron | 2 mg | Protein | 16 g | 38% of kcal |
| Cholesterol | 34 mg | Calcium | 297 mg | Carbohydrates | 9 g | 22% of kcal |
| Sodium | 359 mg | Vitamin A | 3605 IU | Total Fat | 8 g | 43% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 19 mg | Saturated Fat | 4 g | 23% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Tossed Side Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: $\frac{3}{4}$ cup vegetables ($\frac{1}{2}$ cup dark green, $\frac{1}{4}$ cup other)

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

Ingredients

| | |
|--------------------------|---|
| Romaine lettuce, chopped | 12- $\frac{1}{2}$ cups |
| Spinach (raw), chopped | 3 qt + $\frac{1}{2}$ cup |
| Carrots, chopped | 1- $\frac{1}{2}$ cups + 1 tbsp (~3 medium carrots) |
| Green peppers, chopped | 1- $\frac{1}{2}$ cups + 1 tbsp (~1- $\frac{1}{2}$ medium peppers) |
| Cucumber, sliced | 1- $\frac{1}{2}$ cups + 1 tbsp (~1 medium cucumber) |
| Tomato, chopped | 1- $\frac{1}{2}$ cups + 1 tbsp (~2 large tomatoes) |

Instructions

1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
3. For service, combine 1 cup lettuce/spinach mixture and $\frac{1}{4}$ cup chopped vegetables.

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

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|---------|------------------------|------|-------------|
| Calories | 16 kcal | Iron | <1 mg | Protein | 1 g | 32% of kcal |
| Cholesterol | 0 mg | Calcium | 31 mg | Carbohydrates | 3 g | 88% of kcal |
| Sodium | 20 mg | Vitamin A | 4937 IU | Total Fat | <1 g | 6% of kcal |
| Dietary Fiber | 1 g | Vitamin C | 20 mg | Saturated Fat | <1 g | 1% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Tossed Side Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: ¾ cup vegetables (½ cup dark green, ¼ cup other)

Portion Size: 1-¼ cups

Ingredients

| | |
|--------------------------|---------------------------------|
| Romaine lettuce, chopped | 25 cups |
| Spinach (raw), chopped | 1-½ gal + 1 cup |
| Carrots, chopped | 3-⅛ cups (6 – 7 medium carrots) |
| Green peppers, chopped | 3-⅛ cups (3 – 4 medium peppers) |
| Cucumber, sliced | 3-⅛ cups (~2 medium cucumbers) |
| Tomato, chopped | 3-⅛ cups (~5 medium tomatoes) |

Instructions

1. Rinse and chop spinach and romaine lettuce. Place in large bowl. Set aside.
2. Rinse vegetables. Chop carrots, peppers, cucumber, and tomatoes.
3. For service, combine 1 cup lettuce/spinach mixture and ¼ cup chopped vegetables.

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

Nutrition Information

| | | | | | | |
|---------------|---------|-----------|---------|------------------------|------|-------------|
| Calories | 16 kcal | Iron | <1 mg | Protein | 1 g | 32% of kcal |
| Cholesterol | 0 mg | Calcium | 31 mg | Carbohydrates | 3 g | 88% of kcal |
| Sodium | 20 mg | Vitamin A | 4937 IU | Total Fat | <1 g | 6% of kcal |
| Dietary Fiber | 1 g | Vitamin C | 20 mg | Saturated Fat | <1 g | 1% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Walking Taco

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 3 oz-eq meat/meat alternate
 ½ cup vegetables (¼ cup other, ¼ cup red/orange)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with 1 bag of tortilla rounds.

Ingredients

| | |
|---------------------------------|--------------------------------|
| Beef taco filling, reduced fat* | 5 lb |
| Cheddar cheese, reduced fat* | 1-½ lb |
| Tomato (fresh), chopped | 3 lb (10 – 12 medium tomatoes) |
| Iceberg lettuce, shredded | 3 lb (~9 cups) |

*USDA Foods

Instructions

- Place sealed bag of frozen beef taco filling in steamer or boiling water. Heat for approximately 45 minutes or until product reaches internal temperature of 165°F or higher for 15 seconds. **CAUTION:** Open bag carefully to avoid being burned.
 CCP: Heat beef taco filling to 165°F or higher for 15 seconds.
- Wash and chop vegetables.
- At service, portion beef taco filling with #10 (⅔ cup) scoop. Top with 1 oz (¼ cup) shredded cheese, ¼ cup tomato, and ½ cup lettuce. Serve with 1 bag of tortilla rounds.
 CCP: Hot hold taco filling at 135°F or higher for service.
 CCP: Hold cheese, lettuce, and tomatoes at 41°F or lower for cold service.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|---------------|------|-------------|
| Calories | 211 kcal | Iron | 2 mg | Protein | 22 g | 42% of kcal |
| Cholesterol | 51 mg | Calcium | 321 mg | Carbohydrates | 9 g | 16% of kcal |
| Sodium | 509 mg | Vitamin A | 1390 IU | Total Fat | 10 g | 44% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 14 mg | Saturated Fat | 5 g | 22% of kcal |
| | | | | Trans Fat† | 0 g | 0% of kcal |

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

Walking Taco

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 3 oz-eq meat/meat alternate
 ½ cup vegetables (¼ cup other, ¼ cup red/orange)

Portion Size: 1 serving (see instructions below)

NOTE: Serve with 1 bag of tortilla rounds.

Ingredients

| | |
|---------------------------------|----------------------------------|
| Beef taco filling, reduced fat* | 10 lb |
| Cheddar cheese, reduced fat* | 3 lb |
| Tomato (fresh), chopped | 5-¾ lb (20 – 24 medium tomatoes) |
| Iceberg lettuce, shredded | 6-¼ lb (~18 cups) |

*USDA Foods

Instructions

- Place sealed bags of frozen beef taco filling in steamer or boiling water. Heat for approximately 45 minutes or until product reaches internal temperature of 165°F or higher for 15 seconds. CAUTION: Open bags carefully to avoid being burned.

CCP: Heat beef taco filling to 165°F or higher for 15 seconds.

- Wash and chop vegetables.
- At service, use ⅔-cup ladle to portion beef taco filling. Top with 1 oz (¼ cup) shredded cheese, ¼ cup tomato, and ½ cup lettuce. Serve with 1 bag of tortilla rounds.

CCP: Hot hold taco filling at 135°F or higher for service.

CCP: Hold cheese, lettuce, and tomatoes at 41°F or lower for cold service.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|---------|------------------------|------|-------------|
| Calories | 211 kcal | Iron | 2 mg | Protein | 22 g | 42% of kcal |
| Cholesterol | 51 mg | Calcium | 321 mg | Carbohydrates | 9 g | 16% of kcal |
| Sodium | 509 mg | Vitamin A | 1390 IU | Total Fat | 10 g | 44% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 14 mg | Saturated Fat | 5 g | 22% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Wokin' Orange Chicken Number of Portions: 25

HACCP Process: #2 Same Day Service

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

1 oz-eq grains

½ cup vegetables (¼ cup red/orange, ⅛ cup dark green,

⅛ cup other)

Portion Size: ½ cup vegetable mixture + 2 oz popcorn chicken

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

| | |
|-----------------------------------|---------------|
| Popcorn chicken* | 5 lb |
| Sweet and sour sauce | 3 cups |
| Spinach (frozen), chopped or leaf | 2-¼ lb |
| Carrots (frozen), sliced* | 2-½ lb |
| Pepper strip blend (frozen) | 1 qt + 2 cups |

*USDA Foods

Instructions

1. Preheat oven to 375°F.
2. Place frozen popcorn chicken bites in a single layer on baking sheet. Bake chicken 10 – 12 minutes or until internal temperature reaches 165°F.
CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
3. Combine spinach, carrots, and pepper strip blend with sweet and sour sauce. Stir lightly to coat.
4. Place vegetable mixture in steamer and heat for 5 – 8 minutes or until vegetables are tender.
CCP: Hot hold vegetable mixture at 135°F or higher until service.

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|-----------|------------------------|------|-------------|
| Calories | 288 kcal | Iron | 3 mg | Protein | 14 g | 19% of kcal |
| Cholesterol | 28 mg | Calcium | 71 mg | Carbohydrates | 34 g | 47% of kcal |
| Sodium | 1020 mg | Vitamin A | 12,419 IU | Total Fat | 11 g | 33% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 9 mg | Saturated Fat | 3 g | 10% of kcal |
| | | | | Trans Fat [†] | 0 g | 0% of kcal |

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

Wokin' Orange Chicken Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 2 oz-eq meat/meat alternate
 1 oz-eq grains
 ½ cup vegetables (¼ cup red/orange, 1/8 cup dark green, 1/8 cup other)

Portion Size: ½ cup vegetable mixture + 2 oz popcorn chicken

NOTE: Serve with ½ cup prepared brown rice.

Ingredients

| | |
|-----------------------------------|---------------|
| Popcorn chicken* | 10 lb |
| Sweet and sour sauce | 1 qt + 2 cups |
| Spinach (frozen), chopped or leaf | 4-½ lb |
| Carrots (frozen), sliced* | 5 lb |
| Pepper strip blend (frozen) | 3 qt |

*USDA Foods

Instructions

1. Preheat oven to 375°F.
2. Place frozen popcorn chicken bites in a single layer on baking sheet. Bake chicken 10 – 12 minutes or until internal temperature reaches 165°F.
 CCP: Heat chicken to internal temperature of 165°F or higher for 15 seconds.
3. Combine spinach, carrots, and pepper strip blend with sweet and sour sauce. Stir lightly to coat.
4. Place vegetable mixture in steamer and heat for 5 – 8 minutes or until vegetables are tender.
 CCP: Hot hold vegetable mixture at 135°F or higher until service

Nutrition Information

| | | | | | | |
|---------------|----------|-----------|-----------|---------------|------|-------------|
| Calories | 288 kcal | Iron | 3 mg | Protein | 14 g | 19% of kcal |
| Cholesterol | 28 mg | Calcium | 71 mg | Carbohydrates | 34 g | 47% of kcal |
| Sodium | 1020 mg | Vitamin A | 12,419 IU | Total Fat | 11 g | 33% of kcal |
| Dietary Fiber | 3 g | Vitamin C | 9 mg | Saturated Fat | 3 g | 10% of kcal |
| | | | | Trans Fat† | 0 g | 0% of kcal |

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