Section 5: Mississippi Cycles II Recipes

The ***MsC II* Recipe Book** was developed to make your work easier. ***MsC II* Menus** can easily be implemented because every recipe that you will need is included in one convenient location. Remember, it is important to follow these recipes exactly as written because they are the basis for nutrient analysis of ***MsC II* Menus**. Altering just one recipe could impact the nutritional integrity of the menu for that day, thus having an impact on the weekly average. Regardless of source, all recipes should be standardized in your kitchens for production equipment, time, and temperature.

Changes in recipe ingredients, methods of production that alter the nutrient content of a food item or deletion of recipe ingredients will affect the nutritional analysis of the recipe. These changes will require a new nutritional analysis of the recipe. Depending on the change, the nutritional analysis of the menu will change and menus may no longer meet the USDA Nutrient Standards.

The ***MsC II* Manual** includes all recipes that are used in ***MsC II* Menus** and in the ***MsC II* Customizing Chart**. The recipes have been standardized either by USDA, USM or were obtained from reliable sources.

All Mississippi SFS Administrators were given the opportunity to submit favorite recipes from their school districts. These recipes were incorporated into ***MsC II* Menus** and the ***MsC II* Customizing Chart.**

These recipes were prepared in school kitchens. However, when recipes are

prepared in your kitchens they may have different yields related to a number of factors, such as differences in equipment, methods of preparation, staff following procedures and instructions, differences in products, holding time, and other factors. When preparing recipes for the first time, check yield against recipe or calculate yield based on number of servings prepared times the measure of one serving.

Variety of Milks (Milk Recipe)

The milk recipe used in the nutrient analysis is a simple average of three milks, 2% unflavored milk, 1% chocolate milk, and fat-free milk. If other milks are offered in your district, modify the milk recipe for those kinds of milk. Different milk recipes will change the nutrient analysis of your menus.

Recipe Resources

The index for the recipes for each section is located on the divider. Information about the recipes and food preparation techniques are in the front of each section

How are recipes organized?

All recipes are printed front and back. Some recipes are short and only printed on one side. Recipes in some sections such as fruits are organized by the type of food item, such as apples, apricots, etc.

Manual 1 has all of the meat/meat alternate recipes. Manual 2 has the remainder of the recipes.

Recipes are divided into fourteen groups as follows:

- Meat/Meat Alternate – Beef - 100
- Meat/Meat Alternate – Fish/Seafood - 200
- Meat/Meat Alternate – Pizza - 300
- Meat/Meat Alternate – Pork - 400
- Meat/Meat Alternate – Poultry - 500
- Meat/Meat Alternate – Salads - 600
- Meat/Meat Alternate – Sandwiches - 700
- Meat/Meat Alternate – Soups - 800
- Meat/Meat Alternate – Vegetarian - 900
- Vegetables – 1000 and 1100
- Fruits - 1200
- Grains/Breads - 1300
- Desserts - 1400
- Dippers, Toppers and Others – 1500

What are the parts of a *MsC II* recipe?

The parts of the recipe are identified by the numbers { } on the recipe on the next two pages:

1. Recipe title and number
2. Nutrikids™ Recipe Name
3. Recipe category
4. Source
5. Ingredients
6. Ingredient amounts
7. Directions
8. CCP (Hazard Analysis Critical Control Points)
9. Serving and yield information
10. Nutrients per serving
11. Production
12. Serving
13. Purchasing
14. Miscellaneous

MEAT/MEAT ALTERNATES
Beef

Prevent excessive leftovers by using "just in time" service. When reheating a product for service, follow time-temperature guidelines. Products lose quality when reheated.

As products change on the order guide, refer to package instructions for cooking time, temperatures, and procedures. Use the CN label or product information from the manufacturer to determine the amount to serve to meet meal pattern requirements

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure for a fluid measure.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the recipes.

Culinary Pointers from *Culinary Techniques for Healthy School Meals*

Most processed meat products are at their peak of quality immediately after they are cooked.

If a processed product must be held, follow package directions exactly and plan the holding time to be as short as possible. Holding time will only decrease the quality of the product.

- Breaded products – These products should not be held if possible. Depending on the type of warmer available, the product may or may not be covered. If it must be covered, use aluminum foil with many small holes so steam can escape.
- Non-breaded products – These products can be held more successfully than breaded products. Cover cooked products with aluminum foil and place in a warmer.

Cooking always causes loss of moisture. This is called shrinkage. As a meat continues to cook, it loses more moisture. This is why it is so important to follow the recipe for cooking temperature and cooking time. Overcooking a meat dish means the yield will be less than the number of portions planned, flavor will be lost, and the meat will be tough because the protein structure has been changed. [CT, Preparing Meat and Poultry, page 4]

To obtain a tender product, it is best to cook meat and poultry at a moderate temperature. The recipe will give the temperature for the product. A rule of thumb is to cook meat and poultry in a conventional oven at 350°F. Both the time and temperature should be adjusted in a convection oven. Generally the temperature for a convection oven should be reduced from 25° to 50°F from that of a conventional oven. The time may need to be reduced also, about 25 percent less cooking time. [CT, Preparing Meat and Poultry, Page 4.]

Pasta gets bigger and heavier when it is cooked. Generally pasta doubles or triples in weight when it is cooked. Likewise, the volume increases two and two and one-half times during cooking. When pasta is to be cooked more in a recipe, like macaroni and cheese, it should be undercooked. This means reducing the cooking time. [CT, Preparing Pasta, Rice, and Grains, Page 4.]

Steak Fingers, Baked (180)

(Steak Fingers, Baked MC180)

Meat/Meat Alternate **Source: MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Breaded Beef Fingers. . . .	. . . . .	200 sticks. . .	. . . . .	400 sticks. . .	. . . . .	1. Preheat oven to 350°F. 2. Count out number of frozen beef sticks needed to provide 4 steak fingers per serving. 3. Place frozen beef steak fingers on sheet pan coated with food release spray.
						4. Bake according package directions. (Prepare in batches to maintain quality.) *CCP: Heat product to minimum temperature of 140°F.*
						5. Remove from oven and place in steam table pans. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 4 beef sticks provide 2 oz meat/meat alternate and 1 ¼ grain/bread.

Yield: 50 servings: 200 sticks
100 servings: 400 sticks

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	340		Iron	1.80	Mg	Protein	15.00	G	Percent ⇒	Protein	17.65%
Cholesterol	35	Mg	Calcium	40	Mg	Carbohydrates	19.00	G	Of ⇒	Carbohydrates	22.35%
Sodium	480	Mg	Vitamin A	20	RE	Total Fat	23.00	G	Calories ⇒	Total Fat	60.88%
Dietary Fiber	2.00	G	Vitamin C	0.0	Mg	Saturated Fat	8.00	G	From ⇒	Saturated Fat	21.18%

Production Notes:

Serving Notes:
Batch Cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Read CN label to insure manufacturers' recommendations for meeting meal component.

Miscellaneous Notes:

Steak Fingers, Fried (182)

(Steak Fingers, Fried MC182)

Meat/Meat Alternate-Grain/Bread **Source: MS Cycle II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Breaded Beef Fingers. . . .	. . . . .	200 sticks. . .	. . . . .	400 sticks. . .	. . . . .	1. Count out number of frozen steak fingers needed to provide 4 beef sticks per serving. 2. Deep fry steak fingers according to package directions. *CCP: Heat product to minimum temperature of 140°F.*
						3. Place fried steak fingers in steam table pans and cover pans with aluminum foil. Cut holes in foil and place in warmer until ready for service. To ensure a quality product, prepare for just-in-time service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 4 steak fingers provide 2 oz meat/meat alternate and 1 ¼ grain/bread.

Yield: 50 servings: 200 beef sticks
100 servings: 400 beef sticks

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	350		Iron	1.80	Mg	Protein	15.00	G	Percent ⇒	Protein	17.16%
Cholesterol	35	Mg	Calcium	40	Mg	Carbohydrates	19.00	G	Of ⇒	Carbohydrates	21.73%
Sodium	480	Mg	Vitamin A	20	RE	Total Fat	24.10	G	Calories ⇒	Total Fat	62.02%
Dietary Fiber	2.00	G	Vitamin C	0.0	Mg	Saturated Fat	8.14	G	From ⇒	Saturated Fat	20.96%

Production Notes:

Serving Notes:
Check CN label to confirm serving size.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Spaghetti with Meat Sauce (178)

(Spaghetti with Meat Sauce MC178)

Meat/Meat Alternate-Vegetable-Grains/Breads **Source: North MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	10 lb.		20 lb.			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Fresh Onions, Chopped	1 lb.		2 lb.			2. Add onions. Cook for 5 minutes
Canned Tomatoes, Diced Canned Tomato Paste Water Spaghetti Seasoning Mix	 8 oz.	1 No. 10 can 1 No. 10 can 2 qt.	 1 lb.	2 No. 10 cans 2 No. 10 cans 1 gal.		3. Add canned tomatoes, tomato paste, water, and spaghetti seasoning mix. Bring to a boil, stirring frequently. Reduce heat and simmer (uncovered) for 15-20 minutes, stirring occasionally. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Table Salt Water Spaghetti Pasta	 3 lb 1 oz.	1 Tbsp. 3 gal.	 6 lb 2 oz.	2 Tbsp. 6 gal.		4. Heat salted water to a boil. Add spaghetti, stirring constantly until water returns to a boil. Cook 10-12 minutes or until tender. DO NOT OVERCOOK. Drain well.
						5. Pour into serving pans and serve immediately, or cover and place in warmer until ready for service. 6. Portion 2/3 cup (#6) sauce and ½ cup (#8) spaghetti per serving. Alternate Instructions: Combine meat sauce and spaghetti. Serve ¾ cup (6 oz) for one serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 2/3 cup (#6) sauce provides 2 oz meat/meat alternate and ½ cup (#8) spaghetti provides 1 grain/bread.

Yield: 50 servings: about 2 ½ gallons
100 servings: about 5 gallons

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Spaghetti with Meat Sauce (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	314		Iron	3.81	Mg	Protein	22.31	G	Percent ⇒	Protein	28.39%
Cholesterol	53	Mg	Calcium	55	Mg	Carbohydrates	36.95	G	Of ⇒	Carbohydrates	47.01%
Sodium	1042	Mg	Vitamin A	295	RE	Total Fat	9.41	G	Calories ⇒	Total Fat	26.92%
Dietary Fiber	4.32	G	Vitamin C	33.40	Mg	Saturated Fat	3.39*	G	From ⇒	Saturated Fat	9.71%

Production Notes:
Day before, thaw ground beef under refrigeration.

Serving Notes:
Garnish corner of meat sauce with sprigs of parsley.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Shepherd's Pie (176)

(Shepherd's Pie MC176)

Meat/Meat Alternate-Vegetable

Source: MS Cycles USDA D-43

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	12 lb 8 oz.		17 lb 8 oz.			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking. 2. Add diced onions to ground beef and sauté for 5 minute or until onions are translucent. Stir mixture.
Fresh Onions, Diced	8 oz.	2 cups.	1 lb.	1 qt.		
Beef Stock		2 qt.		1 gal.		3. Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil.
Cornstarch	4 oz.	¾ cup 2 Tbsp.	8 oz.	1 ¾ cups.		
Water, Cold		1 cup.		2 cups.		
Thyme Leaf		1 Tbsp.		2 Tbsp.		4. Add thyme, onion powder, black pepper, and salt to cornstarch gravy. 5. Add gravy to ground beef mixture.
Onion Powder		2 tsp.		1 Tbsp 1 tsp.		
Black Pepper		2 tsp.		1 Tbsp 1 tsp.		
Table Salt		2 tsp.		1 Tbsp 1 tsp.		
						6. Pour 3 qt 3 cups (7 lb 8 oz) of ground beef mixture into each steam table pan (12"X20"X2½"). *CCP: Use beef mixture immediately in recipe preparation or cover and place under refrigeration (41°F or lower) until needed for recipe preparation.*
Water, Boiling		1 gal 2 cups.		2 gal 1 qt.		7. Place boiling water and hot milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle for 1 minute, until well blended. 8. Spread 3 qt (6 lb 5 oz) of mashed potatoes over the ground beef mixture in each steam table pan. Spray top of potatoes lightly with vegetable oil. 9. Top each pan with 2 cups grated cheese.
Low-fat 2% Milk		1 qt 2 cups.		3 qt.		
Margarine	6 oz.	¾ cup.	12 oz.	1 ½ cup.		
Instant Potatoes	2 lb.		4 lb.			
Table Salt		2 ½ tsp.		1 Tbsp 2 tsp.		
American Cheeses, Grated	1 lb.		2 lb.			
						10. To Bake: Conventional Oven: 375°F for 45 minutes Convection Oven: 350°F for 30 minutes *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*

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Shepherd's Pie (Continued)

						11. Cut each pan 5X5 (25 servings per pan). Serve immediately or cover and place in warmer until ready for service. Serve with a spatula. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate and ¾ cup vegetable.

Yield: 50 servings: 2 pans
100 servings: 4 pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	339		Iron	2.37	Mg	Protein	24.18	G	Percent ⇒	Protein	28.52%
Cholesterol	77	Mg	Calcium	98.04	Mg	Carbohydrates	18.43	G	Of ⇒	Carbohydrates	21.75%
Sodium	461	Mg	Vitamin A	61	RE	Total Fat	17.40	G	Calories ⇒	Total Fat	46.19%
Dietary Fiber	1.46	G	Vitamin C	3.77	Mg	Saturated Fat	7.06	G	From ⇒	Saturated Fat	18.73 %

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
May substitute 2 oz dehydrated onions for 1 lb fresh onions.

Salisbury Steak with Gravy (172)

(Salisbury Steak with Gravy MC172)

Meat/Meat Alternate

Source: MS Cycles USDA D-33

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24 % fat)	8 lb 8 oz.		17 lb.			PULL SUB-RECIPE FOR BROWN GRAVY (1500) 1. Blend all ingredients in mixer for 4 minutes on low speed. DO NOT OVERMIX.
Rolled Oats	12 oz.		1 lb 8 oz.			
Large Eggs		3 eggs		6 eggs		
Water		1 cup		2 cups		
Beef Stock		1 cup		2 cups		
Powdered Nonfat Dry Milk		½ cup		1 cup		
Fresh Onions, Chopped	12 oz.		1 lb 8 oz.			
Parsley Flakes		¼ cup		½ cup		
Black Pepper		1 ½ tsp.		1 Tbsp.		
						2. Portion steaks onto ungreased sheet pans (18"X25"X1") with a #12 scoop (1/3 cup), approximately 25 steaks per pan. Flatten into an oval patty. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans.
						3. Bake until browned: Conventional Oven: 350°F for 25-30 minutes Convection Oven: 300°F for 15-20 minutes *CCP: Heat product to minimum internal temperature 165°F.*
						4. Transfer steaks to steam table pans (12"X20"X2½"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans.
Brown Gravy		½ Gallon		1 Gallon		5. Serve immediately or cover with plastic wrap and place in warmer until ready for service. 6. Portion 1 steak per serving. Serve with 1 oz brown Gravy. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate.

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

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Salisbury Steak with Gravy (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	165		Iron	1.85	Mg	Protein	15.26	G	Percent ⇒	Protein	36.89%
Cholesterol	58	Mg	Calcium	28	Mg	Carbohydrates	7.25	G	Of ⇒	Carbohydrates	17.52%
Sodium	123	Mg	Vitamin A	6	RE	Total Fat	8.01	G	Calories ⇒	Total Fat	43.60%
Dietary Fiber	0.94	G	Vitamin C	0.70	Mg	Saturated Fat	3.01	G	From ⇒	Saturated Fat	16.39%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Meatloaf (160)

(Meatloaf MC160)

Meat/Meat Alternate

Source: North MS Cycles

Ingredients	48 Servings		96 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	9 lb.		18 lb.			1. Combine all ingredients except half of the ketchup. Mix well.
Fresh Onions, Chopped	1 lb.	2 ¼ cups	2 lb.	4 ½ cups		2. Shape into loaves and place in steam table pans (2 loaves per pan, running the length of the pan). Cooking tip: When shaping meat into loaves, wrap in plastic wrap, securing ends by twisting plastic together. This will look like a large sausage. Then wrap in aluminum foil and place in pan to bake. (You will need to bake for about 45 minutes before adding ketchup to top and placing back in oven to reach final temperature.) This method adds flavor and makes for easier pan clean-up.
Eggs	8 oz.	4 eggs	1 lb.	8 eggs		
Bread Crumbs		2 qt.		1 gal.		
Salt	¾ oz.	2 Tbsp.	1 ½ oz.	¼ cup		
Green Peppers, Diced	12 oz.	2 ¼ cups	1 lb 8 oz.	4 ½ cups		
Ketchup		2 qt.		4 qt.		
Black Pepper		1 Tbsp.		2 Tbsp.		
Garlic Powder	1 oz.	3 Tbsp.	2oz.	6Tbsp.		
Dried Parsley Flakes		3 Tbsp.		6Tbsp.		
						3. Bake at 350°F for 25-30 minutes.
Ketchup		2 qt.		4 qt.		4. Remove meatloaf from oven and pour remaining ketchup on meatloaves.
						5. Place back in oven and bake an additional 20-25 minutes. *CCP: Internal temperature of product must register 165°F For 15 second.*
						6. Slice each loaf into 24 servings each. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate Any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 slice provides 2 oz meat/meat alternate.

Yield: 48 servings: 2 loaves
96 servings: 4 loaves

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Meatloaf (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	266		Iron	1.72	Mg	Protein	20.48	G	Percent ⇒	Protein	30.80%
Cholesterol	90	Mg	Calcium	205	Mg	Carbohydrates	14.61	G	Of ⇒	Carbohydrates	21.96%
Sodium	675	Mg	Vitamin A	57*	RE	Total Fat	13.78	G	Calories ⇒	Total Fat	46.64%
Dietary Fiber	0.37	G	Vitamin C	8.51	Mg	Saturated Fat	6.63	G	From ⇒	Saturated Fat	22.44%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Loaded Philly Steak Potato (159)

(Loaded Philly Steak Potato MC159)

Meat/Meat Alternate-Vegetable

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Baking potatoes, 70 count.		50 potatoes. .	. . . . .	100 potatoes. .	. . . . .	1. Potato Baking Instructions: A. Wash potatoes thoroughly. Scrub with vegetable brush. B. **To steam potatoes:** Place in perforated baking pans and steam until done, approximately 1 hour 15 minutes. **To bake potatoes:** Place on baking sheet pan and cover tightly with aluminum foil or lid and bake at 400°F for 1½ hours. C. Serve immediately or cover and place in warmer until ready for service. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Beef Steak, Sliced and Seasoned.	6 lb 8 oz. . .	. . . . .	13 lb.	. . . . .	. . . . .	2. Heat according to package directions.
Green Pepper Strips. . . . . . Red Pepper Strips. . . . . . Fresh Onions, Diced.	1 lb 4 oz. . . . 1 lb 4 oz. . . . 1 lb.	. . . .	2 lb 8 oz. . . . 2 lb 8 oz. . . . 2 lb.	. . . .	. . . .	3. Sauté or steam peppers an d onions until crispy tender. If sautéed, spray surface with vegetable spray.
Mozzarella Cheese, Grated	1 lb 10 oz. .	. . . . .	3 lb 4 oz. . .	. . . . .	. . . . .	4. Portion into 1 ounce portions.
						Serving Philly Steak Potato: 5. Slice potato in half without completely dividing. Place in potato boat. Cover and place in warmer until ready for service. 6. Serve a 2-oz portion of meat using a No. 10 scoop, 2-oz portion of pepper and onion mixture using a No. 16 scoop, and top with 1 oz cheese. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Loaded Philly Steak Potato (Continued)

Serving: 1 loaded potato provides 2 oz meat/meat alternate and 1 cup vegetable.

Yield: 50 servings: 50 potatoes
100 servings: 100 potatoes

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	417		Iron	3.52	Mg	Protein	23.93	G	Percent ⇒	Protein	22.95%
Cholesterol	4	Mg	Calcium	159.56	Mg	Carbohydrates	67.81	G	Of ⇒	Carbohydrates	65.03%
Sodium	507	Mg	Vitamin A	165	RE	Total Fat	7.50	G	Calories ⇒	Total Fat	16.19%
Dietary Fiber	7.17	G	Vitamin C	60.96	Mg	Saturated Fat	2.33	G	From ⇒	Saturated Fat	5.02%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Ground Beef Stroganoff over Rice (142)

(Ground Beef Stroganoff over Rice MC 142)

Meat/Meat Alternate – Grains/Breads **Source: USDA D-24**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more Than 24% fat)	9 lb 4 oz.		18 lb 8 oz.			PULL SUB-RECIPE FOR RICE (130) 1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
All Purpose Flour	4 ½ oz.	1 cup.	9 oz.	2 cups.		2. Sprinkle flour over beef and stir.
Dehydrated Onions **OR** Fresh Onions, Chopped Garlic Powder Parsley Flakes Black or White Pepper	3 oz. **OR** 1 lb 12 oz. 	¾ cup 2 Tbsp **OR** 1 qt ¾ cup. 1 ½ tsp. 1/3 cup. 1 tsp.	6 oz. **OR** 3 lb 8 oz. 	1 ¾ cups. **OR** 2 qt 1½ cups. 1 Tbsp. 2/3 cup. 2 tsp.		3. Add onions, garlic powder, parsley flakes, and pepper. Stir to combine. Cook over low heat for approximately 5 minutes.
Nonfat Dry Milk **OR** Instant Nonfat Dry Milk Beef Base Water	8 oz. **OR** 8 oz. 2 ½ oz. 	1 ¾ cups. **OR** 3 ¼ cups. 2 ¾ qt.	1 lb. **OR** 1 lb. 5 oz. 	3 ½ cups. **OR** 1 qt 2¾ cups. 1 gal 1½qt.		4. Combine dry milk, water, and beef base. Whip until well blended.
Condensed Cream of Mushroom Soup	7 lb 13 oz.	2½ No. 3 cyl.	15 lb 10 oz.	5 No. 3 cyl.		5. Add liquid and undiluted soup to beef mixture. Blend well. Cook until thickened. *CCP: Internal temperature of product must register 160°F for 15 seconds at completion of cooking process.*
						6. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum Temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Cooked Rice		1 gal 2¼ qt.		3 gal 2 cups.		Portion with 6 oz ladle (3/4 cup) over ½ cup (# 8 scoop) cooked rice or noodles.

Serving: ¾ cup (6 oz ladle) provides 2 oz meat/meat alternate.
½ cup (#8 scoop) rice provides 1 grain/bread.

Yield: 50 servings: about 2 ¼ gallons
100 servings: about 4 ½ gallons

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Ground Beef Stroganoff over Rice (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	237		Iron	1.84	Mg	Protein	17.40	G	Percent ⇒	Protein	29.43%
Cholesterol	50	Mg	Calcium	68	Mg	Carbohydrates	13.69	G	Of ⇒	Carbohydrates	23.16%
Sodium	782	Mg	Vitamin A	10	RE	Total Fat	12.09	G	Calories ⇒	Total Fat	46.02%
Dietary Fiber	0.84	G	Vitamin C	2.2	Mg	Saturated Fat	3.11*	G	From ⇒	Saturated Fat	11.84%

Production Notes:
Cooked noodles can be substituted for rice.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Country Fried Steak with Package Gravy (138)

(Country Fried Steak with Package Gravy MC138)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All Purpose Flour.	8 oz.	. . . . .	1 lb.	. . . . .	. . . . .	1. Combine flour, salt and pepper.
Table Salt.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Black Pepper.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Dehydrated Onion Flakes. .	. . . . .	¾ cup.	. . . . .	1 ½ cups.	. . . . .	2. Combine about ½ of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
Raw Ground Beef.	9 lb.	. . . . .	18 lb.	. . . . .	. . . . .	
						3. Place 4 lb 8 oz (2¼ qt) ground beef into each sheet pan (18"X26"X1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. Alternate Instructions: With a #12 scoop, portion steaks onto ungreased sheet pans (18"X26"X1"). Flatten into an oval patty. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. Place pan liner on top of patties. Stack several filled pans on top of each other to flatten patties.
						4. Sprinkle remaining seasoned flour evenly over meat, about ½ cup per pan. Pat into meat.
						5. Cut each pan 5X5 (25 portions per pan).
						6. To Bake: Conventional Oven: 375°F for 15 minutes Convection Oven: 300°F for 10 minutes. *CCP: Heat product to minimum internal temperature of 165°F for 15 seconds.*
						7. Transfer steaks, browned side up, into steam table pans (12"X20"X2½"). For 50 serving, use 1 steam table pan. For 100 servings, use 2 steam table pans. *CCP: Use immediately in recipe preparation or cover and place in warmer until needed in recipe preparation.*
Brown Gravy Mix.	. . . . .	2-1lb package	. . . . .	4-1 lb package	. . . . .	8. Prepare gravy according to package directions.
Water, Hot.	. . . . .	2 gal.	. . . . .	4 gal.	. . . . .	
						9. Pour gravy over steaks, approximately 2 quarts per pan.

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Country Fried Steak with Package Gravy (Continued)

						10. To Bake: Conventional Oven: 375°F for 15 minutes Convection Oven: 300°F for 10 minutes *CCP: Heat product to minimum internal temperature of 165°F for 15 seconds.*
						10. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 steak portion provides 2 oz meat/meat alternate.

Yield: 50 servings: 50 steak patties
100 servings: 100 steak patties

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	223		Iron	1.61	Mg	Protein	17.37	G	Percent ⇒	Protein	31.13%
Cholesterol	48	Mg	Calcium	10.90	Mg	Carbohydrates	13.32	G	Of ⇒	Carbohydrates	23.86%
Sodium	970	Mg	Vitamin A	0	RE	Total Fat	10.70	G	Calories ⇒	Total Fat	43.14%
Dietary Fiber	0.23	G	Vitamin C	0.66	Mg	Saturated Fat	4.52	G	From ⇒	Saturated Fat	18.21%

Production Notes:

Serving Notes:
Serve steak with gravy or on a roll.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Country Fried Steak (136)

(Country Fried Steak MC136)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure	For ___ Servings	Directions
All Purpose Flour Table Salt Black Pepper	8 oz 	 1 Tbsp 1 Tbsp	1 lb 	 2 Tbsp 2 Tbsp		1. Combine flour, salt and pepper.
Dehydrated Onion Flakes Raw Ground Beef	 9 lb	¾ cup 	 18 lb	1 ½ cups 		2. Combine about ½ of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
						3. Place 4 lb 8 oz (2¼ qt) ground beef into each sheet pan (18"X26"X1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. Alternate Instructions: With a #12 scoop, portion steaks onto ungreased sheet pans (18"X26"X1"). Flatten into an oval patty. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. Place pan liner on top of patties. Stack several filled pans on top of each other to flatten patties.
						4. Sprinkle remaining seasoned flour evenly over meat, about ½ cup per pan. Pat into meat.
						5. Cut each pan 5X5 (25 portions per pan).
						6. To Bake: Conventional Oven: 375°F for 15 minutes Convection Oven: 300°F for 10 minutes *CCP: Heat product to minimum internal temperature of 165°F for 15 seconds.*
						7. Transfer steaks, browned side up, into steam table pans (12"X20"X2½"). For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Margarine All Purpose Flour	2 oz 5 oz	 	4 oz 10 oz	 		8. For brown gravy: Melt margarine in stockpot. Blend in flour and cook on medium heat, stirring frequently until golden brown, about 8-10 minutes.
Beef Base Water Onion Powder Black Pepper	 	1 ½ oz 2 qt ½ cup 1 Tbsp ¼ tsp	 	3 oz 1 gal 1 cup 2 Tbsp ½ tsp		9. Slowly stir in beef base, water, onion powder, and pepper. Blend well and bring to a boil. Reduce heat. Simmer, stirring constantly until thickened, 6-8 minutes.

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Country Fried Steak (Continued)

						10. Pour gravy over steaks, approximately 2 quarts per pan.
						11. To Bake: Conventional Oven: 375°F for 15 minutes Convection Oven: 300°F for 10 minutes *CCP: Internal temperature of product must register 165°F for 15 seconds.*
						12. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 steak portion provides 2 oz meat/meat alternate.

Yield: 50 servings: 50 steak patties
100 servings: 100 steak patties

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	168		Iron	1.74	Mg	Protein	14.67	G	Percent ⇒	Protein	34.87%
Cholesterol	48	Mg	Calcium	9.42	Mg	Carbohydrates	6.86	G	Of ⇒	Carbohydrates	16.31%
Sodium	316	Mg	Vitamin A	8	RE	Total Fat	8.67	G	Calories ⇒	Total Fat	46.38%
Dietary Fiber	0.32	G	Vitamin C	0.67	Mg	Saturated Fat	3.21	G	From ⇒	Saturated Fat	17.18%

Production Notes:

Serving Notes:
Serve steak with gravy or on a roll.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Breaded Beef Steak with Gravy (116)

(Breaded Beef Steak with Gravy MC 116)

Meat/Meat Alternate-Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak, Breaded.	3.8 oz. . . .	50 Steaks. . .	3.8 oz. . . .	100 Steaks. . .	. . . . .	1. Cook breaded beef patty according to package directions. Shingle 50 in a full-size 2 ½ inch deep pan. *CCP: Heat product to minimum temperature of 140°F.*
Gravy Mix, Brown.	. . . . .	1 package. . .	. . . . .	2 packages. .	. . . . .	2. Prepare brown gravy according to package directions. Pour 1 gallon over beef patties in pan. Serve immediately or Cover and place in holding warmer until ready for service. 3. Portion 1 patty and 2 oz brown gravy per serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*
Water.	. . . . .	1 gal.	. . . . .	2 gal.	. . . . .	

Serving: 1 beef steak patty with 2 oz gravy provides 2oz of Meat/Meat Alternate and 1 ¼ Grain/Bread.

Yield: 50 servings: 50 beef patties with gravy
100 servings: 100 beef patties with gravy

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	390		Iron	2.10	Mg	Protein	13.73	G	Percent ⇒	Protein	14.07%
Cholesterol	44	Mg	Calcium	13.04	Mg	Carbohydrates	21.51	G	Of ⇒	Carbohydrates	22.05%
Sodium	1233	Mg	Vitamin A	1	RE	Total Fat	26.97	G	Calories ⇒	Total Fat	62.19%
Dietary Fiber	0.44	G	Vitamin C	0.02	Mg	Saturated Fat	9.23	G	From ⇒	Saturated Fat	21.28%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

Beef Tips over Noodles (112)

(Beef Tips over Noodles MC 112)

Meat/Meat Alternate-Grains/Breads-Vegetable **Source: MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Food Release Spray						1. Brown beef in steam-jacketed or other kettle that has been sprayed with food release spray. Stir frequently.
Beef, Cubed	11 lb 4 oz.		22 lb 8 oz.			2. Continue to brown for about 30 minutes or until all moisture has evaporated.
Cajun Seasoning	1 oz.	¼ cup 2 Tbsp	2 oz.	¾ cup.		3. Season the meat with Cajun seasoning. Stir.
Beef base	2 ½ oz.	3 Tbsp 1 tsp	5 oz.	1/3 cup 2 tsp.		4. Mix beef base with water. Add to meat mixture. Simmer for at least 2 hours or until meat is tender. Add water as needed.
Water		2 qt.		1 gal.		
Fresh Onions, Diced	2 lb 8 oz.	1 qt 2 cups.	5 lb.	3 qt.		5. Add all vegetables, stirring to mix. Cook for 20 minutes.
Fresh Green Peppers, Diced	1 lb 8 oz.	1 qt ½ cup.	3 lb.	2 qt 1 cup.		
Black Pepper		1 Tbsp.		2 Tbsp.		6. Add black pepper and Worcestershire sauce.
Worcestershire Sauce	4 oz.	½ cup.	8 oz.	1 cup.		
All-Purpose Flour	4 oz.	1 cup.	8 oz.	2 cup.		7. Make a smooth paste of flour and water. Add to mixture to make gravy. Cook until thickened.
Water		1 qt 2 cups.		3 qt.		8. Place beef mixture in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans; for 100 servings, use 8 steam table pans. *CCP: Heat product to minimum internal temperature of 155°F*
Egg Noodle Pasta	2 lb 8 oz.		5 lb.			9. Cook noodles according to package directions. If noodles are held for a short time, drain, toss with a small amount of oil to prevent sticking, cover, and hold in warmer.
Water, Boiling		4 gal.		8 gal.		10. Place noodles in half-size steam table pans (12"X10"X4").
						11. Serve ½ cup (4 oz spoodle or #8 scoop) beef mixture over ½ cup (4 oz spoodle or #8 scoop) cooked noodles. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 serving provides 2 oz meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 4 half-size steam table pans (beef mixture)
100 servings: 8 half-size steam table pans (beef mixture)

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Beef Tips over Noodles (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	230		Iron	1.81	Mg	Protein	15.49	G	Percent ⇒	Protein	26.90%
Cholesterol	55	Mg	Calcium	17.00	Mg	Carbohydrates	21.18	G	Of ⇒	Carbohydrates	36.77%
Sodium	647	Mg	Vitamin A	5	RE	Total Fat	9.12	G	Calories ⇒	Total Fat	35.62%
Dietary Fiber	1.45	G	Vitamin C	9.47	Mg	Saturated Fat	3.44	G	From ⇒	Saturated Fat	13.42%

Production Notes:
To make beef tips less spicy, reduce the amount of Cajun seasoning in step 3.

Serving Notes:
Garnish with sliced yellow and green banana peppers for color.
May also mix meat and gravy mixture with noodles prior to panning. Serve 10 oz portion.
May be served over rice instead of noodles.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
Rice may be used in place of noodles.

Beef-a-Roni (114)

(Beef-a-Roni MC 114)

Meat/Meat Alternate-Vegetable-Grains/Breads **Source: USDA D-22**

Ingredients	*50* Servings Weight	*50* Servings Measure	*100* Servings Weight	*100* Servings Measure	For ___ Servings	Directions
Water		3 gal.		6 gal.		1. Heat water to rolling boil. Add salt.
Salt		2 2/3 tbsp.	3 ½ oz.	1/3 cup.		
Elbow Macaroni	2 lb 10 oz.	2 qt 1 cup.	5 lb 4 oz.	1 gal 2 cups.		2. Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
Raw Ground Beef (no more than 24% fat)	8 lb 10 oz.		17 lb 4 oz.			3. Brown ground beef and drain in colander. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Dehydrated Onions		½ cup.	3 ½ oz.	1 cup.		4. Add onions to beef and cook for 5 minutes.
OR		OR	OR	OR		
Fresh Onions, Chopped	14 oz.	2 ¼ cups.	1 lb 12 oz.	1 qt ¾ cup.		
Tomato Paste	1 lb 12 oz.	¼ No. 10 can.	3 lb 8 oz.	½ No. 10 can		5. Add tomato paste, tomatoes, beef base, water, pepper, garlic powder, seasonings, and macaroni.
Canned Crushed Tomatoes, with Liquid, Chopped	3 lb 3 oz.	½ No. 10 can.	6 lb 6 oz.	1 No. 10 can.		6. Cook over medium heat, uncovered, until heated through, 5-10 minutes.
Beef Base	¾ oz.		1 ½ oz.			
Water		1 qt 2 cups.		3 qt.		
Black Pepper		1 ½ tsp.		1 Tbsp.		*CCP: Internal temperature of product must register 155°F for 15 seconds at completion of cooking process.*
Garlic Powder		1 Tbsp.		2 Tbsp.		
Seasonings:						
Chili Powder		2 Tbsp.		¼ cup.		
Ground Cumin		1 Tbsp 1½ tsp		3 Tbsp.		
Paprika		1 ½ tsp.		1 Tbsp.		
Onion Powder		1 ½ tsp.		1 Tbsp.		
						7. Pour into serving pans.
Cheddar Cheese, Shredded	14 oz.	1 qt.	1 lb 12 oz.	2 qt.		8. Sprinkle shredded cheese evenly over pans. Place uncovered in warmer to allow cheese to melt before serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
						9. Portion ¾ cup per serving.

Serving: ¾ cup provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 grain/bread.

Yield: 50 servings: about 2 ½ gallons
100 servings: about 5 gallons

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Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	261		Iron	2.95	Mg	Protein	20.04	G	Percent ⇒	Protein	30.70%
Cholesterol	51	Mg	Calcium	82.00	Mg	Carbohydrates	23.46	G	Of ⇒	Carbohydrates	35.94%
Sodium	332	Mg	Vitamin A	94.00	RE	Total Fat	9.84	G	Calories ⇒	Total Fat	33.92%
Dietary Fiber	2.30	G	Vitamin C	11.70	Mg	Saturated Fat	3.91	G	From ⇒	Saturated Fat	13.50%

Production Notes:
Salsa may be used instead of tomato sauce.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
May substitute ½ cup dehydrated onions for 2 ¼ cups of fresh.

Beef Pot Roast (100)

(Beef Pot Roast MC 100)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Roast, Raw.	9 lb 8 oz. . .	. . . . .	19 lb.	. . . . .	. . . . .	1. Season meat with salt and pepper. Place in roasting pan and brown at 450°F for about 30 minutes.
Table Salt.	. . . . .	2 Tbsp. . . .	. . . . .	4 Tbsp.	. . . . .	
Black Pepper.	. . . . .	1 Tsp.	. . . . .	2 Tsp.	. . . . .	
Water.	. . . . .	2 qt.	. . . . .	1 gal.	. . . . .	2. When meat browned, add water. Reduce heat 300°F. Cover and cook slowly until tender. (3 hours) Add additional water as necessary.
Fresh Onions.	1 lb.	. . . . .	2 lb.	. . . . .	. . . . .	3. Quarter onions and place in pan after cooking for 2 ½ hours.
						4. When meat is done, remove from pan. Let stand ½ hour before slicing.
						Note: May be cooked in steam-jacketed kettle or braising pan.
						CCP: Internal temperature must register 145°F for 15 seconds at completion of cooking process.
						5. Slice meat. Serve 2-ounce portion of beef.
						CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.

Serving: 2-oz. serving provides 2-oz. meat/meat alternate.

Yield: 50 servings: 50 3-oz. servings
100 servings: 100 3-oz. servings

Beef Pot Roast (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	281		Iron	2.25	Mg	Protein	22.05	G	Percent ⇒	Protein	31.43%
Cholesterol	76	Mg	Calcium	11.40	Mg	Carbohydrates	0.75	G	Of ⇒	Carbohydrates	1.09%
Sodium	337	Mg	Vitamin A	0	RE	Total Fat	20.37	G	Calories ⇒	Total Fat	65.32%
Dietary Fiber	0.16	G	Vitamin C	0.54	Mg	Saturated Fat	8.08	G	From ⇒	Saturated Fat	25.92%

Production Notes:
According to the Food Buying Guide, about 9 ½ lb. of raw rump, boneless meat will yield 50 2-oz. servings. If using another cut of meat, check with the Food Buying Guide for the quantity to prepare.

Serving Notes:
Brown gravy may be served with the roast. Add as a separate food item to nutrient analysis.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Beef Ravioli (102)

(Beef Ravioli MC102)

Meat/Meat Alternate-Vegetable-Grain/Bread **Source: MS Cycles II**

Ingredients	*24* Servings		*48* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Ravioli.	. . . . .	2 No. 10 cans	. . . . .	4 No. 10 cans	. . . . .	1. Open cans. Pour 2 No. 10 cans into full-size 2" steam table pan.
Cheddar Cheese, Shredded	. . . . .	2 cups.	. . . . .	1 qt.	. . . . .	2. Sprinkle 2 cups shredded cheddar cheese in each pan over ravioli.
						3. Bake at 325°F until desired temperature is reached, approximately 20 minutes. *CCP: Heat product to minimum internal temperature of 140°F. Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 cup provides 2 oz meat/meat alternate, ¼ cup vegetable, and 1 grain/bread.

Yield: 24 servings: 3 1/8 gallons
48 servings: 6 ½ gallons

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	294		Iron	2.76	Mg	Protein	16.84	G	Percent ⇒	Protein	22.88%
Cholesterol	30	Mg	Calcium	55.50	Mg	Carbohydrates	33.24	G	Of ⇒	Carbohydrates	45.17%
Sodium	820	Mg	Vitamin A	106	RE	Total Fat	9.77	G	Calories ⇒	Total Fat	29.85%
Dietary Fiber	3.01	G	Vitamin C	1.20	Mg	Saturated Fat	3.84	G	From ⇒	Saturated Fat	11.73%

Production Notes:

Serving Notes:

Purchasing Guide:
Product must have CN label.

Miscellaneous Notes:

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

Lasagna (154)

(Lasagna MC154)

Meat/Meat Alternate-Vegetable-Grains/Breads

Source: MS Cycles Revised

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat).	9 lb.	. . . . .	18 lb.	. . . . .	. . . . .	1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking. Add onions. Cook for 5 minutes.
Dehydrated Onions.	6 oz.	1 ¾ cups. . .	12 oz.	3 ½ cups. . . .	. . . . .	
OR	**OR**	**OR**	**OR**	**OR**		
Fresh Onions, Chopped. . .	3 lb.	2 qt.	6 lb.	1 gal.	. . . . .	
Canned Tomatoes, with Liquid, Chopped.	4 lb 4 oz. . .	2/3 No. 10 can	8 lb 8oz. . .	1 1/3 #10 cans	. . . . .	2. Add canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
Tomato Paste.	1 lb 12 oz. .	¼ No. 10 can	3 lb 8 oz. . .	½ No. 10 can	. . . . .	
Water.	. . . . .	3 qt.	. . . . .	1 gal 2 qt. . . .	. . . . .	
Spaghetti Seasoning Mix. .	. . . . .	1 box.	. . . . .	2 boxes. . . .	. . . . .	
Lasagna Noodles, Uncooked	2 lb 2 oz. . .	. . . . .	4 lb 4 oz. . .	. . . . .	. . . . .	3. Assemble ingredients as follows: For 50 servings, use 2 steam table pans (12"X20"X2½"). For 100 servings, use 4 steam table pans (12"X20"X2½"). 1st layer: 1 qt ½ cup meat sauce 2nd layer: 10 uncooked noodles, lengthwise 3rd layer: 1 qt ½ cup meat sauce 4th layer: 16 ½ oz mozzarella cheese (4 ¼ cups) 5th layer: 10 uncooked noodle, crosswise 6th layer: 1 qt ¾ cup meat sauce 7th layer: 15 oz mozzarella cheese (3 ¾ cups)
Mozzarella Cheese, Shredded.	3 lb.	2 qt 3 cups. .	6 lb.	1 gal 1½ qt. . .	. . . . .	
						4. Tightly cover pans with aluminum foil.
						5. To bake: Conventional Oven: 350°F for 1 ¼-1 ½ hours Convection Oven: 325°F for 45 minutes *CCP: Internal temperature must register 165°F for 15 seconds at completion of cooking process.*
						6. Remove pans from oven. Loosen aluminum foil allowing steam to escape, but do not uncover. Let stand for 15 minutes before serving. 7. Cut each pan 5X5 (25 pieces per pan).

Serving: 1 piece provides 2 oz meat/meat alternate, 3/8 cup vegetable, and ¾ grains/breads.

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

(Continued on Back)

Lasagna (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	334		Iron	2.46	Mg	Protein	25.65	G	Percent ⇒	Protein	30.69%
Cholesterol	79*	Mg	Calcium	215.95	Mg	Carbohydrates	24.06	G	Of ⇒	Carbohydrates	28.80%
Sodium	1313	Mg	Vitamin A	130	RE	Total Fat	13.26	G	Calories ⇒	Total Fat	35.71%
Dietary Fiber	2.07*	G	Vitamin C	11.97	Mg	Saturated Fat	6.07	G	From ⇒	Saturated Fat	16.34%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

John Wayne Casserole (150)

(John Wayne Casserole MC150)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	60 Servings Weight	60 Servings Measure	120 Servings Weight	120 Servings Measure	For ___ Servings	Directions
Raw Ground Beef Taco Seasoning Water	10 lb 8 oz. 1 lb. 	 3 qt 2 cups.	21 lb. 2 lb. 	 1 ¾ gal.		1. Cook and drain ground beef. Combine taco seasoning and water and add to ground beef mixture. Simmer for 10 minutes. Keep warm to combine with other ingredients. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Sour Cream American Cheddar Cheese Mayonnaise Fresh Onions, Diced	 1 lb 12 oz. 	1 qt 3 cups. 1 qt 1 ½ cups 1 ¾ cups.	 3 ½ lb. 	3 ½ qt. 2 ¾ qt. 3 ½ cups.		2. Combine sour cream, cheese for filling, mayonnaise, and onion. Set aside.
Bakery Flour Mix Water	4 lb. 	 1 qt.	8 lb. 	 2 qt.		3. Stir biscuit mix and water to form a soft dough. Pat dough in the bottom and a half inch of sides of 2 ½"X12"X20" pan sprayed with vegetable spray.
Fresh Tomatoes, Sliced Green Peppers Jalapeño Peppers, Nacho Sliced American Cheddar Cheese, Shredded	 1 lb 2 oz. 1 lb 6 oz.	1 cup. ¼ gal. 	 2 ¼ lb. 2 ¾ lb.	2 cups. ½ gal. 		4. On top of biscuit mix, evenly distribute ingredients as follows: 1) 5½ cups of ground beef mixture 2) 40 slices tomatoes 3) 1¼ cup green peppers 4) ½ cup drained jalapeños 5) 6 cups of sour cream mixture 6) 2 cups shredded cheese
						5. Bake in 325°F convection oven for 30-45 minutes or until edges of dough are lightly brown. Portion size: cut pan 4X6 for 24 servings *CCP: Heat product to minimum internal temperature of 165°F or according to package directions.* *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 serving provides 2 oz meat/meat alternate and 1 grain/bread.

Yield: 60 servings: 2 ½ steam table pans
120 servings: 5 steam table pans

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John Wayne Casserole (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	589		Iron	2.59	Mg	Protein	22.54	G	Percent ⇒	Protein	15.31%
Cholesterol	95*	Mg	Calcium	259.56	Mg	Carbohydrates	27.25	G	Of ⇒	Carbohydrates	18.51%
Sodium	1330	Mg	Vitamin A	143	RE	Total Fat	41.88	G	Calories ⇒	Total Fat	64.01%
Dietary Fiber	0.87*	G	Vitamin C	8.74	Mg	Saturated Fat	14.34*	G	From ⇒	Saturated Fat	21.92%

Production Notes:
Do not substitute canned tomatoes for fresh sliced tomatoes.

For elementary grades, you may want to eliminate the jalapeño peppers.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Italian Rotini Casserole (148)

(Italian Rotini Casserole MC148)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		4 gal.		8 gal.		1. Heat water to rolling boil. Add salt.
Table Salt		1/4 cup.		½ cup.		2. Slowly add rotini. Stir constantly until water boils again. Cook for approximately 8 minutes or until tender, stirring occasionally. Do not overcook. Drain well. Set aside for Step 4.
Spiral Pasta	4 lb 8 oz.		9 lb.			
Raw Ground Beef (no more than 24% fat)	8 lb 10 oz.		17 lb 4 oz.			3. Brown ground beef. Drain. Add onions and cook for 5 minutes.
Fresh Onions, Diced	1 lb 3¼ oz.		2 lb 6 3/8 oz			
Canned Tomato Paste		1/4 No. 10 can		½ No. 10 can		4. Add tomato paste, tomatoes, stock or water, pepper, garlic powder, seasoning mix and rotini to meat mixture. Combine and cook over medium heat, uncovered, until heated through, 5-10 minutes.
Tomatoes, Diced	3 lb 2 7/8 oz.		6 lb 6 oz.			
Beef Stock		1 qt 2 cups.		3 qt.		
Black Pepper		½ Tbsp.		1 Tbsp.		
Garlic Powder		1 Tbsp.		2 Tbsp.		
Italian Seasoning	1 1/3 oz.		2 5/8 oz.			
American Cheese, Grated	1 lb.		2 lb.			
						5. Pour into serving pans. Portion about 7 ½ quarts per 4" deep full-size steam table pan.
						6. Sprinkle shredded cheese (if used) evenly over pans. Bake at 350°F for 15 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
						7. Portion ¾ cup per serving using a 6 oz spoodle. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 serving provides 2 oz. meat/meat alternate and 1 serving grains/ breads

Yield: 50 servings: about 2 1/3 gallons
100 servings: about 4 2/3 gallons

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Italian Rotini Casserole (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	329		Iron	2.88	Mg	Protein	21.63	G	Percent ⇒	Protein	26.26%
Cholesterol	54	Mg	Calcium	78.62	Mg	Carbohydrates	34.04	G	Of ⇒	Carbohydrates	41.33%
Sodium	1032	Mg	Vitamin A	167	RE	Total Fat	11.77	G	Calories ⇒	Total Fat	32.15%
Dietary Fiber	2.61	G	Vitamin C	10.46	Mg	Saturated Fat	5.09	G	From ⇒	Saturated Fat	13.89%

Production Notes:
Do not overcook rotini. This increases the volume.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Beef Taco with Crispy Shell (106)

(Beef Taco w/ Crispy Shell MC106)

Meat/Meat Alternate-Vegetable-Grains/Breads **Source: MS Cycles II, USDA-13**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef.	8 lb 8 oz. . .	. . . . .	17 lb.	. . . . .	. . . . .	1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Dehydrated Onions.	1 oz.	¼ cup 2 tsp. .	2 oz.	½ cup 1 Tbsp	. . . . .	2. Add onion, water, and taco seasoning mix. Blend well. Bring to a boil.
OR	**OR**	**OR**	**OR**	**OR**		
Fresh Onions, Chopped. . .	5 oz.	3/4cup 2 Tbsp	10 oz.	1 2/3 cups. . .	. . . . .	3. Reduce heat and simmer according to package directions. Pour ground beef mixture into serving pans and serve immediately, or cover and place in warmer until ready for service.
Water.	. . . . .	1 qt.	. . . . .	2 qt.	. . . . .	
Taco Seasoning Mix.	11 oz.	. . . . .	1 lb 6 oz. . .	. . . . .	. . . . .	*CCP: Heat product to a minimum internal temperature of 165°F for 15 seconds.*
American Cheese, Shredded	1 lb 9 oz. . .	3 ½ cups. . .	3 lb 2 oz. . .	1 qt 3 cups. . .	. . . . .	4. For topping:
Mozzarella Cheese, Shredded.	1 lb 9 oz. . .	3 cups.	3 lb 2 oz. . .	1 qt 2 cups. . .	. . . . .	A. Combine tomatoes and lettuce, toss lightly, and portion 4 oz in container.
Fresh Tomatoes, Chopped	1 lb 4 oz. . .	3 cups.	2 lb 8 oz. . .	1 qt 2 ¼ cups	. . . . .	B. Combine cheeses and portion 1 oz of cheese in portion container.
Lettuce, Shredded.	2 lb 2 oz. . .	1 gal 1 cup. .	4 lb 4 oz. . .	2 gal.	. . . . .	C. Portion 1 oz of salsa in portion container.
Salsa, Medium, Pace. . . .	. . . . .	½ gal.	. . . . .	. . . . .	. . . . .	D. Refrigerate for service.
Taco Shells, Crunchy. . . .	. . . . .	50 shells. . .	. . . . .	100 shells. . .	. . . . .	5. Taco Assembly:
						A. Warm taco shells according to package directions. Before serving or on serving line, fill each taco shell with #10 meat mixture.
						B. Serve proportioned lettuce and tomato mixture, salsa, and cheese on the side with meat-filled taco shells. Instruct students to "build" their own tacos.
						CCP: Hold and maintain product at a minimum internal temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers.
						6. Portion 1 taco with trimmings per serving.

Serving: 1 crispy taco provides 2 oz meat/meat alternate, 1 grain/bread, and ½ cup vegetable.

Yield: 50 servings: 50 tacos
100 servings: 100 tacos

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Beef Taco with Crispy Shell (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	347		Iron	2.14	Mg	Protein	21.34	G	Percent ⇒	**Protein**	**24.62%**
Cholesterol	65	Mg	Calcium	184.28*	Mg	Carbohydrates	21.44	G	Of ⇒	**Carbohydrates**	**24.73%**
Sodium	908	Mg	Vitamin A	139	RE	Total Fat	18.78	G	Calories ⇒	**Total Fat**	**48.73%**
Dietary Fiber	1.45	G	Vitamin C	3.10	Mg	Saturated Fat	7.34	G	From ⇒	**Saturated Fat**	**19.05%**

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Beef Taco with Soft Shell (108)

(Beef Taco w/ Soft Shell MC 108)

Meat/Meat Alternate-Vegetable-Grains/Breads **Source: NMS Cycles, USDA D-13**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef.	8 lb 8 oz. .	. . . . .	17 lb.....	. . . . .	. . . . .	1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Dehydrated Onions.	1 oz.	¼ cup 2 tsp. .	2 oz.	½ cup 1 Tbsp	. . . . .	2. Add onion, water, and taco seasoning mix. Blend well. Bring to a boil.
OR	**OR**	**OR**	**OR**	**OR**	. . . . .	
Fresh Onions, Chopped. . .	5 oz.	¾ cup 2 Tbsp.	10 oz.	1 2/3 cups. . .	. . . . .	3. Reduce heat and simmer according to package directions. Pour ground beef mixture into serving pans and serve immediately, or cover and place in warmer until ready for service.
Water.	. . . . .	1 qt.	. . . . .	2 qt.	. . . . .	
Taco Seasoning Mix.	11 oz.	. . . . .	1 lb 6 oz. . .	. . . . .	. . . . .	
						CCP: Heat product to a minimum internal temperature of 155°F or according to package directions.
American Cheese, Shredded	1 lb 9 oz. . .	1 qt 3 cups. .	3 lb 4 oz. . .	3 qt 2 cups. . .	. . . . .	4. For topping:
Mozzarella Cheese, Shredded.	1 lb 9 oz. . .	1 qt 3 cups. .	3 lb 4 oz. . .	3 qt 2 cups. . .	. . . . .	A. Combine tomatoes and lettuce, toss lightly, and portion 4 oz in container.
Fresh Tomatoes, Chopped	1 lb 4 oz. . .	3 cups.	2 lb 8 oz. . .	1 qt 2¼ cups. .	. . . . .	B. Combine cheeses and portion 1 oz of cheese in portion container.
Lettuce, Shredded.	2 lb 2 oz. . .	1 gal 1 cup. .	4 lb 4 oz. . .	2 gal.	. . . . .	C. Portion 1 oz of salsa in portion container.
						D. Refrigerate for service.
8" Flour Tortillas.	. . . . .	50 each. . . .	. . . . .	100 each. . . .	. . . . .	5. Taco Assembly:
						A. Warm taco shells according to package directions. Before serving or on serving line, fill each taco shell with #10 scoop meat mixture.
						B. Serve proportioned lettuce and tomato mixture, salsa, and cheese on the side with meat-filled tortillas. Instruct students to "build" their own tacos.
						CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.
						6. Portion 1 taco per trimmings per serving.

Serving: 1 soft taco provides 2 oz meat/meat alternate, 1 grain/bread, and ¼ cup vegetable.

Yield: 50 servings: 50 tacos
100 servings: 100 tacos

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Beef Taco with Soft Shell (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	362		Iron	2.32	Mg	Protein	23.84	G	Percent ⇒	Protein	26.36%
Cholesterol	65	Mg	Calcium	214.28	Mg	Carbohydrates	27.94	G	Of ⇒	Carbohydrates	30.89%
Sodium	1043	Mg	Vitamin A	139	RE	Total Fat	16.78	G	Calories ⇒	Total Fat	41.73%
Dietary Fiber	1.45	G	Vitamin C	3.10	Mg	Saturated Fat	7.84	G	From ⇒	Saturated Fat	19.50%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Beef Tamale Pie (110)

(Beef Tamale Pie MC 110)

Meat/Meat Alternate-Vegetable-Grains/Bread **Source: USDA D-15**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	6 lb 7 oz.		12 lb 14 oz.			1. Brown ground beef and drain in colander. Press draining beef to remove excess fat. After draining ground beef, return to pan to continue cooking.
Dehydrated Onions		½ cup	3 ½ oz.	1 cup		2. Add onions, garlic powder, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to a boil. Reduce heat and simmer for 20-25 minutes. (Ground beef mixture may be prepared ahead and refrigerated overnight. In step 7, bake an additional 10 minutes in conventional or convection oven.)
OR		OR	OR	OR		
Fresh Onions, Chopped	14 oz.	2 ¼ cups	1 lb 12 oz.	1 qt ¾ cup		
Garlic Powder		2 Tbsp.		¼ cup		
Black Pepper		1 ½ tsp.		1 Tbsp.		
Tomato Paste	1 lb 12 oz.	¼ No. 10 can.	3 lb 8 oz.	½ No. 10 can.		
Canned Tomatoes, with Liquid, Diced	3lb 3 oz.	½ No. 10 can.	6 lb 6 oz.	1 No. 10 can.		
Water		1 qt 1 cup.		2 qt 2 cups.		
Seasonings:						
Chili		¼ cup.		½ cup.		
Ground Cumin		3 Tbsp.		¼ cup 2 Tbsp.		
Paprika		1 Tbsp.		2Tbsp.		
Onion Powder		1 Tbsp.		2 Tbsp.		
						3. Pour 5 lb 8 oz (2 ½ qt) mixture into each steam table pan (12" X 20" X 2 ½"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. Set aside for step 6. *CCP: Use beef mixture immediately in recipe preparation or cover and place under refrigeration (41 degrees F or lower) until needed for recipe preparation.*
All-Purpose Flour	1 lb.	3 ½ cups.	2 lb.	1 qt 3 ¼ cups.		4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt for 1 minute in mixer on low speed.
Cornmeal	1 lb.	3 cups.	2 lb.	1 qt 2 cups.		
Granulated Sugar	3 ½ oz.	½ cups.	7 oz.	1 cup.		
Baking Powder		2 Tbsp 2 tsp.	2 oz.	¼ cup 1 Tbsp.		
Salt		¾ tsp.		1 ½ tsp.		
Large Eggs	6 oz.	3 each.	11 oz.	6 each.		5. Mix eggs, milk and oil. Add to dry ingredients. Blend on medium speed only until dry ingredients are moistened, 2-3 minutes. Batter will be lumpy.
Low-Fat Milk		3 ¾ cups.		1 qt 3 ½ cups.		
Soybean Oil		½ cup.		1 cup.		

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Beef Tamale Pie (Continued)

						6. Pour 2 lb 5 oz (1qt ½ cup) batter over meat mixture in each pan and spread into corners of pan.
						7. Bake until lightly browned: Conventional oven: 400°F, 30-35 minutes Convection oven: 350°F, 25-30 minutes *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
American Cheese, Shredded	1 lb 10 oz. .	1 qt 3 ½ cups	3 lb 4 oz. . .	3 qt 3cups. . .	. . . . .	8. Sprinkle 13 oz (3 ¾ cups) cheese over cornbread in each pan.
						9. Cut each pan 5X5 (25 portions per pan) and serve. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be cover, labeled, and dated.*
						10. If desired, serve with taco sauce.

Serving: 1 portion provides the equivalent of 2 oz meat/meat alternate, 3/8 cup vegetable and 1 grain/bread.

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	281		Iron	2.86	Mg	Protein	16.92	G	Percent ⇒	Protein	24.02%
Cholesterol	61	Mg	Calcium	174.40	Mg	Carbohydrates	22.91	G	Of ⇒	Carbohydrates	32.52%
Sodium	524	Mg	Vitamin A	188.00	RE	Total Fat	13.56	G	Calories ⇒	Total Fat	43.31%
Dietary Fiber	2.37	G	Vitamin C	11.01	Mg	Saturated Fat	5.97	G	From ⇒	Saturated Fat	19.08%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Taco Pie (184)

(Taco Pie MC184)

Meat/Meat Alternate-Vegetable-Grain/Bread **Source: MS Cycles USDA D-45**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef	5 lb 14 oz.		11 lb 12 oz.			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking. 2. Sprinkle taco seasoning mix over cooked beef. 3. Add water and allow to simmer for 15 minutes.
Taco Seasoning Mix		½ container.		1 container.		
Water		2 ½ cups.		1 qt 1 cup.		
Salsa	2 lb.	3 ½ cups.	4 lb.	1 qt 3 cups.		4. In a bowl, combine salsa, tomato paste, water, and taco seasoning mix. 5. Cut tortillas in halves. 6. Coat bottom of pan with food release spray. Into 12"X20"X2½" steam table pan, lay 16 half tortillas to form the bottom layer.
Canned Tomato Paste	2 lb.	1 qt.	4 lb.	2 qt.		
Water		1 qt.		2 qt.		
Taco Seasoning Mix		½ container.		1 container.		
8" Flour Tortillas		40 tortillas.		80 tortillas.		
American Cheese, Grated	2 lb.		4 lb.			7. On top of the tortillas, distribute 1 lb 3 oz (3½ cup) of the meat mixture. Next spread 2 cups of the taco sauce over the meat mixture and sprinkle 1½ cups of the grated cheese over the taco sauce. 8. For the middle layer, lay 12 half tortillas on top of the taco sauce. Repeat step. For the top layer, lay 12 half tortillas on top of the taco sauce. Spread 2 cups of taco sauce on top. Sprinkle 1 cup of grated cheese evenly over the taco sauce.
						9. To Bake: Conventional Oven: 350°F for 30 minutes (covered) Convection Oven: 325°F for 20 minutes (covered) *CCP: Internal temperature of product must register 165°F for 15 seconds.*
						10. Let pie rest for 5 minutes before portioning. Cut each pan 5X5 (25 pieces). Serve immediately or cover and place in warmer 11. Portion 1 square per serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate, ¼ cup vegetable, and ¾ grain/bread.

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

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Taco Pie (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	288		Iron	2.42	Mg	Protein	16.76	G	Percent ⇒	Protein	23.25%
Cholesterol	48	Mg	Calcium	147.74	Mg	Carbohydrates	23.78	G	Of ⇒	Carbohydrates	33.00%
Sodium	1130	Mg	Vitamin A	107	RE	Total Fat	12.78	G	Calories ⇒	Total Fat	39.90%
Dietary Fiber	1.80*	G	Vitamin C	8.42	Mg	Saturated Fat	5.95	G	From ⇒	Saturated Fat	18.57%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Nachos Grande (168)

(Nachos Grande MC168)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles USDA D-28

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	10 lb.		20 lb.			1. Brown ground beef and drain. Press draining beef to remove excess fat. 2. Add taco seasoning mix and water. Cook according to package directions. 3. Set cooked ground beef aside for Step 6. *CCP: Internal temperature of product must register 160°F for 15 seconds at completion of cooking process.* *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Taco Seasoning Mix		1 package		2 packages		
Water		1 ½ qt.		3qt.		
Trio Cheese Sauce Mix		1 package		2 packages		4. Prepare cheese sauce according to package directions.
Canned Jalapeño Peppers	2 oz.	¼ cup	4 oz.	½ cup		5. Add jalapeño peppers to cheese mixture and stir.
Tortilla Chips	4 lb 12 oz.		9 lb 8 oz.			6. To maintain best consistency, serve immediately or place in warmer until ready for service. Portion 2 oz (1/4 cup) of meat and 3 oz cheese sauce over 1½ oz tortilla chips (approximately 14-16 chips). *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Lettuce, Shredded	2 lb 8 oz.	1 gal 1 qt.	5 lb.			7. Chop tomatoes. Combine with lettuce. 8. Using a #16 scoop (1/4 cup), add lettuce and tomato to side of chips and beef mixture.
Tomatoes, Diced	1 lb 8 oz.		3 lb.			

Serving: 1 serving provides 2 oz meat/meat alternate and 1 ½ grains/breads.

Yield: 50 servings: about 1 1/8 gallons
100 servings: about 2 ¼ gallons

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Nachos Grande (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	417		Iron	2.39	Mg	Protein	19.15	G	Percent ⇒	Protein	16.25%
Cholesterol	61*	Mg	Calcium	80	Mg	Carbohydrates	42.53	G	Of ⇒	Carbohydrates	36.11%
Sodium	840	Mg	Vitamin A	66*	RE	Total Fat	24.80	G	Calories ⇒	Total Fat	47.37%
Dietary Fiber	0.77	G	Vitamin C	3.48*	Mg	Saturated Fat	7.97*	G	From ⇒	Saturated Fat	15.22%

Production Notes:
For spicier cheese sauce add the following:
½ #10 can salsa per 2 packages of cheese sauce mix (100 servings) or
½ cup chopped jalapeños per 2 packages of cheese sauce mix (100 servings).

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Mexican Burrito, Purchased (166)

(Mexican Burrito, Purchased MC166)

Meat/Meat Alternate

Source: MS Cycles

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen Beef & Bean Burrito	. . . . .	50 burritos. .	. . . . .	100 burritos. .	. . . . .	1. Place burritos on a sheet pan that has been coated with food release spray. 2. Bake according to package directions. (Prepare in batches to maintain quality.) *CCP: Internal temperature must register 140°F for 15 seconds at completion of cooking process.*
American Cheese, Grated. .	1 lb 9 oz. . .	1 qt 2¼ cups	3 lb 2 oz. . .	3 qt ½ cup. . .	. . . . .	3. Sprinkle cheese over burritos just before serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*
Salsa.	. . . . .	½ gal.	. . . . .	1 gal.	. . . . .	4. Portion 1 burrito per serving. Portion salsa in 1 oz portion cups for students to select.

Serving: 1 burrito provides 2 oz meat/meat alternate.

Yield: 50 servings: 50 burritos
100 servings: 100 burritos

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	425		Iron	3.78	Mg	Protein	17.70	G	Percent ⇒	Protein	16.67%
Cholesterol	28	Mg	Calcium	180*	Mg	Carbohydrates	52.37	G	Of ⇒	Carbohydrates	49.34%
Sodium	1184	Mg	Vitamin A	160	RE	Total Fat	16.05	G	Calories ⇒	Total Fat	34.02%
Dietary Fiber	8.40	G	Vitamin C	2.50	Mg	Saturated Fat	6.15	G	From ⇒	Saturated Fat	13.03%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Mexican Burrito (164)

(Mexican Burrito MC164)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat).	6 lb 8 oz. . .	. . . . .	13 lb.	. . . . .	. . . . .	1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Taco Seasoning Mix. . . . . Canned Black Beans. . . . Salsa.	. . . . . . 4 lb 13 oz. . 1 lb 4 oz. . .	4 ½ oz. . . . ¾ No. 10 can 2 ½ cups. . .	. . . . . . 10 lb. . . . . 2 lb 8 oz. . .	9 oz. . . . . 1½ No. 10 cans 1 qt 1 cup. . .	. . . .	2. Add taco seasoning, beans, and salsa. Blend well.
8" Flour Tortillas.	. . . . .	50 tortillas. . .	. . . . .	100 tortillas. .	. . . . .	3. Portion meat mixture with #12 scoop onto each 8" tortilla. 4. Fold tortilla around meat envelope style. (Fold the bottom up 1/3 way to top, then fold sides one over the other.)
						5. Place folded burritos (seam side down) 5 down and 10 across on sheet pan (18"X26"X1") that has been coated with food release spray. For 50 servings (50 burritos), use 1 sheet pan. For 100 servings (100 burritos), use 2 sheet pans.
						6. Cover tightly with heavy duty film wrap and bake: Conventional Oven: 325°fF for 10-15 minutes Convection Oven: 325°F for 10 minutes *CCP: Internal temperature of product must register 165°F for 15 seconds.*
American Cheese, Grated. . Salsa.	1 lb 12 oz. . 1 lb 4 oz. . .	1 qt 3 cups. . 2 ½ cups. . .	3 lb 8 oz. . . 2 lb 8 oz. . .	3 qt 2 cups. . . 1 qt 1 cup. . .	. . . .	7. Sprinkle burritos with cheese just before serving and serve salsa on the side.
						8. Portion 1 burrito per serving. Portion salsa in 1 oz portion cups for students to select. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 burrito provides 2 oz meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 50 burritos
100 servings: 100 burritos

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Mexican Burrito (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	324		Iron	3.25	Mg	Protein	19.93	G	Percent ⇒	Protein	24.61%
Cholesterol	48	Mg	Calcium	136	Mg	Carbohydrates	30.78	G	Of ⇒	Carbohydrates	38.01%
Sodium	767	Mg	Vitamin A	67	RE	Total Fat	13.22	G	Calories ⇒	Total Fat	36.74%
Dietary Fiber	3.24	G	Vitamin C	2.10	Mg	Saturated Fat	6.07	G	From ⇒	Saturated Fat	16.86%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Mexican Beef Pie (162)

(Mexican Beef Pie MC162)

Meat/Meat Alternate-Vegetable

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef.	8 lb 12 oz. .	. . . . .	17 lb.	. . . . .	. . . . .	1. Brown ground beef and drain. Press draining beef to remove excess fat.
Fresh onions, Diced.	8oz.	. . . . .	1lb.	. . . . .	. . . . .	2. Add diced onions to ground beef and sauté for 5 minutes or until onions are translucent. Stir mixture.
Taco Seasoning Mix.	. . . . .	1 package. . .	. . . . .	2 packages. .	. . . . .	3. Add taco seasoning mix, water (if necessary) and cook for 15 minutes.
Water.	. . . . .	2 cups.	. . . . .	1 qt.	. . . . .	
						4. Portion 2 quarts of ground beef mixture into each steam table pan (12"X20"X2½ ").
Water, Boiling.	. . . . .	1 gal 2 cups. .	. . . . .	2 gal 1 qt. . . .	. . . . .	5. Place boiling water in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle for 1 minute or until well blended.
Margarine.	6 oz.	. . . . .	12 oz.	. . . . .	. . . . .	
Instant Potatoes.	2 lb.	. . . . .	4 lb.	. . . . .	. . . . .	
Table Salt.	. . . . .	2½ tsp. . . .	. . . . .	1 Tbsp 2 tsp. .	. . . . .	6. Spread 3 qt (6 lb 5 oz) of mashed potatoes over the ground beef mixture in each steam table pan. Spray top of potatoes lightly with vegetable oil.
American Cheese, Grated. .	1 lb 4 oz. . .	. . . . .	2 lb 8oz. . .	. . . . .	. . . . .	7. Top with 2½ cups grated cheese per pan.
						8. Bake until cheese melts. Cover with plastic wrap and place in warmer. Conventional Oven: 375°F for 25 minutes Convection Oven: 350°F for 15 minutes *CCP: Internal temperature of product must register 165°F For 15 seconds at completion of cooking process.*
						9. Cut each pan 5X5 (25 servings per pan). Serve immediately or cover and place in warmer until ready for service. Serve with a spatula. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 piece provides 2 oz meat/meat alternate and ¾ cup vegetable.

Yield: 50 servings: 26 lb 6 oz
100 servings: 52 lb 12 oz

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Mexican Beef Pie (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	278		Iron	1.55	Mg	Protein	17.15	G	Percent ⇒	Protein	24.67%
Cholesterol	56	Mg	Calcium	67	Mg	Carbohydrates	18.14	G	Of ⇒	Carbohydrates	26.10%
Sodium	665	Mg	Vitamin A	98	RE	Total Fat	14.34	G	Calories ⇒	Total Fat	46.41%
Dietary Fiber	1.38	G	Vitamin C	3.40	Mg	Saturated Fat	5.92	G	From ⇒	Saturated Fat	19.16%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
May substitute 2 oz dehydrated onions for 1 lb of fresh diced onions.

Loaded Nacho Potato (158)

(Loaded Nacho Potato MC158)

Meat/Meat Alternate-Vegetable

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Baking potatoes.	. . . . .	50 potatoes. .	. . . . .	100 potatoes. .	. . . . .	1. Potato Baking Instructions: A. Wash potatoes thoroughly. Scrub with vegetable brush. B. **To steam potatoes:** Place in perforated baking pans and steam until done, approximately 1 hour 15 minutes. **To bake potatoes:** Place on baking sheet pan and cover tightly with aluminum foil or lid and bake at 400°F for 1½ hours. C. Serve immediately or cover and place in warmer until ready for service. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Raw Ground Beef (no more than 24% fat).	9 lb.	. . . . .	18 lb.	. . . . .	. . . . .	2. Brown ground beef and drain. Press draining beef to remove excess fat.
Taco Seasoning Mix.	. . . . .	1 packet. . . .	. . . . .	2 packets. . .	. . . . .	3. Add taco seasoning mix and water. Continue cooking.
Water.	. . . . .	1 ½ qt.	. . . . .	3 qt.	. . . . .	*CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Cheese Sauce.	32 oz.	1 package. . .	64 oz.	2 packages. .	. . . . .	4. Prepare cheese sauce according to package directions.
Canned Green Chili Peppers	2 oz.	¼ cup.	4 oz.	½ cup.	. . . . .	5. Add green chili peppers to cheese mixture and stir.
						6. To maintain best consistency, serve immediately or place in warmer until ready for service. Portion 2 oz (¼ cup) of meat and 1 ½ oz cheese sauce over each baked potato. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 loaded potato provides 2 oz meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 50 potatoes
100 servings: 100 potatoes

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Loaded Nacho Potato (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	492		Iron	4.57	Mg	Protein	22.77	G	Percent ⇒	Protein	18.51%
Cholesterol	55*	Mg	Calcium	80.00	Mg	Carbohydrates	76.96	G	Of ⇒	Carbohydrates	62.57%
Sodium	794	Mg	Vitamin A	47	RE	Total Fat	11.03	G	Calories ⇒	Total Fat	20.18%
Dietary Fiber	6.58	G	Vitamin C	28.70	Mg	Saturated Fat	4.61*	G	From ⇒	Saturated Fat	8.44%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Loaded Potato Ole with Chili & Cheese (156)

(Loaded Potato with Chili & Cheese MC156)

Meat/Meat Alternate-Vegetable

Source: MS Cycles

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Baking Potatoes.	. . . . .	50 potatoes. .	. . . . .	100 potatoes. .	. . . . .	PULL SUB-RECIPE FOR CHILI TOPPING (134) 1. Potato Baking Instructions: A. Wash potatoes thoroughly. Scrub with vegetable brush. B. **To steam potatoes:** Place in perforated baking pans and steam until done, approximately 1 hour 15 minutes. **To bake potatoes:** Place on baking sheet pan and cover tightly with aluminum foil or lid and bake at 400°F for 1½ hours. C. Serve immediately or cover and place in warmer until ready for service. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
PULL SUB-RECIPE FOR CHILI TOPPING.	9 lb 6 oz. . .	1 gal 3 cups. .	18 lb 12 oz. .	2 gal 1½ qt. . .	. . . . .	2. Follow instructions 1-5 on Chili Topping recipe. *CCP: Internal temperature of product must register 165°F For 15 seconds.*
Margarine.	8 ½ oz. . . .	1 cup 2 tsp. .	1 lb 1 oz. . .	2 cup1 1/3 Tbsp.	. . . . .	3. Serving of Potato Ole: A. Slice potato in half without completely dividing. B. Portion 1 tsp margarine in each potato. C. Serve 3/8 cup (No. 10 scoop) chili on top. D. Portion 1 oz shredded cheese and serve on the side. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*
5 Cheese Blend, Shredded	3 lb 2 oz. . .	1 qt 2 ¼ cups	6 lb 4 oz. . .	3 qt ½ cup. . .	. . . . .	

Serving: 1 potato topped with chili & cheese provides 2 oz meat/meat alternate and ½ cup vegetable.

Yield: 50 servings: 50 potatoes
100 servings: 100 potatoes

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Loaded Potato Ole with Chili & Cheese (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	483		Iron	4.77	Mg	Protein	26.58	G	Percent ⇒	Protein	22.02%
Cholesterol	55	Mg	Calcium	269	Mg	Carbohydrates	68.54	G	Of ⇒	Carbohydrates	56.79%
Sodium	390	Mg	Vitamin A	153	RE	Total Fat	12.26	G	Calories ⇒	Total Fat	22.86%
Dietary Fiber	7.69	G	Vitamin C	40.06	Mg	Saturated Fat	5.87	G	From ⇒	Saturated Fat	10.94%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Lada Burrito (152)

(Lada Burrito MC152)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*55* Servings		*110* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef	4 lb.		8 lb.			1. Brown ground beef and drain. Press draining beef to remove excess fat. Maintain temperature until other ingredients are added. *CCP: Heat product to minimum internal temperature of 165°F or according to package directions.*
Pinto Beans, Canned or Dried		2 No. 10 cans		4 No. 10 cans		2. Heat and mash canned pinto beans or cook dry pinto beans and mash.
Dehydrated Onion Flakes Garlic Powder Table Salt		½ cup 2 ½ Tbsp. 1 Tbsp.		1 cup ¼ cup 1 Tbsp 2 Tbsp.		3. Add onion, garlic powder, and salt to mashed beans. Add ground beef; mix well until blended.
American Cheese, Grated Tomatoes, Diced 8" Soft Flour Tortillas	2 lb. 28 oz.	 55 tortillas	4 lb. 3 lb 8 oz.	 110 tortillas		4. Combine shredded cheese in pan with tomatoes with green chilies. Cover and heat 15 minutes in steamer or until cheese is melted and hot. Thin with small amount of water if too thick.
						5. Using #16 scoop, place bean/meat mixture in center of flour tortillas, leaving ½" all around. Fold bottom end up and roll up from the side. Place seam side down in two lightly greased 20"X2" steam table pans. 6. Cover each pan with half of cheese sauce; spread to cover product. 7. Cover with foil or lid. Heat to 145°F in 325°F convection oven for 15-20 minutes or in steamer for 15 minutes. (Note: When cooked in oven, cheese will lightly brown. In steamer, it will not brown.) *CCP: Heat product to minimum internal temperature of 165°F or according to package directions.* *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated,*
Salsa		½ No.10 can		1 No.10 can		8. Portion salsa in 1 oz portions for students to select. Serve 1 burrito per student.

Serving: 1 burrito provides 2 oz meat/meat alternate and 1 grain/bread.

Yield: 55 servings: 55 burritos
110 servings: 110 burritos

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Lada Burrito (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	341		Iron	3.62	Mg	Protein	18.36	G	Percent ⇒	Protein	21.52%
Cholesterol	34	Mg	Calcium	177	Mg	Carbohydrates	39.64	G	Of ⇒	Carbohydrates	46.45%
Sodium	950	Mg	Vitamin A	87	RE	Total Fat	12.07	G	Calories ⇒	Total Fat	31.84%
Dietary Fiber	6.63	G	Vitamin C	4.0	Mg	Saturated Fat	5.51	G	From ⇒	Saturated Fat	14.53%

Production Notes:
If preparing dried pinto beans, refer to Recipe # for quantities and instructions.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Cheesy Breadsticks with Chili (122)

(Cheesy Breadsticks with Chili MC 122)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Breadsticks with Cheese. . .	. . . . .	50 breadsticks	. . . . .	100 breadsticks	. . . . .	1. Bake breadsticks according to package directions.
Chili Con Carne No Beans. .	. . . . .	50 1 cup. . .	. . . . .	100 1 cup. . .	. . . . .	2. Heat chili until it reaches 165°F for 15 seconds or longer. Variation: use with chili with beans. *CCP: Internal temperature of product must register 165°F for 15 seconds or longer.* 3. Portion 1 cup (8 ounce ladle) chili with 1 breadstick for serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 breadstick with 1 cup (8 oz. ladle) provides 2 oz. meat/meat alternate, 1 grain/bread.

Yield: 50 servings: 50 breadsticks, 3¼ gallons chili
100 servings: 100 breadsticks, 6½ gallons chili

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	354		Iron	2.42	Mg	Protein	23.49	G	Percent ⇒	Protein	26.56%
Cholesterol	58	Mg	Calcium	309.22	Mg	Carbohydrates	22.70	G	Of ⇒	Carbohydrates	25.66%
Sodium	1128	Mg	Vitamin A	287	RE	Total Fat	17.55	G	Calories ⇒	Total Fat	44.64%
Dietary Fiber	1.40	G	Vitamin C	10.22	Mg	Saturated Fat	6.75	G	From ⇒	Saturated Fat	17.18%

Production Notes:
Chili with beans may be used.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chili Cheese Corn Chips (128)

(Chili Cheese Corn Chips MC 128)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*60* Servings		*120* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) Chili Seasoning Mix Ground Cumin Seed	9 lb. 10 oz. 1 Tbsp.		18 lb. 1 lb 4 oz. 2 Tbsp.			1. Brown ground beef and drain. Press draining beef to remove excess fat. 2. Add seasonings and continue cooking for 5 minutes.
Fresh Onions, Diced Green Peppers, Diced	8 oz. 8 oz.	1½ cups 1½ cups	1 lb. 1 lb.	3 cups 3 cups		3. Add onions and green peppers (optional). Cook for 5 minutes.
Canned Tomato Sauce Water	6 lb 7 oz. 	1 No. 10 can 1 qt.	12 lb 14 oz. 	2 No. 2 cans 2 qt.		4. Stir in tomato sauce and water; mix well. Bring to a boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 30 minutes. *CCP: Heat product until temperature reaches 155°F for 15 seconds.*
Corn Chips, Plain Mozzarella Cheese, Shredded	3 lb 3 oz. 1 lb 8 oz.	 1 qt 1¼ cups	6 lb 6 oz. 3 lb.	 2 qt 2½ cups		5. Portion 1 ounce of corn chips in serving container. Top with 6 ounces (6 ounce ladle) of chili and ½ ounce grated cheese. *CCP: Hold maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate, ½ cup vegetable, 1 grain/bread.

Yield: 120 servings: 5 2/3 gallons chili, 6 lb 6 oz corn chips

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Chili Cheese Corn Chips (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	308		Iron	2.26	Mg	Protein	17.27	G	Percent ⇒	Protein	22.46%
Cholesterol	46	Mg	Calcium	139.24	Mg	Carbohydrates	19.60	G	Of ⇒	Carbohydrates	25.48%
Sodium	795	Mg	Vitamin A	200	RE	Total Fat	17.87	G	Calories ⇒	Total Fat	52.29%
Dietary Fiber	1.93	G	Vitamin C	8.84	Mg	Saturated Fat	4.84	G	From ⇒	Saturated Fat	14.17%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chili Con Carne with Beans (130)

(Chili Con Carne with Beans MC 130)

Meat/Meat Alternate-Vegetable

Source: North MS Cycles

Ingredients	*60* Servings		*120* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat) Chili Seasoning Ground Cumin	9 lb. 10 oz.	 1 Tbsp.	18 lb. 20 oz.	 2 Tbsp.		1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking. 2. Add seasonings and continue cooking for 5 minutes.
Fresh Onions, Chopped **OR** Dehydrated Onions Green Peppers, Chopped (Optional)	1 lb. **OR** 1 oz. 8 oz.	3 cups. **OR** 5 Tbsp. 1 ½ cups.	2 lb. **OR** 2 oz. 1 lb.	1 ½ qt. **OR** 10 Tbsp. 3 cups.		3. Add onions and green peppers (optional). Cook for 5 minutes.
Canned Tomato Sauce Water	6 lb 7 oz. 	1 No. 10 can 2 cups.	12 lb 14oz. 	2 No. 10 cans 1 qt.		4. Stir in tomato sauce and water; mix well. Bring to a boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 30 minutes.
Canned Pinto or Kidney Beans, Drained **OR** Cooked Dry Pinto or Kidney Beans	6 lb 12 oz. **OR** 2 lb 1 oz.	1 No. 10 can **OR** 1 qt 1 ½ cups	13 lb 8 oz. **OR** 4 lb 2 oz.	2 No. 10 cans **OR** 2 qt 3 cups.		5. Stir in beans. 6. Cover and simmer about 10 minutes. 7. Pour into serving pans. Serve immediately or cover and place in the warmer until ready for service. *CCP: Internal temperature of product must register 160°F for 15 seconds at completion of cooking process.* *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
American Cheese, Shredded (Optional)	1 lb 8 oz.	1 qt 3 cups.	3 lb.	3 qt 2 cups.		8. Portion with 8 oz ladle (1 cup). Garnish with cheese (optional).

Serving: 1 cup (8 oz ladle) provides 4 oz meat/meat alternate and ½ cup vegetable.

Yield: 60 servings: About 3 ¾ gallons
120 servings: About 7 ½ gallons

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Chili Con Carne with Beans (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	173		Iron	2.25	Mg	Protein	14.72	G	Percent ⇒	Protein	33.99%
Cholesterol	40*	Mg	Calcium	22.60*	Mg	Carbohydrates	11.52	G	Of ⇒	Carbohydrates	26.61%
Sodium	642	Mg	Vitamin A	154	RE	Total Fat	6.58	G	Calories ⇒	Total Fat	34.20%
Dietary Fiber	2.09*	G	Vitamin C	10.62*	Mg	Saturated Fat	2.53*	G	From ⇒	Saturated Fat	13.14%

Production Notes:
May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich.

Serving Notes:
Cheese is an optional ingredient and is not included in the nutrient analysis.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chili Con Carne without Beans (132)

(Chili Con Carne without Beans MC132)

Meat/ Meat Alternate-Vegetable

Source: North NS Cycles

Ingredients	*58* Servings		*116* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24 % fat).	10 lb.	. . . . .	20 lb.	. . . . .	. . . . .	1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Fresh Onions, Chopped. . .	8 oz.	1 ½ cups. . .	1 lb.	3 cups.	. . . . .	2. Add onions, green peppers (optional), and seasonings. Cook for 5 minutes.
OR	**OR**	**OR**	**OR**	**OR**		
Dehydrated Onions.	1 oz.	5 Tbsp. . . .	2 oz.	10 Tbsp. . . .	. . . . .	
Green Peppers, Chopped (Optional).	8 oz.	1 ½ cups. . .	1 lb.	3 cups.	. . . . .	
Chili Seasoning Mix.	. . . . .	1 package. . .	. . . . .	2 packages. .	. . . . .	
Ground Cumin.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Canned Tomato Sauce. . .	6 lb 7 oz. . .	1 No. 10 can	12 lb 14 oz. .	2 No. 10 cans	. . . . .	3. Stir in tomato sauce and water; mix well. Bring to a boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 30 minutes.
Water.	. . . . .	1 qt.	. . . . .	2 qt.	. . . . .	
						4. Cover and simmer about 10 minutes.
						5. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service. *CCP: Heat product until internal temperature registers 165°F.*
American Cheese, Shredded (Optional).	1 lb 8 oz. . .	1 qt 3 cups. .	3 lb.	3 qt 2 cups. . .	. . . . .	6. Portion with 4 oz ladle (1/2 cup). Garnish with cheese (optional). *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: ½ cup (4 oz ladle) provides 2 oz meat/meat alternate.

Yield: 58 servings: 2 gallons
116 servings: 4 gallons

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Chili Con Carne without Beans (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	175		Iron	2.18	Mg	Protein	15.14	G	Percent ⇒	Protein	34.50%
Cholesterol	46*	Mg	Calcium	14.46*	Mg	Carbohydrates	7.94	G	Of ⇒	Carbohydrates	18.09%
Sodium	667	Mg	Vitamin A	222	RE	Total Fat	7.43	G	Calories ⇒	Total Fat	38.11%
Dietary Fiber	0.93*	G	Vitamin C	10.57*	Mg	Saturated Fat	2.89*	G	From ⇒	Saturated Fat	14.80%

Production Notes:
SOUP AND SANDWICH COMBO: May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich. ½ cup of soup and 1 sandwich provides 2 oz meat/meat alternate and 2 grains/breads.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Hamburger Steak (3 oz.) with Gravy (146)

(Hamburger Steak with Gravy MC 146)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak Burgers, 3 oz.		50 Burger Patties		100 Burger Patties		1. Cook hamburger patty according to package directions. Shingle 50 in a full-size 2 ½ inch pan. *CCP: Heat product to minimum temperature of 140°F*
Brown Gravy Mix Water		1 package 1 gal.		2 packages 2 gal.		2. Prepare brown gravy according to package directions. Pour over hamburger patties in pan. Serve immediately or cover and place in holding warmer until ready for service. 3. Portion 1 patty and 2 oz brown gravy per serving. Serving: 1 serving provides 2 oz meat/meat alternate. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 steak patty provides 2 oz meat/meat alternate.

Yield: 50 servings: 50 steak patties with gravy
100 servings: 100 steak patties with gravy

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	305		Iron	1.79	Mg	Protein	15.26	G	Percent ⇒	Protein	20.01%
Cholesterol	59	Mg	Calcium	18.46	Mg	Carbohydrates	5.26	G	Of ⇒	Carbohydrates	6.90%
Sodium	576	Mg	Vitamin A	0	RE	Total Fat	24.46	G	Calories ⇒	Total Fat	72.16%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	10.68	G	From ⇒	Saturated Fat	31.50%

Production Notes:

Serving Notes:
1 serving=1 patty and 2 oz brown gravy

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Hamburger Steak (2.5 oz.) with Gravy (144)

(Hamburger Steak with Gravy MC 144)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Patty, Broiled, 2.5 oz.		50 Burger Patties		100 Burger Patties		1. Cook hamburger patty according to package directions. Shingle 50 in a full-size 2 ½ inch pan. *CCP: Heat product to minimum temperature of 140°F*
Brown Gravy Mix Water		1 package 1 gal.		2 packages 2 gal.		2. Prepare brown gravy according to package directions. Pour over hamburger patties in pan. Serve immediately or cover and place in holding warmer until ready for service. 3. Portion 1 patty and 2 oz brown gravy per serving. Serving: 1 serving provides 2 oz meat/meat alternate. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 beef patty provides 2 oz meat/meat alternate.

Yield: 50 servings: 50 steak patties with gravy
100 servings: 100 steak patties with gravy

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	189		Iron	1.70	Mg	Protein	12.70	G	Percent ⇒	Protein	26.89%
Cholesterol	34	Mg	Calcium	24.62	Mg	Carbohydrates	6.78	G	Of ⇒	Carbohydrates	14.36%
Sodium	721	Mg	Vitamin A	10	RE	Total Fat	12.35	G	Calories ⇒	Total Fat	58.82%
Dietary Fiber	1.06	G	Vitamin C	0.01	Mg	Saturated Fat	5.45	G	From ⇒	Saturated Fat	25.96%

Production Notes:

Serving Notes:
1 serving=1 patty and 2 oz brown gravy

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Cheesy Burger Bake (126)

(Cheesy Burger Bake MC 126)

Meat/Meat Alternate-Vegetable

Source: MS Cycles II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef.	10 lb.	. . . . .	20 lb.	. . . . .	. . . . .	1. Brown ground beef and drain. Press draining beef to remove excess fat. Add onion. Continue cooking for 5 minutes.
Fresh Yellow Onions, Diced	1 lb.	. . . . .	2 lb.	. . . . .	. . . . .	
Canned Tomato Paste, with Salt.	. . . . .	½ #10 can. .	. . . . .	1 #10 can. . .	. . . . .	2. Mix tomato paste, Sloppy Joe seasoning mix, and water. Add mixture to ground beef and simmer for 10 to 15 minutes.
Water.	. . . . .	3 qt.	. . . . .	1 ½ gal. . . .	. . . . .	
Seasoning, Sloppy Joe Mix	. . . . .	1 container. .	. . . . .	2 containers. .	. . . . .	
5 Blend Cheese, Shredded	2 lb 8 oz. . .	. . . . .	5 lb.	. . . . .	. . . . .	3. Let cool slightly and fold in cheese. Pour 2 quarts into full-size 2 ½ inch deep serving pans.
Nugget Shaped Potatoes. .	10 lb.	. . . . .	20 lb.	. . . . .	. . . . .	4. Layer 5 lb of potatoes in single layer on top of mixture. Bake at 350°F for 25 minutes or until potatoes are done and nicely brown. *CCP: Bake until internal temperature reaches 165°F for 15 seconds.*
						5. Portion with #6 scoop (2/3 cup). *CCP: Hold and maintain product at 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 2/3 cup serving provides 3 oz meat/meat alternate and 3/8 cup vegetable.
½ cup serving provides 2 oz meat/meat alternate and 1/4 cup vegetable.

Yield: 40 servings: 2 full-size pans
80 servings: 4 full-size pans

(Continued on Back)

Cheesy Burger Bake (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories			Iron		Mg	Protein		G	Percent ⇒	Protein	%
Cholesterol		Mg	Calcium		Mg	Carbohydrates		G	Of ⇒	Carbohydrates	%
Sodium		Mg	Vitamin A		RE	Total Fat		G	Calories ⇒	Total Fat	%
Dietary Fiber		G	Vitamin C		Mg	Saturated Fat		G	From ⇒	Saturated Fat	%

Production Notes:
To vary recipe, use different seasoning mixes, such as chili or taco.
Recipe is based on 2/3 cup serving. For younger grades, a ½ cup serving may be used. This will require a new nutrient analysis.

Serving Notes:
Portion Control Tools Used:
#6 scoop for 2/3 cup serving
#8 scoop for ½ cup serving

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Cheeseburger Pie (120)

(Cheeseburger Pie MC 120)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*48* Servings		*96* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef.	10 lb.	. . . . .	20 lb.	. . . . .	. . . . .	1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Fresh Onions.	1 lb 4 oz. . . .	. . . . .	2 lb 8 oz. . . .	. . . . .	. . . . .	2. Add onions and green peppers to meat. Cook until vegetables are tender.
Fresh Green Peppers, Diced	1 lb 4 oz. . . .	. . . . .	2 lb 8 oz. . . .	. . . . .	. . . . .	
Mustard, Powder/Dry. . . .	. . . . .	2 tsp.	. . . . .	1 Tbsp 1 tsp. .	. . . . .	3. Add seasonings, tomato paste, and water. Simmer until thick.
Seasoning, Sloppy Joe Mix	. . . . .	1 container. .	. . . . .	2 containers. .	. . . . .	
Canned Tomato Paste w/ Salt.	. . . . .	1 qt.	. . . . .	2 qt.	. . . . .	
Water.	. . . . .	2 qt.	. . . . .	1 gal.	. . . . .	
						4. Evenly distribute 2 quarts ground beef mixture into steam table pans (12"X20"X2½"). For 48 servings use 2 steam table pans; for 96 servings use 4 steam table pans.
American Cheese, Shredded	. . . . .	2 qt.	. . . . .	1 gal.	. . . . .	5. Top with shredded cheese; 1 quart per pan.
Frozen Biscuits, Unbaked. .	. . . . .	48 biscuits. .	. . . . .	96 biscuits. . .	. . . . .	6. Place biscuits on top of pan; 4 across and 6 down.
						7. To bake: Conventional oven: 375°F for 30-35 minutes (frozen state of biscuits). Convection oven: 375°F for 25 minutes (frozen state of biscuits). *CCP: Heat product to minimum internal temperature of 155°F or according to package directions.*
						8. Portion 6X4" full size pan, using biscuits as a guide. If covered, punch holes so that the crust does not become soggy. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate and 2 grain/bread.

Yield: 48 servings: 2 full-size steam table pans
96 servings: 4 full-size steam table pans

(Continued on Back)

Cheeseburger Pie (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	424		Iron	3.01	Mg	Protein	23.99	G	Percent ⇒	Protein	22.63%
Cholesterol	75	Mg	Calcium	153.39	Mg	Carbohydrates	29.00	G	Of ⇒	Carbohydrates	27.35%
Sodium	1535	Mg	Vitamin A	181	RE	Total Fat	22.82	G	Calories ⇒	Total Fat	48.44%
Dietary Fiber	2.10	G	Vitamin C	20.57	Mg	Saturated Fat	9.36	G	From ⇒	Saturated Fat	19.85%

Production Notes:
To change flavor, use spaghetti sauce or taco seasoning instead of the Sloppy Joe seasoning mix.

Serving Notes:
Cut portions so that each portion has one biscuit on top.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Cheeseburger, 2.5 oz patty (728){1}

(Cheeseburger,2.5 oz patty, MC728){2}

Meat/Meat Alternate –Grains/Breads {3}

Source: MS Cycles II {4}

Ingredients {5}	*50* Servings {6}		*100* Servings		For ___ Servings	Directions {7}
	Weight	Measure	Weight	Measure		
Hamburger patty, baked, 2.5 oz		50 patty		100 patty		HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) 2. Drain liquid from pan. 3. Top each patty with one slice (1/2 oz) of cheese. 4. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. {8} *CCP: Heat product to minimum temperature of 140°F.*
Cheese, American, process, slice		50 slice, ½ oz		100 slice, ½ oz		
Buns, hamburger, plain		50 buns		100 buns		ASSEMBLY: 5. Open hamburger buns and place cooked hamburger patties topped with cheese on buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 6. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F.*
Lettuce, iceberg, fresh	1 lb 4 oz		2 lb 8 oz			TRIMMINGS: 7. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 8. Wash, core, thinly slice tomatoes (8 slices/tomato). 9. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
Tomatoes, fresh, red, ripe	2 lb 8 oz	7 each	5 lb	13 each		
Pickles, dill slices	4 oz	100 slices	8 oz	200 slices		

(Continued on Back)

Cheeseburger, 2.5 oz patty (Continued)

						10. Portion 1 cheeseburger with trimmings per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

{9} Serving: 1 hamburger provides 2 meat/meat alternate and 1 serving grain/bread. **Yield: 50 servings: 50 sandwiches**
100 servings: 100 sandwiches

Nutrients Per Serving: {10}
***Denotes Missing Nutrient Values**

Calories	347		Iron	3.17*	Mg	Protein	19.10	G	Percent ⇒	Protein	22.00%
Cholesterol	42	Mg	Calcium	175.81	Mg	Carbohydrates	29.40	G	Of ⇒	Carbohydrates	33.87%
Sodium	675	Mg	Vitamin A	33*	RE	Total Fat	16.62	G	Calories ⇒	Total Fat	43.08%
Dietary Fiber	2.86	G	Vitamin C	4.80*	Mg	Saturated Fat	5.94	G	From ⇒	Saturated Fat	15.39%

Production Notes: {11}

Serving Notes: {12}
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide: {13}
Use commodity products when available
When using raw hamburger patties, prepare according to package directions. Bake or broil, until internal temperature registers 155° F for 5 seconds. Stack patties before checking temperature.
Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes: {14}
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Cowboy Stew (140)

(Cowboy Stew MC 140)

Meat/Meat Alternate-Vegetable

Source: North MS Cycles

Ingredients	*47* Servings		*95* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat).	9 lb.	. . . . .	18 lb.	. . . . .	. . . . .	1. Brown ground beef and onions. Drain. Press draining beef to remove excess fat.
Fresh Onions, Chopped. . .	. . . . .	1/3 cup. . . .	. . . . .	2/3 cup.	. . . . .	2. Add chili powder and cook for 5 minutes.
Chili Powder.	. . . . .	1 ½ tsp. . . .	. . . . .	1 Tbsp.	. . . . .	
Canned Baked Beans with Pork.	10 lb 2 oz. .	1½ No. 10 can	20 lb 4 oz. .	3 No. 10 cans	. . . . .	3. Add remaining ingredients. 4. Heat thoroughly for 20-30 minutes.
Canned Tomatoes, Diced, with Liquid.	6 lb 6 oz. . .	1 No. 10 can	12 lb 12 oz. .	2 No. 10 cans	. . . . .	*CCP: Internal temperature of product must register 160°F for 15 seconds at completion of cooking process.*
Canned Whole Kernel Corn, Drained.	2 lb 3 oz. . .	½ No. 10 can	4 lb 6 oz. . .	1 No. 10 can. .	. . . . .	
Canned Chili with Beans. . .	3 lb 3 oz. . .	½ No. 10 can	6 lb 6 oz. . .	1 No. 10 can. .	. . . . .	
Table Salt.	. . . . .	1 ½ tsp. . . .	. . . . .	1 Tbsp.	. . . . .	
White Pepper.	. . . . .	1 ½ tsp. . . .	. . . . .	1 Tbsp.	. . . . .	
						5. Transfer to steam table pans. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
						6. Portion with 8 oz spoodle or ladle.

Serving: 1 portion (8 oz spoodle or 8 oz ladle) provides 2 oz meat/meat alternate And ½ cup vegetable.

Yield: 47 servings: 3 gallons
95 servings: 6 gallons

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Cowboy Stew (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	293		Iron	3.89	Mg	Protein	22.38	G	Percent ⇒	Protein	30.54%
Cholesterol	58	Mg	Calcium	86.93	Mg	Carbohydrates	28.02	G	Of ⇒	Carbohydrates	38.25%
Sodium	912	Mg	Vitamin A	181	RE	Total Fat	10.98	G	Calories ⇒	Total Fat	33.73%
Dietary Fiber	7.28	G	Vitamin C	11.20	Mg	Saturated Fat	4.01	G	From ⇒	Saturated Fat	12.32%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Cheesy Breadsticks with Vegetable Soup (124)

(Cheesy Breadsticks with Vegetable Soup MC 124)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Breadsticks with Cheese. . .	. . . . .	50 breadsticks	. . . . .	100 breadsticks	. . . . .	1. Bake breadsticks according to package directions.
Vegetable Beef Soup. . . .	. . . . .	50 6 oz. . . .	. . . . .	100 6 oz. . . .	. . . . .	2. Heat soup until it reaches 165°F. Portion 6 oz or ¾ cup soup with 1 breadstick. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.* *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 breadstick and 6 oz soup (6oz ladle) provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 breadsticks, 2 2/3 gallons soup
100 servings: 100 breadsticks, 5 1/3 gallons soup

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	307		Iron	2.55	Mg	Protein	18.80	G	Percent ⇒	Protein	24.49%
Cholesterol	37	Mg	Calcium	270	Mg	Carbohydrates	29.56	G	Of ⇒	Carbohydrates	38.51%
Sodium	960	Mg	Vitamin A	442	RE	Total Fat	12.63	G	Calories ⇒	Total Fat	37.02%
Dietary Fiber	3.07	G	Vitamin C	14.64	Mg	Saturated Fat	3.91	G	From ⇒	Saturated Fat	11.45%

Production Notes:

Serving Notes:

Purchasing Guide:
Commodity products may be used in soup.

Miscellaneous Notes:

Campfire Beef Stew (118)

(Campfire Beef Stew MC 118)

Meat/Meat Alternate-Vegetable

Source: USDA D-14

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	8 lb 10 oz.		17 lb 4 oz.			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Vegetable Oil		½ cup		1 cup		2. Add oil, onions, flour, garlic powder, paprika, pepper, and thyme.
Fresh Onions, Quartered	1 ½ lb.	2 ¾ cups	3 lb.	1 qt 1¼ cups		
OR	OR	OR	OR	OR		
Dehydrated Onions	2 oz.	½ cup 1 Tbsp	4 oz.	1 cup 2 Tbsp.		
All- Purpose Flour	12 oz.	2 ¾ cups	1 lb 8 oz.	1 qt 1¾ cups		
Garlic Powder		1 Tbsp 1½ tsp		3 Tbsp.		
Paprika		1 Tbsp.		2 Tbsp.		
Black Pepper		1½ tsp.		1 Tbsp.		
Flaked Thyme		1 tsp.		2 tsp.		
Beef Base	4 ½ oz.		9 oz.			3. Add water and beef base. Bring to boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.
Water		1 gal 2 qt.		3 gal.		
Canned Sliced Carrots, Drained	2 lb 11 oz.	2 qt.	5 lb 5 oz.	1¼ No. 10 cans		4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
Canned Small Whole Potatoes, Drained	3 lb 6 oz.	¾ No. 10 can	6 lb 12 oz.	1½ No. 10 cans		*CCP: Heat product until internal temperature reaches 155°F.*
Canned Green Peas, Drained	3 lb 4 oz.	¾ No. 10 can	6 lb 8 oz.	1½ No. 10 cans		
						5. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service. 6. Portion with 8 oz ladle (1 cup). *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: 1 cup (8 oz ladle) provides 2 oz meat/meat alternate and ½ cup vegetable.

Yield: 50 servings: about 3 ¼ gallons
100 servings: about 6 ½ gallons

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Campfire Beef Stew (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	225		Iron	2.58	Mg	Protein	16.11	G	Percent ⇒	Protein	28.68%
Cholesterol	46	Mg	Calcium	26.07	Mg	Carbohydrates	17.29	G	Of ⇒	Carbohydrates	30.77%
Sodium	618	Mg	Vitamin A	429	RE	Total Fat	10.06	G	Calories ⇒	Total Fat	40.29%
Dietary Fiber	2.85	G	Vitamin C	6.05	Mg	Saturated Fat	3.22	G	From ⇒	Saturated Fat	12.90%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Beef Stew (104)

(Beef Stew MC 104)

Meat/Meat Alternate-Vegetable

Source: USDA D-14

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Boneless Beef, 1 "Cubes. .	11 lb 4 oz. .	. . . . .	22 lb 8 oz. .	. . . . .	. . . . .	1. Trim all visible fat from beef cubes.
Vegetable Oil.	. . . . .	¼ cup.	. . . . .	½ cup.	. . . . .	2. Brown beef cubes in oil and drain in colander.
Fresh Onions, Quartered. .	1 lb.	2 ¾ cups. . .	2 lb.	1 qt 1 ¾ cups.	. . . . .	3. Add onions, flour, garlic powder, paprika, pepper, and thyme
OR	**OR**	**OR**	**OR**	**OR**		
Dehydrated Onions.	2 oz.	½ cup 1 Tbsp.	4 oz.	1 cup 2 Tbsp. .	. . . . .	
All-Purpose Flour.	12 oz.	2 ¾ cups. . .	1 lb 8oz. . .	1 qt 1 ½ cups.	. . . . .	
Garlic Powder.	. . . . .	1 Tbsp		3 Tbsp.	. . . . .	
	. . . . .	1 ½ tsp. . .	. . . . .			
Paprika.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Black Pepper.	. . . . .	1 ½ tsp. . . .	. . . . .	1 Tbsp.	. . . . .	
Flaked Thyme.	. . . . .	1 tsp.	. . . . .	2 tsp.	. . . . .	
Beef Base.	4 ½ oz. . .	. . . . .	9 oz.	. . . . .	. . . . .	4. Add water and beef base. Bring to boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.
Water.	. . . . .	1 gal 2 qt. .	. . . . .	3 gal.	. . . . .	
Canned Sliced Carrots Drained.	2 lb 11 oz. .	2 qt.	5 lb 5 oz. . .	1 ¼ No. 10 Cans.	. . . . .	5. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
Canned Small Whole Potatoes Drained.	3 lb 6 oz. . .	¾ No. 10 Can	6 lb 12 oz. .	1 ½ No. 10 Cans.	. . . . .	*CCP: Heat product to minimum internal temperature of 155 degrees F or according to package directions.*
Canned Green Peas Drained.	3 lb 4 oz. . .	¾ No. 10 Can	6 lb 8 oz. . .	1 ½ No. 10 Cans.	. . . . .	
						6. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service. 7. Portion with 8 oz ladle (1 cup serving). *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: 1 cup (8 oz ladle) provides 2 oz meat/meat alternate and ½ cup vegetable.

Yield: **50 servings:** about 3 ¼ gallons
100 servings: about 6 ½ gallons

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Beef Stew (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	210		Iron	2.02	Mg	Protein	13.99	G	Percent ⇒	Protein	26.62%
Cholesterol	35	Mg	Calcium	22.45	Mg	Carbohydrates	16.59	G	Of ⇒	Carbohydrates	31.56%
Sodium	594	Mg	Vitamin A	353	RE	Total Fat	9.75	G	Calories ⇒	Total Fat	41.74%
Dietary Fiber	2.69	G	Vitamin C	5.61	Mg	Saturated Fat	3.42	G	From ⇒	Saturated Fat	14.66%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

MEAT/MEAT ALTERNATES
Fish/Seafood

As products change on the order guide, refer to package instructions for cooking time and temperature, procedures and amount to serve to meet meal pattern requirements according to the CN label or product information from the manufacturer.

Review Culinary Techniques for food preparation techniques about food items.

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure for a fluid measure.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the recipes.

Culinary Pointers from *Culinary Techniques for Healthy School Meals*

Most processed meat products are at their peak of quality immediately after they are cooked.

If a processed product must be held, follow package directions exactly and plan the holding time to be as short as possible. Holding time will only decrease the quality of the product.

- Breaded products – These products should not be held if possible. Depending on the type of warmer available, the product may or may not be covered. If it must be covered, use aluminum foil with many small holes so steam can escape.
- Non-breaded products – These products can be held more successfully than breaded products. Cover cooked products with aluminum foil and place in a warmer.

Cooking always causes loss of moisture. This is called shrinkage. As a meat continues to cook, it loses more moisture. This is why it is so

important to follow the recipe for cooking temperature and cooking time. Overcooking a meat dish means the yield will be less than the number of portions planned, flavor will be lost, and the meat will be tough because the protein structure has been changed. [CT, Preparing Meat and Poultry, page 4]

To obtain a tender product, it is best to cook meat and poultry at a moderate temperature. The recipe will give the temperature for the product. A rule of thumb is to cook meat and poultry in a conventional oven at 350°F. Both the time and temperature should be adjusted in a convection oven. Generally the temperature for a convection oven should be reduced from 25° to 50°F from that of a conventional oven. The time may need to be reduced also, about 25 percent less cooking time. [CT, Preparing Meat and Poultry, Page 4.]

Cajun Catfish(200)

(Cajun Catfish MC200)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Catfish fillet, raw, unbrd		50 Fillet 4 oz.		100 Fillet 4 oz.		1. Combine cornmeal, salt and black pepper.
Cornmeal, degermed, enr, yel		3 Qt		1 ½ Gal		
Table salt		¼ Cup		½ Cup		
Black Pepper		3/8 Cup		¾ Cup		
						2. Dredge catfish fillets in cornmeal mixture. Place the fillet skin side down on parchment lined bun pan.
Seasoning	2 oz		4 oz			3. Combine Cajun seasoning and seasoned salt. Sprinkle over the catfish fillets and drizzle with the melted margarine.
Salt, seasoned	¾ oz		1 ½ oz			
Margarine		1 ½ Cup		3 Cup		
						4. Bake at 375° F for 30 minutes in a convection oven until golden and fish flakes with a fork. *CCP: Internal temperature of product must register 145° F for 15 seconds at completion of cooking.* 5. Serve immediately or cover and hold in warmer until ready for service. If covered, punch holes in cover to keep fish from becoming soggy. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate

Yield: 50 servings: 50 portions
100 servings: 100 portions

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Cajun Catfish (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	296		Iron	1.80	Mg	Protein	21.22	G	Percent ⇒	Protein	28.72%
Cholesterol	57	Mg	Calcium	12.62	Mg	Carbohydrates	26.37	G	Of ⇒	Carbohydrates	35.70%
Sodium	1234	Mg	Vitamin A	79	RE	Total Fat	11.60	G	Calories ⇒	Total Fat	35.34%
Dietary Fiber	3.16	G	Vitamin C	1.56	Mg	Saturated Fat	2.28	G	From ⇒	Saturated Fat	6.95%

Production Notes:

Serving Notes:
Serve a 2 ounce portion. Garnish serving pans with lemon slices and fresh parsley sprigs.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Fried Catfish, Unbreaded(206)

(Fried Catfish, unbreaded MC206)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Catfish fillet, raw, unbrd, 4 oz	.....	50 fillets, 4 oz.	.....	100 fillets, 4 oz.	.....	1. Read package directions carefully before preparing fillets for cooking. 2. Wash fillets and drain.
Flour, all purpose, white, enriched Cornmeal, degermed, enr,yel	2 lb..... 8 oz.....	1 Qt 3 ½ Cup.. 1 ¾ Cup.....	4 lb..... 1 lb.....	3 Qt 2 Cup..... 2 ½ Cup.....	....	3. Mix flour and cornmeal (3/4 flour, ¼ cornmeal).
Salt, seasoned Black pepper	1 oz.....	..... 1 Tsp.....	2 oz.....	..... 2 Tsp.....	....	4. Season mixture with seasoned salt and pepper.
						5. Preheat oil in deep fat fryer to temperature on package directions.
						6. Dip fish fillets into seasoned flour mixture. Coat well. Discard flour mixture when finished. Tip: Place breaded portions on bun pan lined with cooling rack and allow to air dry before frying.
						7. Fry for 4-5 minutes or until golden brown and internal temperature is 145° F for at least 15 seconds. *CCP: Internal temperature of product must register 145 F for 15 seconds at completion of cooking process.*

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Fried Catfish, Unbreaded (Continued)

						8. Serve at once. Portion one fillet per serving. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 fillet provides 4 oz meat/meat alternate.

Yield: 50 Servings: 50 fillets
100 Servings: 100 fillets

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	267		Iron	1.25	Mg	Protein	20.53	G	Percent ⇒	Protein	30.76%
Cholesterol	57	Mg	Calcium	8.45	Mg	Carbohydrates	17.51	G	Of ⇒	Carbohydrates	26.23%
Sodium	294	Mg	Vitamin A	14	RE	Total Fat	12.67	G	Calories ⇒	Total Fat	42.72%
Dietary Fiber	1.34	G	Vitamin C	1.4	Mg	Saturated Fat	2.25	G	From ⇒	Saturated Fat	7.60%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Fried Catfish, Breaded (208)

(Fried Catfish, Breaded MC208)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Catfish, breaded, 1.5 oz strip	.....	100 strip.....	.....	200 strip.....	.....	1. Prepare according to package directions. *CCP: Internal temperature of product must register 145 F for 15 seconds at completion of cooking. Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 portion Product Statement not available for this product

Yield: 50 servings: 50 portions
100 servings: 100 portions

(Continued on Back)

Fried Catfish, Breaded (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	396		Iron	105.28	Mg	Protein	26.66	G	Percent ⇒	Protein	26.95%
Cholesterol	103	Mg	Calcium	56.00	Mg	Carbohydrates	30.02	G	Of ⇒	Carbohydrates	30.35%
Sodium	1366	Mg	Vitamin A	354	RE	Total Fat	18.46	G	Calories ⇒	Total Fat	41.99%
Dietary Fiber	1.79	G	Vitamin C	0.99	Mg	Saturated Fat	3.32	G	From ⇒	Saturated Fat	3.32%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Fish Nuggets, baked (202)

(Fish Nuggets, baked MC 202)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Codfish nugget, 1 oz.....	.....	250 nugget.....	.....	500.....	.....	1. Count out number of frozen fish nuggets needed to provide a 2 ounce meat/meat alternate nuggets per portion 2. Place frozen fish nuggets on sheet pans (18"x26"x1") coated with food release spray.
						3. Bake according to package directions. (Prepare in batches to maintain quality. *CCP: Heat product to minimum temperature of 140°F.* 4. Remove from oven and place in steamtable pans. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 5 fish nuggets provide 2 oz. meat/meat alternate and 2 ¾ grain/bread

Yield: 50 servings: 250 fish nuggets
100 servings: 500 fish nuggets

(Continued on Back)

Fish Nuggets, baked (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	354		Iron	1.21	Mg	Protein	15.19	G	Percent ⇒	Protein	17.14%
Cholesterol	0	Mg	Calcium	0.00	Mg	Carbohydrates	30.38	G	Of ⇒	Carbohydrates	34.29%
Sodium	861	Mg	Vitamin A	0	RE	Total Fat	18.56	G	Calories ⇒	Total Fat	47.14%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	1.69	G	From ⇒	Saturated Fat	4.28%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available
Read CN label to insure correct portion is served.

Miscellaneous Notes:

Fish Nuggets, Fried (204)

(Fish Nuggets, Fried MC204)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Codfish nugget, 1 oz.....	.....	250 Nugget	.....	500 Nugget.....	.....	1. Count out number of frozen fish nuggets needed to provide 2 oz. meat/meat alternate (5 nuggets per portion). 2. Fry according to package directions. *CCP: Heat product to minimum temperature of 140 °F.*
						3. Place fried nuggets in steamtable pans and over with aluminum foil. Cut holes in foil and place in warmer until ready for service. CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers.

Serving: 5 nuggets provide 2 oz. meat/meat alternate and 2 ¾ grain/bread

Yield: 50 servings: 250 fish nuggets
100 servings: 500 fish nuggets

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Fish Nuggets, Fried (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	367		Iron	1.21	Mg	Protein	15.19	G	Percent ⇒	Protein	16.56%
Cholesterol	0	Mg	Calcium	0.00	Mg	Carbohydrates	30.38	G	Of ⇒	Carbohydrates	33.12%
Sodium	861	Mg	Vitamin A	0	RE	Total Fat	19.98	G	Calories ⇒	Total Fat	49.01%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	1.87	G	From ⇒	Saturated Fat	4.60%

Production Notes:

Serving Notes:
Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available
Read CN label to insure correct portion is served.

Miscellaneous Notes:

Tuna and Noodles (210)

(Tuna and Noodles MC210)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		2 Gal		4 Gal		1. Heat water to rolling boil.
Pasta, egg noodle, medium	2 lb 8 oz	1 Gal 3 ½ Qt	5 lb	3 Gal 3 Qt		2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK.
Margarine, lb Celery, fresh, raw, diced, ¼" Onions, fresh, yellow, diced	6 oz 1 lb 14 oz	¾ Cup 3 ¾ Cup,diced 2 ¼ Cup	12 oz 2 lb 1 lb 12 oz	1 ½ Cup 1 Qt 3 ½ Cup 1 Qt 3/4 Cup		3. Melt margarine. Add celery and onions. Cook over medium heat for 5-6 minutes.
Flour, all purpose white, enriched, bleached	8 oz	1 ¾ Cup	1 lb	3 ½ Cup		4. Add flour and stir until smooth.
Milk 2% lowfat Base, chicken Water Black Pepper Parsley, dried Table salt		1 Gal 3 oz 1 Gal 1 ½ Tsp ½ Cup 1 Tsp		2 Gal 6 oz 2 Gal 1 Tbsp 1 Cup 2 Tsp		5. Add milk, chicken base, water, pepper, parsley flakes, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
Tuna, light, water pak, drained Lemon juice, canned/bottled	6 lb 6 oz	2 66 1/2 –oz can 2/3 Cup	12 lb 12 oz	4 661/2-oz cans 1 1/3 Cup		6. Add cooked noodles, tuna, and lemon juice. Stir gently to combine. 7. Cook over medium heat for 6-8 minutes, or until heated through.
						8. Pour into serving pans sprayed with food release spray.
Bread Crumbs		2 Cup		1 Qt		9. Sprinkle bread crumbs evenly over each pan.
						10. To bake: Conventional oven: 350 F, 30 minutes Convection oven: 325 F, 25 minutes CCP: Internal temperature of product must register 165 F for 15 seconds or longer.

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Tuna and Noodles (Continued)

						11. Portion with 8 oz ladle (1 cup). *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 cup (8 oz ladle) portion provides 2 oz. meat/meat alternate and 1 grain/bread

Yield: 50 servings; about 3 1/8 gallons
100 servings: about 6 ¼ gallons

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	245		Iron	2.15	Mg	Protein	21.82	G	Percent ⇒	Protein	35.59%
Cholesterol	44	Mg	Calcium	116.75	Mg	Carbohydrates	26.19	G	Of ⇒	Carbohydrates	42.73%
Sodium	589	Mg	Vitamin A	84	RE	Total Fat	5.71	G	Calories ⇒	Total Fat	20.96%
Dietary Fiber	1.33	G	Vitamin C	2.91	Mg	Saturated Fat	1.90	G	From ⇒	Saturated Fat	6.99%

Production Notes:

Serving Notes:
For color, add ½ cup chopped pimento per 50 servings.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Meat/Meat Alternate
Pizza

Do not overcook Pizza. Prepare according to package instructions.

To prepare individual pieces of pizza for self-service, place each slice on a piece of potato wrap that has been folded in half. Place slice on top of folded potato wrap, pull edges up, and place on bun pan. Bake as directed on package. Students can use the "handles" for service.

As products change on the order guide, refer to package instructions for cooking time and temperature, procedures, and amount to serve to meet meal pattern requirements according to the CN label or product information from the manufacturer.

Review Culinary Techniques for food preparation techniques about food items.

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure for a fluid measure.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the recipes.

Culinary Pointers from *Culinary Techniques for Healthy School Meals*

Most processed meat products are at their peak of quality immediately after they are cooked.

If a processed product must be held, follow package directions exactly and plan the holding time to be as short as possible. Holding time will only decrease the quality of the product.

Pizza from Kit (300)

(Pizza kit MC300)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*48* Servings		*96* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pizza Pack Cheese				2 packages		1. Prepare products in case according to manufacturer's instructions. 2. Cut each pizza into 8 slices. Portion 1 slice per serving. *CCP: Heat product to a minimum temperature of 140°F. Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*
Pizza Pack Italian Seasoning				1 pouch		
Pizza Pack Tomato Puree				1 pouch		
Pizza Pack Pepperoni				1 package		
Pizza Pack Crust				12 crusts		

Serving: 1 6.75 oz slice provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 3 grains/breads.

Yield: 96 servings: Each case of product provides 96 slices.

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	430		Iron	2.11	Mg	Protein	23.62	G	Percent ⇒	Protein	21.98%
Cholesterol	43	Mg	Calcium	395.22	Mg	Carbohydrates	40.59	G	Of ⇒	Carbohydrates	37.78%
Sodium	1028	Mg	Vitamin A	71	RE	Total Fat	19.52	G	Calories ⇒	Total Fat	40.88%
Dietary Fiber	1.02	G	Vitamin C	0.22	Mg	Saturated Fat	9.13	G	From ⇒	Saturated Fat	19.13%

Production Notes:
Contact manufacturer for preparation instructions.

Serving Notes:
When made according to manufacturer's instructions, 1 6.75 oz slice provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 3 grains/breads.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Mexican Pizza (302)

(Mexican Pizza MC302)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*48* Servings		*96* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Tony's Mexican Pizza. . . .	. . . . .	48 wedges. .	. . . . .	96 wedges. . .	. . . . .	1. Keep pizza frozen until ready to bake. 2. Line 18"X26" pans with pan liners. 3. Place pizza on pan.
						4. Bake according to directions on package. *CCP: Heat product to minimum temperature of 140°F.*
						5. Serve 1 portion of pizza with a spatula onto plate or tray. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 5.38 oz wedge provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 3 grains/breads.

Yield: 48 servings: Each case provides 48 slices.
96 servings: Each case provides 96 slices.

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	388		Iron	2.88	Mg	Protein	18.40	G	Percent ⇒	Protein	18.99%
Cholesterol	32	Mg	Calcium	2839.7	Mg	Carbohydrates	35.41	G	Of ⇒	Carbohydrates	36.55%
Sodium	1059	Mg	Vitamin A	0	RE	Total Fat	19.51	G	Calories ⇒	Total Fat	45.31%
Dietary Fiber	2.34	G	Vitamin C	0.60	Mg	Saturated Fat	7.36	G	From ⇒	Saturated Fat	17.09%

Production Notes:
Prepare according to package directions.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Stuffed Crust Pizza (304)

(Stuffed Crust Pizza MC304)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	36 Servings		72 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Stuffed Crust Pizza, Pepperoni.	. . . . .	36 slices. . .	. . . . .	72 slices. . . .	. . . . .	1. Keep pizza frozen until ready to bake. 2. Line 18"X26" pan with pan liners. 3. Place pizza on pan.
						4. Bake according to directions on package. *CCP: Heat product to a minimum temperature of 140°F.*
						5. Serve 1 slice of pizza with a spatula onto plate or tray. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 5.75 oz slice provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 3 ¼ grain/bread.

Yield: 36 servings: Each case provides 36 slices.
72 servings: Each case provides 72 slices.

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	430		Iron	6.10	Mg	Protein	19.30	G	Percent ⇒	Protein	17.95%
Cholesterol	20	Mg	Calcium	335	Mg	Carbohydrates	51.00	G	Of ⇒	Carbohydrates	47.44%
Sodium	1130	Mg	Vitamin A	136	RE	Total Fat	16.00	G	Calories ⇒	Total Fat	33.49%
Dietary Fiber	2.00	G	Vitamin C	0.00	Mg	Saturated Fat	6.00	G	From ⇒	Saturated Fat	12.56%

Production Notes:
Prepare according to package directions.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Variety Pizzas (306)

(Variety Pizzas MC306)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Convenience Pizzas: (Cheese Pizza, Pepperoni Pizza, Sausage Pizza)	. . . . .	50 wedges (4.8 – 5.1 oz per slice). . .	. . . . .	100 wedges (4.8 – 5.1 oz per slice). . . .	. . . . .	1. Keep pizza frozen until ready to bake. 2. Line 18"X26" pans with pan liners. 3. Place pizza on pan.
						4. Bake according to directions on package. *CCP: Heat product to a minimum temperature of 140°F.*
						5. Serve 1 slice of pizza with spatula onto plate or tray. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 slice provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 2 grains/breads.

Yield: 50 servings: 50 slices of pizza
100 servings: 100 slices of pizza

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	329		Iron	4.13	Mg	Protein	15.98	G	Percent ⇒	Protein	19.42%
Cholesterol	19	Mg	Calcium	297.57	Mg	Carbohydrates	35.12	G	Of ⇒	Carbohydrates	42.68%
Sodium	970	Mg	Vitamin A	112	RE	Total Fat	13.59	G	Calories ⇒	Total Fat	37.16%
Dietary Fiber	1.38	G	Vitamin C	0.19	Mg	Saturated Fat	4.70	G	From ⇒	Saturated Fat	12.84%

Production Notes:
Prepare according to package directions.

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

Meat/Meat Alternates
Pork

Many smoked ham and turkey ham products have water added. This increases the amount of raw weight needed to yield a serving of cooked lean meat. Refer to the Food Buying Guide for Child Nutrition Programs, USDA-FNS, Revised November 2001, for the specific cut of meat used.

As products change on the order guide, refer to package instructions for cooking time and temperature, procedures and amount to serve to meet meal pattern requirements according to the CN label or product information from the manufacturer.

Review Culinary Techniques for food preparation techniques about food items.

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure for a fluid measure.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the recipes.

Culinary Pointers from *Culinary Techniques for Healthy School Meals*

Most processed meat products are at their peak of quality immediately after they are cooked.

If a processed product must be held, follow package directions exactly and plan the holding time to be as short as possible. Holding time will only decrease the quality of the product.

- Breaded products – These products should not be held if possible. Depending on the type of warmer available, the product may or may not be covered. If it must be covered, use aluminum foil with many small holes so steam can escape.

- Non-breaded products – These products can be held more successfully than breaded products. Cover cooked products with aluminum foil and place in a warmer.

Cooking always causes loss of moisture. This is called shrinkage. As a meat continues to cook, it loses more moisture. This is why it is so important to follow the recipe for cooking temperature and cooking time. Overcooking a meat dish means the yield will be less than the number of portions planned, flavor will be lost, and the meat will be tough because the protein structure has been changed. [CT, Preparing Meat and Poultry, page 4]

To obtain a tender product, it is best to cook meat and poultry at a moderate temperature. The recipe will give the temperature for the product. A rule of thumb is to cook meat and poultry in a conventional oven at 350°F. Both the time and temperature should be adjusted in a convection oven. Generally the temperature for a convection oven should be reduced from 25° to 50°F from that of a conventional oven. The time may need to be reduced also, about 25 percent less cooking time. [CT, Preparing Meat and Poultry, Page 4.]

Baked Ham (402)

(Baked Ham MC402)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Boneless ham	12 lb		24 lb			1. Place ham on a rack in roasting pan. Do not cover. 2. Bake 325 F for approximately 2-2 ½ hours.
						3. Remove ham from oven about 30 minutes before it is done. Drain off drippings. 4. Score ham ¼ inch deep in diamond pattern.
Brown sugar Cornstarch Light corn syrup Pineapple juice	8 oz 	1 Cup 2 Tbsp ¼ Cup 2 Tbsp	1 lb 	2 Cup ¼ Cup ½ Cup ¼ Cup		5. Ham Glaze: Combine brown sugar, cornstarch, corn syrup, and pineapple juice. 6. Spoon over ham.
						7. Return ham to oven and bake until done. *CCP: Internal temperature of product must register 145 F for 15 seconds at completion of cooking process.*
						8. Slice ham for service. Portion 3 oz ham per serving. *CCP Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 3-oz portion provides 2 oz. meat/meat alternate

Yield: 50 servings: 50 3-oz servings
100 servings: 100 3-oz servings

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Baked Ham (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	166		Iron	0.92	Mg	Protein	21.07	G	Percent ⇒	Protein	50.81%
Cholesterol	51	Mg	Calcium	11.64	Mg	Carbohydrates	7.10	G	Of ⇒	Carbohydrates	17.13%
Sodium	1559	Mg	Vitamin A	0	RE	Total Fat	5.40	G	Calories ⇒	Total Fat	29.30%
Dietary Fiber	0.00	G	Vitamin C	0.07	Mg	Saturated Fat	1.76	G	From ⇒	Saturated Fat	9.57%

Production Notes:
When using smoked ham, refer to Food Buying Guide for additional yield information.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Pork Jambalaya (414)

(Pork Jambalaya MC414)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Sausage, smoked, bias cut	7 lb		14 lb			1. Add sausage and seasonings. Continue to sauté. 2. Drain any excess fat from pan.
Table salt		1 Tbsp		2 Tbsp		
Pepper, red/cayenne		2 Tsp		1 Tbsp 1 Tsp		
Thyme, ground		2 Tsp		1 Tbsp 1 Tsp		
Garlic, powder		2 Tbsp		¼ Cup		
Parsley, dried		¼ Cup		½ Cup		
Peppers, green, diced	4 lbs 8 oz		9 lb			3. Add chopped peppers, onions, celery, tomatoes. Cook for 5 minutes. *CCP: Heat product to minimum internal temperature of 155 F or according to package directions.*
Onions, fresh, yellow, diced	2 lbs 6 oz		4 lbs 12 oz			
Celery, fresh, raw, diced, ¼	1 lb 10 oz		3 lb 4 oz			
Tomatoes, diced		1 Qt		2 Qt		
Rice, white, long, reg, raw, enr	3 lb		6 lb			4. Place 3 lb raw rice, pork mixture, and 3 qt hot water into each steamtable pan (12"x20x 1 ½"). For 50 servings use 1 steamtable pan; for 100 servings use 2 steamtable pans. Cover steamtable pans with lids or aluminum foil. Steam for 30 minutes or until tender. *CCP: Heat product to a minimum temperature of 165° F.*
Water		3 Qt		1 Gal 2 Qt		
						5. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
						6. Portion 1 cup (2 No. 8 scoops) per serving.

Serving: 1 8-oz serving (2#8 scoops or 1 8-oz ladle) provides 2 oz. meat/meat alternate 1 grain/bread, and 1/2 c. vegetable

Yield: 50 servings: about 3 1/8 gallons
100 servings: about 6 ¼ gallons

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Pork Jambalaya (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	326		Iron	2.09	Mg	Protein	10.43	G	Percent ⇒	Protein	12.77%
Cholesterol	38	Mg	Calcium	49	Mg	Carbohydrates	34.16	G	Of ⇒	Carbohydrates	41.85.%
Sodium	779	Mg	Vitamin A	84	RE	Total Fat	18.18	G	Calories ⇒	Total Fat	50.10%
Dietary Fiber	1.68	G	Vitamin C	50.9	Mg	Saturated Fat	6.13	G	From ⇒	Saturated Fat	16.89%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Red Bean & Rice with Sausage (416)

(Red Beans & Rice with Sausage MC416)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beans, kidney, all types, dried	2 lb 12 oz		5 lb 8 oz			PULL SUB-RECIP FOR RICE(1344) 1. Sort and rinse the beans. Use overnight method or quick soak method to add moisture and shorten the cooking time. 2. Drain water from beans, replace with enough fresh water to cover. Cook beans until they begin to get tender.
Onions, fresh	14 ½ oz		1 lb 13 oz			3. Saute pepper and onions until tender.
Peppers, swt., green, raw, diced	5 oz		10 oz			
Seasoning, red bean		1 package		2 package		4. Add red bean seasoning and sausage. 5. Continue to simmer until beans are thoroughly tender. 6. Place in steamtable pans and serve immediately or cover and place in warmer until ready for service. *CCP: Heat product to minimum internal temperature of 155° F or according to package directions.*
Sausage, smkd, pork/beef, 2oz	4 lb 4 oz		8 lb 8 oz			
Rice		1 ½ Gal 2 Cup		3 ¼ Gal		7. Prepare rice according to recipe directions. Place rice in half-size steamtable pans. 8. Using appropriate portion control, portion rice with 4 oz spoodle or No. 8 scoop (1/2 cup serving) in soup bowl. Serve 2/3 cup (No. 8 scoop) red beans with sausage over rice. *CCP:Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

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Red Beans & Rice with Sausage (Continued)

Serving: 1 2/3 cup (#6 scoop or 6 oz ladle) of red beans and ½ cup (#8 scoop) of rice provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 50 servings about 2 1/3 gallons red beans and 1½ gallon rice; 100 servings: about 4 2/3 gallons red beans and 3 gallons rice.

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	356		Iron	4.45	Mg	Protein	12.92	G	Percent ⇒	Protein	14.52%
Cholesterol	27	Mg	Calcium	47.33	Mg	Carbohydrates	44.54	G	Of ⇒	Carbohydrates	50.07%
Sodium	1131	Mg	Vitamin A	4	RE	Total Fat	13.34	G	Calories ⇒	Total Fat	33.75%
Dietary Fiber	6.80	G	Vitamin C	4.18	Mg	Saturated Fat	5.53	G	From ⇒	Saturated Fat	13.98%

Production Notes:
2 2/3 #10 cans of kidney beans may be used for 100 servings in place of the dried beans.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Macaroni and Cheese with Ham Slice (412)

(Macaroni and Cheese with Ham Slice MC412)

Meat/Meat Alternate-Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pasta, macaroni, elbow.....	2 lb 10 oz....	.....	5 lb 4 oz.....	.....	.....	1. Cook elbow macaroni in steam-jacketed kettle until firm-tender, 8 minutes. Drain and rinse in cold water.
Margarine, lb.....	12 oz.....	.....	1 lb 8 oz.....	.....	.....	2. Melt margarine in a stock port or steam-jacketed kettle.
Flour, all purpose white, enriched, bleached.....	12 oz.....	.....	1 lb 8 oz.....	.....	.....	3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.
Table salt.....	1 oz.....	1 Tbsp 2 Tsp..	2 oz.....	3 Tbsp 1 Tsp..	.....	
Mustard, powder/dry.....	.....	1 Tbsp.....	.....	2 Tbsp.....	.....	
White pepper.....	.....	1 Tsp.....	.....	2 Tsp.....	.....	
Paprika.....	.....	1 Tbsp.....	.....	2 Tbsp.....	.....	
Milk 2% Lowfat.....	.....	1 Gal 1 Qt.....	.....	2 Gal 2 Qt.....	.....	4. Heat milk in a stockpot to a simmer, then slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thick.
Worchestershire sauce.....	.....	2 Tsp.....	.....	1 Tbsp 1.....	.....	5. Add Worcestershire sauce, shredded American cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Cheese, American, past processed.....	2 lb 8 oz.....	2 Qt 2 Cup.....	5 lb.....	1 Gal 1 Qt.....	.....	
Cheese, Parmesan, grated...	4 oz.....	.....	8 oz.....	.....	.....	
						6. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 6 oz into each steamtable pan (12" x 20" x 2 ½ "). Cover with a lid or aluminum foil.

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Macaroni and Cheese with Ham Slice (Continued)

						7. Bake an additional 5 minutes, uncovered, until lightly browned. *CCP: Heat product to minimum temperature of 140° F for 15 seconds.*
						8. Slice ham and heat to 145 F. Portion 1 ½ ounce of ham for serving. *CCP: Heat ham to minimum of 145 F for 15 seconds.*
						9. Portion ½ cup macaroni and cheese and 1 ½ ounce ham per serving. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 ½ oz ham and ½ cup macaroni and cheese provide 2 oz meat/meat alternate

Yield: 50 servings : 50 3 oz portions ham an 2 full-size steam table pans macaroni and cheese
100 servings: 100 3-oz portions ham an 2 full-size steam table pans macaroni and cheese

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	378		Iron	1.70	Mg	Protein	22.14	G	Percent ⇒	Protein	23.46%
Cholesterol	49	Mg	Calcium	358.46	Mg	Carbohydrates	28.76	G	Of ⇒	Carbohydrates	30.47%
Sodium	1335	Mg	Vitamin A	209	RE	Total Fat	19.38	G	Calories ⇒	Total Fat	46.20%
Dietary Fiber	1.11	G	Vitamin C	1.09	Mg	Saturated Fat	9.33	G	From ⇒	Saturated Fat	22.24%

Production Notes:
Refer to Food Buying Guide for yield information on ham products

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Macaroni and Cheese with Ham Pieces (410)

(Macaroni and Cheese with Ham Pieces MC410)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pasta, macaroni, elbow	2 lb 10 oz		5 lb 4 oz			1. Cook elbow macaroni in steam-jacketed kettle until firm-tender, 8 minutes. Drain and rinse in cold water. Place in shallow containers, cover and refrigerate (41 F or lower) until needed in recipe preparation.
Margarine, lb	12 oz	1 ½ Cup	1 lb 8 oz	3 Cup		2. Melt margarine in a stock port or steam-jacketed kettle.
Flour, all purpose white, enriched, bleached Table salt Mustard, powder/dry White pepper Paprika	12 oz 1 oz	3 Cup 1 Tbsp 2 Tsp 1 Tbsp 1 Tsp 1 Tbsp	1 lb 8 oz	6 Cup 3 Tbsp 1 Tsp 2 Tbsp 2 Tsp 2 Tbsp		3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.
Milk 2% Lowfat		1 Gal 1 Qt		2 Gal 2 Qt		4. Heat milk in a stockpot to a simmer, then slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thick.
Worchestershire sauce Cheese, American, past processed Cheese, Parmesan, grated	2 lb 8 oz 4 oz	2 Tsp 2 Qt 2 Cup	5 lb 8 oz	1 Tbsp 1 Tsp 1 Gal 1 Qt 1 ¾ Cup		5. Add Worcestershire sauce, shredded American cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Turkey ham, diced	4 lb 8 oz		9 lb			6. Dice turkey-ham. Add to mixture.
						7. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 6 oz into each steamtable pan (12" x 20" x 2 ½ "). Cover with a lid or aluminum foil.

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Macaroni and Cheese with Ham Pieces (Continued)

						8. To bake: Conventional oven 350 F, 30 minutes Convection oven 325 F, 25 minutes *CCP: Internal temperature of product must register 165 F for 15 seconds or longer.*
White bread.....	.....	1 slice.....	.....	2 slice.....	.....	9. Combine the bread crumbs and shredded American cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan. 10. Bake an additional 5 minutes, uncovered, until lightly browned. 11. Cut pan 5x5 (25 servings per pan). Scoop portions wit scoop or spatula. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Cheese, American, past processed.....	1 lb.....	1 Qt.....	2 lb.....	2 Qt	.....	

Serving: 1 serving (8 oz. ladle or spoodle) provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	384		Iron	1.94	Mg	Protein	21.70	G	Percent ⇒	Protein	22.60%
Cholesterol	60	Mg	Calcium	354.93	Mg	Carbohydrates	28.88	G	Of ⇒	Carbohydrates	30.08%
Sodium	1257	Mg	Vitamin A	209	RE	Total Fat	19.95	G	Calories ⇒	Total Fat	46.75%
Dietary Fiber	1.11	G	Vitamin C	1.09	Mg	Saturated Fat	9.60	G	From ⇒	Saturated Fat	22.49%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available, other kinds of ham may be used. Check Food Buying Guide for quantity.

Miscellaneous Notes:

Corn Dog Nuggets, Baked (406)

(Corn Dog Nuggets MC406)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Corn Dog Nuggets.....	.....	300 Nuggets	.....	600 Nuggets....	.....	1. Place corn dog nuggets on bun pan lined with pan liner. 2. Bake according to manufacturer's directions. (Prepare in batches to maintain quality.) *CCP: Heat product to minimum temperature of 140°F.*
						3. Place in steamtable pan. Serve immediately or place in warmer until ready until ready for service.
						4. Portion 6 corn dog nuggets per serving. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 6 corn dog nuggets provide 2 oz. meat/meat alternate and 2 grain/bread

Yield: 50 servings: 300 corn dog nuggets
100 servings: 600 corn dog nuggets

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Corn Dog Nuggets, Baked (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	480		Iron	4.50	Mg	Protein	16.00	G	Percent ⇒	Protein	13.33%
Cholesterol	70	Mg	Calcium	199.98	Mg	Carbohydrates	42.00	G	Of ⇒	Carbohydrates	35.00%
Sodium	1120	Mg	Vitamin A	0	RE	Total Fat	28.00	G	Calories ⇒	Total Fat	52.50%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	6.00	G	From ⇒	Saturated Fat	11.25%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available
Read CN label to insure manufacturers' recommendations for meeting meal component.

Miscellaneous Notes:

Stromboli Supreme (418)

(Stromboli Supreme MC418)

Meat/Meat Alternate – Grains/Breads

Source: MS Cycles II

Ingredients	*60* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pizza dough, presheeted, 12"x16".....	.....	6 sheet.....	.....	12 sheet.....	.....	1. On lightly floured surface, roll out each sheet of dough slightly while maintaining rectangular shape.
Sauce, pizza, prepared..... Sauce, spaghetti, no meat....	....	1 Qt ½ Cup... 1 Qt ½ Cup....	....	2 Qt 1 Cup..... 2 Qt 1 Cup.....	....	2. Brush dough with pizza sauce (approximately 1 cup per sheet). Leave 6" border across the top and bottom of dough for holding over.
Cheese, mozzarella, shredded..... Turkey ham, dk meat, smkd, frz..... Pepperoni, slided, pizza topping.....	6 lb..... 10 lb 8 oz..... 24 oz.....	....	12 lb..... 21 lb ..... 3 lb.....	....	....	3. Layer ingredients along the center of each dough rectangle as follows" 1st layer – 14 oz ham 2nd layer – 16 slices of pepperoni 3rd layer – 10 oz mozzarella cheese 4. Fold top third of dough over layered ingredients. 5. Brush dough with additional sauce (approximately ½ cup per sheet). 6. Place another layer of ingredients as listed above: 1st layer – 14 oz ham 2nd layer – 16 slices of pepperoni 3rd layer – 10 oz mozzarella cheese 7. Fold bottom third of dough over the second layer of ingredients. Pinch to seal end and top seams. (if desired, brush seams with egg wash.)
						8. Place rolled dough on lightly oiled or lined sheet pan. (18" x 26" x 1"). More than one roll can be placed on each pan. 9. Allow rolled stromboli to rise for 30 minutes.
						10. Bake until crust is lightly browned: Conventional oven: 400 F for 30-35 minutes Convection oven: 350 F to 25-30 minutes. *CCP: Heat product to minimum internal temperature of 155° F or according to package directions.*

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Stromboli Supreme (Continued)

						11. Remove from oven. Place hot pan on bun rack and let stand for 10 minutes before cutting, to prevent cheese from running. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*
						12. Cut each stromboli into 10 portions. Place in steamtable pan. 13. Cover and place in warmer until ready for service. Portion 1 piece per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 60 servings: 6 stromboli rolls
120 servings: 12 stromboli rolls

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	469		Iron	1.28*	Mg	Protein	34.13	G	Percent ⇒	Protein	29.09%
Cholesterol	85	Mg	Calcium	334.51	Mg	Carbohydrates	42.54	G	Of ⇒	Carbohydrates	36.26%
Sodium	1710	Mg	Vitamin A	123*	RE	Total Fat	18.39	G	Calories ⇒	Total Fat	35.28%
Dietary Fiber	1.90	G	Vitamin C	3.14*	Mg	Saturated Fat	7.57	G	From ⇒	Saturated Fat	14.53%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

MEAT/MEAT ALTERNATES
Poultry

To protect poultry products from drying, cover unbreaded products with plastic wrap before placing in holding cabinets. Breaded products should be covered with aluminum foil that has holes punched in it.

If extra portions of processed items are thawed and not prepared, do not refreeze. Cook and store for service. For best quality plan to use the next day.

Review Culinary Techniques for food preparation techniques about food items.

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure for a fluid measure.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the recipes.

Culinary Pointers from *Culinary Techniques for Healthy School Meals*

Most processed meat products are at their peak of quality immediately after they are cooked.

If a processed product must be held, follow package directions exactly and plan the holding time to be as short as possible. Holding time will only decrease the quality of the product.

- Breaded products – These products should not be held if possible. Depending on the type of warmer available, the product may or may not be covered. If it must be covered, use aluminum foil with many small holes so steam can escape.

- Non-breaded products – These products can be held more successfully than breaded products. Cover cooked products with aluminum foil and place in a warmer.

Cooking always causes loss of moisture. This is called shrinkage. As a meat continues to cook, it loses more moisture. This is why it is so important to follow the recipe for cooking temperature and cooking time. Overcooking a meat dish means the yield will be less than the number of portions planned, flavor will be lost, and the meat will be tough because the protein structure has been changed. [CT, Preparing Meat and Poultry, page 4]

To obtain a tender product, it is best to cook meat and poultry at a moderate temperature. The recipe will give the temperature for the product. A rule of thumb is to cook meat and poultry in a conventional oven at 350°F. Both the time and temperature should be adjusted in a convection oven. Generally the temperature for a convection oven should be reduced from 25° to 50°F from that of a conventional oven. The time may need to be reduced also, about 25 percent less cooking time. [CT, Preparing Meat and Poultry, Page 4.]

Pasta gets bigger and heavier when it is cooked. Generally pasta doubles or triples in weight when it is cooked. Likewise, the volume increases two and two and one-half times during cooking. When pasta is to be cooked more in a recipe, like macaroni and cheese, it should be undercooked. This means reducing the cooking time. [CT, Preparing Pasta, Rice, and Grains, Page 4.]

Baked Honey Lemon Chicken (500)

(Baked Chicken, Honey Lemon MC500)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1 Qt		2 Qt		1. Combine water, honey, lemon juice, salt and pepper in a bowl. Set aside. 2. Remove skin from thighs. Discard. Place 25 chicken thighs in each 12" x 20" x 2 ½" steam table pan. 3. To bake: Conventional oven 400° F, 20 minutes. Convection oven 375° F, 20 minutes. 4. Drain fat and discard. 5. Pour 3 ½ cups of honey lemon mixture over each pan of chicken thighs. 6. Return to bake: Conventional oven 350°F, 15 minutes. Convection oven 325°F, 15 minutes. 7. Bake until golden brown. For glazed appearance, baste after 10 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds at complete of cooking process. Hold for hot service at 135°F or higher.*
Honey, Raw	1 lb + 7 oz		2 lb + 14 oz			
Lemon Juice		1 Cup		2 Cup		
Table Salt		1 Tbsp + 1 Tsp		2 Tbsp + 2 Tsp		
White Pepper		2 Tsp		1Tbsp + 1 Tsp		
Chicken Thigh		50 Thigh, e/p.		100 Thigh, e/p		
						Special Tips: 1) To remove skins easily, use a paper towel to grasp skin. 2) A honey-lemon sauce can be made from the baked pan liquids. For each 50 servings, dissolve 1 cup cornstarch in ½ cup cold water. Drain liquid form cooked chicken, remove fat, and strain. Heat 1 qt of honey-lemon sauce until it simmers, 180°F. Add cornstarch-water mixture and simmer until thickened. Pour over chicken before serving. This can be used as a sauce for vegetables or rice.

Serving: 1 piece provides 2 oz of cooked poultry

Yield: 50 servings: 9 lb 3-oz
100 Servings: 18 lbs 6-oz

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Honey Lemon Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	194		Iron	0.91	Mg	Protein	15.61	G	Percent ⇒	Protein	32.16%
Cholesterol	58	Mg	Calcium	9.51	Mg	Carbohydrates	11.13	G	Of ⇒	Carbohydrates	22.93%
Sodium	243	Mg	Vitamin A	30	RE	Total Fat	9.62	G	Calories ⇒	Total Fat	44.61%
Dietary Fiber	0.07	G	Vitamin C	1.30	Mg	Saturated Fat	2.69	G	From ⇒	Saturated Fat	12.46%

Production Notes:
If thighs weigh less than 4 oz, adjust weights of chicken pieces according to Food Buying Guide. 50 lbs of cut-up chicken can be used in place of the thighs. Refer to Food Buying Guide for portion sizes to use.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Baked Italian Chicken (502)

(Chicken, Baked Italian MC502)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Seasoned Salt		2 ½ Oz		5 Oz		1. Combine seasoning salt, black pepper, garlic powder, and onion powder in a large bowl. Set aside.
Black Pepper		1 Fl Oz		2 Fl Oz		
Garlic Powder		1 ½ Fl Oz		3 Fl Oz		
Onion Powder		1 ½ Fl Oz		3 Fl Oz		
Chicken, 8 cut frzn	25 lbs		50 lbs			2. Wash chicken. Season chicken with spice mixture.
Italian Dressing		1 Qt		½ Gal		3. Pour creamy Italian dressing over chicken. Cover and marinade overnight in refrigerator. Place in shallow containers, cover and refrigerate (41°F or lower) until needed in recipe preparation. 4. Place chicken on lined bun pans 5. To bake: conventional oven 400°F, 35 minutes. Convection oven 375°F, 35 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
						6. Place chicken in steam table pans. 7. Portion 1 chicken breast, 1 drumstick with wing or 1 thigh with back per serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 serving provides 2-oz. meat/meat alternate

Yield: 50 servings: 50 servings chicken
100 servings: 100 servings chicken

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Baked Italian Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	262		Iron	1.05	Mg	Protein	21.33	G	Percent ⇒	Protein	32.58%
Cholesterol	65	Mg	Calcium	16.79	Mg	Carbohydrates	1.90	G	Of ⇒	Carbohydrates	2.91%
Sodium	554	Mg	Vitamin A	18	RE	Total Fat	18.51	G	Calories ⇒	Total Fat	63.62%
Dietary Fiber	0.22	G	Vitamin C	1.21	Mg	Saturated Fat	3.44	G	From ⇒	Saturated Fat	11.83%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Baked Lemon Pepper Chicken (504)

(Chicken, Lemon Pepper BkdMC504)

Meat/Meat Alternate

Source: MS Cycle II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lemon Pepper		¼ cup		½ cup		1. Wash chicken. Season chicken with lemon pepper. Place chicken on lined bun pans. 2. To bake: conventional oven 400°F, 35 minutes. Convection oven 375°F, 35 minutes. 3. Bake until golden brown. *CCP: Internal temperatures of product must register 165°F for 15 seconds at completion of cooking process.*
Chicken, 8 cut frzn	20 lbs		40 lb			
						4. Place chicken in steam table pans for service. Cover steamtable pans with film wrap before placing in warmer to keep product moist. 5. Portion 1 breast, 1 drumstick with wing, or thigh and wing per serving. *CCP: Hold and maintain product at a minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 portion chicken provides 2-oz meat/meat alternate

Yield: 50 servings: 50 portions chicken
100 servings: 100 portions chicken

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Baked Lemon Pepper Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	139		Iron	0.88	Mg	Protein	21.12	G	Percent ⇒	Protein	60.91%
Cholesterol	65		Calcium	10.95	Mg	Carbohydrates	0.00	G	Of ⇒	Carbohydrates	%
Sodium	219	Mg	Vitamin A	12	RE	Total Fat	5.41	G	Calories ⇒	Total Fat	35.10%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	1.49	G	From ⇒	Saturated Fat	9.66%

Production Notes:
According to the Food Buying Guide, 50 pounds of cut up chicken will yield enough chicken for 100 2-ounce servings.

Serving Notes:
1 2-ounce serving equals 1 breast piece, 1 drumstick and 1 wing, or 1 thigh with back. For other servings, please check the Food Buying Guide.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Baked Ranch Chicken (506)

(Chicken, Ranch Baked MC506)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Dressing, Ranch, Dry Mix....	.....	1 1.5-oz package	.....	2 1.5-oz package	.....	1. Wash chicken. 2. Season chicken with dry Ranch dressing mix. Place chicken on lined bun pans. 3. To bake: conventional oven 400°F, 35 minutes. Convection oven 375 °F, 35 minutes. *CCP: Internal temperatures of product must register 165°F for 15 seconds or longer.*
Chicken, 8 cut, frzn.....	20 lbs	.....	40 lb	.....	.....	
						4. Place chicken in steam table pans. Cover steam table pans with film wrap before placing in warmer to keep product moist. 5. Serve 1 breast, wing and drumstick or thigh with back per serving. *CCP: Hold and maintain minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 serving provides 2 oz. meat/meat alternate

Yield: 40 servings: 40 portions chicken
80 servings: 80 portions chicken

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Baked Ranch Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	139		Iron	0.88	Mg	Protein	21.12	G	Percent ⇒	Protein	60.91%
Cholesterol	65	Mg	Calcium	10.95	Mg	Carbohydrates	0.00	G	Of ⇒	Carbohydrates	%
Sodium	68	Mg	Vitamin A	12	RE	Total Fat	5.41	G	Calories ⇒	Total Fat	35.10%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	1.49	G	From ⇒	Saturated Fat	9.66%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Baked Seasoned Chicken (508)

(Baked Seasoned Chicken)

Meat/Meat Alternate – Vegetable-Grain/Bread **Source: MS Cycles II**

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Seasoning, creole		1 oz		1 7/8 oz		1. Combine seasoning, red pepper, garlic powder, and black pepper in a large bowl. Set aside.
Pepper, red/cayenne		1 3/8 Tsp		2 5/8 Tsp		
Garlic powder		1 3/8 Tsp		2 5/8 Tsp		
Black pepper		1 3/8 Tsp		2 5/8 Tsp		
Chicken, 8 cut, frzn	20 lbs		40 lbs			2. Wash chicken. Season chicken with spice mixture. Place chicken on lined bun pans. 3. To bake: Conventional oven 400 F, 35 minutes Convection oven 375 F, 35 minute 4. Bake until golden brown and reaches an internal temperature of 165 F.
						5. Place chicken in steam table pans. 6. Serve 1 breast, 1 drumstick and wing, or 1 thigh with back per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate

Yield: 40 servings: 40 portions
80 servings: 80 portions

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Baked Seasoned Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	139		Iron	0.91	Mg	Protein	21.15	G	Percent ⇒	Protein	60.70%
Cholesterol	65	Mg	Calcium	11	Mg	Carbohydrates	0.15	G	Of ⇒	Carbohydrates	0.42%
Sodium	258	Mg	Vitamin A	14	RE	Total Fat	5.42	G	Calories ⇒	Total Fat	35.02%
Dietary Fiber	0.04	G	Vitamin C	0.1	Mg	Saturated Fat	1.49	G	From ⇒	Saturated Fat	9.63%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Crispy Baked Chicken (510)

(Crispy Baked Chicken MC510)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, 8 cut	20 lb		40lb			1. Rinse chicken in cold water. Drain well.
Flour, All Purpose White Milk, Dry, Non Fat Sol Seasoning, poultry Black Pepper Paprika Garlic Powder	12 7/8 oz 6 ½ oz 3/8 oz	2 ¾ Cup 1 1/3 Cup 1 Tbsp ½ Tsp. 2 ¼ Tsp ½ Tsp 1 Tbsp+3/4 Tsp.	1 5/8lb 13 oz ¾ oz	1 Qt 1 ½ Cup. 2 2/3 Cup 2 Tbsp 1 Tsp. 1 ½ Tbsp 1 Tsp 2 ½ Tbsp		2. Combine flour, dry milk, poultry seasoning, pepper, paprika, and garlic powder. Mix well.
						3. Place chicken pieces in large bowl.
						4. Coat chicken with seasoned flour. Place approximately 25 pieces on lined sheet pans, that have been sprayed with food release.
						5. Bake until golden brown: Conventional oven: 400°F for 45-55 minutes. Convection oven 350° F for 30-35 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*

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Crispy Baked Chicken (Continued)

6. Transfer to steam table pans for serving. Serve immediately or place in warmer until ready for service
7. Portion 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back per serving.

CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.

Serving: 1 portion provides 2 oz. meat/meat alternate.

Yield: 40 servings: 40 portions chicken
80 servings: 80 portions chicken

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	190		Iron	1.42	Mg	Protein	23.80	G	Percent ⇒	Protein	50.03%
Cholesterol	66	Mg	Calcium	72.98	Mg	Carbohydrates	9.73	G	Of ⇒	Carbohydrates	20.44%
Sodium	119	Mg	Vitamin A	44	RE	Total Fat	5.56	G	Calories ⇒	Total Fat	26.29%
Dietary Fiber	0.35	G	Vitamin C	0.45	Mg	Saturated Fat	1.53	G	From ⇒	Saturated Fat	7.25%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available
If using purchased chicken pieces, refer to the Food Buying Guide or check CN labels

Miscellaneous Notes:

Sliced Turkey with Brown Gravy (564)

(Sliced Turkey with Brown Gravy MC564)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey roast, frozen & dk meat, roasted.....	9 lbs 12 oz..	.....	19 lb 8 oz.....	.....	.....	Directions for Cooking Turkey Roasts: 1. Thaw turkey under refrigeration (40 F).
						To roast or bake: 2. Place roast on foil and wrap very tightly. 3. Bake for 4 hours at 350 F in convection oven or until temperature reaches 165 F at ends and center of roast. 4. Remove turkey from foil, cut each roast into 4 pieces and place on ice for cooling by using 2 steamtable pans. Place roast in refrigerator, covered lightly with foil or pan liners. *CCP: Internal temperature of product must register 165 F for 15 seconds or longer.*
						5. Slice turkey and measure out a 2 oz serving to determine portion size. 6. Slice remaining turkey and place in steamtable pans.
Gravy, mix, brown, dry..... Water, hot.....	....	1 1 lb package 1 Gal.....	....	2 lb package.... 2 Gal.....	....	7. Prepare brown gravy according to package directions.
						8. Portion 2 oz serving of turkey and 2 oz brown gravy per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 portion of 2 oz. turkey and 2 oz. gravy provides 2 oz. meat/meat alternate Yield: 50 servings: 50 portions
100 servings: 100 portions

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Sliced Turkey with Brown Gravy (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	174		Iron	1.44	Mg	Protein	20.23	G	Percent ⇒	Protein	46.54%
Cholesterol	47	Mg	Calcium	5.93	Mg	Carbohydrates	7.23	G	Of ⇒	Carbohydrates	16.64%
Sodium	992	Mg	Vitamin A	0.00	RE	Total Fat	6.59	G	Calories ⇒	Total Fat	34.09%
Dietary Fiber	0.00	G	Vitamin C	0.00	Mg	Saturated Fat	2.42	G	From ⇒	Saturated Fat	12.55%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Turkey and Dressing Supreme (566)

(Turkey and Dressing Supreme MC566)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey, whole	13 lb		26 lb			1. Cook turkey the day before, remove from bones and chop. *CCP: Internal temperature of product must register 165° F for 15 seconds at completion of cooking process. Cook meat or poultry until the correct temperature is reached. Divide into small portions and refrigerate for use in recipe the next day*
Or						
Turkey Roast	9 ¾ lb		19 lb 8 oz			
Celery, fresh, raw, diced, ¼ "	1 lb 4 ¼ oz		2 lb 8 ½ oz			2. Sauté onions and celery in butter.
Onions, fresh, yellow, diced	4 lb 8 oz		9 lb			
Butter, w/salt		1 Cup		2 Cup		
Central Ms cornbread, crumbled		2 Gal		4 Gal		3. Combine breads, celery, onions, broth, water, poultry seasoning, pepper, and salt. Mix thoroughly.
Bread, white, 24 oz loaf, sliced		2 Qt (crumb)		4 Qt (crumb)		
Broth, chicken		1 Gal		2 Gal		
Water		1 Qt		2 Qt		
Seasoning, poultry		¼ Oz		½ oz		
Black Pepper		1 Tbsp		2 Tbsp		
Table Salt		1 Tbsp		2 Tbsp		
Eggs, fresh, large		9 Eggs		18 Eggs		4. Beat eggs with wire whip. Fold into dressing.
						5. Add turkey and mix thoroughly. 6. Portion into 4 pans – 12 x 20 x 2 inches (1 ½ gallon per pan). Cover with aluminum foil. 7. Bake at 350 F for 45 minutes. Remove foil and continue to cook 15 minutes. 8. Cut pans 5 by 5 for 25 servings per pan. *CCP: Internal temperature of product must register 165 F for 15 seconds or longer. Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers.*

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Turkey and Dressing Supreme (Continued)

Serving: 1 portion provides 2 ounce serving of meat/meat alternate and 1 grain/bread

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	351		Iron	3.02	Mg	Protein	23.43	G	Percent ⇒	Protein	26.69%
Cholesterol	112	Mg	Calcium	238.49	Mg	Carbohydrates	27.63	G	Of ⇒	Carbohydrates	31.48%
Sodium	1181	Mg	Vitamin A	97	RE	Total Fat	15.68	G	Calories ⇒	Total Fat	40.19%
Dietary Fiber	2.42	G	Vitamin C	3.66	Mg	Saturated Fat	5.50	G	From ⇒	Saturated Fat	14.09%

Production Notes:
For 100 servings, use 4 gallons of crumbled cornbread.

Serving Notes:

Purchasing Guide:
Use commodity products when available.
May substitute 9 oz (3 cups) of dried whole eggs and 3 cups water in place of shell eggs.
26 pounds of raw turkey weighs 13 lb 8 oz when cooked.

Miscellaneous Notes:

Chicken Spaghetti (542)

(Chicken Spaghetti MC542)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Onion, fresh, yellow, diced...	13 oz.....	2 Cup.....	1 lb 10 oz.....	1 Qt chopped.....	.....	1. Break spaghetti into 2" pieces. Cook diced onions, diced green pepper, spaghetti, and salt in canned, ready-to-use chicken broth. Drain spaghetti.
Peppers, swt, green, raw, diced.....	11 oz.....	2 Cup.....	1 lb 6 oz.....	1 Qt chopped.....	.....	
Pasta, spaghetti, extra thin...	4 lb 14 oz....	.....	9 lb ½ oz.....	.....	.....	
Table salt.....	.....	¼ Cup.....	.....	½ Cup.....	.....	
Broth, chicken.....	.....	1 Gal 2 Qt.....	.....	3 Gal.....	.....	
Chicken, diced, ckd.....	6 lb 4 oz.....	.....	12 lb 8 oz ...	.....	.....	2. Combine chicken, cream of chicken soup, and pimento with drained, cooked spaghetti until thoroughly blended.
Soup, cream of chicken.....	7 lb 13 oz.....	2 ½ cans.....	15 lb 10 oz...	5 50 oz can	.....	
Pimiento, canned.....	.....	½ Cup.....	.....	1 Cup	.....	
						3. Pour mixture into steamtable pans (12"x20"x2 ½"). For 50 servings, use 1 steamtable pan; for 100 servings, use 2 steamtable pans
						4. To Bake: Conventional oven: 350°F, approximately 25-35 minutes. Convection oven: 350°F, approximately 25 minutes. *CCP: Internal temperature of product must register 165° F for 15 seconds at completion of cooking process.*
Cheese, American, grated...	4 oz.....	1 Cup.....	8 oz.....	2 Cup.....	.....	5. Garnish with cheese. Allow cheese to melt before serving. Cover and place in warmer until ready for service. 6. Portion with 6 oz spoodle or cut each pan 5 x 5 and serve with spatula.

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Chicken Spaghetti (Continued)

						CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated

Serving: 1 6-oz (6 oz. spoodle) provides 2 oz. meat/meat alternate and 1 grain/bread

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	328		Iron	2.36	Mg	Protein	24.75	G	Percent ⇒	Protein	30.22%
Cholesterol	53*	Mg	Calcium	24.77	Mg	Carbohydrates	37.57	G	Of ⇒	Carbohydrates	45.86%
Sodium	1506	Mg	Vitamin A	63	RE	Total Fat	8.38	G	Calories ⇒	Total Fat	23.02%
Dietary Fiber	1.99	G	Vitamin C	7.54	Mg	Saturated Fat	1.64*	G	From ⇒	Saturated Fat	4.51%

Production Notes:

Serving Notes:
Garnish with green pepper rings, parsley sprigs, or extra pimento pieces.

Purchasing Guide:
Use commodity products when available
Chicken base may be used in place of chicken broth. Follow package directions.

Miscellaneous Notes:

Chicken Pot Pie (538)

(Chicken Pot Pie MC538)

Meat/Meat Alternate – Grains/Breads – Vegetables

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour, all purpose white, enriched, bleached Table Salt Shortening, vegetable	2 lb 1 lb 3 oz	1 Qt 3 ¼ Cup 1 ½ Tsp 2 ¾ Cup	4 lb 2 lb 6 oz	3 Qt 2 ½ Cup 1 Tbsp 1 Qt 1 ½ Cup		1. FOR PASTRY TOPPING: Combine flour and salt. Combine in mixer with whisk or dough hook until size of small peas.
Water, cold		1 Cup		2 Cup		2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 9
Chicken, diced, ckd,	6 lb 4 oz	1 Gal 1 ½ Qt	12 lb 8 oz	2 Gal 3 Qt		3. FILLING: Place 3 lb 3 oz (2 qt 3 cups) chicken into each steamtable pan (12"x20"x2 ½"). For 50 servings, use 2 steamtable pans. For 100 servings use 4 steamtable pans.
Vegetable, mixed, frozen OR Vegetables, canned	7 lb 8 oz	1 Gal 3 Cup 1 ½ # 10 cans	15 lb	3 Gal 2 Cup 3 # 10 Cans		4. Add mixed vegetable to each pan. For canned mixed vegetable, add 3 lb 4 oz (2 qt 1 cup) per pan. For frozen mixed vegetables, add 3 lb 12 oz (2 qt 1 ½ cups) per pan.
Margarine, lb Celery, fresh, raw, diced ¼" Onions, fresh, yellow, diced	8 oz 1 lb 4 oz 1 lb 4 oz	1 Cup 4 ¾ cup diced 3 ¼ Cup	1 lb 2 lb 8 oz 2 lb 8 oz	2 Cups 2 Qt 1 ½ Cup 1 Qt 2 ¾ Cup		5. Melt margarine. Add celery and onion. Cook over medium heat for 5-10 minutes.
Flour, all purpose white, enriched, bleached	10 oz	2 ¼ Cup	1 lb 4 oz	1 Qt ½ Cup		6. Blend in flour. Cook over medium heat, stirring constantly until golden brown, 6-8 minutes
Base, chicken Water Seasoning, poultry Black Pepper	2 ¾ oz	 3 Qt 3 Cup ¼ oz 1 ½ Tsp	5 ½ oz	 1 Gal 3 ½ Qt 1 Tbsp 1 Tbsp		7. Slowly stir in chicken base, water, pepper, and poultry seasoning. Blend well and cook over medium heat, stirring frequently until slightly thickened 10-15 minutes.
						8. Pour approximately 2 qt 1 cup gravy mixture over chicken and vegetables in each pan. Gravy mixture will thicken in step 12. Stir carefully to combine.

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Chicken Pot Pie (Continued)

						9. Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use 1 lb 13 oz of dough for each pan.
						10. Cover chicken mixture with pastry. Brush with pastry brush dipped in water. Cut slits in pastry.
						11. Bake until crust is golden brown and filling is bubbly: Convention oven: 450 F for 30-35 minutes Convection oven" 400 F for 20-25 minutes *CCP: Internal temperature of product must register 165° F for 15 seconds or longer.* 12. Cut each pan 5x5 (25 portions per pan). Portion 1 square per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 portion provides 2-oz meat/meat alternate, 1 grain/bread and ¼ c. vegetable.

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	382		Iron	2.20	Mg	Protein	21.32	G	Percent ⇒	Protein	22.34%
Cholesterol	51	Mg	Calcium	21.80	Mg	Carbohydrates	29.44	G	Of ⇒	Carbohydrates	30.85%
Sodium	452	Mg	Vitamin A	272	RE	Total Fat	19.05	G	Calories ⇒	Total Fat	44.92%
Dietary Fiber	3.35	G	Vitamin C	4.28	Mg	Saturated Fat	4.54	G	From ⇒	Saturated Fat	10.70%

Production Notes:
Fool Proof Pie Crust recipe 538 as an option

Serving Notes:

Purchasing Guide:
Use commodity products when available
Turkey may be used in place chicken.

Miscellaneous Notes:

Cheesy Chicken Over Rice (516)

(Cheesy Chicken Over Rice MC516)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Onions, fresh, yellow, diced..	6 ½ oz	1 Cup chopped.....	13 oz.....	2 Cup, chopped.....	.....	PULL SUB-RECIPE FOR RICE (130) 1. Spray steam-jacketed kettle or skillet with food release spray. 2. Add onions. Sauté approximately 5 minutes
Soup, cream of chicken..... Sour cream, low fat..... Water..... Cheese, American..... Pimiento, canned..... Parsley, dried.....	1 50 oz can... 3 lb .... 1 lb + 10 oz...	..... 1 Qt 2 Cup..... 2 Cups..... 1 Qt 2 ½ Cup ½ Cup..... ¼ Cup.....	2 50 oz can... 6 lb .... 3 lb + 4 oz....	..... 3 Qt..... 1 Qt..... 3 Qt 1 Cup..... 1 Cup..... ½ Cup.....	....	3. In a large bowl, blend together soup, sour cream, cheese, pimento, water, parsley, and sautéed onions.
Chick, diced, cooked, frozen	4 lbs + 12 oz	.....	9lb + 8 oz.....	.....	.....	4. Add chicken to soup mixture. Pour mixture into half-size steamtable pans (12"x10"x4"). For 50 servings, use 4 steamtable pans; for 100 servings use 8 steamtable pans
Bread crumbs.....	4 oz.....	1 Cup.....	8 oz.....	2 Cup.....	.....	5. Top with bread crumbs. 6. To bake: Conventional oven: 350 °F, 30-40 minutes. Convection oven: 350 °F, 30 minutes. 7. Serve immediately or cover and place in warmer until ready for service. *CCP: Internal temperature of product must register 165° F for 15 seconds at completion of cooking process.*

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Cheesy Chicken Over Rice (Continued)

Rice.....	.....	1 ½ Gal + 1 Cup.....	.....	3 Gal + 2 Cup...	.....	8. Prepare rice according to recipe directions. Place rice in half-size steamtable pans (12"x10"x4"). *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*
						9. Portion rice with No. 8 scoop (1/2 cup serving). Using 6 ounce ladle or spoodle, serve chicken mixture over No. 8 scoop (1/2 cup serving) cooked rice. Variation: Cheesy Chicken Fiesta – In step 3 add 2 cups of salsa for 50 servings or 1 quart of salsa for 100 servings. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 ¾ cup (6-oz ladle or spoodle) chicken mixture and ½ cup (#8 spoodle) rice provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 50 Servings: about 2 1/3 gallons chicken mixture and 1 ½ gallons rice
100 Servings: about 4 2/3 gallons chicken mixture and 3 gallons rice

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	288		Iron	2.09	Mg	Protein	19.27	G	Percent ⇒	Protein	26.73%
Cholesterol	55*	Mg	Calcium	144.01	Mg	Carbohydrates	30.89	G	Of ⇒	Carbohydrates	42.85%
Sodium	620	Mg	Vitamin A	105	RE	Total Fat	9.17	G	Calories ⇒	Total Fat	28.61%
Dietary Fiber	0.61	G	Vitamin C	2.02	Mg	Saturated Fat	3.95*	G	From ⇒	Saturated Fat	12.34%

Production Notes:
Cheesy Chicken Fiesta – In Step 3, add 2 cups of salsa for 50 servings or 1 quart salsa for 100 servings

Serving Notes:
Do not overfill steamtable pans
Garnish with several sprigs of parsley or kale/cherry tomato in one corner of each pan for eye appeal.
May be served over noodles instead of rice.

Purchasing Guide:
Use commodity products when available
If raw chicken is used, refer to the buying guide for appropriate amounts.

Miscellaneous Notes:

Chicken and Noodles (524)

(Chicken and Noodles MC524))

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Base, chicken		6 oz		12 oz		1. Heat chicken base and water to boiling. Slowly stir noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN.
Water		2 Gal	5 lbs	4 Gal		
Pasta, egg noodle	2 lb 8 oz	1 Gal 3 ½ Qt	1 lb 12 oz	3 Gal 3 Qt		
Onions, fresh, yellow, diced	14 oz	2 ¼ cups	1 lb	1 Qt ¾ Cup		
Carrots, fresh, raw	8 oz	2 Cup, diced	1 lb	1 Qt, diced		
Margarine	4 oz	½ Cup	8 oz	1 Cup		2. Melt margarine. Add flour and stir until smooth.
Flour, all purpose, white, enriched	4 oz	¾ Cup2 Tbsp	8 oz	1 ¾ Cup		
Skim milk		1 ½ Qt		3 Qt		3. Add flour mixture, milk, pepper, marjoram (optional), parsley flakes, and chicken to noodles. Stir gently to combine.
Black Pepper		1 ½ Tsp		1 Tbsp		
Marjoram, dried		1 ½ Tsp		1 Tbsp		
Parsley, dried		½ Cup		1 Cup		
Chicken meat only, dried	6 lb 6 oz	1 Gal 1 Qt	12 lb 12 oz	2 Gal 2 Qt		
						4. Cook over medium heat until heated through. *CCP: Internal temperature of product must register 165° F for 15 seconds or longer.*
						5. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service.
						6. Portion with 8-oz ladle (1 cup). *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

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Chicken and Noodles (Continued)

Serving: 1 8-oz (8 oz ladle) provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: about 3 1/8 Gallons
100 servings: about 6 ¼ Gallons

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	236		Iron	1.82	Mg	Protein	20.92	G	Percent ⇒	Protein	35.49%
Cholesterol	69	Mg	Calcium	55.00	Mg	Carbohydrates	22.30	G	Of ⇒	Carbohydrates	37.83%
Sodium	584	Mg	Vitamin A	267	RE	Total Fat	6.80	G	Calories ⇒	Total Fat	25.97%
Dietary Fiber	1.33	G	Vitamin C	1.80	Mg	Saturated Fat	1.71	G	From ⇒	Saturated Fat	6.54%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken á la King (518)

(Chicken á la King)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine,	7 oz	¾ Cup 1 Tbsp	14 oz			PULL SUB-RECIPE FOR RICE (1344) 1. Melt margarine. Add flour and stir until smooth.
Flour, all purpose white, enriched	10 oz	2 ¼ Cups	1 lb + 4 oz	1 Qt ½ Cup		
Base, chicken	3 oz		6 oz			2. Add chicken base, water, milk, poultry seasoning, pepper, and onion powder. Stir until well blended.
Water		1 Gal		2 Gal		
Milk, reconstituted from dry		2 Qt		4 Quart		
Seasoning, poultry:	¼ oz	1 ½ Tsp	½ oz	3 Tsp		
Black Pepper		1 ½ Tsp		1 Tbsp		
Onion Powder		¼ Cup		½ Cup		
						3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.
Chicken, diced, cooked, frozen	6 lb + 6 oz		12 lbs 12 oz			4. Add chicken, peas, and pimentos. 5. Cook over medium heat for 3-5 minutes or until heated through
Peas green, canned, drained	2 lb 6 ½ oz	1 qt 3 ¾ cup	4 lb 14 oz	3 qt 3 ½ cups		*CCP: Internal temperature of product must register 165 °F for 15 seconds at completion of cooking process.*
Pimiento, canned	3 ¾ oz	½ cup	7 ½ oz	1 cup		
						6. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

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Chicken a la King (Continued)

Rice.....	.....	1 Gal +2 ¼ Qt.	.....	3 Gal + 2 Cups.	.....	7. Prepare rice according to recipe directions. Place rice in half-size steamtable pans (12"x10"x4"). 8. Portion ½ cup rice with 4 oz spoodle or No. 8 scoop. Serve meat and vegetable mixture with 6-oz ladle (3/4 cup) over rice.

Serving: 1 6-oz (6-oz ladle or spoodle) serving over ½ cup (#8 scoop) rice provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: about 2 1/3 gallons chicken mixture and 1 ½ gallons rice
100 servings: about 4 2/3 gallons chicken mixture and 3 gallons rice

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	313		Iron	2.60	Mg	Protein	22.91	G	Percent ⇒	Protein	29.30%
Cholesterol	53	Mg	Calcium	110.15	Mg	Carbohydrates	35.55	G	Of ⇒	Carbohydrates	45.48%
Sodium	550	Mg	Vitamin A	64	RE	Total Fat	8.07	G	Calories ⇒	Total Fat	23.24%
Dietary Fiber	1.71	G	Vitamin C	4.57	Mg	Saturated Fat	2.04	G	From ⇒	Saturated Fat	5.87%

Production Notes:

Serving Notes:
May be served over noodles or a biscuit instead of cooked rice. This will require a separate nutrient analysis.

Purchasing Guide:
Use commodity products when available
Turkey may be used in place of chicken.

Miscellaneous Notes:

BBQ Chicken (512)

(BBQ Chicken MC512)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*40* Servings		*80* servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, 8 cut, frzn.....	20 lbs.....	.....	40 lbs.....	.....	.....	1. Rinse chicken in cold water. Drain well. Arrange chicken on sheet pans that have been lined with pan liners or aluminum foil.
Sauce, BBQ, hickory, smoke	.....	½ Gal.....	.....	1 Gal.....	.....	2. Brush barbecue sauce over chicken. 3. Bake uncovered until tender, checking frequently: Conventional Oven: 425 F, 45 minutes Convection Oven: 375 F, 30 minutes. *CCP: Internal temperature of product must register 165 F for 15 seconds at completion of cooking process.*
						4. Transfer to steamtable pans for serving or store in warmer until ready for service. 5. Serve 1 breast, drumstick and wing, or thigh with back per serving. *CCP Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 portion provides 2 oz. meat/meat alternate

Yield: 40 servings: 40 portions
80 portions: 80 portions

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BBQ Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	193		Iron	1.38	Mg	Protein	21.71	G	Percent ⇒	Protein	45.07%
Cholesterol	65	Mg	Calcium	11	Mg	Carbohydrates	12.61	G	Of ⇒	Carbohydrates	26.18%
Sodium	710	Mg	Vitamin A	53	RE	Total Fat	5.50	G	Calories ⇒	Total Fat	25.69%
Dietary Fiber	0.27	G	Vitamin C	2.0	Mg	Saturated Fat	1.49	G	From ⇒	Saturated Fat	6.96%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available
If using purchased chicken pieces, refer to the Food Buying Guide, or check for CN labels.

Miscellaneous Notes:

Loaded Baked Potato (559)

(Loaded Baked Potato MC559)

Meat/Meat Alternate-Vegetable

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Potato, 70 count.....	.....	50 large.....	.....	100 large.....	.....	POTATO BAKING INSTRUCTION: 1. Wash potatoes thoroughly. Scrub with vegetable brush. 2. To steam: Place in perforated baking pans and steam until done, approximately 1 hour and 15 minutes. To Bake: Place on baking sheet pan and cover tightly with aluminum foil or lid and bake at 400 F for 1 ½ hours. 3. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Broccoli, frz, chopped.....		.....	10 lb 8 oz.....	.....	.....	COOKING METHODS FOR BROCCOLI: 4. To steam broccoli: A. Place frozen broccoli in steamtable pans. B. Steam for 2-3 minutes. (If using solid steamtable pans, additional cooking may be required.) To boil broccoli: A. Bring water to a boil. (For 100 servings, use 1-3 Qt of water.) B. Add frozen broccoli and cook for 15-20 minutes. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Loaded Baked Potato (Continued)

Chick, diced..... Turkey, ham, diced..... Cheese, American, grated....			6 ¼ lb..... 4 lb..... 3 lb 2 oz.....	....	....	PREPARATION OF MEATS, CHEESE, AND SOUR CREAM. 5. Combine diced chicken, diced turkey-ham, and grated cheese. 6. Weigh a 2 oz portion to determine the amount to serve. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
Sour cream, P.C.....	.....	50 P.C.....	.....	100 P.C.....	.....	SERVING OF LOADED BAKED POTATO: 7. Slice potato in half without completely dividing. 8. Serve a 2 oz portion of meat and cheese on top or place line for self service. Top with ¼ cup (#16 scoop or 2 oz. spoodle) of broccoli. 9. Serve 1 pc of sour cream on the side. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 loaded potato provides 2 oz. meat/meat alternate and ½ c. vegetable

Yield: 50 servings: 50 potatoes
100 servings: 100 potatoes

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	479		Iron	4.22	Mg	Protein	23.77	G	Percent ⇒	Protein	19.83%
Cholesterol	62	Mg	Calcium	153.47	Mg	Carbohydrates	68.50	G	Of ⇒	Carbohydrates	57.17%
Sodium	446	Mg	Vitamin A	139	RE	Total Fat	12.87	G	Calories ⇒	Total Fat	24.17%
Dietary Fiber	8.01	G	Vitamin C	55.57	Mg	Saturated Fat	7.45	G	From ⇒	Saturated Fat	13.98%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Stir Fry (544)

(Chicken Stir Fry MC544)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Soy sauce		1 Cup		2 Cup		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch		¾ Cup 2 Tbsp.		1 ¾ Cup		
Ginger, ground		½ Tsp		1 Tsp		
Garlic, powder		3 Tbsp		3/8 Cup		
Pepper, white		2 Tsp		1 Tbsp 1 Tsp		
Chicken Stock		½ Gal		1 Gal		
						2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat. Keep warm until used.
Broccoli, raw, flowerettes	5 lb 10 oz		11 lb 4 oz			4. Saute sliced carrots in oil for 4 minutes. Add diced onions, cook for 1 more minute. Add chopped broccoli and cook for 2 more minutes. Remove to steam table pan and place in warmer until ready for use in recipe preparation. (Batch cook. Prepare no more than 50 portions per batch). *CCP: Heat to an internal temperature of 165 F for 15 seconds*
Carrots, raw	5 lb10 oz		11 lb 4 oz			
Onions, fresh, yellow, diced	1 lb 4 oz		2 lb 8 oz			
Oil, soybean		1/2 Cup		1 Cup		
Oil, soybean		1 Cup		2 Cup		5. Sauté chicken in oil for 3-5 minutes. 6. Add chicken to vegetables in steamtable pan. Add sauce and mix to coat chicken and vegetables with sauce. Heat to serving temperature.
Chicken, diced, ckd, frz	9 lb		18 lb			
Rice		1 ½ Gal 1 Cup		3 1/8 Gal		7. Prepare rice according to recipe. *CCP: Hold for hot service at 135 F or higher.*
						8. Portion 1 cup (8 ounce ladle or 2 #8 scoops) chicken mixture over ½ cup rice (#8 scoops).

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Chicken Stir Fry (Continued)

						CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated

Serving: 1 cup (2 No. 8 scoops) provides 2 oz meat, 1 grain/bread, and 5/8 cup of vegetable

Yield: 50 servings: 23 lb 4 oz
100 servings: 46 lb 8 oz

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	383		Iron	3.14	Mg	Protein	28.25	G	Percent ⇒	Protein	29.49%
Cholesterol	73	Mg	Calcium	64.64	Mg	Carbohydrates	37.04	G	Of ⇒	Carbohydrates	38.67%
Sodium	1198	Mg	Vitamin A	1528	RE	Total Fat	13.58	G	Calories ⇒	Total Fat	31.89%
Dietary Fiber	3.74	G	Vitamin C	53.14	Mg	Saturated Fat	2.76	G	From ⇒	Saturated Fat	6.48%

Production Notes:
Special Tips:
1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of soybean oil to sauté chicken, for each 50 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Serving Notes:
Serve over ½ cup steamed rice.

Purchasing Guide:
Use commodity products when available

May substitute 25 lb of frozen mixed Oriental vegetables in place of the broccoli, carrots, and onions.

Miscellaneous Notes:

Potato Loaded with Fajita Chicken (560)

(Potato Loaded with Fajita Chicken)

Meat/Meat Alternate -Vegetable

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Potato baked, flesh & skin....	.....	50 large 3-4.25".....	.....	100 large 3-4.25".....	.....	POTATO BAKING INSTRUCTIONS: 1. Wash potatoes thoroughly. Scrub with vegetable brush. 2. To steam: Place in perforated baking pans and steam until done, approximately 1 hour and 15 minutes. To bake: Place on baking sheet pan and cover tightly with aluminum foil Or lid and bake at 400 F for 1 ½ hours. 3. Serve immediately or cover and place in warmer until ready for service *CCP: Internal temperature of product must register 165 F for 15 seconds or longer.*
Chicken strips, grilled.....	6 lb 4 oz.....	.....	12 ½ lb.....	.....	.....	4. Heat according to Package Directions. *CCP: Heat product to minimum temperature of 140 F.*
Pepper, swt, green, raw, strips..... Peppers, swt, red, raw..... Onions, fresh, yellow, diced..	1 lb 4 oz..... 1 lb 4 oz..... 1 lb.....	....	2 lb ½ lb ..... 2 lb ½ lb ..... 2 lb.....	....	....	5. Sauté or steam peppers and onions until crispy tender. If sautéed, spray surface with vegetable spray.
Sauce, cheese, Nacho flavoring.....	.....	1 #10 can.....	.....	2 # 10 can.....	.....	6. Open cans and heat sauce until warm. *CCP: Heat product to minimum temperature of 140 F.*

Serving: 1 loaded potato provides 2-oz meat/meat alternate and ½ c. vegetable

Yield: 50 servings: 50 potatoes
100 servings: 100 potatoes

(Continued on Back)

Potato Loaded with Fajita Chicken (Continued)

SERVING OF LOADED BAKED POTATO

7. Slice potato in half without completely dividing. Place in potato boat.
8. Serve a 2 oz portion of meat, 2 fluid ounce portion of pepper and onion mixture, and top with 2 ounces of nacho cheese sauce.
9. Cover and place in warmer until ready for service.

CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Discard any leftovers.

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	452		Iron	4.08	Mg	Protein	21.17	G	Percent ⇒	Protein	18.74%
Cholesterol	49	Mg	Calcium	119.49	Mg	Carbohydrates	71.60	G	Of ⇒	Carbohydrates	63.40%
Sodium	1103	Mg	Vitamin A	78	RE	Total Fat	10.22	G	Calories ⇒	Total Fat	20.37%
Dietary Fiber	7.17	G	Vitamin C	60.96	Mg	Saturated Fat	2.56	G	From ⇒	Saturated Fat	5.10%

Production Notes:

Serving Notes:
Leftover assembled baked potato should be discarded

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Hawaiian Chicken (554)

(Hawaiian Chicken MC 554)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pineapple, cnd, tidbits in juice	5 lb		10 lb			1. Combine pineapple (with juice), apple juice, honey, and chicken base. Bring to a boil. Reduce heat and simmer for 5 minutes.
Apple Juice, 100%		½ can 11.5 oz.		1 can 11.5 oz.		
Honey		¾ Cup		1 ½ Cup		
Base, chicken	2 oz			4 oz		
Chicken, 8 cut, frzn	20 lb		40 lb			2. Rinse chicken in cold water. Drain well. Arrange chicken on sheet pans. (18"x26"x1").
						3. Pour pineapple sauce over chicken. 4. Bake uncovered until tender, checking frequently: Conventional Oven: 425°F, 45 minutes Convection Oven: 375°F, 30 minutes. *CCP: Internal temperature of product must register 165° F for 15 seconds or longer.* 5. Transfer to steamtable pans (12"x20"x2 ½ ") for serving or place in warmer until ready for service. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated* 6. Portion 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back per serving.

Serving: 1 portion provides 2-oz meat/meat alternate

Yield: 40 servings: 40 portions
80 servings: 80 portions

(Continued on Back)

Hawaiian Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	197		Iron	1.07	Mg	Protein	21.41	G	Percent ⇒	Protein	43.42%
Cholesterol	65	Mg	Calcium	19.27	Mg	Carbohydrates	15.28	G	Of ⇒	Carbohydrates	31.00%
Sodium	269	Mg	Vitamin A	14	RE	Total Fat	5.55	G	Calories ⇒	Total Fat	25.33%
Dietary Fiber	0.47	G	Vitamin C	5.61	Mg	Saturated Fat	1.49	G	From ⇒	Saturated Fat	6.81%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available.
If using purchased chicken pieces, refer to the Food Buying Guide or check for CN labels.

Miscellaneous Notes:

Chicken Tetrazzini (550)

(Chicken Tetrazzini MC 550)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Table salt		2 Tsp		1 Tbsp 1 Tsp		1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain. Place in shallow containers, cover and refrigerate (41 F or lower) until needed in recipe preparation.
Water		3 Gal		6 Gal		
Pasta, spaghetti, extra thin	3 lbs 10 oz		7 lb 4 oz			
Onions, fresh	1 lb 8 oz		3 lb			2. Spray steam-jacketed kettle or large saucepan with food release spray. 3. Add the vegetable mix. Sauté or steam vegetable mix, stirring frequently until tender.
Carrots, fresh, raw, shredded, 1/8"	8 oz		1 lb			
Celery, fresh, raw, diced, ¼"	8 oz	2 Cup	1 lb	1 Qt		
Peppers, swt, green, raw, diced	6 oz		12 oz			
Pan release, vegetable oil	¼ oz		½ oz			
Milk 2% lowfat		3 Qt 2 Cup		1 Gal 3 Qt		4. Add milk, cream of chicken soup, salt, dry mustard, white pepper, garlic powder, parsley, and pimento. Stir until well blended. Cook for 3 minutes.
Soup, cream of chicken		1 Qt		2 Qt		
Table salt		½ Tsp		1 Tsp		
Mustard, powder/dry		½ Tsp		1 Tsp		
Garlic powder		½ Tsp		1 Tsp		
Pepper, white		2 Tsp		1 Tbsp 1 Tsp		
Parsley, dried		2 Tbsp		4 Tbsp		
Pimiento, canned	8 oz	1 Cup	1 lb	2 Cup		
Chicken, diced, ckd	6 lb 4 oz	1 Gal 2 Qt	12 lb 8 oz	3 Gal		5. In each steamtable pan (12"x20"x2 ½"), combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz (3 qt) of cooked diced chicken, 3 qt 1 cup of cooked vegetables and sauce mix. Mix together. For 50 servings, use 2 steamtable pans; for 100 servings, use 4 steam table pans.

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Chicken Tetrazzini (Continued)

						6. To bake: Convention oven: 350 F, 40 minutes Convection oven: 350 F, 40 minutes *CCP: Internal temperature of product must register 165 F for 15 seconds or longer.*
Cheese, American, grated.... Cheese, Mozzarella, shredded.....	6 oz..... 6 oz.....	1 ½ Cup..... 1 ½ Cup	12 oz..... 12 oz.....	3 Cup..... 3 Cup.....	....	7. Sprinkle 3 oz of each cheese on top of each pan. Allow cheese to melt before serving.
						8. Cut each full-size steamtable pan 5x5 (25 servings per pan). Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 portion provides 2 –oz meat/meat alternate 1 grain/bread and ¼ c. vegetables

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	305		Iron	2.08	Mg	Protein	26.65	G	Percent ⇒	Protein	33.61%
Cholesterol	61*	Mg	Calcium	146.05	Mg	Carbohydrates	30.82	G	Of ⇒	Carbohydrates	40.39%
Sodium	433	Mg	Vitamin A	344	RE	Total Fat	8.60	G	Calories ⇒	Total Fat	25.35%
Dietary Fiber	1.87	G	Vitamin C	9.31	Mg	Saturated Fat	3.10*	G	From ⇒	Saturated Fat	9.14%

Production Notes:

Serving Notes:
Garnish with parsley sprigs and lemon twists for added eye appeal.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Quesadillas (540)

(Chicken Quesadillas MC540)

Meat/Meat Alternate – Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, diced, ckd	8 lb		16 lb			1. Mix dry fajita seasoning and water together in braising pan or kettle. Add bell peppers and onions. Simmer for 5 minutes. 2. Add frozen, diced chicken to mixture. After mixture returns to simmer, stir and mix for 5 minutes.
Water		2 Cup		1 Qt		
Seasoning, Fajita		1 8.0 oz package		2 8.0 oz package		
Tortilla, soft flour, 8"		60 each		120 each		3. Spray 18" x 24" sheet pan with cooking spray. 4. Place 12 tortillas on pan.
Cheese, mozzarella, shredded	3 lb 12 oz	3 Qt 1 ¼ Cup	7 lb 8 oz	6 Qt 2 ½ Cup		5. Place 3 ounces of meat mixture on half of each tortilla. 6. Sprinkle 1 ounce of cheese over meat mixture on each tortilla. 7. Fold empty tortilla half over top of mixture. 8. Spray tops of folded tortillas with cooking spray.
Salsa	3 lb 12 oz	1 Qt 3 ½ Cup	7 lb 8 oz	3 Qt 6 Cup		9. Bake at 350 F, until cheese melts. 10. Portion 1 ounce of salsa into container. 11. Serve 1 quesadilla. Offer students salsa for selection. *CCP: Internal temperature of product must register 165 F for 15 seconds at completion of cooking process. Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

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Chicken Quesadillas (Continued)

Serving: 1 portion provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 60 servings: 60 portions
120 servings: 120 portions

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	333		Iron	2.27	Mg	Protein	29.33	G	Percent ⇒	Protein	35.26%
Cholesterol	69	Mg	Calcium	242.63	Mg	Carbohydrates	25.00	G	Of ⇒	Carbohydrates	30.06%
Sodium	849	Mg	Vitamin A	99	RE	Total Fat	12.18	G	Calories ⇒	Total Fat	32.94%
Dietary Fiber	1.40	G	Vitamin C	1.13	Mg	Saturated Fat	4.78	G	From ⇒	Saturated Fat	12.93%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Nachos (530)

(Chicken Nachos MC530)

Meat/Meat Alternate – Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken strips, grilled	6 lb 6 oz		12 lb 11 oz			1. Steam chicken for 15 minutes-drain chicken. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Lettuce, iceberg shredded Tomatoes, fresh, red, ripe	1 lb 6 oz 2 lb		2 lb 12 oz 4 lb			2. Wash tomatoes, drain, and dice. Portion shredded lettuce and tomatoes in container. *CCP: Cover and refrigerate at 41°F or lower until ready for service.*
Cheese, cheddar, shredded. Cheese, mozzarella, shredded	3 lb 3 oz 3 lb 3 oz		6 lb 6 oz 6 lb 6 oz			3. Portion ½ ounce of cheddar and ½ ounce of mozzarella in container. *CCP: Cover and refrigerate at 41 F or lower until ready for service.*
Salsa, medium, gallon		1/3 Gal		2/3 Gal		4. Portion 2 ounces of salsa in cup.
Tortilla chips, low salt	1 lb		2 lb			5. Portion 1 ounce of chips (14 to 16 chips) in bottom of container. Top with 2 ounces of cooked chicken and 1 ounce of cheese mixture. Serve lettuce and tomato mixture and salsa as choices for students to select. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 serving provides 2 oz. meat/meat alternate and 1 grain/bread

Yield: 50 servings: 50 portions
100 servings: 100 portions

(Continued on Back)

Chicken Nachos (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	313		Iron	1.11	Mg	Protein	28.34	G	Percent ⇒	Protein	36.20%
Cholesterol	76	Mg	Calcium	488*	Mg	Carbohydrates	11.42	G	Of ⇒	Carbohydrates	14.59%
Sodium	1085	Mg	Vitamin A	131*	RE	Total Fat	17.12	G	Calories ⇒	Total Fat	49.21%
Dietary Fiber	0.43	G	Vitamin C	3.9*	Mg	Saturated Fat	8.00	G	From ⇒	Saturated Fat	22.99%

Production Notes:
Adjust seasoning for children in younger grades.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Fajitas (528)

(Chicken Fajitas MC 528)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Seasoning, Fajita, dry mix		1 package		2 packages		1. Place chicken in braising pan or steam jacketed kettle and heat.
Chicken strips, grilled	6 lb 4 oz		12 lb 8 oz			2. Mix water (according to package directions) and seasoning mix together and pour over chicken. Add pimiento and mix well.
Pimiento, canned		14 oz		28 oz		3. Place onions and green peppers on top of chicken mixture.
Onions, frz, chopped	8 oz		1 lb			
Peppers, green, diced, frozen	8 oz		1 lb			*CCP: Heat until temperature reaches 165˚F.for 15 seconds.*
						4. Place in steam table pans and hold for service.
Salsa	1 lb		2 lb			5. Warm tortillas in oven or warmer.
Tortiilla, soft flour, 8"		50 each		100 each		6. Portion 1 ounce of cheese in container.
Cheese, 5 blend, shredded	3 lb 2 oz		6 lb 4 oz			7. Portion 1 ounce of salsa in container.
						8. Assemble on line by portioning ½ cup # (8 scoop [redacted]) of chicken mixture on top of warmed tortilla. Offer students cheese and salsa portions.
						CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.

Serving: 1 fajita provides 2-oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: 50 fajitas
100 servings: 100 fajitas

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Chicken Fajitas (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	319		Iron	2.01	Mg	Protein	23.41	G	Percent ⇒	Protein	29.34%
Cholesterol	64	Mg	Calcium	249	Mg	Carbohydrates	26.43	G	Of ⇒	Carbohydrates	33.12%
Sodium	1311	Mg	Vitamin A	109	RE	Total Fat	12.68	G	Calories ⇒	Total Fat	35.75%
Dietary Fiber	1.40	G	Vitamin C	9.9	Mg	Saturated Fat	5.06	G	From ⇒	Saturated Fat	14.28%

Production Notes:
Do not overheat product.

Commodity diced chicken may be used.
Adjust seasoning for children in younger grades.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken and Dumplings, Scratch (520)

(Chicken and Dumplings scratch MC520)

Meat/Meat Alternate – Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour, all purpose white, enriched, bleached	4 lb 5 oz	3 ½ Qt	8 lbs 9 oz	7 ½ Qt		1. Place flour and shortening in mixer bowl. Using whisk attachment cut shortening into flour. Slowly add broth (water and chicken base mixture) to flour and shortening. Mix until stiff dough is formed. Remove dough from bowl and place on floured surface. Roll dough to ¼ inch thickness. Cut with pizza cutter into 1 inch squares. Let air-dry while making broth mixture.
Water		1 Qt		2 Qt		
Shortening, Multipurpose	14 oz		1 lb 11 1/3 oz			
Base, chicken	1 1/8oz		2 1/3 oz			
Water		2 gal 1 pint		4 ¼ gal		2. Combine all ingredients in braising pan or steam jacketed kettle and bring to a brisk or rolling boil. Drop in dumplings in small batches. Boil, uncovered, for 10 minutes until cooked. Do not stir as this will break the dumplings.
Base chicken	7 oz		14 oz			
Soup, cream of chicken		7/8 50 oz can		1 ¾ 50 oz can		
Table Salt		1 Tbsp 1/4 tsp		2 Tbsp ¾ tsp		
White Pepper		1 Tbsp ¼ tsp		2 Tbsp ¾ tsp		
Chicken, diced, ckd, frozen	8 ½ lb		17 lbs			3. Add thawed chicken to broth and dumpling mixture. *CCP: Cook until mixture reaches 165 F for 15 seconds or longer* 4. Pour into serving pans. Serve immediately or cover and place in warmer until ready to serve. 5. Portion with an 8 oz ladle or spoodle *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

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Chicken and Dumplings, Scratch (Continued)

Serving: 1 8-oz (8 oz. ladle) serving provides 2 oz. meat/meat alternate and 1 grain/bread

Yield: 50 servings: about 3 1/8 gallons
100 servings: about 6 ¼ gallons

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	383		Iron	2.85	Mg	Protein	26.82	G	Percent ⇒	Protein	27.99%
Cholesterol	69*	Mg	Calcium	21.54	Mg	Carbohydrates	33.69	G	Of ⇒	Carbohydrates	33.69%
Sodium	1070	Mg	Vitamin A	25	RE	Total Fat	15.07	G	Calories ⇒	Total Fat	35.38%
Dietary Fiber	1.16	G	Vitamin C	0.08	Mg	Saturated Fat	4.04*	G	From ⇒	Saturated Fat	9.48%

Production Notes:

Serving Notes:
Serving Size:
8 ounce serving use 8 ounce ladle or 8 ounce spoodle

Purchasing Guide:
Use commodity products when available
Diced turkey roast can be used

Miscellaneous Notes:

Chicken and Dumplings, Tortillas (522)

(Chicken and Dumplings , torilMC522)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Tortilla, soft flour 8"		60 each		120 each		1. Cut tortillas into 1 ½ inch squares. Helpful hint: Cut tortillas 5 times across each section.
Margarine, lb., Flour, all purpose white, enriched, bleached	½ lb 	 1 Cup	1 lb 	 2 Cup		2. Melt margarine. Add flour and stir until smooth.
Base, chicken Water Black Pepper Milk 2% lowfat Table Salt	8 oz 	 2 ½ Gal 1 ½ Tsp 1 Qt 2 Tbsp	1 lb 	 5 Gal 1 Tbsp 2 Qt ¼ Cup		3. Add milk, water, chicken base, salt, and pepper to roux mixture. Stir gently to combine. Bring to a brisk or rolling boil.
Chicken, diced, ckd, frz	6 lb + ½ lb		13 lbs			4. Drop in tortillas in small batches. Cook over medium heat until tortillas are tender, approximately 10 minutes. Do not over stir as this will break the tortilla into small piece.
						5. Add thawed chicken to hot mixture and continue to heat. *CCP: Heat until product registers 165 F for 15 seconds or longer.*
						6. Pour into serving pans. Serve immediately or cover an place in warmer until ready for service. 7. Portion with 8-oz ladle (1 cup). *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 8-oz (8 oz ladle) provides oz. meat/meat alternate and 1 grain/bread

Yield: 50 servings: about 3 1/8 gallons
100 servings: about 6 ¼ gallons

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Chicken and Dumplings, Tortillas (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	312		Iron	1.96	Mg	Protein	22.19	G	Percent ⇒	Protein	28.49%
Cholesterol	54	Mg	Calcium	73.28	Mg	Carbohydrates	28.30	G	Of ⇒	Carbohydrates	36.34%
Sodium	1202	Mg	Vitamin A	53	RE	Total Fat	11.77	G	Calories ⇒	Total Fat	34.01%
Dietary Fiber	1.28	G	Vitamin C	0.21	Mg	Saturated Fat	2.89	G	From ⇒	Saturated Fat	8.34%

Production Notes:
Thaw chicken under refrigeration.

Serving Notes:
Use 8 ounce ladle or spoodle.

Purchasing Guide:
Use commodity products when available
Canned chicken may be used. Refer to Food Buying Guide for amount to use for 50 or 100 servings. Delete salt if canned chicken is used.

Miscellaneous Notes:

Chicken and Sausage Jambalaya (526)

(Chicken and Sausage Jambalaya mc526)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	48 Servings		96 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, diced, ckd, frz	5 lb 10 oz		11 lb 4 oz			1. Pre-cook chicken and sausage. Place chicken and sausage in braising pan or steam jacketed kettle and heat.
Sausage, smoked pork/beef, sliced	2 lb		4 lb			
Water, boiling		3 Qt		1 Gal 2 Qt		2. To a large oven cooking container, add boiling water, oil, chicken, sausage, seasoning, and rice.
Seasoning, Jambalaya	1 lb	1 package	2 lb	2 packages		3. Stir thoroughly; then cover tightly with foil or other style cover.
Rice, white long, reg, raw, enriched		9 Cup		4 Qt 1 pint		
Oil, veg	2 oz	¼ Cup	4 oz	½ Cup		
						4. Place into oven preheated to 400 F and bake for 35 minutes or until rice is cooked. Alternate Cooking Instructions: A. In your braising pan or steam jacketed kettle. Add boiling water, oil, seasoning & rice to meat mixture. Stir thoroughly and cook until rice is tender. B. Place in steam table pans and cover with clear plastic wrap. Hold in warmer for service. *CCP: Internal temperature of product must register 165° F for 15 seconds at completion of cooking process.*
						5. Before serving, stir gently to fluff and mix.
						6. Portion with 2 No. 8 scoops (1 cup per serving). *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 8-oz (8 oz. spoodle or 2 #8 scoops) provides 2 oz. meat/meat alternate and ½ serving grain/bread

Yield: 48 servings: about
96 servings: about

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Chicken and Sausage Jambalaya (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	311		Iron	2.55	Mg	Protein	19.80	G	Percent ⇒	Protein	25.49%
Cholesterol	59	Mg	Calcium	25.64	Mg	Carbohydrates	30.43	G	Of ⇒	Carbohydrates	39.19%
Sodium	667	Mg	Vitamin A	56	RE	Total Fat	11.21	G	Calories ⇒	Total Fat	32.48%
Dietary Fiber	0.45	G	Vitamin C	9.45	Mg	Saturated Fat	3.36	G	From ⇒	Saturated Fat	9.74%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Hot Chicken Salad Casserole (556)

(Hot Chicken Salad Casserole MC556)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, diced, cooked, frzn.	5 lb 2 oz		10 lb 3 oz			1. Combine chicken, lemon juice, salt, celery, soup, onions, pimento, and mayonnaise.
Lemon juice, canned/bottled		½ Cup		1 Cup		
Table salt		1 Tbsp 1 Tsp		2 Tbsp 2 Tsp		
Celery, fresh, raw		1 Qt (diced)		2 Qt (diced)		
Onions, fresh, yellow, diced	8 oz		1 lb			
Soup, cream of chicken	2 lb 11 oz		5 lb 6 oz			
Pimiento, canned	8 oz		1 lb			
Mayonnaise, gallon, heavy duty		2 Cup		1 Qt		
Cheese, 5 blend, shredded	1 lb		2 lb			2. Spray a 2 1/2 " deep steamtable pan with non-stick cooking spray. 3. Pour combined mixture in 2 pans and top with grated cheese and crushed potato chips.
Potato chips, regular	1 lb 8 oz		3 lb			
						4. Bake at 350 F until heated thoroughly. *CCP: Internal temperature of product must register 165 F for 15 seconds or longer.*
						5. Serve immediately or cover and place in warmer until ready for service.
						6. Portion with No. 8 scoop (1/2 cup serving). *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 portion provides 2-oz meat/meat alternate

Yield: 40 servings: 1 full-size steam table pan
80 servings: 2 full-size steam table pans

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Hot Chicken Salad Casserole (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	342		Iron	1.23	Mg	Protein	22.00	G	Percent ⇒	Protein	25.70%
Cholesterol	66*	Mg	Calcium	98.40*	Mg	Carbohydrates	13.74	G	Of ⇒	Carbohydrates	16.05%
Sodium	773	Mg	Vitamin A	67*	RE	Total Fat	22.57	G	Calories ⇒	Total Fat	59.33%
Dietary Fiber	1.18	G	Vitamin C	10.43	Mg	Saturated Fat	3.59*	G	From ⇒	Saturated Fat	9.43%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Broccoli Chicken Casserole (514)

(Broccoli Chicken Casserole MC514)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chick, diced, ckd, frz-com....	6 lb + 8 oz....	.....	13 lb.....	.....	.....	1. Cube sliced bread into 1 inch cubes. Combine all ingredients.
Onions, fresh, yellow, diced:	1 lb.....	2 ½ Cup.....	2 lb.....	5 Cup.....	.....	
Broccoli, frz, chopped.....	5 lb.....	1 Gal 1 Qt.....	10 lb.....	2 Gal 2 Qt.....	.....	
Cheese, American, grated....	1 lb + 10 oz...	1 Qt 2 ½ Cup..	3 lb + 4 oz....	3 Qt 1 Cup		
Bread, white, 24 oz. loaf, sliced.....	.....	3 Qt.....	.....	1½ Gals, cubes	.....	
Soup, cream of chicken, cond: Heinz.....	6 lb 4 oz.....	2 50 oz. can...	12 lb 8 oz.....	4 50 oz can.....	.....	
						2. Pour in full-size steamtable pans. For 50 servings, use 1 steamtable pan; for 100 servings, use 2 steamtable pans.
						3. Cover pans with plastic wrap and then aluminum foil.
						4. To bake: Conventional oven: 325° F for 40 minutes. Convection oven: 300°F for 40 minutes.
Bread crumbs, dry, grated, seasoned.....	.....	1 Qt.....	.....	2 Qt.....	.....	5. Uncover. Top each pan with 2 cups toasted bread crumbs and continue baking until the casserole is firm, about 15 more minutes. *CCP: Internal temperature of product must register 165 °F for 15 seconds at completion of cooking process.*
						6. Serve immediately or cover and place in warmer until ready for service.

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Broccoli Chicken Casserole (Continued)

						7. Portion ¾ cup serving with 6 oz ladle. CCP: Hold and maintain product at a minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.

Serving: 1 6-oz. portion (6 oz. ladle or spoodle) provides 2 oz. meat/meat alternate and 1/4 c. vegetables

Yield: 50 Servings: 1 full-size steam table pan
100 Servings: 2 full-size steam table pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	282		Iron	1.84	Mg	Protein	24.60	G	Percent ⇒	Protein	34.92%
Cholesterol	66*	Mg	Calcium	132.64	Mg	Carbohydrates	19.27	G	Of ⇒	Carbohydrates	27.35%
Sodium	983	Mg	Vitamin A	163	RE	Total Fat	11.64	G	Calories ⇒	Total Fat	37.17%
Dietary Fiber	2.29	G	Vitamin C	26.31	Mg	Saturated Fat	4.52*	G	From ⇒	Saturated Fat	14.44%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Ranch Parmesan Pasta Chicken (562)

(Ranch Parmesan Pasta ChixMC562)

Meat/Meat Alternate – Grains/Breads - Vegetables

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Dressing, ranch, dry mix	4 ½ oz		9 oz			1. In saucepan combine dry salad dressing mix with milk and cream cheese. Cook and stir until cream cheese is melted.
Milk 2% lowfat		2 Qt ½ Cup		1 Gal 1 Cup		
Cheese, cream	2 lb 12 ½ oz	1 Qt ½ Cup	5 lb 9 oz	2 Qt 3 Cup		
Cheese, parmesan, grated	7 oz	1 ½ Cup	14 oz	3 Cup		2. Add Parmesan cheese. Stir until melted.
Pasta, spiral	3 lb 2 oz		6 lb 4 oz			3. Cook pasta according to package directions. Drain.
Broccoli, fresh, raw	2 lb 14 oz	3 Qt	5 lb 12 oz	6 Qt		4. Combine cooked pasta, raw vegetables, and cooked chicken in steamtable pans (12"x20x2 ½ "). Stir in cheese sauce.
Carrots, fresh, raw	3 lb 10 oz	2 Qt 3 cup diced	7 lb 4 oz	5 ½ Qt, diced		
Chicken, diced, ckd	7 lb		13 lb			
						5. To bake: Conventional oven: 350 F for 25-30 minutes. Convection oven: 350 F for 25 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds or longer.* 6. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*
						7. Portion 1 cup (2 No. 8 scoops) per serving.

Serving: 1 portion provides 2-oz. meat/meat alternate, 1 grain/bread and ½ c. vegetables

Yield: 50 servings: 50 portions
100 servings: 100 portions

(Continued on Back)

Ranch Parmesan Pasta Chicken (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	325		Iron	2.12	Mg	Protein	24.05	G	Percent ⇒	Protein	29.58%
Cholesterol	78	Mg	Calcium	127.89	Mg	Carbohydrates	25.47	G	Of ⇒	Carbohydrates	31.33%
Sodium	213	Mg	Vitamin A	1244	RE	Total Fat	14.22	G	Calories ⇒	Total Fat	39.35%
Dietary Fiber	2.54	G	Vitamin C	18.44	Mg	Saturated Fat	7.16	G	From ⇒	Saturated Fat	19.81%

Production Notes:
Overcooking pasta will increase yield of product.

Serving Notes:
Serve as an entrée with garlic bread.
Omit chicken for a terrific vegetarian selection.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Huntington Chicken (558)

(Huntington Chicken MC558)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Onions, fresh, yellow, diced	6 ½ oz	1 Cup chopped	13 oz	2 Cup chopped		1. Cook onions, celery, green peppers, and egg noodles in chicken broth.
Celery, fresh, raw, diced, ¼"	5 ½ oz	1 Cup diced	11 oz	2 Cup diced		2. Drain noodles.
Peppers, swt, green, raw, diced	5 ½ oz	1 Cup chopped	11 oz	2 Cup chopped		
Noodles, egg, dry, enriched	3 lb 1 oz		6 lb 2 oz			
Broth, chicken		1 ½ Gal		3 Gal		
Chicken, diced, ckd, frz	6 lb 6 oz		12 lb 12 oz			3. Mix chicken, soups, american cheese, black pepper, and pimiento with drained noodles.
Soup, cream of mushroom	3 lb 2 oz	1 50 oz can	6 lb 4 oz	2 50 oz can		
Soup, cream of chicken	3 lb 2 oz	1 50 oz can	6 lb 4 oz	2 50 oz can		4. Pour mixture into steamtable pans (12 x 20 x 2 ½). For 50 servings, use 1 steamtable pan, for 100 servings, use 2 steamtable pans.
Soup, cream of celery	3 lb 2 oz	1 50 oz can	6 lb 4 oz	2 50 oz can		
Cheese, American, past processed	14 oz	1 ¾ Cup	1 lb 12 oz	1 lb 12 oz		
Black Pepper		1 Tbsp		1/8 Cup		
Pimiento, canned	8 oz	1 Cup	1 lb	2 Cup		
						5. To bake: Convention oven: 350 F, approximately 25-35 minutes Convection oven: 350 F, approximately 25 minutes *CCP: Internal temperature of product must register 165 F for 15 seconds or longer.*

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Huntington Chicken (Continued)

Cheese, American, past processed.....	6 oz.....	1 ½ Cup.....	12 oz.....	3 Cup.....	.....	6. Garnish with cheese. Allow cheese to melt before serving. Cover in place in warmer until ready for service. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*
						7. Portion with 6-oz spoodle.

Serving: 1 ¾ (6-oz spoodle) cup serving provides 2 oz. meat/meat alternate and 1 grain/bread

Yield: 50 servings: 1 full-size steam table pan
100 servings: 2 full-size steam table pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	336		Iron	2.49	Mg	Protein	25.40	G	Percent ⇒	Protein	30.28%
Cholesterol	89*	Mg	Calcium	89.75	Mg	Carbohydrates	28.87	G	Of ⇒	Carbohydrates	34.41%
Sodium	1351	Mg	Vitamin A	93	RE	Total Fat	12.39	G	Calories ⇒	Total Fat	33.24%
Dietary Fiber	1.35	G	Vitamin C	5.28	Mg	Saturated Fat	3.70*	G	From ⇒	Saturated Fat	9.93%

Production Notes:

Serving Notes:
Garnish with green pepper rings, parsley sprigs, or extra pimento pieces.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Fried Chicken (552)

(Fried Chicken MC552)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, 8 cut, frzn	20 lb		40 lb			1. Rinse chicken in cold water. Drain well.
Flour, all purpose, white, enriched, bleached	12 oz	1 ½ pint	1 lb 8 oz	3 pints		2. Combine flour, salt, pepper, and paprika.
Table salt		1 oz		2 oz		
Black pepper		½ Tsp		1 Tsp		
Paprika		2 Tsp		1 Tbsp 1 Tsp		
						3. Heat vegetable oil in deep-fat fryer to 325 F.
						4. Dredge chicken in seasoned flour. Shake off excess.
						5. Place chicken in deep-fat fryer. Cover. (Cook similar cuts of chicken at same time. Cooking time ranges from 15-25 minutes depending on size of meat.) *CCP: Internal temperature of product must register 165° F for 15 seconds or longer.*
						6. Transfer to steamtable pans for serving or store in warmer until ready for service. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*
						7. Portion 1 breast , or 1 drumstick and 1 wing, or 1 thigh with back per serving.

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Fried Chicken (Continued)

Serving: 1 portion provides 2 –oz meat/meat alternate

Yield: 40 servings: 40 portions
80 servings: 80 portions

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	243		Iron	1.31	Mg	Protein	22.02	G	Percent ⇒	Protein	36.27%
Cholesterol	65	Mg	Calcium	12.70	Mg	Carbohydrates	6.57	G	Of ⇒	Carbohydrates	10.82%
Sodium	338	Mg	Vitamin A	18	RE	Total Fat	13.74	G	Calories ⇒	Total Fat	50.93%
Dietary Fiber	0.26	G	Vitamin C	0.08	Mg	Saturated Fat	3.56	G	From ⇒	Saturated Fat	13.21%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available
If using purchased chicken pieces, refer to the Food Buying Guide or check for CN labels.

Miscellaneous Notes:

Chicken Tenders, Fried (548)

(Chicken Tenders, Fried MC548)

Meat/Meat Alternate – Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken tenders.....	.....	150 tender.....	.....	300 tender.....	.....	1. Count out number of frozen chicken tenders needed to provide 2 oz meat/meat alternate. 2. Fry according to package directions. CCP: Heat product to minimum temperature of 140°F.
						3. Place fried chicken tender in steamtable pans and cover pans with aluminum foil. Cut holes in foil and place in warmer until ready for service.
						4. Portion 3 chicken tenders per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 portion provides 2 oz. meat/meat alternate and 1 grain/bread

Yield: 50 servings: 150 chicken tenders
100 servings: 300 chicken tenders

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Chicken Tenders, Fried (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	208		Iron	0.71	Mg	Protein	16.85	G	Percent ⇒	Protein	32.40%
Cholesterol	40	Mg	Calcium	19.82	Mg	Carbohydrates	12.88	G	Of ⇒	Carbohydrates	24.77%
Sodium	585	Mg	Vitamin A	0	RE	Total Fat	10.03	G	Calories ⇒	Total Fat	43..39%
Dietary Fiber	2.97	G	Vitamin C	0.00	Mg	Saturated Fat	2.13	G	From ⇒	Saturated Fat	9.21%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Tenders, Baked (546)

(Chicken Tenders, baked MC546)

Meat/Meat Alternate –Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken tenders.....	.....	150 tenders....	.....	300 tenders...	.....	1. Count out number of frozen chicken tenders needed to provide 2 oz meat/meat alternate for number of servings needed. Three tenders provide a 2 ounce portion. 2. Place frozen chicken tenders on sheet pans (18"x 26"x 1") coated with food release spray.
						3. Bake according to package directions. (Prepare in batches to maintain quality. Heat product to minimum temperature of 140° F.
						4. Remove from oven and place in steamtable pans. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. 5. Serve 3 tenders per portion. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 portion provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: 50 portions
100 servings: 100 portions

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Chicken Tenders, Baked (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	188		Iron	0.71	Mg	Protein	16.85	G	Percent ⇒	Protein	35.77%
Cholesterol	40	Mg	Calcium	19.82	Mg	Carbohydrates	12.88	G	Of ⇒	Carbohydrates	27.35%
Sodium	585	Mg	Vitamin A	0	RE	Total Fat	7.81	G	Calories ⇒	Total Fat	37.31%
Dietary Fiber	2.97	G	Vitamin C	0.00	Mg	Saturated Fat	1.82	G	From ⇒	Saturated Fat	8.68%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Parmesan (536)

(Chicken Parmesan 536)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, 8 cut, frzn	25 lb		50 lb			1. Wash chicken parts and dry.
Flour, all purpose white, enriched, bleached Table Salt Black pepper Cheese, parmesan, grated	8 oz 1 oz ¼ Tsp 1 Cup		1 lb 2 oz	 ½ Tsp 2 Cup		2. Combine flour, salt, pepper, and Parmesan cheese.
Oil, vegetable		1 1/2 Cup		3 Cup		3. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.
						4. Coat oiled chicken with seasoned flour mixture.
						5. Arrange chicken on lined sheet pans (18"x26"x1") sprayed with food release. For 50 servings use 2 sheet pans; for 100 servings use 4 sheet pans.
						6. To bake: Conventional oven: 400 °F, 45-55 minutes Convection oven: 350° F, 30-55 minutes. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking of cooking process.*
						7. Transfer to steamtable pans (12" x 20" x 2 ½ ") for serving or store in warmer until ready for service. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

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Chicken Parmesan (Continued)

						8. Portion 1 breast or 1 drumstick and 1 wing, or 1 thigh with back per serving.

Serving: 1 portion provides 2 oz. meat/meat alternate

Yield: 50 servings: 50 chicken portions
100 servings: 100 chicken portions

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	222		Iron	1.12	Mg	Protein	22.42	G	Percent ⇒	Protein	40.36%
Cholesterol	67	Mg	Calcium	39.33	Mg	Carbohydrates	3.54	G	Of ⇒	Carbohydrates	6.38%
Sodium	320	Mg	Vitamin A	15	RE	Total Fat	12.59	G	Calories ⇒	Total Fat	51.02%
Dietary Fiber	0.13	G	Vitamin C	0.00	Mg	Saturated Fat	2.74	G	From ⇒	Saturated Fat	11.10%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available
If using purchased chicken pieces, refer to the Food Buying Guide.

Miscellaneous Notes:

Chicken Nuggets, Fried (534)

(Chicken Nuggets, fried MC534)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Nuggets.....	10 lb 5 oz.....	250 nuggets..	20 lb 10 oz...	500 nuggets...	.....	1. Count out number of frozen chicken nuggets needed to provide 2 oz meat/meat alternate. Check on label for correct # of nuggets. 2. Fry according to package directions CCP: *Keep product frozen until ready to cook. Remove from freezer only what you can process in 20 minutes or less. Internal temperature of product must register 140° F for 15 seconds at completion of cooking process.*
						3. Place fried nuggets in steamtable pans and cover pans with aluminum foil. Cut holes in foil and place in warmer until ready for service.
						4. Serve # of nuggets listed on CN label to provide 2 oz meat/meat alternate. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 5 chicken nuggets provides 2-oz meat/meat alternate

Yield: 50 servings: 250 nuggets
100 servings: 500 nuggets

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Chicken Nuggets, Fried (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	238		Iron	1.00	Mg	Protein	13.00	G	Percent ⇒	Protein	21.89%
Cholesterol	100	Mg	Calcium	18.00	Mg	Carbohydrates	12.00	G	Of ⇒	Carbohydrates	20.21%
Sodium	490	Mg	Vitamin A	15	RE	Total Fat	13.85	G	Calories ⇒	Total Fat	52.48%
Dietary Fiber	0.00*	G	Vitamin C	1.00	Mg	Saturated Fat	3.13	G	From ⇒	Saturated Fat	11.85%

Production Notes:

Serving Notes:
To maintain quality, batch cook only what can be served in a 30 minute period

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Nuggets, Baked(532)

(Chicken Nuggets Bkd MC532)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Nuggets.....	.....	250 nugget....	.....	500 nugget.....	.....	1. Preheat oven to 350° F or temperature indicated on package directions.
						2. Count out number of frozen chicken nuggets needed to provide 2 oz meat/meat alternate. Check CN label for correct number of nuggets. 3. Place frozen chicken nuggets on lined sheet pan (18" X26"X1") coated with food release spray. (Prepare in batches to maintain quality.) Keep product frozen until ready to cook. Remove from freezer only what you can process in 20 minutes or less.
						4. Bake according to package directions. *CCP: Internal temperature of product must register 165° F for 15 seconds at completion of cooking process.*
						5. Remove from oven and cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for service. 6. Serve # of nuggets listed on CN label to provide 2 oz meat/ meat alternate. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 5 chicken nuggets provide 2-oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: 250 chicken nuggets
100 servings: 500 chicken nuggets

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Chicken Nuggets, Baked (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	222		Iron	1.00	Mg	Protein	13.00	G	Percent ⇒	Protein	23.37%
Cholesterol	100	Mg	Calcium	18.00	Mg	Carbohydrates	12.00	G	Of ⇒	Carbohydrates	21.58%
Sodium	490	Mg	Vitamin A	15	RE	Total Fat	12.15	G	Calories ⇒	Total Fat	49.15%
Dietary Fiber	0.00*	G	Vitamin C	1.00	Mg	Saturated Fat	2.87	G	From ⇒	Saturated Fat	11.62%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30-minute period to maintain maximum quality

Purchasing Guide:
Use commodity products when available.
Read CN label to insure manufacturer's recommendations for meeting meal component.

Miscellaneous Notes:

Breaded Chicken Fiesta Melt (513)

(Breaded Chicken Fiesta Melt MC513)

Meat/Meat Alternate-Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken patties, brd, 3 oz.....	50 Patties.....	.....	100 Patties....	.....	.....	1. Place precooked breaded chicken breast patties on bun pan.
Salsa, medium.....	.....	3 ¼ Cup.....	.....	6 ½ Cup.....	.....	2. Spoon 1 Tbsp of salsa in center of each patty.
Cheese, Mozzarella, shredded.....	1 lb 9 oz.....	.....	3 lb 2 oz.....	.....	.....	3. Top each patty with ½ oz of cheese.
						4. Bake according to package directions. *CCP: Heat product to minimum temperature of 140 F.*
						5. Place patties in a single layer on steamtable pan (12"x20"x1"). Serve immediately or place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*
						6. Portion 1 patty per serving.

Serving: Each patty provides 2 ½ oz. meat/meat alternate per patty

Yield: 50 servings: 50 patties
100 servings: 100 patties

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Breaded Chicken Fiesta Melt (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	259		Iron	1.19	Mg	Protein	14.62	G	Percent ⇒	Protein	22.56%
Cholesterol	89	Mg	Calcium	115.90	Mg	Carbohydrates	11.14	G	Of ⇒	Carbohydrates	17.18%
Sodium	780	Mg	Vitamin A	52	RE	Total Fat	17.29	G	Calories ⇒	Total Fat	60.02%
Dietary Fiber	0.44	G	Vitamin C	0.94	Mg	Saturated Fat	5.08	G	From ⇒	Saturated Fat	17.64%

Production Notes:

Serving Notes:
Prepare only what can be served in a 30 minute period.

Purchasing Guide:
Use commodity products when available
Pre-sliced cheeses are available in different cuts; weigh cheese slice for accurate serving size.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality when reheated to the correct temperature.

MEAT/MEAT ALTERNATES
Salads

Graphics are included for some recipes as a guide for presentation. These salads were prepared and served in Mississippi schools.

To insure peak of quality of fresh produce items, inspect and refrigerate produce immediately upon delivery. Inspect produce for quality prior to service. Serve pre-cut products prior to expiration date.

Many smoked ham and turkey ham products have water added. This increases the amount of raw weight needed to yield a serving of cooked lean meat. Refer to the Food Buying Guide for Child Nutrition Programs, USDA-FNS, Revised November 2001, for the specific cut of meat used.

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure for a fluid measure.

An additional resource for preparing quality fruits and vegetables is *Fruits and Vegetables Galore*, 2004, USDA – FNS.

Review *Culinary Techniques for Healthy School Meals* for food preparation techniques about food items.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the food item.

Culinary Pointers from *Culinary Techniques for Healthy School Meals*

"Preparing Pre-plated Salads" from *Culinary Techniques* has been included in this section as an additional resource.

Culinary TECHNIQUE

Preparing Pre-Plated Salads

Pre-plated salads are salads that are placed on a separate plate or small bowl and arranged in four parts: a base or underliner of a salad green, the body of the salad, the salad dressing, and the garnish.

1 **STORE FRESH PRODUCE AT THE RIGHT TEMPERATURE.**

Refer to "Keep Fresh Produce Flavorful" in the lesson on *Preparing Fruits* to learn how to store different kinds of fruits and vegetables.

2 **PREPARE THE BASE OR UNDERLINER TO FRAME THE SALAD.**

A salad green is placed on a plate as the underliner for the main ingredient of the salad. Be sure the green is well-drained.

3 **PREPARE THE BODY OR MAIN INGREDIENT OF THE SALAD.**

The main ingredient(s) should be drained and chilled. Follow the recipe for a quality product. When arranging the main ingredient(s) on the underliner, consider the shapes, sizes, and textures. Vary the shapes and heights of the ingredients for visual appeal.

4 **PREPARE THE SALAD DRESSING.**

Some recipes include salad dressing. However, if the pre-plated salad can be served with the salad dressing "on the side," that is the best way. This keeps the salad fresher and allows the customer to add the amount of dressing desired.

5 **ADD THE GARNISH.**

The garnish is often described as part of the recipe. A garnish should add both visual appeal and taste appeal. All garnishes should be edible.

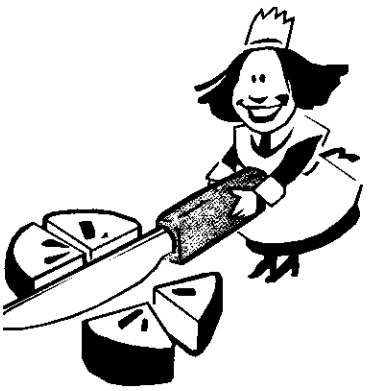
Try These USDA Recipes That Include This Culinary Technique

All of the Mixed Salads can be served as pre-plated salads.

Chef Salad

MS Cycles II - #600

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens.
- Place 2 tomato wedges in top corner and 2 in front center of salad tray.
- In center of mixed greens, add 1 oz. each of diced ham or ham strips, turkey strips, and 1/2 oz. cheese strips.
- In front corner, add 1/2 boiled egg, cut in half
- Place 3 slices of cucumber in front corner opposite of eggs.
- In top corner, place 4 packs of club crackers or 2 packs of saltines.



Chef Salad, Graphic (600)

(Chef Salad, Graphic MC600)

Meat/Meat Alternate-Vegetable-Grain/Bread **Source: MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Cucumber Fresh Tomatoes	4 lb. 2 lb 8 oz.		8 lb. 5 lb.			1. Wash cucumbers and tomatoes. Drain. 2. Slice cucumbers ¼" thick. 3. Slice tomatoes in wedges (8 per tomato).
Green Salad Mix Loose Leaf Lettuce	12 lb 8 oz.	6 ¼ gallons. 100 leaves.	25 lb.	12 ½ gallons. 200 leaves.		4. Line 9X5 salad tray with green leaf lettuce (2 leaves). 5. Fill with 2 cups of washed mixed greens.
						6. Place 2 tomato wedges in top corner and 2 in front center of salad tray.
Turkey Ham, Diced American Cheese, Sliced Smoked Turkey Breast	3 lb 2 oz. 1 lb 9 oz. 3 lb 1 oz.		6 lb 4 oz. 3 lb 2 oz. 6 lb 2 oz.			7. In center of mixed greens, add 1 oz each of diced ham (or ham strips) and turkey strips and ½ oz of cheese strips (may use ½ oz of shredded cheese).
Large Eggs		25 eggs		50 eggs		8. Boil eggs. Peel and quarter each egg. 9. In front center, add ½ boiled egg cut in half.
						10. Place 3 slices of cucumber in front corner opposite of eggs.
Saltine Crackers		100-4 packs		200-4 packs		11. In top corner, place two 4-count packs of saltine crackers or 4 packs of club crackers.
Assorted Non-fat Dressings		50-1.5 oz packets		100-1.5 oz packets		12. Serve 1 chef salad with 1 packet of dressing. *CCP: Cover and refrigerate at 41°F until ready for service.*

Serving: 1 chef salad provides 2 oz meat/meat alternate, 1 cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chef Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	327		Iron	1.97	Mg	Protein	17.50	G	Percent ⇒	Protein	21.38%
Cholesterol	147	Mg	Calcium	137.03	Mg	Carbohydrates	18.73	G	Of ⇒	Carbohydrates	22.90%
Sodium	1818	Mg	Vitamin A	148	RE	Total Fat	12.06	G	Calories ⇒	Total Fat	33.15%
Dietary Fiber	3.16	G	Vitamin C	19.05	Mg	Saturated Fat	2.67	G	From ⇒	Saturated Fat	7.33%

Production Notes:
Chef Salad with Turkey Ham & Egg (no cheese) - Place a fresh, uncracked egg in water and boil in Step 1. Replace Step 7 with instructions to cut peeled egg in fourths and place 2 wedges on each side of cucumbers and 2 wedges on sides of broccoli florets (1 whole egg per salad).
Vegetarian Salad (cheese & egg) – Place a fresh, uncracked egg in water and boil in Step 1. Omit turkey ham and Step 6 with instructions to cut peeled egg in fourths and place 2 wedges on each side of cucumbers and 2 wedges on sides of broccoli florets (1 whole egg per salad).
Vegetarian Salad (cheese only) – Omit turkey ham and increase cheese per serving to 2 oz in Step 7.
Nutrient Analysis must be completed for these salads.

Serving Notes:
Flat container allowing space for the salad, dressing, croutons, and bacon bits is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available.
Use Food Buying Guide to determine appropriate quantities to be served.
Other meats, such as ham, chicken, and turkey, may be used in place of turkey ham. Use Food Buying Guide to determine amount to be served.

Miscellaneous Notes:

Chef Salad (601)

(Chef Salad MC601)

Meat/Meat Alternate-Vegetable-Grain/Bread **Source: MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Cucumber Fresh Tomatoes	4 lb. 2 lb 8 oz.		8 lb. 5 lb.			1. Wash cucumbers and tomatoes. Drain. 2. Slice cucumbers ¼" thick. 3. Slice tomatoes in wedges (8 per tomato).
Green Salad Mix	12 lb 8 oz.	6 ¼ gallons.	25 lb.	12 ½ gallons.		4. Place 2 cups of salad mix in salad plate (3 compartment plate-large section).
						5. Place 3 cucumber slices on top of lettuce bed on the right side. 6. Place 1 tomato wedge on top of lettuce bed on the left side.
Fresh Broccoli Florets	2 lb 8 oz.		5 lb.			7. Place 1 broccoli floret on each side of tomato wedge (2 wedges per salad).
Turkey Ham	4 lb.		8 lb.			8. Place 1 oz of diced turkey ham on the left center of the lettuce bed.
Mozzarella Cheese, Grated American Cheese, Shredded	1 lb 9 oz. 1 lb 9 oz.		3 lb 2 oz. 3 lb 2 oz.			9. Mix shredded cheeses. Place 1 oz of mixed cheese on the right center of the lettuce bed.
Saltine Crackers		100-4 packs.		200-4 packs.		10. Place two 4-count packs of saltine crackers or 4 packs of club crackers in container.
Assorted Non-fat Dressings		50-1.5 oz packets.		100-1.5 oz packets.		11. Serve 1 chef salad with 1 packet of dressing. *CCP: Cover and refrigerate at 41°F until ready for service.*

Serving: 1 chef salad provides 2 oz meat/meat alternate, 1 cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chef Salad (Continued)

Nutrients Per Serving:
*** Denotes Missing Nutrient Values**

Calories	312		Iron	1.48	Mg	Protein	15.57	G	Percent ⇒	Protein	19.94%
Cholesterol	43	Mg	Calcium	222.64	Mg	Carbohydrates	19.12	G	Of ⇒	Carbohydrates	24.48%
Sodium	1533	Mg	Vitamin A	172	RE	Total Fat	11.93	G	Calories ⇒	Total Fat	34.38%
Dietary Fiber	3.46	G	Vitamin C	36.59	Mg	Saturated Fat	5.01	G	From ⇒	Saturated Fat	14.43%

Production Notes:
Chef Salad with Turkey Ham & Egg (no cheese) - Place a fresh, uncracked egg in water and boil in Step 1. Replace Step 7 with instructions to cut peeled egg in fourths and place 2 wedges on each side of cucumbers and 2 wedges on sides of broccoli florets (1 whole egg per salad).
Vegetarian Salad (cheese & egg) – Place a fresh, uncracked egg in water and boil in Step 1. Omit turkey ham and Step 6 with instructions to cut peeled egg in fourths and place 2 wedges on each side of cucumbers and 2 wedges on sides of broccoli florets (1 whole egg per salad).
Vegetarian Salad (cheese only) – Omit turkey ham and increase cheese per serving to 2 oz in Step 7.
Nutrient Analysis must be completed for these salads.

Serving Notes:
Flat container allowing space for the salad, dressing, croutons, and bacon bits is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

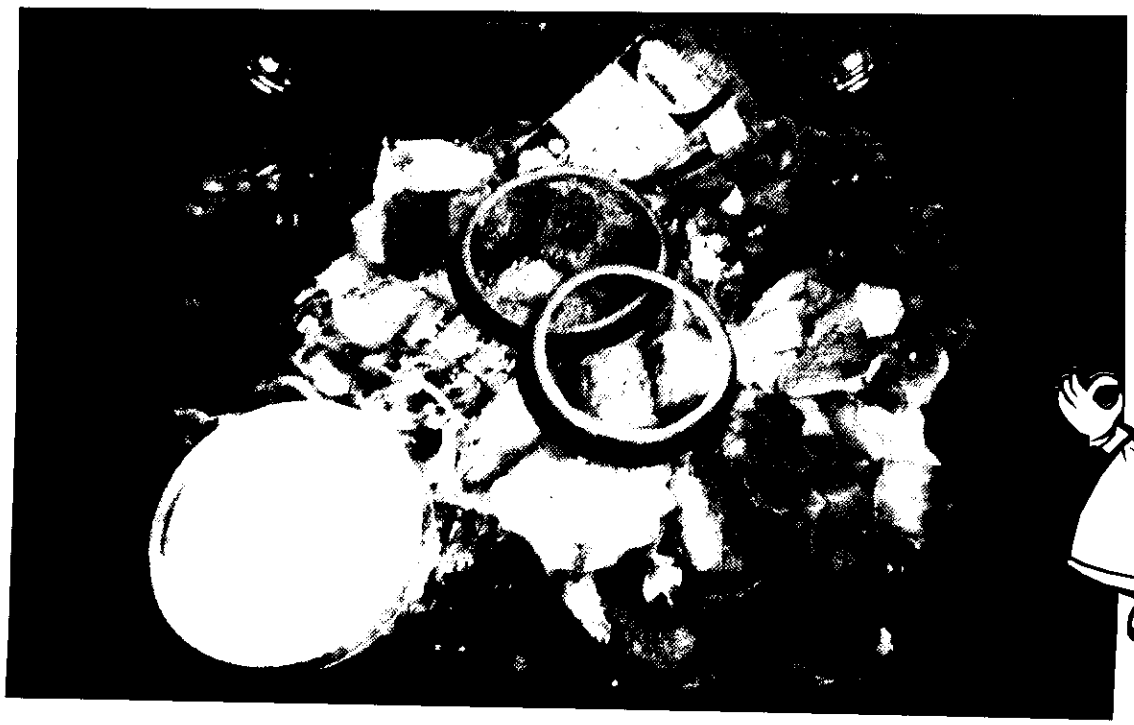
Purchasing Guide:
Use commodity products when available.
Use Food Buying Guide to determine appropriate quantities to be served.
Other meats, such as ham, chicken, and turkey, may be used in place of turkey ham. Use Food Buying Guide to determine amount to be served.

Miscellaneous Notes:
For elementary students, you may decrease the amount of salad mix from 2 cups to 1½ cups of salad.

Chicken Caesar Salad

MS Cycles II - #602

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens.
- Place 2 grape tomatoes in each corner of salad tray.
- In center of salad, add 3 ounces of grilled chicken patty, cut into strips.
- In top corner, place 4 packs of club crackers or 2 packs of saltines.
- Garnish with homemade croutons, parmesan cheese, and red onion rings.
- Portion 2 oz. of Caesar dressing in cup and place in bottom corner.



Chicken Caesar Salad, Graphic (602)

(Chicken Caesar Salad, Graphic MC614)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Grilled Chicken Fillets. . . .	. . . . .	50 fillets. . . .	. . . . .	100 fillets. . . .	. . . . .	1. Bake chicken fillets according to package directions. (Overcooking will cause the fillet to become dry.) *CCP: Heat product to a minimum temperature of 140°F.*
Green Salad Mix.	12 lb 8 oz. .	. . . . .	25 lb.	. . . . .	. . . . .	2. Line 9X5 salad tray with green leaf lettuce (2 leaves).
Loose Leaf Lettuce.	. . . . .	100 leaves. .	. . . . .	200 leaves. . .	. . . . .	3. Fill with 2 cups of washed mixed greens.
Cherry/Grape Tomatoes. . .	1 lb 8 oz. . .	. . . . .	3 lb.	. . . . .	. . . . .	4. Place 2 cherry (or grape) tomatoes in each corner of salad tray.
						5. Cut each chicken fillet in strips and place in center of mixed greens.
Assorted Crackers.	. . . . .	100 packs. . .	. . . . .	200 packs. . .	. . . . .	6. In top corner, place 4 packs of club crackers or 2 packs of saltines.
Grated Parmesan Cheese. .	12½ oz. . . .	. . . . .	1 lb 9 oz. . .	. . . . .	. . . . .	7. Garnish with homemade croutons, parmesan cheese, and 2 red onion rings.
Fresh Red Onions, Sliced. .	. . . . .	100 slices. . .	. . . . .	200 slices. . .	. . . . .	
Homemade Croutons (1316)	. . . . .	25 servings. .	. . . . .	50 servings. .	. . . . .	
Caesar Dressing.	. . . . .	100 - 1 fluid oz	. . . . .	200 - 1 fluid oz	. . . . .	8. Portion 2 oz of Caesar dressing in cup and place in bottom corner. Serve 1 salad per student. *CCP: Hold and maintain product at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 salad provides 2 oz meat/meat alternate, 2 cups vegetable, and 1 serving grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chicken Caesar Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	537		Iron	2.11	Mg	Protein	24.14	G	Percent ⇒	Protein	17.96%
Cholesterol	86	Mg	Calcium	166.91	Mg	Carbohydrates	24.99	G	Of ⇒	Carbohydrates	18.60%
Sodium	1352	Mg	Vitamin A	127	RE	Total Fat	36.57	G	Calories ⇒	Total Fat	61.24%
Dietary Fiber	3.57	G	Vitamin C	17.97	Mg	Saturated Fat	5.41	G	From ⇒	Saturated Fat	9.05%

Production Notes:

Serving Notes:
Flat container allowing space for the salad, dressing, and croutons is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Fajita Salad

MS Cycles II - #604

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens
- Place 9 tortilla chips around edge of salad
- In center of the mixed greens, add 3 oz. of chicken fajita strips
- Sprinkle 1 oz. shredded cheese (half mozarella and half cheddar)
- Garnish with grape tomatoes and sliced jalepenos
- Portion 3 oz. of Mexi-Ranch Dressing (half Ranch dressing and half salsa)

Chicken Fajita Salad, Graphic (604)

(Chicken Fajita Salad, Graphic MC604)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Green Salad Mix.	12 lb 8 oz. .	6 ¼ gal. . . .	25 lb.	12½ gal. . . .	. . . . .	1. Line 9X5 salad tray with green leaf lettuce (2 leaves). 2. Fill with 2 cups of washed mixed greens. *CCP: Place under refrigeration (41°F) until ready for use in recipe.*
Loose Leaf Lettuce.	. . . . .	100 leaves. .	. . . . .	200 leaves. . .	. . . . .	
Tortilla Chips.	3 lb.	. . . . .	6 lb.	. . . . .	. . . . .	3. Place 12-14 tortilla chips around edge of salad.
Grilled Chicken Strips. . . .	10 lb.	. . . . .	20 lb.	. . . . .	. . . . .	4. Heat grilled chicken strips according to package directions. Place 3 oz of cooked chicken strips in center of mixed greens.
Mozzarella Cheese, Shredded.	1 lb 9 oz. . .	. . . . .	3 lb 2 oz. . .	. . . . .	. . . . .	5. Sprinkle 1 oz mixture of shredded cheeses on top of chicken strips.
American Cheese, Sliced. .	1 lb 9 oz. . .	. . . . .	3 lb 2 oz. . .	. . . . .	. . . . .	
Cherry Tomatoes.	2 lb 8 oz. . .	. . . . .	5 lb.	. . . . .	. . . . .	6. Garnish with cherry tomatoes and jalapeño peppers.
Jalapeño Peppers.	. . . . .	. . . . .	. . . . .	1/8 gal. . . .	. . . . .	
Mexi-Ranch Dressing. . . .	. . . . .	1 1/6 gal. . .	. . . . .	2 1/3 gal. . . .	. . . . .	7. Portion 3 oz of Mexi-Ranch dressing in portion containers and place on salad. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 salad provides 2 oz meat/meat alternate, 2 cups vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chicken Fajita Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	474		Iron	2.94	Mg	Protein	29.88	G	Percent ⇒	Protein	25.20%
Cholesterol	96*	Mg	Calcium	312.77	Mg	Carbohydrates	32.86	G	Of ⇒	Carbohydrates	27.72%
Sodium	1640	Mg	Vitamin A	180*	RE	Total Fat	24.92	G	Calories ⇒	Total Fat	47.29%
Dietary Fiber	3.16	G	Vitamin C	17.89*	Mg	Saturated Fat	7.21*	G	From ⇒	Saturated Fat	13.68%

Production Notes:

Serving Notes:
Flat container allowing space for the salad, dressing, croutons, and bacon bits is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Salad, only (606)

(Chicken Salad, only MC606)

Meat/Meat Alternate

Source: MS Cycles USDA E-5

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen Diced Chicken	6 lb 6 oz.		12 lb 12 oz.			1. Combine chicken, celery, cooked eggs, pickle relish, pepper, dry mustard, and mayonnaise. Mix lightly until well blended.
Fresh Celery, Diced		5 cups		2 qt 2 cups		2. Cover and refrigerate until ready to use.
Large Eggs		15 eggs		30 eggs		
Sweet Pickle Relish	15 oz.	1 ¾ cups	1 lb 14 oz.	1 lb 14 oz.		
Black Pepper		2 tsp.		1 Tbsp 1 tsp.		
Mustard Powder		1 Tbsp 1½ tsp		3 Tbsp.		
Table Salt	1 oz.	2 Tbsp.	2 oz.	4 Tbsp.		*CCP: Hold and maintain product at a maximum temperature of 41°F.*
Mayonnaise	1 lb 9 oz.	3 ¼ cups	3 lb 3 oz.	1 qt 2½ cups		
						3. Portion chicken salad with No. 8 scoop.

Serving: ½ cup (No. 8 scoop) chicken salad provides 2 oz meat/meat alternate.

Yield: 50 servings: about 1½ gallons
100 servings: about 3 gallons

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	195		Iron	1.03	Mg	Protein	18.63	G	Percent ⇒	Protein	38.27%
Cholesterol	121	Mg	Calcium	21.73	Mg	Carbohydrates	6.28	G	Of ⇒	Carbohydrates	12.89%
Sodium	560	Mg	Vitamin A	31	RE	Total Fat	11.05	G	Calories ⇒	Total Fat	51.06%
Dietary Fiber	0.28	G	Vitamin C	0.87	Mg	Saturated Fat	2.19	G	From ⇒	Saturated Fat	10.14%

Production Notes:
Basic recipe for chicken salad sandwiches and other recipes using chicken salad.
If heavy duty mayonnaise is used, nutrient analysis is changed.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Tomato Stuffed with Chicken Salad (608)

(Tomato Stuffed with Chicken Salad MC608)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Tomatoes.	16 lb.	. . . . .	32 lb.	. . . . .	. . . . .	1. Wash tomatoes. 2. Wedge tomatoes into 8 sections. Do not cut tomatoes more than ¾ deep.
Iceberg Lettuce, Shredded.	. . . . .	3 qt.	. . . . .	6 qt.	. . . . .	3. In bottom of clear 10 oz hinged container, place ¼ cup shredded lettuce.
Chicken Salad (603).	. . . . .	50-1/2 cups. . .	. . . . .	100-1/2 cups. . .	. . . . .	4. Place tomato on top of bed of lettuce. Portion ½ cup (#8 scoop) of chicken salad in wedged tomato.
Saltine Crackers.	. . . . .	100-4 packs. . .	. . . . .	200-4 packs. . .	. . . . .	5. Place 2 packs of saltine crackers on side. Close container. *CCP: Cover and refrigerate at 41°F until ready for service.*

Serving: 1 stuffed tomato provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	329		Iron	1.79	Mg	Protein	19.96	G	Percent ⇒	Protein	24.30%
Cholesterol	121	Mg	Calcium	30.50	Mg	Carbohydrates	13.86	G	Of ⇒	Carbohydrates	16.87%
Sodium	878	Mg	Vitamin A	125	RE	Total Fat	14.58	G	Calories ⇒	Total Fat	39.93%
Dietary Fiber	2.06	G	Vitamin C	28.93	Mg	Saturated Fat	2.26	G	From ⇒	Saturated Fat	6.20%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Salad with Crackers (610)

(Chicken Salad with Crackers MC610)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen Chicken, Diced	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt		1. Combine chicken, celery, onions, pickle relish, salt, pepper, dry mustard, and mayonnaise. Mix lightly until well blended. *CCP: Cover and place under refrigeration until ready for use in recipe.* *CCP: Hold and maintain product at a maximum temperature of 41°F.*
Fresh Celery, Diced	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups		
Fresh Onions, Diced	12 oz	2 cups	1 lb 8 oz	1 qt		
Sweet Pickle Relish	15 oz	1¾ cups	1 lb 14 oz	3½ cups		
Black Pepper		2 tsp		1 Tbsp 1 tsp		
Mustard, Powder		1 Tbsp 1½ tsp		3 Tbsp		
Mayonnaise	1 lb 9½ oz	3¼ cups	3 lb 3 oz	1 qt 2½ cups		
Table Salt		2 Tbsp		4 Tbsp		
Loose Leaf Lettuce	1 lb 4 oz		2 lb 8 oz			2. Wash lettuce thoroughly, separate leaves and dry thoroughly. (Shredded lettuce is an option.) 3. Wash tomatoes and wedge with 6-count wedger.
Fresh Tomatoes	3 lb 4 oz	9 medium size	6 lb 8 oz	18 medium size		
Saltine Crackers		100-4 packs		200-4 packs		4. Portion chicken salad with #8 scoop onto lettuce leaf and place one tomato wedge on the side. 5. Serve with two 4-count packs of crackers.

Serving: ½ cup (#8 scoop) chicken salad and 8 crackers provide 2 oz meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	291		Iron	2.01	Mg	Protein	19.44	G	Percent ⇒	Protein	26.75%
Cholesterol	61	Mg	Calcium	24.57	Mg	Carbohydrates	22.17	G	Of ⇒	Carbohydrates	30.50%
Sodium	799	Mg	Vitamin A	34	RE	Total Fat	13.21	G	Calories ⇒	Total Fat	40.89%
Dietary Fiber	0.80	G	Vitamin C	5.97	Mg	Saturated Fat	2.90	G	From ⇒	Saturated Fat	8.98%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken or Tuna Salad

MS Cycles II - #612 Chicken or #634 Tuna

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens
- Portion 1/2 cup number 8 scoop of chicken or tuna salad in center of mixed greens; garnish with paprika.
- Place 5 grape tomatoes, cut in half, around chicken or tuna mixture
- Cut one boiled egg into quarters; place two quarters in opposite corners
- In front corner, place 3 slices of cucumber
- In top corner, place cluster of grapes or other fresh fruit.
- At top of salad, place 4 packs of club crackers or 2 packs of saltines.

Chicken Salad Salad, Graphic (612)

(Chicken Salad Salad, Graphic MC612)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Cucumber.	4 lb.	. . . . .	8 lb.	. . . . .	. . . . .	1. Wash cucumbers and tomatoes. Drain.
Fresh Cherry Tomatoes. . .	2 lb 8 oz. . .	. . . . .	5 lb.	. . . . .	. . . . .	2. Slice cucumbers ¼ " thick.
						3. Slice cherry or grape tomatoes in half.
Green Salad Mix.	. . . . .	6¼ gal. . . .	. . . . .	12½ gal. . . .	. . . . .	4. Line 9X5 salad tray with green leaf lettuce (2 leaves).
Loose Leaf Lettuce. . . .	. . . . .	100 leaves. .	. . . . .	200 leaves. . .	. . . . .	5. Fill 2 cups of washed mixed greens.
Chicken Salad (MC606). . .	. . . . .	50 - ½ cups. .	. . . . .	100 - ½ cups. .	. . . . .	6. Portion ½ cup (No. 8 scoop) of chicken salad in center of mixed greens. Garnish with paprika.
						7. Place 5 cherry (or grape) tomatoes cut in half around chicken salad mixture.
						8. In front corner, place 3 slices of cucumber.
Fresh Large Eggs.	. . . . .	25 eggs. . . .	. . . . .	50 eggs. . . .	. . . . .	9. Cut boiled eggs into quarters. Place 2 quarters in opposite corners.
Seedless Grapes.	. . . . .	9½ cups. . . .	. . . . .	1 gal 3 cups. .	. . . . .	10. In top corner, place cluster of grapes (3/8 cup) or other fresh fruit.
Saltine Crackers.	. . . . .	100 - 4 packs	. . . . .	200 - 4 packs	. . . . .	11. At top of salad, place 2 packages of saltines or 4 packs of club crackers.
Assorted Nonfat Dressing. .	. . . . .	50 - 1.5 oz packets. . .	. . . . .	100 - 1.5 oz packets. . .	. . . . .	12. Serve 1 chicken salad salad with 1 packet of dressing. *CCP: Hold and maintain product at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 salad provides 2 oz meat/meat alternate, 2 cups vegetable, and 1 serving grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chicken Salad Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	473		Iron	4.80	Mg	Protein	28.55	G	Percent ⇒	Protein	24.13%
Cholesterol	229	Mg	Calcium	166.00	Mg	Carbohydrates	38.28	G	Of ⇒	Carbohydrates	32.35%
Sodium	1563	Mg	Vitamin A	356	RE	Total Fat	17.66	G	Calories ⇒	Total Fat	33.59%
Dietary Fiber	10.33	G	Vitamin C	48.22	Mg	Saturated Fat	3.15	G	From ⇒	Saturated Fat	5.99%

Production Notes:

Serving Notes:
Flat container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

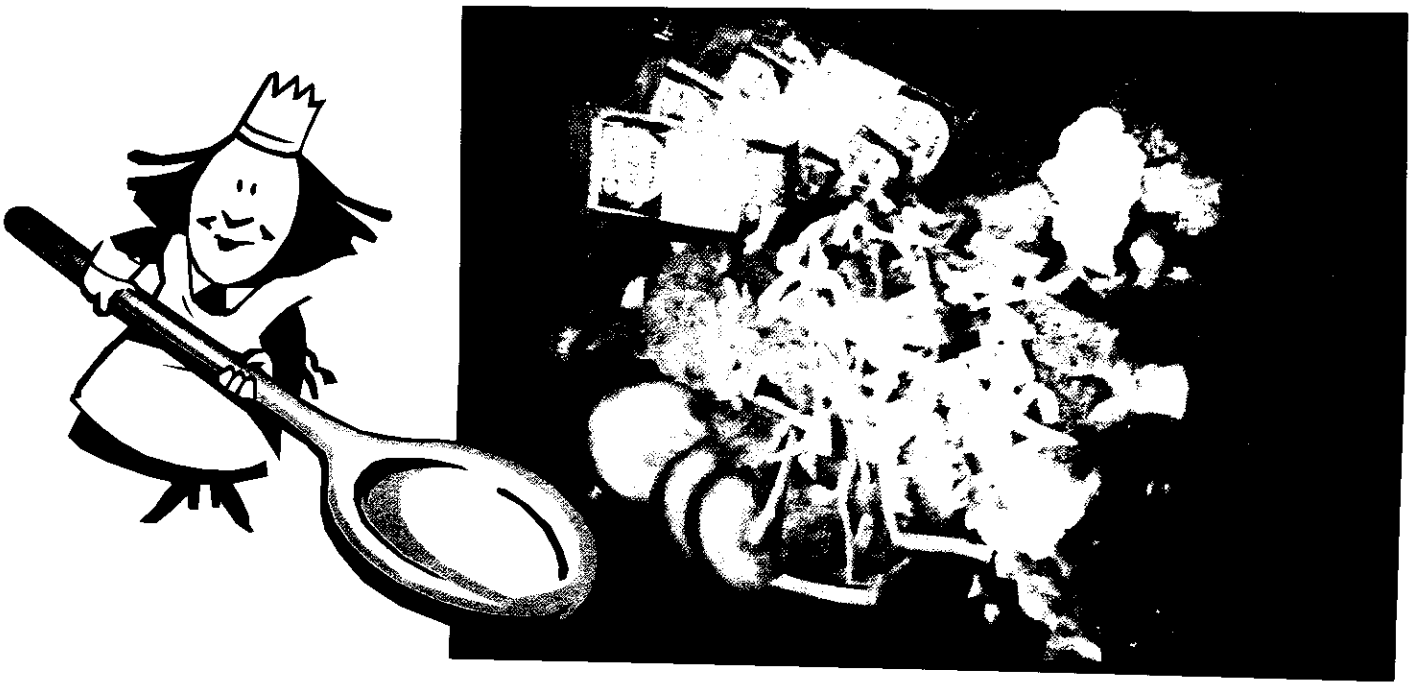
Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Tenders Salad

MS Cycles II - #614

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens.
- Place 3 slices of cucumber in front left corner
- Add broccoli florets, cauliflower florets, and sliced or shredded carrots in corner opposite cucumbers
- Place 3 grape tomatoes in remaining corners
- Cut 2 chicken tenders into bite-sized pieces and place in center of salad.
- Sprinkle one ounce cheese (half shredded mozarella and half cheddar)
- At top and bottom of salad, place two packs of club crackers or one pack of saltines.



Chicken Tenders Salad, Graphic (614)

(Chicken Tenders Salad, Graphic MC614)

Meat/Meat alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Tenders.	. . . . .	100 tenders. .	. . . . .	200 tenders. .	. . . . .	1. Bake tenders according to package directions. (Overcooking will cause the tenders to become dry.) *CCP: Heat product to a minimum temperature of 140°F.*
Cucumber with Peel.	. . . . .	8 cucumbers	. . . . .	16 cucumbers	. . . . .	2. Wash cucumbers, tomatoes, broccoli, and cauliflower.
Cherry Tomatoes.	1 lb 8 oz. . .	. . . . .	3 lb.	. . . . .	. . . . .	3. Slice cucumber ¼" thick.
Fresh Broccoli Florets. . . .	. . . . .	100 florets. .	. . . . .	200 florets. . .	. . . . .	4. If needed, cut broccoli and cauliflower into bite-size pieces.
Fresh Cauliflower Chunks. .	8 oz.	. . . . .	1 lb.	. . . . .	. . . . .	
Green Salad Mix.	12 lb 8 oz. .	6¼ gal. . . .	25 lb.	12 ½ gal. . . .	. . . . .	5. Line 9X5 salad tray with green leaf lettuce (2 leaves).
Loose Leaf Lettuce.	. . . . .	100 leaves. .	. . . . .	200 leaves. . .	. . . . .	6. Fill with 2 cups of washed mixed greens.
						7. Place 3 slices of cucumber in front left corner of tray. Add broccoli florets and cauliflower florets in corner opposite cucumbers. Place cherry tomatoes in front right corner.
						8. Cut 2 tenders into bite-size pieces and place in center of salad.
American Cheese, Grated. .	1 lb 10 oz. .	. . . . .	3 ¼ lb. . . .	. . . . .	. . . . .	9. Sprinkle 1 oz mixture of shredded cheeses over chicken tenders.
Mozzarella Cheese, Shredded.	1 lb 10 oz. .	. . . . .	3 ¼ lb. . . .	. . . . .	. . . . .	
Crackers, Assortment. . . .	. . . . .	100 packages	. . . . .	200 packages	. . . . .	10. Place two 4-count packs of saltine crackers or four 2-count packs of club crackers in the top left hand corner.
Assorted Non-Fat Dressings	. . . . .	50 – 1.5 oz packets. . .	. . . . .	100 - 1.5 oz packets. . .	. . . . .	11. Serve 1 salad with 1 packet of dressing. *CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: 1 chicken tender salad provides 2 oz meat/meat alternate, 2 cups vegetable and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Chicken Tenders Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	370		Iron	1.88	Mg	Protein	22.51	G	Percent ⇒	Protein	24.35%
Cholesterol	47	Mg	Calcium	256	Mg	Carbohydrates	33.43	G	Of ⇒	Carbohydrates	36.17%
Sodium	1402	Mg	Vitamin A	210	RE	Total Fat	16.76	G	Calories ⇒	Total Fat	40.80%
Dietary Fiber	5.91	G	Vitamin C	40.6	Mg	Saturated Fat	6.08	G	From ⇒	Saturated Fat	14.81%

Production Notes:

Serving Notes:
Flat container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

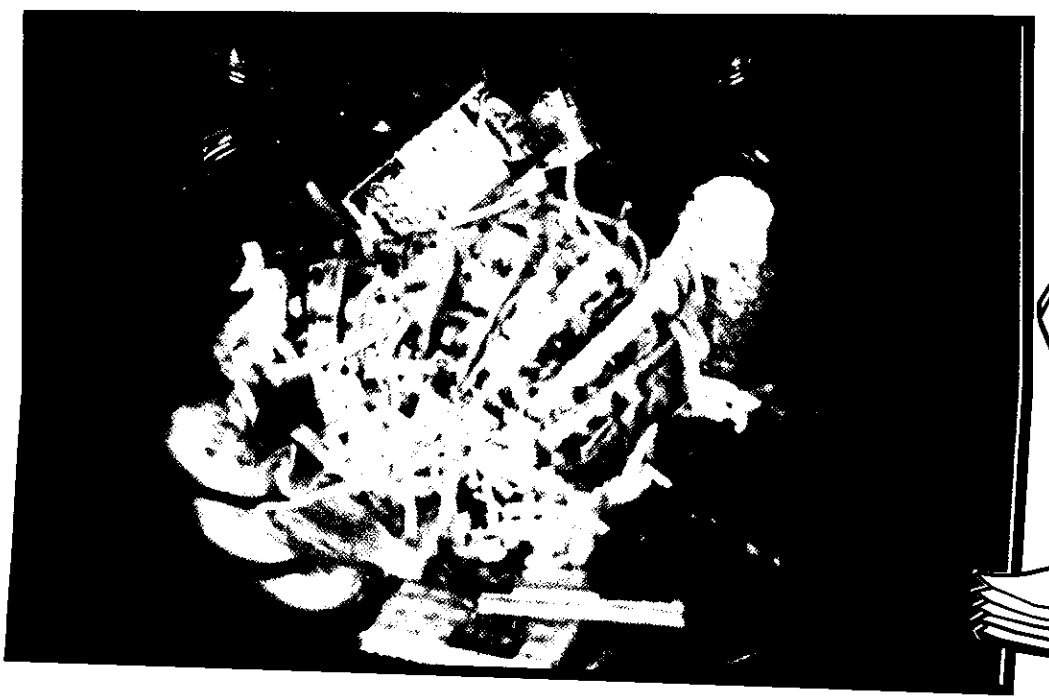
Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

GRILLED CHICKEN SALAD

MS Cycles II - #620

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens.
- Place 3 slices of cucumber in front left corner
- Add broccoli florets, cauliflower florets, and sliced or shredded carrots in corner opposite cucumbers
- Place 3 grape tomatoes in remaining corners
- In center of salad, add 3 ounces of grilled chicken patty, cut into strips, in center of salad.
- Sprinkle one ounce cheese (half shredded mozarella and half cheddar)
- At top and bottom of salad, place two packs of club crackers or one pack of saltines.



Grilled Chicken Salad, Graphic (620)

(Grilled Chicken Salad MC620)

Meat/Meat Alternate-Vegetable-Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Grilled Chicken Fillets. . . .	. . . . .	50 fillets. . . .	. . . . .	100 fillets. . . .	. . . . .	1. Bake fillets according to package directions. (Overcooking will cause the fillets to become dry.) *CCP: Heat product to a minimum temperature of 140°F.*
Cucumber with Peel. . . . . Cherry Tomatoes. . . . . . Fresh Broccoli Florets. . . . Fresh Cauliflower Chunks. .	. . . . . . 1 lb 8 oz. . . . . 8 oz.	8 cucumbers . . . . . . 100 florets.	. . . . . . 3 lb. . . . . 1 lb.	16 cucumbers . . . . . . 200 florets.	. . . .	2. Wash cucumbers, tomatoes, broccoli, and cauliflower. 3. Slice cucumber ¼" thick. 4. If needed, cut broccoli and cauliflower into bite-size pieces.
Green Salad Mix. . . . . . Loose Leaf Lettuce.	12 lb 8 oz.	6¼ gal. . . . 100 leaves. .	25 lb.	12½ gal. . . . 200 leaves. . .	. . . .	5. Line 9X5 salad tray with green leaf lettuce (2 leaves). 6. Fill with 2 cups of washed mixed greens.
						7. Place 3 slices of cucumber in front left corner of tray. Add broccoli florets and cauliflower florets in corner opposite cucumbers. Place cherry tomatoes in front right corner.
						8. Cut 1 fillet into strips and place in the center of salad.
American Cheese, Grated. . Mozzarella Cheese, Shredded.	1 lb 10 oz. . 1 lb 10 oz. .	. . . .	3¼ lb. . . . 3¼ lb. . . .	. . . .	. . . .	9. Sprinkle 1 ox mixture of shredded cheeses over chicken fillets.
Crackers, Assortment. . . .	. . . . .	100 packages	. . . . .	200 packages	. . . . .	10. Place two 4-count packs of saltine crackers or four 2-count packs of club crackers in the top left hand corner.
Assorted Non-Fat Dressings	. . . . .	50 – 1.5 oz packets. . .	. . . . .	100 – 1.5 oz packets. . .	. . . . .	11. Serve 1 salad with 1 packet of dressing. *CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: 1 grilled chicken salad provides 2 oz meat/meat alternate, 2 cups vegetable and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Grilled Chicken Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	375		Iron	1.95	Mg	Protein	26.27	G	Percent ⇒	Protein	28.06%
Cholesterol	63	Mg	Calcium	251.38	Mg	Carbohydrates	28.04	G	Of ⇒	Carbohydrates	29.94%
Sodium	1440	Mg	Vitamin A	216	RE	Total Fat	17.41	G	Calories ⇒	Total Fat	41.84%
Dietary Fiber	3.94	G	Vitamin C	41.28	Mg	Saturated Fat	6.66	G	From ⇒	Saturated Fat	16.01%

Production Notes:

Serving Notes:
Flat container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Fruit and Cottage Cheese Salad (616)

(Fruit & Cottage Cheese Salad MC616)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Cottage Cheese, 1% fat. . .	12 lb 8 oz. .	1½ gal 1 cup.	25 lb.	3 gal 2 cups. .	. . . . .	1. May choose any fruit listed in the ingredients. If serving other fruits, reference the Food Buying Guide to determine the serving size required to meet the fruit component.
Fresh Grapes.	2 lb.	. . . . .	4 lb.	. . . . .	. . . . .	2. Wash fruit the day of service.
Fresh Apples.	. . . . .	10 apples. . .	. . . . .	20 apples. . .	. . . . .	3. After washing, portion to individual servings. Portion ½ cup cottage cheese (No. 8 scoop) in bowls, ½ cup fruit or 1 whole fruit, and 1 pack of graham crackers per serving.
Fresh Oranges.	. . . . .	10 oranges. .	. . . . .	20 oranges. . .	. . . . .	
Fresh Bananas.	. . . . .	10 bananas. .	. . . . .	20 bananas. .	. . . . .	
Fresh Strawberries.	2 lb.	. . . . .	4 lb.	. . . . .	. . . . .	
Graham Crackers.	. . . . .	50 - 2 count packs. . . .	. . . . .	100 - 2 count packs. . . .	. . . . .	
						4. Cover with plastic wrap and place under refrigeration until ready for service.
						5. Serve one fruit and cottage cheese plate per serving. *CCP: Hold and maintain product at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: ½ cup (No. 8 scoop) cottage cheese, ½ cup fruit or 1 whole fruit, & 2 whole graham crackers provide 2 oz meat/meat alternate, ½ cup fruit, 1 grain/bread.

Yield: 50 servings: 50 salad plates
100 servings: 100 salad plates

Nutrients Per Serving:

***Denotes Missing Nutrient Values**

Calories	151		Iron	0.43	Mg	Protein	14.76*	G	Percent ⇒	Protein	39.19%
Cholesterol	5	Mg	Calcium	87.79	Mg	Carbohydrates	20.09*	G	Of ⇒	Carbohydrates	53.34%
Sodium	463	Mg	Vitamin A	29	RE	Total Fat	1.58	G	Calories ⇒	Total Fat	9.42%
Dietary Fiber	2.52*	G	Vitamin C	28.60	Mg	Saturated Fat	0.82	G	From ⇒	Saturated Fat	4.87%

Production Notes:

Presentation Idea: Garnish cottage cheese with ½ maraschino cherry or creatively arrange fruit around cottage cheese.

Serving Notes:

Presentation Idea: Line plates with lettuce leaves prior to arranging fruit.

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

Fruit and Yogurt Salad (618)

(Fruit & Yogurt Plate MC618)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Grapes	2 lb.		4 lb.			1. May choose any fruit listed in the ingredients. If serving other fruits, reference the Food Buying Guide to determine the serving size required to meet the fruit component. Choose any fruit combination or single fruit to equal ½ cup serving. 2. Wash fruit the day of service.
Fresh Apples		10 apples		20 apples		
Fresh Oranges		10 oranges		20 oranges		
Fresh Bananas		10 bananas		20 bananas		
Fresh Strawberries	2 lb.		4 lb.			
						3. If using apples and/or oranges, after washing, slice apples and oranges into wedges using 6-count wedger. 4. Dip apples and bananas into lemon juice to prevent discoloration.
						5. Portion fruit selections to equal ½ cup serving. Arrange on each plate.
Lo-Fat Fruit Yogurt		50-8 oz cups		100-8 oz cups		6. Add 1 cup of yogurt and 1 pack of graham crackers to each plate.
Graham Crackers		50-2 count pks		100-2 count pk		
						7. Cover with plastic wrap and place under refrigeration until ready for service. 8. Serve one fruit and yogurt plate per serving. *CCP: Hold and maintain at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 yogurt (8oz cup), ½ cup fruit or 1 whole fruit, and 2 whole graham crackers provide 2 oz meat/meat alternate, ½ cup fruit, and 1 grain/bread.

Yield: 50 servings: 50 salad plates
100 servings: 100 salad plates

(Continued on Back)

Fruit and Yogurt Salad (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	301		Iron	0.43	Mg	Protein	10.68*	G	Percent ⇒	Protein	14.20%
Cholesterol	9	Mg	Calcium	363.90	Mg	Carbohydrates	60.26*	G	Of ⇒	Carbohydrates	80.12%
Sodium	136	Mg	Vitamin A	41	RE	Total Fat	2.88	G	Calories ⇒	Total Fat	8.60%
Dietary Fiber	2.52*	G	Vitamin C	30.19	Mg	Saturated Fat	1.67	G	From ⇒	Saturated Fat	4.99%

Production Notes:

Serving Notes:
Presentation Idea: Line plates with lettuce prior to arranging fruit.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Fruit and Yogurt Salad, Graphic (619)

(Fruit and Yogurt Salad, Graphic MC619)

Meat/Meat Alternate-Fruit-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Seedless Grapes	4 lb.		8 lb.			1. May choose any fruit listed in the ingredients. If serving other fruits, reference the Food Buying Guide to determine the serving size required to meet the fruit component. Choose any fruit combination or single fruit to equal ½ cup serving.
Fresh Cantaloupe	4 lb, a/p.		8 lb, a/p.			2. Wash fruit the day of service. Cut into bite-size portions. Toss all together to make a blend of fruits.
Fresh Honeydew Melon	4 lb.		8 lb.			
Loose Leaf Lettuce		100 leaves.		200 leaves.		3. Line 9X5 tray with green leaf lettuce (2 leaves).
						4. In center of tray, portion ½ cup fresh fruit mix.
Lo-fat Custard-Style Yogurt		50 - 4.1 oz.		100 - 4.1 oz.		5. Place one 4-oz cup of yogurt in front corner.
Banana Muffin, Wrapped		50 muffins.		100 muffins.		6. Place a 2 oz individually wrapped muffin in opposite corner of yogurt.
American Cheese, Sliced		100 slices.		200 slices.		7. Add 1 oz of American cheese cut into strips.
Fresh Kiwi Fruit, Sliced	1 lb.		2 lb.			8. Add sliced kiwi and strawberries for garnish. Serve 1 salad per student.
Fresh Strawberries, Sliced		1 qt.		2 qt.		*CCP: Hold and maintain product at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 yogurt (4 oz), ½ cup fruit or 1 whole fruit, and 1 2 oz muffin provides 2 oz meat/meat alternate, ½ cup fruit, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Fruit and Yogurt Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	505		Iron	1.70	Mg	Protein	14.05	G	Percent ⇒	Protein	11.14%
Cholesterol	65	Mg	Calcium	373.37	Mg	Carbohydrates	64.13	G	Of ⇒	Carbohydrates	50.83%
Sodium	676	Mg	Vitamin A	136	RE	Total Fat	21.72	G	Calories ⇒	Total Fat	38.72%
Dietary Fiber	2.72	G	Vitamin C	38.84	Mg	Saturated Fat	5.38	G	From ⇒	Saturated Fat	9.60%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Taco Salad in a Boat (624)

(Taco Salad in a Boat MC624)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	8 lb 8 oz.		17 lb.			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Fresh Onions, Diced Water Taco Seasoning Mix	5 oz. 	 1 qt. 1 package.	10 oz. 	 2 qt. 2 packages.		2. Add onions, water, and taco seasoning mix. Blend well. Bring to a simmer 3. Reduce heat and prepare according to package directions. *CCP: Heat product to minimum internal temperature of 165°F or according to package directions.*
Iceberg Lettuce, Shredded Fresh Tomatoes, Diced Taco Shell, Bowl Style American Cheese, Grated Mozzarella Cheese, Shredded Salsa	4 lb. 1 lb 12 oz. 1 lb 8 oz. 1 lb 8 oz. 	 50 shells. ½ gal.	8 lb. 3 lb 8 oz. 3 lb. 3 lb.	 100 shells. 1 gal.		4. Combine lettuce and tomatoes. Toss lightly. 5. Blend cheeses and portion 1 ounce in portion container. 6. Portion 1 ounce of salsa in portion container. 7. Heat taco boat according to package directions. *CCP: Cover and refrigerate salad and cheese at a maximum temperature of 41°F until ready for service.*
						8. Serving Suggestions: Assemble each salad as follow: 1st layer: Use 1 taco boat bowl or boat for base. 2nd layer: 1¾ oz (3/4 cup) lettuce and tomato mixture. 3rd layer: No. 16 scoop (1/4 cup) meat mixture. 4th layer: ½ oz (2 Tbsp 1 tsp) shredded cheese mixture **OR** Lettuce, tomato, and cheese may be individually portioned and served cold. Serve taco shells and meat hot from serving line. *CCP: Hold and maintain meat at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 salad provides 2 oz meat/meat alternate, ¾ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Taco Salad in a Boat (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	334		Iron	2.96	Mg	Protein	21.28	G	Percent ⇒	Protein	25.49%
Cholesterol	64	Mg	Calcium	180.74	Mg	Carbohydrates	19.29	G	Of ⇒	Carbohydrates	23.10%
Sodium	843	Mg	Vitamin A	136	RE	Total Fat	19.04	G	Calories ⇒	Total Fat	51.33%
Dietary Fiber	0.73	G	Vitamin C	4.63	Mg	Saturated Fat	8.17	G	From ⇒	Saturated Fat	22.01%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Taco Salad with Chips (626)

(Taco Salad with Chips MC626)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	8 lb 8 oz.		17 lb.			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Fresh Onions, Diced	5 oz.		10 oz.			2. Add onions, water, and taco seasoning mix. Blend well. Bring to a simmer, 25-30 minutes.
Water		1 qt.		2 qt.		3. Reduce heat and prepare according to package directions.
Taco Seasoning Mix		1 package.		2 packages.		*CCP: Heat product to a minimum internal temperature of 165°F or according to package directions.*
Iceberg Lettuce, Shredded	4 lb.		8 lb.			4. Combine lettuce and tomatoes. Toss lightly.
Fresh Tomatoes, Diced	1 lb 12 oz.		3 lb 8 oz.			5. Blend cheeses and portion 1 ounce in portion container.
Tortilla Chips	3 lb.		6 lb.			6. Portion 1 ounce salsa in portion container.
American Cheese, Grated	1 lb 8 oz.		3 lb.			7. Portion 10 chips for each serving.
Mozzarella Cheese, Shredded	1 lb 8 oz.		3 lb.			*CCP: Cover refrigerate salad and cheese at a maximum temperature of 41°F until ready for service.*
Salsa		½ gal.		1 gal.		
						8. Serving Suggestions: Assemble each salad as follows: 1st layer: 1¾ oz (3/4 cup) lettuce and tomato mixture. 2nd layer: No. 16 scoop (1/4 cup) meat mixture. 3rd layer: ½ oz (2 Tbsp 1 tsp) shredded cheese mixture 4th layer: Place 10 tortilla chips along sides of salad **OR** Lettuce, tomato, and cheese may be individually portioned and served cold. Serve tortilla chips and meat hot from serving line. *CCP: Hold and maintain meat at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 salad provides 2 oz meat/meat alternate, ¾ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Taco Salad with Chips (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	389		Iron	2.11	Mg	Protein	21.83	G	Percent ⇒	Protein	22.45%
Cholesterol	64	Mg	Calcium	205*	Mg	Carbohydrates	25.35	G	Of ⇒	Carbohydrates	26.07%
Sodium	848	Mg	Vitamin A	136*	RE	Total Fat	21.88	G	Calories ⇒	Total Fat	50.63%
Dietary Fiber	0.92	G	Vitamin C	4.6*	Mg	Saturated Fat	8.94	G	From ⇒	Saturated Fat	20.68%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Tuna Salad, only (630)

(Tuna Salad MC630)

Meat/Meat Alternate **Source: MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chunk Light Tuna in Water		2-66.5 oz cans		4-66.5 oz cans		1. Drain and flake tuna.
Fresh Celery, Diced		7½ cups		3 qt 3 cups		2. Combine tuna, celery, cooked eggs (optional), onions, pickle relish, dry mustard, mayonnaise. Mix lightly until well blended.
Dehydrated Onion Flakes		¼ cup 2 Tbsp		¾ cup		3. Cover and place under refrigeration until ready to use.
Sweet Pickle Relish	8¾ oz		1 lb 1½ oz			
Mustard, Powder		1½ tsp		1 Tbsp		
Mayonnaise	2 lb 11 oz		5 lb 6 oz			
Large Eggs		8 eggs		16 eggs		*CCP: Hold and maintain product at a maximum temperature of 41°F.*
						4. Portion tuna salad with No. 8 scoop.

Serving: ½ cup (No. 8 scoop) tuna salad provides 2 oz meat/meat alternate.

Yield: 50 servings: 50 salads
100 servings: 100 salads

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	186		Iron	1.09	Mg	Protein	15.91	G	Percent ⇒	Protein	34.29%
Cholesterol	68	Mg	Calcium	18.42	Mg	Carbohydrates	4.15	G	Of ⇒	Carbohydrates	8.95%
Sodium	418	Mg	Vitamin A	24	RE	Total Fat	11.01	G	Calories ⇒	Total Fat	53.36%
Dietary Fiber	0.36	G	Vitamin C	1.58	Mg	Saturated Fat	2.01	G	From ⇒	Saturated Fat	9.74%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Tomato Stuffed with Tuna Salad (632)

(Tomato Stuffed with Tuna Salad MC632)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Tomatoes.	16 lb.	. . . . .	32 lb.	. . . . .	. . . . .	1. Wash tomatoes. 2. Wedge tomatoes into 8 sections. Do not cut tomatoes more than ¾ deep.
Iceberg Lettuce, Shredded. .	. . . . .	3 qt.	. . . . .	6 qt.	. . . . .	3. In bottom of clear 10 oz hinged container, place ¼ cup shredded lettuce.
Tuna Salad (630).	. . . . .	50-1/2 cups. .	. . . . .	100-1/2 cups. .	. . . . .	4. Place tomato on top of bed of lettuce. Portion ½ cup (#8 scoop) of tuna salad in wedged tomato.
Saltine Crackers.	. . . . .	100-4 packs. .	. . . . .	200-4 packs. .	. . . . .	5. Place 2 packs of saltine crackers on side. Close container. *CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 stuffed tomato provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	317		Iron	1.78	Mg	Protein	17.21	G	Percent ⇒	Protein	21.72%
Cholesterol	68	Mg	Calcium	26.94	Mg	Carbohydrates	11.03	G	Of ⇒	Carbohydrates	13.92%
Sodium	751	Mg	Vitamin A	116	RE	Total Fat	14.50	G	Calories ⇒	Total Fat	41.16%
Dietary Fiber	2.05	G	Vitamin C	29.56	Mg	Saturated Fat	2.08	G	From ⇒	Saturated Fat	5.90%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

Tuna Salad, Graphic (634)

(Tuna salad, Graphic MC634)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Cumber with Peel. . .	4 lb.	. . . . .	8 lb.	. . . . .	. . . . .	1. Wash cucumbers and tomatoes. 2. Slice cucumbers ¼" thick. 3. Slice cherry tomatoes in half.
Cherry Tomatoes.	2½ lb.	. . . . .	5 lb.	. . . . .	. . . . .	
Green Salad Mix.	12 lb 8 oz. .	6 ¼ gal. . . .	25 lb.	12½ gal. . . .	. . . . .	4. Line 9X5 salad tray with green leaf lettuce (2 leaves). 5. Fill with 2 cups of washed mixed greens.
Loose Leaf Lettuce.	. . . . .	100 leaves. .	. . . . .	200 leaves. . .	. . . . .	
Tuna Salad (630).	. . . . .	50 - ½ cups. .	. . . . .	100 - ½ cups. .	. . . . .	6. Portion ½ cup (#8 scoop) of tuna salad in center of mixed greens. Garnish with paprika. 7. Place 5 cherry tomatoes cut in half around tuna salad mixture. 8. In front corner, place 3 slices of cucumber.
Large Eggs.	. . . . .	25 eggs. . . .	. . . . .	50 eggs. . . .	. . . . .	9. Cut boiled eggs into quarters. Place 2 quarters in opposite corners.
Fresh Grapes.	. . . . .	9½ cups. . . .	. . . . .	1 gal 3 cups. .	. . . . .	10. In top corner, place cluster of grapes (3/8 cup) or other fresh fruit.
Crackers, Assorted.	. . . . .	100 - 4 packs	. . . . .	200- 4 packs	. . . . .	11. At top of salad, place two 4 count packs of saltine crackers or four 2-count pack of club crackers.
Assorted Non-Fat Dressings	. . . . .	50 - 1.5 oz packets. . .	. . . . .	100 - 1.5 oz packets. . .	. . . . .	12. Serve 1 tuna salad with 1 packet of dressing. *CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 salad provides 2 oz meat/meat alternate, 2 cups vegetable, and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

(Continued on Back)

Tuna Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	464		Iron	4.86	Mg	Protein	25.83	G	Percent ⇒	Protein	22.25%
Cholesterol	176	Mg	Calcium	162.69	Mg	Carbohydrates	36.15	G	Of ⇒	Carbohydrates	31.16%
Sodium	1420	Mg	Vitamin A	349	RE	Total Fat	17.62	G	Calories ⇒	Total Fat	34.16%
Dietary Fiber	10.41	G	Vitamin C	48.93	Mg	Saturated Fat	2.97	G	From ⇒	Saturated Fat	5.76%

Production Notes:

Serving Notes:
Flat container allowing space for the salad and dressing is recommended. Clear plastic lid for eye appeal is preferable. Do not refrigerate crackers. When salad is ready for service, crackers should be placed in container. Detailed instructions for placement of salad ingredients are given in the directions and in the graphic available on the MS CNP website.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Tuna Salad with Crackers (636)

(Tuna Salad with Crackers MC636)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings Weight	*50* Servings Measure	*100* Servings Weight	*100* Servings Measure	For ___ Servings	Directions
Chunk Light Tuna in Water		2-66.5 oz cans		4-66.5 oz cans		1. Drain and flake tuna.
Fresh Celery, Diced		7½ cups		3 qt 3 cups		2. Combine tuna, celery, onions, pickle relish, dry mustard, mayonnaise, and cooked eggs (optional). Mix lightly until well blended.
Dehydrated Onion Flakes		¼ cup 2 Tbsp		¾ cup		
Sweet Pickle Relish	8¾ oz		1 lb 1½ oz			
Mustard Powder		1½ tsp		1 Tbsp		
Mayonnaise	2 lb 11 oz		5 lb 8 oz			*CCP: Cover and refrigerate at 41°F until ready for service. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Large Eggs		8 eggs		16 eggs		
Loose Leaf Lettuce	1 lb 4 oz		2 lb 8 oz			3. Wash lettuce thoroughly, separate leaves and dry thoroughly. (Shredded lettuce is an option.)
Fresh Tomatoes		9 tomatoes		18 tomatoes		4. Wash tomatoes and wedge with 6-count wedger.
Crackers, Assorted						5. Portion tuna salad with #8 scoop onto lettuce leaf and place one tomato wedge on the side. 6. Serve with two 4-count packs of crackers.

Serving: ½ cup (#8 scoop) tuna salad and 8 crackers provide 2 oz meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 50 salads
100 servings: 100 salads

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	294		Iron	2.27	Mg	Protein	18.44	G	Percent ⇒	Protein	25.11%
Cholesterol	68	Mg	Calcium	25.86	Mg	Carbohydrates	21.89	G	Of ⇒	Carbohydrates	29.80%
Sodium	701	Mg	Vitamin A	45	RE	Total Fat	13.88	G	Calories ⇒	Total Fat	42.53%
Dietary Fiber	0.76	G	Vitamin C	6.25	Mg	Saturated Fat	2.72	G	From ⇒	Saturated Fat	8.33%

Production Notes:

Serving Notes:

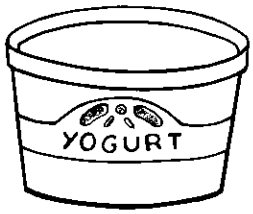
Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Yogurt Sandwich Combo

MS Cycles II - #638

- Line 9 x 5 salad tray with green leaf lettuce.
- Fill with 2 cups of washed mixed greens
- In center of tray, portion 1 cup fresh fruit mix (cantaloupe bites, honeydew bites, grapes, etc.)



- Add fanned strawberry for garnish
- Cut pimento cheese sandwich (or any other sandwich) into quarters; place crust down on right side of salad tray.
- In opposite corner, add 1 four-ounce cup yogurt.

Yogurt and Sandwich Plate, Graphic (638)

(Fruit and Yogurt Salad, Graphic MC638)

Meat/Meat Alternate-Fruit-Grain/Bread

Source: MS Cycles II

Ingredients	*52* Servings		*104* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Loose Leaf Lettuce	.....	104 leaves	.....	208 leaves	.....	1. Line 9X5 tray with green leaf lettuce (2 leaves).
Fresh Seedless Grapes. . . Fresh Cantaloupe. . . . . . Fresh Honeydew Melon. . .	2 lb. . . . . . 2 lb, a/p. . . 2 lb.	. . . .	4 lb. . . . . . 4 lb, a/p. . . 4 lb.	. . . .	. . . .	2. Wash and drain fruit. Cut melons into bite size pieces. Mix melons and grapes. Portion 1 cup fruit mix in center of tray.
Pimento Cheese Sandwich, 1 oz. . . . . . Chicken Salad Sandwich. ...	. . . .	13 sandwich 13 sandwich	. . . .	26 sandwich... 26 sandwich...	. . . .	3. Cut prepared sandwiches into quarters. Place crust side down on right side of salad tray.
Lo-fat Yogurt	. . . . .	50 - 4.1 oz. .	. . . . .	100 - 4.1 oz. .	. . . . .	4. Place one 4-oz cup of yogurt in opposite corner.
Fresh Kiwi Fruit, Sliced. . . Fresh Strawberries, Sliced. .	1 lb.	. . . . . . 1 qt.	2 lb.	. . . . . . 2 qt.	. . . .	5. Add sliced kiwi and strawberries for garnish. Serve 1 salad per student. *CCP: Hold and maintain product at a maximum temperature of 41°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 yogurt (4 oz), 1 up fruit or 1 whole fruit, and 1 sandwich provides 2 oz meat/meat alternate, 1 cup fruit, and 2 grains/breads.

Yield: 50 servings: 50 plates
100 servings: 100 plates

(Continued on Back)

Fruit and Yogurt Salad, Graphic (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	480		Iron	2.73	Mg	Protein	22.19	G	Percent ⇒	Protein	18.48%
Cholesterol	52	Mg	Calcium	344.25	Mg	Carbohydrates	65.31	G	Of ⇒	Carbohydrates	54.38%
Sodium	685	Mg	Vitamin A	159	RE	Total Fat	159	G	Calories ⇒	Total Fat	28.44%
Dietary Fiber	4.03	G	Vitamin C	48.00	Mg	Saturated Fat	5.83	G	From ⇒	Saturated Fat	10.92%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

MEAT/MEAT ALTERNATES
Sandwiches

Trays of cold sandwiches should be covered with plastic wrap prior to refrigeration. Trays of hot sandwiches should be covered with aluminum foil with holes cut into the foil.

To maintain quality and freshness of hot wrapped sandwiches, always use sandwich wrap that encloses the sandwich. Individual sandwich bags may be used for cold sandwiches.

It is recommended to discard assembled leftover hot sandwiches. To meet HACCP requirements when a meat item is reheated, the meat in the sandwich must reach 165 ° F for 15 seconds. Consider the quality of the product when this process is followed. Toward the end of meal service, sandwiches should be prepared to the line to prevent excessive leftovers.

Many smoked ham and turkey ham products have water added. This increases the amount of raw weight needed to yield a serving of cooked lean meat. Refer to the *Food Buying Guide for Child Nutrition Programs*, USDA-FNS, Revised November 2001, for the specific cut of meat used.

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure with a fluid measure.

Trimmings of lettuce, tomato and pickle are included in sandwich recipes. The amount planned is not large enough to be credited as a serving of a vegetable. To meet student preferences, offer a variety of trimmings such as lettuce with pickle, lettuce with tomato, and other combinations.

Review Culinary Techniques for food preparation techniques about food items.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the recipes.

Culinary Pointers from *Culinary Techniques for Healthy School Meals*

Most processed meat products are at their peak of quality immediately after they are cooked.

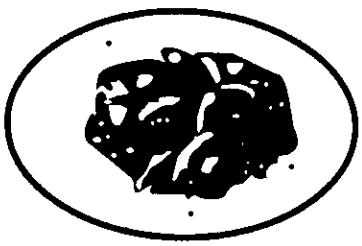
If a processed product must be held, follow package directions exactly and plan the holding time to be as short as possible. Holding time will only decrease the quality of the product.

- Breaded products – These products should not be held if possible. Depending on the type of warmer available, the product may or may not be covered. If it must be covered, use aluminum foil with many small holes so steam can escape.
- Non-breaded products – These products can be held more successfully than breaded products. Cover cooked products with aluminum foil and place in a warmer.

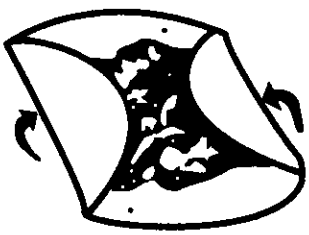
Cooking always causes loss of moisture. This is called shrinkage. As a meat continues to cook, it loses more moisture. This is why it is so important to follow the recipe for cooking temperature and cooking time. Overcooking a meat dish means the yield will be less than the number of portions planned, flavor will be lost, and the meat will be tough because the protein structure has been changed. [CT, Preparing Meat and Poultry, page 4]

Wrap sandwich recipes are included in this section. Follow the "wrapping" directions on the next page.

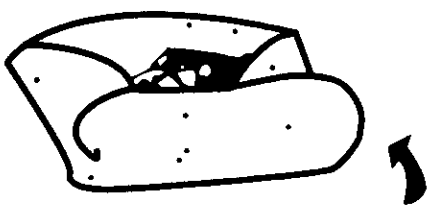
WRAPS MADE SIMPLE



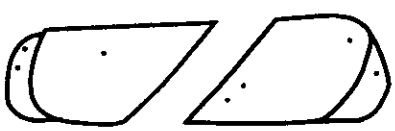
Portion Ingredients in Center of Wrap



Fold in Two Sides



Roll From the Bottom up



Bias Slice in Half for an Appealing Presentation

MS Cycles II

Bacon Burger, 2.5 oz patty (702)

(Bacon Burger, 2.5 oz patty, MC702)

Meat/Meat Alternate –Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef patty, broiled, 2.5 oz....	.....	50 patty.....	.....	100 patty.....	.....	HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) Drain liquid from pan. 2. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. 3. Heat bacon according to package directions. *CCP: Heat product to minimum temperature of 140 F.*
Bacon, sliced, precooked.....	.....	50 1 slice.....	.....	100 1 slice.....	.....	
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY: 4. Open hamburger buns and place cooked hamburger patty on bun. Top each patty with 1 slice bacon. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Lettuce, iceberg, fresh.....	1 lb 4 oz	.....	2 lb, 8 oz	.....	.....	TRIMMINGS: 6. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 7. Wash, core, thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side.
Tomatoes, fresh, red, ripe....	2 lb 8 oz.....	7 each.....	5 lb.....	13 each.....	.....	
Pickles, dill slices.....	4 oz.....	100 slices.....	8 oz.....	200 slices.....	.....	

(Continued on Back)

Bacon Burger, 2.5 oz patty (Continued)

						CCP: Cover and place under refrigeration (41 F or lower) until ready for service.
						9. Portion 1 bacon burger and trimmings per serving. Trimmings may be placed on the side. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 Hamburger patty equals 2 meat and 2 bread. Trimmings do not count

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	351		Iron	3.49*	Mg	Protein	19.09	G	Percent ⇒	Protein	21.73%
Cholesterol	41	Mg	Calcium	98.52*	Mg	Carbohydrates	29.10	G	Of ⇒	Carbohydrates	33.13%
Sodium	615*	Mg	Vitamin A	28*	RE	Total Fat	17.11	G	Calories ⇒	Total Fat	43.84%
Dietary Fiber	2.86	G	Vitamin C	4.76*	Mg	Saturated Fat	6.43	G	From ⇒	Saturated Fat	16.48%

Production Notes:
When using raw hamburger patties, prepare according to package directions. Bake, broil, or grill until internal temperature registers 155 F for 15 seconds. Stack patties to check temperature.

Serving Notes:
Batch cook: To maintain maximum quality, prepare only what can be served in a 30 minute period.

Purchasing Guide:
Use commodity products when available
Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Bacon Burger, 3 oz patty (704)

(Bacon Burger, 3 oz patty, MC704)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak Burger, 3 oz		50 patty		100 Burger Patty		HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) Drain liquid from pan. 2. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. 3. Heat bacon according to package directions. *CCP: Heat product to minimum temperature of 140 F.*
Bacon, sliced, precooked Buns, hamburger, plain	 	50 1 slice 50 buns	 	100 1 slice 100 buns	 	ASSEMBLY: 4. Open hamburger buns and place cooked hamburger patty on bun. Top each patty with 1 slice bacon. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Lettuce, iceberg, fresh Tomatoes, fresh, red, ripe Pickles, dill slices	1 lb 4 oz 2 lb 8 oz 4 oz	 7 each 100 slices	2 lb, 8 oz 5 lb 8 oz	 13 each 200 slices	 	TRIMMINGS: 6. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 7. Wash, core, thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side.

(Continued on Back)

Bacon Burger, 3 oz patty (Continued)

						CCP: Cover and place under refrigeration (41 F or lower) until ready for service.
						9. Portion 1 bacon burger and trimmings per serving. Trimmings may be placed on the side. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 hamburger patty with bun equals 2 meat and 2 breads Trimmings do not count

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	467		Iron	3.58*	Mg	Protein	21.65	G	Percent ⇒	Protein	18.52%
Cholesterol	66	Mg	Calcium	92.36*	Mg	Carbohydrates	27.58	G	Of ⇒	Carbohydrates	23.60%
Sodium	469*	Mg	Vitamin A	18*	RE	Total Fat	29.22	G	Calories ⇒	Total Fat	56.26%
Dietary Fiber	1.80	G	Vitamin C	4.75*	Mg	Saturated Fat	11.66	G	From ⇒	Saturated Fat	22.46%

Production Notes:
When using raw hamburger patties, prepare according to package directions. Bake, broil, or grill until internal temperature registers 160° F for 15 seconds. Stack patties to check temperature.

Serving Notes:
Batch cook: To maintain maximum quality, prepare only what can be served in a 30 minute period.

Purchasing Guide:
Use commodity products when available
Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Bacon Cheeseburger, 2.5 oz patty (706)

(Bacon Cheeseburger,2.5 oz patty, MC708)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef patty,, broiled, 2.5 oz....	.....	50 patty.....	.....	100 patty.....	.....	HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) Drain liquid from pan. 2. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. 3. Heat bacon according to package directions. *CCP: Internal temperature of product must register 140°F for 15 seconds at completion of cooking process.*
Bacon, sliced, precooked.....	.....	50 1 slice.....	.....	100 1 slice.....	.....	
Cheese, American, process, slice.....	.....	50 slice,1/2 oz	.....	100 slice,1/2 oz	.....	ASSEMBLY: 4. Open hamburger buns and place cooked hamburger patty on bun. Top each patty with 1 slice bacon. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	
Pickles, dill slices.....	4 oz.....	100 slices.....	8 oz.....	200 slices.....	.....	TRIMMINGS: 6. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 7. Wash, core, thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side.
Tomatoes, fresh, red, ripe....	2 lb 8 oz.....	7 each.....	5 lb.....	13 each.....	.....	
Lettuce, iceberg, fresh.....	1 lb raw wgt 4 oz raw wgt	.....	2 lb, raw wgt 8 oz raw wgt	.....	.....	

(Continued on Back)

Bacon Cheeseburger, 2.5 oz patty (Continued)

						CCP: Cover and place under refrigeration (41 F or lower) until ready for service.
						9. Portion 1 bacon burger and trimmings per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 sandwich provides 2 meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	406		Iron	3.49	Mg	Protein	21.59	G	Percent ⇒	Protein	21.25%
Cholesterol	53	Mg	Calcium	173.52	Mg	Carbohydrates	29.10	G	Of ⇒	Carbohydrates	28.64%
Sodium	782*	Mg	Vitamin A	28	RE	Total Fat	21.66	G	Calories ⇒	Total Fat	47.98%
Dietary Fiber	2.86	G	Vitamin C	4.76	Mg	Saturated Fat	7.68	G	From ⇒	Saturated Fat	17.02%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period maintain maximum quality.

Purchasing Guide:
Use commodity products when available
When using raw hamburger patties, prepare according to package directions. Bake or broil, until internal temperature registers 160° F for 5 seconds. Stock patties before checking temperature.
Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Bacon Cheeseburger, 3 oz patty (708)

(Bacon Cheeseburger, 3 oz patty, MC708)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak Burger, 3 oz.....	.....	50 patty.....	.....	100 patty.....	.....	HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) Drain liquid from pan. 2. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. 3. Heat bacon according to package directions. *CCP: Internal temperature of product must register 140°F for 15 seconds at completion of cooking process.*
Bacon, sliced, precooked.....	.....	50 1 slice.....	.....	100 1 slice.....	.....	
Cheese, American, process, slice.....	.....	50 slice,1/2 oz	.....	100 slice,1/2 oz	.....	ASSEMBLY: 4. Open hamburger buns and place cooked hamburger patty on bun. Top each patty with 1 slice bacon. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	
Pickles, dill slices.....	4 oz.....	100 slices.....	8 oz.....	200 slices.....	.....	TRIMMINGS: 6. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 7. Wash, core, thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side.
Tomatoes, fresh, red, ripe....	2 lb 8 oz.....	7 each.....	5 lb.....	13 each.....	.....	
Lettuce, iceberg, fresh.....	1 lb raw wgt 4 oz raw wgt	.....	2 lb, raw wgt 8 oz raw wgt	.....	.....	

(Continued on Back)

Bacon Cheeseburger, 3 oz patty (Continued)

						CCP: Cover and place under refrigeration (41 F or lower) until ready for service.
						9. Portion 1 bacon burger and trimmings per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 sandwich provides 2 meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	527		Iron	3.58	Mg	Protein	24.15	G	Percent ⇒	Protein	18.32%
Cholesterol	78	Mg	Calcium	167.36	Mg	Carbohydrates	28.78	G	Of ⇒	Carbohydrates	21.83%
Sodium	889*	Mg	Vitamin A	18	RE	Total Fat	33.77	G	Calories ⇒	Total Fat	57.65%
Dietary Fiber	1.80	G	Vitamin C	4.75	Mg	Saturated Fat	12.91	G	From ⇒	Saturated Fat	22.04%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period maintain maximum quality.

Purchasing Guide:
Use commodity products when available
When using raw hamburger patties, prepare according to package directions. Bake or broil, until internal temperature registers 160° F for 5 seconds. Stock patties before checking temperature.
Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Bacon, Egg, and Cheese Biscuit (710)

(Bacon, Egg, and Cheese Biscuit MC710)

Meat/Meat Alternate – Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Biscuit, unbaked, frozen.....	.....	50 Biscuit.....	.....	100 Biscuit.....	.....	1. Cook biscuits, egg patties, and bacon separately, according to package directions. 2. Slice cooked biscuits. CCP: *Heat product to minimum temperature of 140°F.*
Egg Patties, Scrambled, frozen.....	.....	50 Egg Pattie.	.....	100 Egg Pattie.	.....	
Bacon, sliced, precooked....	.....	100 1 slices...	.....	200 1 slice.....	.....	
Cheese, American, past processed.....	.....	50 slice (1 oz)	.....	100 slice (1 oz)	.....	3. Layer each sliced biscuit with 1 oz of cheese, 2 slices cooked bacon, and 1 cooked egg patty.
						4. Wrap each biscuit sandwich individually. Serve immediately or place in warmer until ready for service. 5. Portion 1 biscuit sandwich per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 sandwich provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

(Continued on Back)

Bacon, Egg, and Cheese Biscuit (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	465		Iron	2.01	Mg	Protein	20.80	G	Percent ⇒	Protein	17.88%
Cholesterol	320	Mg	Calcium	232.48	Mg	Carbohydrates	18.57	G	Of ⇒	Carbohydrates	15.96%
Sodium	1094*	Mg	Vitamin A	161	RE	Total Fat	33.64	G	Calories ⇒	Total Fat	65.07%
Dietary Fiber	0.76	G	Vitamin C	0.00	Mg	Saturated Fat	12.40	G	From ⇒	Saturated Fat	23.99%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Cheeseburger, 2.5 oz patty (728)

(Cheeseburger,2.5 oz patty, MC728)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Hamburger patty, baked, 2.5 oz.		50 patty		100 patty		HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) 2. Drain liquid from pan. 3. Top each patty with one slice (1/2 oz) of cheese. 4. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. *CCP: Heat product to minimum temperature of 140°F.*
Cheese, American, process, slice		50 slice, ½ oz		100 slice, ½ oz		
Buns, hamburger, plain		50 buns		100 buns		ASSEMBLY: 5. Open hamburger buns and place cooked hamburger patties topped with cheese on buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 6. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F.*
Lettuce, iceberg, fresh	1 lb 4 oz		2 lb 8 oz			TRIMMINGS: 7. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 8. Wash, core, thinly slice tomatoes (8 slices/tomato). 9. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
Tomatoes, fresh, red, ripe	2 lb 8 oz	7 each	5 lb	13 each		
Pickles, dill slices	4 oz	100 slices	8 oz	200 slices		

(Continued on Back)

Cheeseburger, 2.5 oz patty (Continued)

						10. Portion 1 cheeseburger with trimmings per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 hamburger provides 2 meat/meat alternate and 1 serving grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	347		Iron	3.17*	Mg	Protein	19.10	G	Percent ⇒	Protein	22.00%
Cholesterol	42	Mg	Calcium	175.81	Mg	Carbohydrates	29.40	G	Of ⇒	Carbohydrates	33.87%
Sodium	675	Mg	Vitamin A	33*	RE	Total Fat	16.62	G	Calories ⇒	Total Fat	43.08%
Dietary Fiber	2.86	G	Vitamin C	4.80*	Mg	Saturated Fat	5.94	G	From ⇒	Saturated Fat	15.39%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available
When using raw hamburger patties, prepare according to package directions. Bake or broil, until internal temperature registers 155° F for 5 seconds. Stack patties before checking temperature.
Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Cheeseburger, 3 oz patty (730)

(Cheeseburger, 3 oz patty, MC730)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak Burger, 3 oz Cheese, American, process, slice		50 Burger patty 50 slice, ½ oz		100 Burger patty 100 slice, ½ oz		HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) 2. Drain liquid from pan. 3. Top each patty with one slice (1/2 oz) of cheese. 4. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. *CCP: Heat product to minimum temperature of 140°F.*
Buns, hamburger, plain		50 buns		100 buns		ASSEMBLY: 5. Open hamburger buns and place cooked hamburger patties topped with cheese on buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 6. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F.*
Lettuce, iceberg, fresh Tomatoes, fresh, red, ripe Pickles, dill slices	1 lb raw wgt 4 oz raw wgt 2 lb 8 oz 4 oz	 7 each 100 slices	2 lb, raw wgt 8 oz raw wgt 5 lb 8 oz	 13 each 200 slices		TRIMMINGS: 7. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 8. Wash, core, thinly slice tomatoes (8 slices/tomato). 9. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*

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Cheeseburger B, 3 oz patty (Continued)

						10. Portion 1 cheeseburger with trimmings per serving. Alternate instructions: Assemble on line as students are served. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 hamburger provides 2 meat/meat alternate and 1 serving grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	489		Iron	3.58*	Mg	Protein	22.48	G	Percent ⇒	Protein	18.38%
Cholesterol	72	Mg	Calcium	167.36	Mg	Carbohydrates	27.58	G	Of ⇒	Carbohydrates	22.55%
Sodium	649	Mg	Vitamin A	18*	RE	Total Fat	31.11	G	Calories ⇒	Total Fat	57.23%
Dietary Fiber	1.80	G	Vitamin C	4.75	Mg	Saturated Fat	11.91	G	From ⇒	Saturated Fat	21.92%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period maintain maximum quality.

Purchasing Guide:
Use commodity products when available
When using raw hamburger patties, prepare according to package directions. Bake or broil, until internal temperature registers 140° F for 15 seconds. Stack patties before checking temperature.
Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Chili Burger (738)

(Chili Burger MC738)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef patty, broiled.....	.....	50 each.....	.....	100 each.....	.....	HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) 2. Drain liquid from pan. 3. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. *CCP: Heat product to minimum temperature of 140° F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY: 4. Open hamburger buns and place cooked hamburger patties in buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers..*
Chili con carne no beans mc.....	.....	12 ½ Cup.....	.....	25 1 Cup.....	.....	6. Heat chili thoroughly. 7. Portion 1/8 cup chili on burger using a 1 oz ladle. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
						8. Portion 1 chili burger per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

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Chili Burger (Continued)

Serving: 1 chili patty provides 2 meat/meat alternate and 2 grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	368		Iron	4.21	Mg	Protein	23.39	G	Percent ⇒	Protein	25.39%
Cholesterol	54	Mg	Calcium	123.37	Mg	Carbohydrates	29.28	G	Of ⇒	Carbohydrates	31.78%
Sodium	901	Mg	Vitamin A	58	RE	Total Fat	17.12	G	Calories ⇒	Total Fat	41.81%
Dietary Fiber	2.93	G	Vitamin C	2.55	Mg	Saturated Fat	6.60	G	From ⇒	Saturated Fat	16.11%

Production Notes:

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Serving Notes:
Batch cook: To maintain maximum quality, prepare only what can be served in a 30 minute period.

Purchasing Guide:
Use commodity products when available

When using raw hamburger patties, prepare according to package directions. Bake, or broil until internal temperature registers 160° F for 15 seconds. Stock patties to check temperature

Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Chili Cheeseburger (740)

(Chili Cheeseburger MC740)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef patty, broiled.....	.....	50 each.....	.....	100 each.....	.....	HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) 2. Drain liquid from pan. 3. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. *CCP: Internal temperature of product must register 140° F for 15 seconds at completion of cooking process..*
Cheese, American, process, slice..... Buns, hamburger, plain..... Chili con carne no beans mc.	....	50 Slice ½ oz.. 50 buns..... 12 ½ Cup.....	....	100 Slice ½ oz. 100 buns..... 25 1 Cup.....	....	4. Heat chili thoroughly. *CCP: Product should reach 165° F for 15 seconds.* ASSEMBLY: 5. Open hamburger buns and place cooked hamburger patties in buns. Top with 1/8 cup chili using 1 ounce ladle. Place cheese slice on sandwich. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 6. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) 7. Serve 1 sandwich per portion. . *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Discard any leftovers*

Serving: 1 hamburger patty equals 2 meat and 2 bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Chili Cheeseburger (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	423		Iron	4.21	Mg	Protein	25.89	G	Percent ⇒	Protein	24.45%
Cholesterol	66	Mg	Calcium	198.37	Mg	Carbohydrates	29.28	G	Of ⇒	Carbohydrates	27.66%
Sodium	1081	Mg	Vitamin A	58	RE	Total Fat	21.67	G	Calories ⇒	Total Fat	46.05%
Dietary Fiber	2.93	G	Vitamin C	2.55	Mg	Saturated Fat	7.85	G	From ⇒	Saturated Fat	16.68%

Production Notes:

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Serving Notes:
Batch cook: To maintain maximum quality, prepare only what can be served in a 30 minute period.

Purchasing Guide:
Use commodity products when available

When using raw hamburger patties, prepare according to package directions. Bake, or broil until internal temperature registers 165° F for 15 seconds. Stock patties before checking temperature.

Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Hamburger, 2.5 oz patty (775)

(Hamburger, 2.5 oz patty, MC775)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Hamburger patty.....	.....	50 pattie.....	.....	100 pattie.....	.....	HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) 2. Drain liquid from pan. 3. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. *CCP: Heat product to a minimum temperature of 140°F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY: 4. Open hamburger buns and place cooked hamburger patties on bun. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Lettuce, iceberg.....	1 lb 4 oz.....	.....	2 lb 8 oz.....	.....	.....	TRIMMINGS: 6. If using head lettuce, wash lettuce thoroughly, separate leaves and dry thoroughly. Shredded lettuce is another option. 7. Wash, core, and thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side.
Tomatoes, fresh.....	2 lb 8 oz.....	.....	5 lb.....	.....	.....	
Pickles, dill slices.....	4 oz.	.....	8 oz.....	.....	.....	

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Hamburger, 2.5 oz patty (Continued)

						CCP: Cover and refrigerate at 41 F or lower until ready for service.
						9. Portion 1 hamburger with trimmings per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	292		Iron	3.17*	Mg	Protein	16.60	G	Percent ⇒	Protein	22.72%
Cholesterol	30	Mg	Calcium	100.81	Mg	Carbohydrates	29.40	G	Of ⇒	Carbohydrates	40.25%
Sodium	495	Mg	Vitamin A	33*	RE	Total Fat	12.07	G	Calories ⇒	Total Fat	37.17%
Dietary Fiber	2.86	G	Vitamin C	4.80*	Mg	Saturated Fat	4.69	G	From ⇒	Saturated Fat	14.44%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period maintain maximum quality.

Purchasing Guide:
Use commodity products when available
When using raw hamburger patties, prepare according to package directions. Bake or broil, until internal temperature registers 160° F for 15 seconds. Stack patties before checking temperature.
Read CN label (for charbroiled patties) to insure correct portion is served.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality when reheated to the correct temperature.

Hamburger, 3 oz patty (776)

(Hamburger, 3 oz patty, MC776)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak Burger, 3 oz.....	.....	50 Burger Patty.....	.....	100 Burger Patty.....	.....	HAMBURGER PATTIES: 1. Bake or steam patties according to package directions. Overcooking will cause patties to be dry. (Prepare in batches to maintain quality.) 2. Drain liquid from pan. 3. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for assembly. *CCP: Heat product to minimum temperature of 140 F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY: 4. Open hamburger buns and place cooked hamburger patty on bun. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Lettuce, iceberg, fresh..... Tomatoes, fresh, red, ripe.... Pickles, dill slices.....	1 lb 4 oz ..... 2 lb 8 oz..... 4 oz.....	..... 7 each..... 100 slices.....	2 lb 8 oz..... 5 lb..... 8 oz.....	..... 13 each..... 200 slices.....	....	TRIMMINGS: 6. If using lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 7. Wash, core, and thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*

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Hamburger, 3 oz patty (Continued)

						9. Portion 1 hamburger per serving. Students may select trimmings. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	434		Iron	3.58*	Mg	Protein	19.98	G	Percent ⇒	Protein	18.41%
Cholesterol	59	Mg	Calcium	92.36*	Mg	Carbohydrates	27.58	G	Of ⇒	Carbohydrates	25.41%
Sodium	469	Mg	Vitamin A	18*	RE	Total Fat	26.56	G	Calories ⇒	Total Fat	55.05%
Dietary Fiber	1.80	G	Vitamin C	4.75*	Mg	Saturated Fat	10.66	G	From ⇒	Saturated Fat	22.11%

Production Notes:

Serving Notes:
Batch cook: To maintain maximum quality, prepare only what can be served in a 30 minute period.

Purchasing Guide:
Use commodity products when available
When using raw hamburger patties, prepare according to package directions. Bake or grill until internal temperature registers 160° F for 15 seconds. Stack patties to check temperature
Read CN label (for charbroiled patties) to insure correct portion is served.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Pigs in a Blanket (784)

(Pigs in a Blanket MC784)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Yeast Rolls.....	.....	50 2 oz.....	.....	100 2 oz.....	.....	1. Prepare yeast dough (Card B-12 thru step 4). 2. Punch down and divide dough into 4 equals portions. Roll each portion into a thin sheet and cut into 25 1 ½ inch strips large enough to wrap around franks.
Frankfurter, 6 ".....	.....	50 Frank.....	.....	100 Frank.....	.....	3. Wrap frankfurter with dough from end to end in spiral formation. 4. Place on greased sheet pan, sealed side down, and let rise in warm place until almost doubled in volume-about 30 minutes. 5. Bake 14 minutes at 400 °F. *CCP: Heat product to minimum temperature of 140 F.*
						6. Serve 1 sandwich per serving. *CCP: Hold and maintain product at a minimum temperature of 135 F. Discard any leftovers.*

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

(Continued on Back)

Pigs in a Blanket (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	356		Iron	2.60	Mg	Protein	10.44	G	Percent ⇒	Protein	11.75%
Cholesterol	36	Mg	Calcium	38.65	Mg	Carbohydrates	32.69	G	Of ⇒	Carbohydrates	36.77%
Sodium	861	Mg	Vitamin A	0	RE	Total Fat	20.20	G	Calories ⇒	Total Fat	51.11%
Dietary Fiber	1.10	G	Vitamin C	0.14	Mg	Saturated Fat	6.57	G	From ⇒	Saturated Fat	16.62%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Hot Dog (778)

(Hot Dog MC778)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frankfurter, 6".....	.....	50 Frank 2 oz	.....	100 Frank 2oz.....	.....	1. COOKING METHODS: To steam wieners: A. Place thawed wieners in perforated steamtable ans. B. Steam for 2-4 minutes. (If using solid steamtable pans, additional cooking may be required.) To boil wieners: A. Bring water to a boil. Place 50 wieners in 1 gallon of boiling water. B. Reduce heat to simmer. Simmer for 10 minutes. *CCP: Heat product to minimum internal temperature of 140 F.*
Buns, hot dog, plain, 6".....	.....	50 bun.....	.....	100bun.....	.....	2. HOT DOG ASSEMBLY METHODS: To assemble from serving line: A. Stand hot dog buns in half-size steamtable pan (12"x10"x4"). B. Place heated wieners in half-size steamtable pans (12"x10"x4"). Serve immediately or cover with aluminum foil wrap and place in warmer until ready for service. To serve already assembled: A. Open hot dog buns and place cooked wieners in buns. Place hot dogs in steamtable pans (12x20"x2 ½ ") lined with pan liners. B. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers.*
						3. Portion one hot dog per serving.

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Hot Dog (Continued)

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 grains/breads

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	312		Iron	2.36	Mg	Protein	9.92	G	Percent ⇒	Protein	12.72%
Cholesterol	36	Mg	Calcium	73.77	Mg	Carbohydrates	26.17	G	Of ⇒	Carbohydrates	33.58%
Sodium	828	Mg	Vitamin A	0	RE	Total Fat	18.35	G	Calories ⇒	Total Fat	52.97%
Dietary Fiber	1.24	G	Vitamin C	0.01	Mg	Saturated Fat	6.55	G	From ⇒	Saturated Fat	18.91%

Production Notes:

Serving Notes:
Hot dogs may be individually wrapped in sandwich foil for service. .

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality of these products.

Footlong Hot Dog(758)

(Footlong Chili Dog MC758)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frankfurters, Footlong.....	.....	50 Frank.....	.....	100 Frank.....	.....	1. COOKING METHODS: To steam wieners: A. Place thawed wieners in perforated steamtable pans. B. Steam for 2-4 minutes. (If using solid steamtable pans, additional cooking may be required. To boil wieners: A. Bring water to a boil. Place 50 wieners in 1 gallon of boiling water. B. Reduce heat to simmer. Simmer for 10 minutes *CCP: Heat product to minimum temperature of 140° F.*
Buns, hot dog, long, 10".....	.....	50 Bun, 3 oz...	.....	100 Bun, 3oz...	.....	2. HOT DOG ASSEMBLY METHODS: To assemble from serving line: A. Stand hot dog buns in half-size steamtable pan (12"x10"x4). B. Place heated wieners in half-size steamtable pan (12"x10"x4). Serve immediately or cover with aluminum foil wrap and place in warmer until ready for service. To serve already assembly: A. Open hot dog buns and place cooked wieners in buns. Place hot dogs in steamtable pans (12"x20x2 ½") lined pan liners. B. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. CCP: *Hold and maintain product at a minimum temperature of 140°F. Check temperature every 30 minutes. Discard any leftovers.*
						3. Portion 1 hot dog per serving. CCP: *Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

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Footlong Hot Dog (Continued)

Serving: 1 footlong hotdog provides 2 oz meat/meat alternate and 2 grains/breads

Yield: 50 servings: 50 hot dogs
100 servings: 100 hot dogs

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	463		Iron	3.38	Mg	Protein	14.23	G	Percent ⇒	Protein	12.29%
Cholesterol	40	Mg	Calcium	128.98	Mg	Carbohydrates	45.78	G	Of ⇒	Carbohydrates	39.53%
Sodium	1126	Mg	Vitamin A	0	RE	Total Fat	23.34	G	Calories ⇒	Total Fat	45.34%
Dietary Fiber	2.30	G	Vitamin C	0.09	Mg	Saturated Fat	8.02	G	From ⇒	Saturated Fat	15.57%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Footlong Chili Cheese Dog (756)

(Footlong Chili Cheese Dog MC756)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frankfurters, Footlong.....	.....	50 Frank.....	.....	100 Frank.....	.....	1. COOKING METHODS: To steam wieners: A. Place thawed wieners in perforated steamtable pans. B. Steam for 2-4 minutes. (If using solid steamtable pans, additional cooking may be required. To boil wieners: A. Place 50 wieners in 1 gallon of water. Bring water to a boil. B. Reduce heat to simmer. Simmer for 10 minutes *CCP: Heat product to minimum temperature of 140° F.*
Buns, hot dog, long, 10".....	.....	50 Bun, 3 oz...	.....	100 Bun, 3oz...	.....	2. HOT DOG ASSEMBLY METHODS: To assemble from serving line: A. Stand hot dog buns in half-size steamtable pan (12"x10"x4). B. Place heated wieners in half-size steamtable pan (12"x10"x4). Serve immediately or cover with aluminum foil wrap and place in warmer until ready for service. To serve already assembled: A. Open hot dog buns and place cooked wieners in buns. Place hot dogs in steamtable pans (12"x20x2 ½") lined pan liners. B. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. CCP: *Hold and maintain product at a minimum temperature of 140°F. Check temperature every 30 minutes. Discard any leftovers.*
Chili con carne no bean.....	.....	1 Gal 2 ½ Qt	.....	3 Gal ½ Qt.....	.....	3. Heat chili thoroughly 4. Portion ¼ cup chili on hot dog using a 2 oz ladle.

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Footlong Chili Cheese Dog (Continued)

						CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.
Cheese, American, grated....	1 lb 9 oz.....	....	3 lb 2 oz.....	.....	.....	5. Sprinkle ½ oz grated cheese on top of chili dog. 6. Portion one footlong chili cheese dog per serving. CCP: *Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 hotdog provides 2 oz meat/meat alternate and 2 grains/breads **Yield: 50 servings: 50 hot dogs**
100 servings: 100 hot dogs

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	565		Iron	3.85	Mg	Protein	21.09	G	Percent ⇒	Protein	14.93%
Cholesterol	65	Mg	Calcium	224.83	Mg	Carbohydrates	47.94	G	Of ⇒	Carbohydrates	33.92%
Sodium	1478	Mg	Vitamin A	77	RE	Total Fat	30.34	G	Calories ⇒	Total Fat	48.31%
Dietary Fiber	2.52	G	Vitamin C	2.64	Mg	Saturated Fat	12.20	G	From ⇒	Saturated Fat	19.43%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain quality.

Sandwiches can be individually wrapped in foil sandwich wrap.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality when reheated to correct temperature.

Chili Dog (742)

(Chili Dog MC742)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Frankfurter, 6".....	.....	50 Frank 2 oz	.....	100 Frank 2oz.....	.....	1. COOKING METHODS: To steam wieners: A. Place thawed wieners in perforated steamtable ans. B. Steam for 2-4 minutes. (If using solid steamtable pans, additional cooking may be required.) To boil wieners: A. Place wieners in 1 gallon of water. Bring water to a boil. B. Reduce heat to simmer. Simmer for 10 minutes. *CCP: Heat product to minimum internal temperature of 140 F or according to package directions.*
Buns, hot dog, plain, 6".....	.....	50 bun, 1.624 oz.....	.....	100 bun, 1.624 Oz.....	.....	2. HOT DOG ASSEMBLY METHODS: To assemble from serving line: A. Stand hot dog buns in half-size steamtable pan (12"x10"x4"). B. Place heated wieners in half-size steamtable pans (12"x10"x4"). Serve immediately or cover with aluminum foil wrap and place in warmer until ready for service. To serve already assembled: A. Open hot dog buns and place cooked wieners in buns. Place hot dogs in steamtable pans (12x20"x2 ½ ") lined with pan liners. B. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers.*
Chili con carne, no bean mc	.....	12 ½ Cup.....	.....	25 1 Cup.....		3. Heat chili thoroughly. 4. Portion ¼ cup chili on hot dog using a 2 oz ladle. *CCP: Internal temperature of product must register 165° F for 15 seconds at completion of cooking process.*

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Chili Dog (Continued)

						5. Portion one chili dog per serving. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers*

Serving: 1 chili dog provides 2 oz meat/meat alternate and 2 grains/breads

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	359		Iron	2.83	Mg	Protein	13.78	G	Percent ⇒	Protein	15.36%
Cholesterol	49	Mg	Calcium	94.22	Mg	Carbohydrates	27.83	G	Of ⇒	Carbohydrates	31.03%
Sodium	1000	Mg	Vitamin A	47	RE	Total Fat	20.85	G	Calories ⇒	Total Fat	52.31%
Dietary Fiber	1.47	G	Vitamin C	2.56	Mg	Saturated Fat	7.74	G	From ⇒	Saturated Fat	19.41%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain quality.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Corn Dog (744)

(Corn Dog MC744)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Corn dogs, 4 oz.....	.....	50 Corn Dog..	.....	100 Corn Dog..	.....	1. Place frozen corn dogs on bun pan (18" x 26") lined with pan liners. 2. Place 3 by 9 on pan (27 servings per pan.)
						3. Bake according to manufacturer's directions. *CCP: Heat product to minimum temperature of 140 F.*
						4. Line in half-size steamtable pan (12"x10"x4").
						5. Place in warmer until ready for service. (Prepare in batches to maintain quality. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Discard any leftovers.*
						6. Portion 1 corn dog per serving.

Serving: 1 corn dog provides 2 oz meat/meat alternate and 2 grains/breads

Yield: 50 servings: 50 corn dogs
100 servings: 100 corn dogs

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Corn Dog (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	290		Iron	0.72	Mg	Protein	11.00	G	Percent ⇒	Protein	15.17%
Cholesterol	40	Mg	Calcium	0.00	Mg	Carbohydrates	26.00	G	Of ⇒	Carbohydrates	35.87%
Sodium	950	Mg	Vitamin A	0	RE	Total Fat	15.73	G	Calories ⇒	Total Fat	48.83%
Dietary Fiber	0.00	G	Vitamin C	6.00	Mg	Saturated Fat	5.68	G	From ⇒	Saturated Fat	17.62%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain quality.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Roast Beef on Bun (786)

(Roast Beef on Bun MC786)

Meat/Meat Alternate: Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Buns, Hamburger.....	.....	50 Buns.....	.....	100 Buns.....	.....	Sandwich Assembly:
Beef, Roast, Cooked.....	5 lb.....	.....	10 lb.....	.....	.....	1. Place 25 bottom portions of buns on bun pan, 5 down and 5 across.
Cheese, Swiss, slice.....	1 lb 9 oz.....	.....	3 lb 2 oz.....	.....		2. Shave precooked meats (Set dial on "1" to obtain a wafer-thin slice.
						3. Weight 1 ½ oz of roast beef to determine size of individual servings.
						4. Portion 1 ½ oz of roast beef and ½ oz of sliced cheese on top of each bottom portion of bun on bun pan. 5. Top with remaining portion of bun. 6. Cover pan tightly with plastic wrap to maintain freshness. *CCP: Cover and place under refrigeration (41 F or lower) until Ready for service.*
Lettuce, iceberg, fresh.....	1 ¼ lb.....	6 Qt 1 cup.....	2 ½ lb.....	3 Gal 2 Cup ...	.....	TRIMMINGS:
Tomatoes, fresh.....	2 ½ lb.....	100 slice.....	5 lb.....	200 slice	.....	7. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option.
Pickles, dill slices.....	.....	100 slice.....	.....	200 slice.....	.....	8. Wash, core, and thinly slice tomatoes (8 slices/tomato). 9. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Cover and place under refrigeration (41 F or lower) until Ready for service*
						10. Portion 1 sandwich per serving.

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Roast Beef on Bun (Continued)

						CCP: Hold and maintain at a maximum temperature of (41 F). Check temperature ever 30 minutes. Refrigerate any leftovers immediately.. Leftovers should be covered, labeled, and dated.

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread **Yield: 50 servings: 50 sandwiches**
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	252		Iron	2.63	Mg	Protein	16.46	G	Percent ⇒	Protein	26.10%
Cholesterol	30	Mg	Calcium	150.07	Mg	Carbohydrates	28.63	G	Of ⇒	Carbohydrates	45.40%
Sodium	914	Mg	Vitamin A	43	RE	Total Fat	7.92	G	Calories ⇒	Total Fat	28.26%
Dietary Fiber	1.72	G	Vitamin C	3.36	Mg	Saturated Fat	3.93	G	From ⇒	Saturated Fat	14.02%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Roast Beef Stuffed Pita (787)

(Roast Beef Stuffed Pita MC787)

Meat/Meat Alternate-Vegetable-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Mayonnaise, reduced cal		½ Qt 1 Cup		1 Qt 2 Cup		1. Combine mayonnaise, sour cream, horseradish, mustard, and salt. Mix thoroughly. Cover and refrigerate dressing until ready to use. *CCP: Hold and maintain product at a maximum temperature of 40°F.*
Sour cream, low fat		3 Cup		1 Qt 2 Cup		
Horseradish		¼ Cup		½ Cup		
Mustard, powder		½ Tbsp		1 Tbsp		
Salt, table		½ Tbsp		1 Tbsp		
Beef, roast, cooked	6 lb 4 oz		12 lb 8 oz			
						2. Slice roasts thinly across the grain, using meat slicer, for optimum tenderness. Cut slices into thin strips; reserve. *CCP: Cover and refrigerate at 41°F or lower until ready for service.*
						3. Roast beef may be served warm or cold. If serving warm, follow package directions for heating or heat to a minimum internal temperature of 140°F. *CCP: Heat products to minimum temperature of 140 F.*
Pita Bread, white		50 lrg pita 6-1/2"		100 lrg pita 6-1/2"		4. Drizzle 1 Tbsp dressing into each pita. Portion 2 oz beef strips, 1/8 cup tomatoes, and 1/8 cup lettuce into each pita. *CCP: Hold and maintain product at a minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Tomatoes, fresh	2 lb 8 oz		5 lb			
Lettuce, iceberg	1 lb 4 oz		2 lb 8 oz			

Serving: 1 stuffed pita provides 2 oz meat/meat alternate and 1 serving bread/grain

Yield: 50 servings: 50 pita pockets
100 servings: 100 pita pockets

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Roast Beef Stuffed Pita (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	295		Iron	2.83	Mg	Protein	17.23	G	Percent ⇒	Protein	23.38%
Cholesterol	35	Mg	Calcium	73.20	Mg	Carbohydrates	38.87	G	Of ⇒	Carbohydrates	52.73%
Sodium	956	Mg	Vitamin A	35	RE	Total Fat	7.61	G	Calories ⇒	Total Fat	23.22%
Dietary Fiber	1.78	G	Vitamin C	5.08	Mg	Saturated Fat	2.02	G	From ⇒	Saturated Fat	6.16%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Roast Beef Sub Sandwich (788)

(Roast Beef Sub Sandwich MC788)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Buns, split top, seed, 6".....	.....	50 Buns.....	.....	100 Buns.....	.....	Sandwich Assembly: 1. Place 25 bottom portions of rolls on bun pan, 5 down and 5 across.
Beef, Roast, Cooked, whole	5 lb.....	.....	10 lb.....	.....	.....	2. Shave precooked meats (Set dial on "1" to obtain a wafer-thin slice.)
						3. Weight 1 ½ oz of roast beef to determine size of individual servings.
Cheese, Swiss, slice, ½ oz..	1 lb 9 oz.....	.....	3 lb 2 oz.....	.....	.....	4. Portion 1 ½ oz of roast beef and ½ oz of sliced cheese on top of each bottom portion of roll on bun pan. 5. Top with remaining portion of roll.
						6. Cover pan tightly with plastic wrap to maintain freshness.
Lettuce, Iceberg, fresh..... Tomatoes, fresh, red ripe..... Pickles, dill slices, Heinz.....	1 lb 4 oz..... 2 lb 8 oz.....	.... 200 slice.....	2 lb 8 oz..... 5 lb.....	.... 200 slice.....	....	Trimmings: 7. If using head lettuce, wash lettuce thoroughly separate leaves and dry thoroughly. Another choice is to use shredded lettuce. 8. Wash, core, thinly slice tomatoes (8 slices/tomato). 9. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Hold and maintain product at a maximum temperature of 41 F.*
						10. Portion 1 sandwich per serving. *CCP: Hold and maintain product at maximum temperature of 41° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

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Roast Beef Sub Sandwich (Continued)

Serving: 1 sandwich provides 2 oz meat/meat alternate, 2 grains/breads

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	304		Iron	4.00*	Mg	Protein	19.35	G	Percent ⇒	Protein	25.49%
Cholesterol	30	Mg	Calcium	149.93	Mg	Carbohydrates	36.47	G	Of ⇒	Carbohydrates	48.06%
Sodium	969	Mg	Vitamin A	48*	RE	Total Fat	9.82	G	Calories ⇒	Total Fat	29.12%
Dietary Fiber	3.65	G	Vitamin C	4.77*	Mg	Saturated Fat	4.39	G	From ⇒	Saturated Fat	13.01%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Sloppy Joe on Bun (790)

(Sloppy Joe MC790)

Meat/Meat Alternate –Vegetable-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef ground, raw	9 lb		18 lb			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining, return to pan to continue cooking.
Onions, fresh	9 oz		1 lb 2 oz			2. Add onions. Cook for 5 minutes.
Tomato paste, canned, w/salt	1 lb 12 oz		3 lb 8 oz			3. Add tomato paste, water, and sloppy joe seasoning. 4. Mix well and simmer for 20-25 minutes.
Water		1 Qt 1 ¾ Cup		2 Qt 3 ½ Cup		
Seasoning, Sloppy Joe		1 package		2 package		
						5. Pour ground beef mixture into serving pans and serve immediately, or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Buns, Hamburger, plain		50 Buns		100 Buns		6. Portion with No. 12 scoop (1/3 cup) onto bottom half of each bun. Cover with top half of bun. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service.

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Sloppy Joe on Bun (Continued)

						7. Portion 1 sandwich per serving. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 sandwich provides 2 oz meat/meat alternate, 2 servings grain/bread and ¼ cup vegetable

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	320		Iron	3.31	Mg	Protein	18.85	G	Percent ⇒	Protein	23.57%
Cholesterol	48*	Mg	Calcium	83.69	Mg	Carbohydrates	33.42	G	Of ⇒	Carbohydrates	41.81%
Sodium	1270	Mg	Vitamin A	39	RE	Total Fat	10.37	G	Calories ⇒	Total Fat	29.18%
Dietary Fiber	2.15*	G	Vitamin C	7.06	Mg	Saturated Fat	3.63	G	From ⇒	Saturated Fat	10.22%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to an internal temperature of 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Grilled Chicken Sandwich (764)

(Grilled Chicken Sandwich MC764)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Fillets, grilled, 2.8 oz.....	8 lb 12 oz.....	50 fillet.....	17 lb 8 oz.....	100 fillet.....	.....	CHICKEN FILLET: 1. Place frozen chicken fillets on sheet pan (18"x26"x1"). 2. Bake fillets according to package directions. Overcooking will cause fillets to be hard. 3. Cover pan with aluminum foil and place in warmer until ready for service or assembly (Prepare in batches to maintain quality.) *CCP: Heat product to minimum temperature of 140° F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY: 4. Open buns and place cooked chicken fillets in buns. Replace bun top. Place sandwiches in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until service. *CCP: Hold and maintain product at a minimum temperature of 135° F.*
Lettuce, iceberg, fresh..... Tomatoes, fresh, red, ripe.... Pickles, dill slices.....	12oz..... 2 lb 8 oz..... 4 oz.....	..... 7 each..... 100 slices.....	1 lb 8 oz 5 lb..... 8 oz.....	..... 13 each..... 200 slices.....	....	TRIMMINGS: 6. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 7. Wash, core, and thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Cover and refrigerate at 41° F or longer.*
						9. Portion 1 sandwich with trimmings per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Grilled Chicken Sandwich (Continued)

Serving: 1 sandwich provides 2 meat/meat alternate and 2 serving grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	291		Iron	2.33*	Mg	Protein	19.68	G	Percent ⇒	Protein	27.00%
Cholesterol	42	Mg	Calcium	83.40*	Mg	Carbohydrates	30.61	G	Of ⇒	Carbohydrates	42.00%
Sodium	750	Mg	Vitamin A	22*	RE	Total Fat	9.34	G	Calories ⇒	Total Fat	28.83%
Dietary Fiber	1.75	G	Vitamin C	5.30*	Mg	Saturated Fat	2.53	G	From ⇒	Saturated Fat	7.82%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality

Purchasing Guide:
Use commodity products when available
Read CN label to insure manufacturer's recommendations for meeting meal component
Multi-grain hamburger buns may be used instead of plain buns; however, this will affect nutrients.

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165° F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Southwestern Chicken Sandwich (791)

(Southwestern Chicken Sandwich MC791)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken fillets, grilled, 2.8 oz	.....	50 fillet	.....	100 fillet.....	.....	CHICKEN FILLETS: 1. Place frozen chicken patties on sheet pan (18"x26"x1"). Sprinkle with Fajita seasoning.
Seasoning, fajita, dry mix.....	.....	1 ½ packages.	.....	3 packages...	.....	
						2. Bake patties according to package directions. Overcooking will cause fillets to be dry. *CCP: Heat product to minimum temperature of 140°F.*
						3. Cover pan with foil and place in warmer until ready for assembly..
Mayonnaise, reduced cal.....	2 lb.....	¼ Gal.....	4 lb.....	½ Gal.....	.....	4. Combine mayonnaise, parsley, lime juice, and minced jalapeno pepper. Portion 1 ounce of mixture in portion container.
Parsley, dried.....	.....	½ Cup.....	¾ oz.....	1 Cup.....	.....	
Lime juice, raw.....	8 oz.....	1 Cup.....	1 lb.....	2 Cup.....	.....	
Peppers, jalapenos, nacho slice.....	12 oz.....	1 ½ Cup.....	1 ½ lb.....	3 Cup.....	.....	
Buns, hamburger, plain.....	.....	50 Buns.....	.....	100 Buns.....	.....	ASSEMBLY: 5. Open buns and place cooked chicken fillets on bottom half of buns. Replace bun top. 6. Cover with aluminum foil. 7. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*
Tomatoes, fresh, red, ripe....	2 lb 8 oz.....	7 each.....	5 lb.....	13 each	.....	8. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 9. Wash, core, and thinly slice tomatoes (8 slices/tomato).
Lettuce, iceberg, cleaned/cored.....	1 lb 4 oz.....	.....	2 lb 8 oz.....	.....	.....	

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Southwestern Chicken Sandwich (Continued)

						10. Place lettuce and 1 tomato slice, in container and offer to students as a choice. *CCP: Cover and refrigerate at 41 F or lower until ready for service.*
						11. Portion 1 sandwich with trimmings and dressings per servings..

Serving: 1 sandwich provides 2 meat/meat alternate and 2 serving grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	389		Iron	2.50	Mg	Protein	19.78	G	Percent ⇒	Protein	20.34%
Cholesterol	54*	Mg	Calcium	86.88	Mg	Carbohydrates	37.34	G	Of ⇒	Carbohydrates	38.40%
Sodium	1495	Mg	Vitamin A	91	RE	Total Fat	16.44	G	Calories ⇒	Total Fat	38.03%
Dietary Fiber	1.89	G	Vitamin C	7.11	Mg	Saturated Fat	3.72*	G	From ⇒	Saturated Fat	8.60%

Production Notes:
Dressing should be mixed the day before to improve flavor.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (chicken patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Spicy Chicken Sandwich (792)

(Spicy Chicken Sandwich MC792)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Breast Patty, brded, Spicy.....	.....	50 patty.....	.....	100 patty.....	.....	CHICKEN PATTIES: 1. Place frozen chicken patties on sheet pan (18"x26"x1"). 2. Bake patties according to package directions. Overcooking will cause patties to be dry. 3. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Heat product to minimum temperature of 140°F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY: 4. Open buns and place cooked chicken patties in buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F.*
Lettuce, iceberg, fresh..... Tomatoes, fresh, red, ripe.... Pickles, dill slices.....	1 lb 4 oz..... 2 lb 8 oz..... 4 oz.....	6 Qt 1 Cup chopped..... 7 each..... 100 slices.....	2 lb 8 oz..... 5 lb..... 8 oz.....	3 Gal 6 Cup Chopped..... 13 each..... 200 slices.....	....	TRIMMINGS: 6. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 7. Wash, core, and thinly slice tomatoes (10 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Cover and refrigerate at 41 F or lower until ready for service.* 9. Portion 1 sandwich per serving. *CCP:. Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. .*

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Spicy Chicken Sandwich (Continued)

Serving: 1 sandwich provides 2 meat/meat alternate and 2 serving grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	361		Iron	1.80*	Mg	Protein	18.83	G	Percent ⇒	Protein	20.87%
Cholesterol	30	Mg	Calcium	75.42*	Mg	Carbohydrates	34.55	G	Of ⇒	Carbohydrates	38.29%
Sodium	848	Mg	Vitamin A	18*	RE	Total Fat	10.03	G	Calories ⇒	Total Fat	25.01%
Dietary Fiber	2.81	G	Vitamin C	4.75*	Mg	Saturated Fat	1.88	G	From ⇒	Saturated Fat	4.69%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Fajita Chicken Wrap (748)

(Fajita Chicken Wrap MC748)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*25* Servings		*50* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken strips, grilled	6 ¼ lb		12 lb 8 oz			1. Heat chicken according to package directions *CCP: Heat product to a minimum temperature of 140°F.*
Cheese, mozzarella, shredded Salsa, medium, gallon	2 ½ lb 	 ¼ Gal	5 lb 	 ½ Gal		2. Portion 1 ounce of cheese and 1 ounce of salsa separately in portion cups.
Tortilla, soft flour, 8"		25 each		50 each		3. Place 2 ounces of chicken strips in each flour tortilla and serve. Students may select preportioned cheese and salsa. *CCP: Hold and maintain product at a minimum temperature of 140°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 fajita provides 2-oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: 50 fajitas
100 servings: 100 fajitas

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Chicken Fajita Wrap (Continued)

Nutrients Per Serving:
*** Denotes Missing Nutrient Values**

Calories	431		Iron	2.36	Mg	Protein	39.25	G	Percent ⇒	Protein	36.42%
Cholesterol	112	Mg	Calcium	377.00	Mg	Carbohydrates	26.32	G	Of ⇒	Carbohydrates	24.42%
Sodium	1696	Mg	Vitamin A	89	RE	Total Fat	18.60	G	Calories ⇒	Total Fat	38.83%
Dietary Fiber	1.00	G	Vitamin C	0.00	Mg	Saturated Fat	7.33	G	From ⇒	Saturated Fat	15.29%

Production Notes:.

Serving Notes:

Purchasing Guide:
Use commodity chicken fajita meat when available

Miscellaneous Notes:
Use #8 scoop to measure mixture.

Chicken Patty Sandwich, Baked (732)

(Chicken Patty Sandwich, Baked MC732)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Patty, CN, Frz, Brd, W/Rib meat.....	.....	50 patty.....	.....	100 patty.....	.....	CHICKEN PATTIES: 1. Place frozen chicken patties on sheet pan (18"x26"x1"). 2. Bake patties according to package directions. Overcooking will cause patties to be dry. 3. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Heat product to minimum temperature of 140°F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY: 4. Open buns and place cooked chicken patties in buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135 F.*
Lettuce, iceberg, fresh..... Tomatoes, fresh, red, ripe.... Pickles, dill slices.....	1 lb 4 oz..... 2 lb 8 oz..... 4 oz.....	..... 7 each..... 100 slices.....	2 lb 8 oz..... 5 lb..... 8 oz.....	..... 13 each..... 200 slices.....	....	TRIMMINGS: 6. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 7. Wash, core, and thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. 9. Portion 1 sandwich per serving. Offer trimmings for students to select. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service. Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers.*

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Chicken Patty Sandwich (Continued)

Serving: 1 sandwich provides 2 meat/meat alternate and 1 serving grain/bread.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	361		Iron	2.89*	Mg	Protein	19.88	G	Percent ⇒	Protein	22.04%
Cholesterol	86	Mg	Calcium	75.42*	Mg	Carbohydrates	38.61	G	Of ⇒	Carbohydrates	42.81%
Sodium	738	Mg	Vitamin A	18*	RE	Total Fat	14.01	G	Calories ⇒	Total Fat	34.94%
Dietary Fiber	2.81	G	Vitamin C	4.75*	Mg	Saturated Fat	3.39	G	From ⇒	Saturated Fat	8.45%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (chicken patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Chicken Patty Sandwich, Fried (734)

(Chicken Patty Sandwich, Fried MC734)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Patty, CN, Frz, Brd, W/Rib meat.....	.....	50 patty.....	.....	100 patty.....	.....	CHICKEN PATTIES: 1. Fry according to package directions. 2. Place patties in steamtable pan. Cover pan with aluminum foil and place in warmer until ready for service or assembly. *CCP: Fry product until it reaches a minimum of 140° F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY: 3. Open buns and place fried chicken patties in buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 4. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service.
Lettuce, iceberg, fresh..... Tomatoes, fresh, red, ripe.... Pickles, dill slices.....	1 lb 4 oz..... 2 lb 8 oz..... 4 oz.....	..... 7 each..... 100 slices.....	2 lbt 8 oz ..... 5 lb..... 8 oz.....	..... 13 each..... 200 slices.....	....	TRIMMINGS: 5. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 6. Wash, core, and thinly slice tomatoes (8 slices/tomato). 7. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. 8. Portion 1 sandwich per serving. Offer trimmings for students to select. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service. Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 sandwich provides 2 meat/meat alternate and 2 serving grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Chicken Patty Sandwich, Fried (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	394		Iron	2.89*	Mg	Protein	19.88	G	Percent ⇒	Protein	20.18%
Cholesterol	86	Mg	Calcium	75.42*	Mg	Carbohydrates	38.61	G	Of ⇒	Carbohydrates	39.20%
Sodium	738	Mg	Vitamin A	18*	RE	Total Fat	17.76	G	Calories ⇒	Total Fat	40.58%
Dietary Fiber	2.81	G	Vitamin C	4.75*	Mg	Saturated Fat	3.91	G	From ⇒	Saturated Fat	8.94%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (chicken patties) must be reheated to 165° F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Chicken Salad Sandwich (736)

(Chicken Salad Sandwich MC736)

Meat/Meat Alternate-Vegetable-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, diced, ckd, frz-com.	6 lb 6 oz		12 lb 12 oz			1. Combine chicken or turkey, celery, onions, relish, pepper, and dry mustard. Add mayonnaise. Mix lightly until well blended.
Celery, fresh, raw, diced, ¼"		1 Qt 1 Cup, diced		2 Qt 2 Cup, diced		
Onions, fresh, yellow, diced	12 oz		1 lb 8 oz			
Pickles, relish, sweet	15 oz		1 lb 14 oz			
Black pepper		2 Tsp		1 Tbsp 1 Tsp		
Mustard, powder/dry		1 Tbsp 1½ Tsp		3 Tbsp		
Mayonnaise, reduced cal	1 lb 9 ½ oz		3 lb 3 oz			
						2. Cover. Refrigerate until ready to serve. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
Bread, white		50 slice		100 slice		3. Portion with 4 oz spoodle or No. 8 scoop (1/2 cup serving) on 1 slice of bread. Top with second slice of bread. Use 1 slice of white and 1 slice of whole wheat bread for each sandwich. Cut each sandwich diagonally in half or for presentation as part of salad plate, quarter. Cover. Place under refrigeration until ready for service. Use 1 slice of each bread for sandwich. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
Bread, whole wheat		50 slice		100 slice		

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Chicken Salad Sandwich (Continued)

Nutrients Per Serving:
*** Denotes Missing Nutrient Values**

Calories	316		Iron	2.48	Mg	Protein	21.58	G	Percent ⇒	Protein	27.28%
Cholesterol	62	Mg	Calcium	63.91	Mg	Carbohydrates	29.36	G	Of ⇒	Carbohydrates	37.13%
Sodium	510	Mg	Vitamin A	13	RE	Total Fat	12.36	G	Calories ⇒	Total Fat	35.18%
Dietary Fiber	2.80	G	Vitamin C	1.30	Mg	Saturated Fat	2.64	G	From ⇒	Saturated Fat	7.52%

Production Notes:

Serving Notes:
Chicken salad may be served as part of a salad plate or in a wedged tomato.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

BBQ Beef Burger (712)

(BBQ Beef Burger MC712)

Meat/Meat Alternate-Vegetable-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Onions, fresh, yellow, diced	7 oz	1 Cup chopped 2Tbsp	14oz	2 ¼ Cup		1. Combine onions, celery, garlic powder, ketchup, tomato paste, vinegar, brown sugar, dry mustard, pepper, and cayenne. Bring to a boil. Reduce heat and simmer, uncovered, for 10-15 minutes, stirring frequently.
Celery, fresh, raw, diced, ¼"	4 ¼ oz	1 Cup, diced	8 1/2 oz	2 Cup, diced		
Garlic Powder		1 1/2 Tsp		1 Tbsp		
Ketchup	2 lb 11 oz	1 Qt ¼ Cup	5 lb 6 oz	¾ No. 10 can		
Tomato paste, canned w/salt	12 oz	1 ¼ Cup	1 lb 8 oz	2 ½ Cup		
Vinegar, distilled, white		1 Cup		2 Cup		
Sugars, brown, dark		¼ Cup packed	3 ¾ oz	½ Cup packed		
Mustard, powder/dry		3 Tbsp		¼ cup 2 Tbsp		
Pepper, Black		1 ½ Tsp		1 Tbsp		
Pepper, Red/Cayen		½ Tsp		1 Tsp		
Beef canned, w/ natural juice, heated	13 lb 2 oz	7 ¼ #2-1/2 can	26 lb 4 oz	14 ½ #2-1/2 can		2. Remove fat from canned beef, reserving juices. Add beef, with juices, to sauce and stir. Bring to boil. Reduce heat. 3. Simmer, uncovered, until heated through, 20-30 minutes. Stir constantly. *CCP: Heat product to minimum internal temperature of 155 F or according to package directions.*
						4. Pour meat mixture into serving pans. *CCP: Hold and maintain product at minimum temperature of 135° F.*
Buns, hamburger, plain		50 Buns		100 Buns		5. Portion with level No. 8 scoop (1/2 cup) onto bottom half of each roll. Top with other half of roll.

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					.....	6. Portion 1 sandwich per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Discard any Leftovers.*

Serving: 1 sandwich provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	361		Iron	4.67	Mg	Protein	27.68	G	Percent ⇒	Protein	30.66%
Cholesterol	77	Mg	Calcium	93.02	Mg	Carbohydrates	34.95	G	Of ⇒	Carbohydrates	38.71%
Sodium	1018	Mg	Vitamin A	18*	RE	Total Fat	11.60	G	Calories ⇒	Total Fat	28.90%
Dietary Fiber	1.92	G	Vitamin C	3.35	Mg	Saturated Fat	3.98	G	From ⇒	Saturated Fat	9.91%

Production Notes:

Serving Notes:
Use #6 scoop or 4 ounce spoodle to serve ½ cup.
Individual sandwiches may be wrapped in foil wrap and held for service.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP, all leftovers

BBQ Chicken Sandwich (714)

(BBQ Chicken Sandwich MC714)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken meat only, diced.....	10 lb.....	.....	20 lb.....	.....	.....	BARBECUE CHICKEN
Sauce, BBQ, Hickory Smoke	.....	.1 Qt 2 ½ Cup	.....	3 Qt 1 Cup.....	.....	1. Mix chicken and barbecue sauce. 2. Heat for 10 minutes or until mixture reaches desired temperature. CCP: Internal temperature of product must register 165 F for 15 seconds at completion of cooking process.
Buns, Hamburger, plain.....	.....	40 buns.....	.....	80 buns.....	.....	ASSEMBLY: 3. Open buns and portion ½ cup (No. 8 scoop or 4 oz spoodle) of BBQ chicken and onto bottom half of bun. Replace bun top. (Prepare in batches to maintain quality). 4. Place sandwiches in 2" full pans lined with pan liners.
						5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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BBQ Chicken Sandwich (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	293		Iron	2.72	Mg	Protein	20.37	G	Percent ⇒	Protein	27.82%
Cholesterol	47	Mg	Calcium	80.18	Mg	Carbohydrates	36.38	G	Of ⇒	Carbohydrates	49.70%
Sodium	857	Mg	Vitamin A	42	RE	Total Fat	6.53	G	Calories ⇒	Total Fat	20.06%
Dietary Fiber	1.62	G	Vitamin C	1.62	Mg	Saturated Fat	1.66	G	From ⇒	Saturated Fat	5.11%

Production Notes:
Thaw diced chicken in refrigerator.
Optional: Season chicken with 4 tsp Creole seasoning for 40 servings.

Serving Notes:
Serve ½ cup portion with #8 scoop or 4 ounce spoodle

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats, (hamburger patties) must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

BBQ Pork Sandwich (716)

(BBQ Pork Sandwich MC716)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*40* Servings		*80* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pork, fresh, leg(ham), rump, half, In & fat	5 lb 4 oz		10 lb 8 oz			BBQ HAM 1. Combine cooked, shredded pork, barbecue sauce, and Cajun seasoning. 2. Heat thoroughly. CCP: Heat product until internal temperature reaches 155° F.
Sauce, BBQ, hickory, smoke		2 Cup		1 Qt		
Seasoning, creole	1/3 oz	2 Tsp	2/3 oz	4 Tsp		
Buns, hamburger		40 Buns		80 Buns		ASSEMBLY: 3. Open buns and portion with #10 scoop, of BBQ pork onto bottom half of bun. Replace bun top. (Prepare in batches to maintain quality.) 4. Place sandwiches in 2" full pans lined with an liners.
						5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*
Dill pickles spears	50 each		100 each			6. Portion 1 sandwich.

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 grains/breads

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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BBQ Pork Sandwich (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	312		Iron	2.40	Mg	Protein	21.75	G	Percent ⇒	Protein	27.88%
Cholesterol	57	Mg	Calcium	79.37	Mg	Carbohydrates	29.29	G	Of ⇒	Carbohydrates	37.55%
Sodium	563	Mg	Vitamin A	12	RE	Total Fat	11.17	G	Calories ⇒	Total Fat	32.21%
Dietary Fiber	1.47	G	Vitamin C	0.62	Mg	Saturated Fat	3.74	G	From ⇒	Saturated Fat	10.80%

Production Notes:
Use Food Buying Guide to determine amount of fresh ham or pork to prepare to yield the number of 2 ounce portions needed. Shred cooked pork. If prepared the day before, store in shallow pans, cover and refrigerate. Temperature should reach 41° F, within 6 hours.

Serving Notes:
Portion BBQ pork with #10 scoop.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to an internal temperature of 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

BBQ Pulled Pork Burger (718)

(BBQ Pulled Pork Burger MC718)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pork, BBQ, pulled.....	10 lb 6 oz.....	.....	20 lb 12 oz...	.....	.....	1. Heat pulled pork according to package directions. Combine with BBQ sauce and heat. *CCP: Heat product to a minimum temperature of 140 °F or according to package directions.*
Sauce, BBQ, hickory, smoke	.....	½ Gal.....	.....	1 Gal.....	.....	
						2. Pour heated meat mixture into serving pans and serve immediately or cover and place in warmer until ready for service.
Buns, hamburger, plain.....	.....	50 Buns.....	.....	100 Buns.....	.....	SANDWICH ASSEMBLY: 3. Place 25 bottom portions of hamburger bun on bun pan, 5 down and 5 across.
						4. Portion 3 oz. (#10 scoop) meat mixture onto bottom portion of hamburger buns. Place buns on top of meat mixture. 5. Serve immediately or cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. 6. Portion 1 sandwich per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

Serving: 1 sandwich provides 2 oz meat/meat alternate and 1 grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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BBQ Pulled Pork Burger (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	358		Iron	3.24	Mg	Protein	20.39	G	Percent ⇒	Protein	22.79%
Cholesterol	55	Mg	Calcium	72.24	Mg	Carbohydrates	41.76	G	Of ⇒	Carbohydrates	46.66%
Sodium	1307	Mg	Vitamin A	33	RE	Total Fat	9.37	G	Calories ⇒	Total Fat	23.55%
Dietary Fiber	1.62	G	Vitamin C	1.60	Mg	Saturated Fat	3.39	G	From ⇒	Saturated Fat	8.52%

Production Notes:

Serving Notes:
Sandwiches may be individually wrapped in foil

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to an internal temperature of 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

BBQ Rib Sandwich, Brush(720)

(BBQ Rib Sandwich, brush MC720)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pork patty, rib shaped.....	.....	50 patty.....	.....	100 patty.....	.....	PORK RIB PATTIES
Sauce, BBQ, hickory smoke.	.....	2 Qt 3 Cup.....	.....	5 ½ Qt.....	.....	1. Brush patties with barbecue sauce. 2. Bake patties according to package directions. (Prepare in batches to maintain quality.) 3. Cover pan with aluminum foil and place in warmer until ready for service or assembly. *CCP: Heat product to minimum temperature of 140°F.*
Buns, split top, seed 6".....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY 4. Open buns and place cooked pork patties in buns. Replace bun tops. Place burgers in 2" full pans lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. 6. Portion 1 sandwich per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any l leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 grains/breads

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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BBQ Rib Sandwich, Brush (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	418		Iron	4.97	Mg	Protein	20.89	G	Percent ⇒	Protein	20.00%
Cholesterol	35	Mg	Calcium	111.65	Mg	Carbohydrates	52.50	G	Of ⇒	Carbohydrates	50.28%
Sodium	1317	Mg	Vitamin A	66	RE	Total Fat	13.62	G	Calories ⇒	Total Fat	29.36%
Dietary Fiber	4.54	G	Vitamin C	2.20	Mg	Saturated Fat	4.07	G	From ⇒	Saturated Fat	8.78%

Production Notes:

Serving Notes:
Sandwiches may be wrapped in foil prior to placing in warmer.

Purchasing Guide:
Use commodity products when available
According to HAACP requirements, all leftover meats must be reheated to an internal temperature of 165°F for 15 seconds, within a 2 hour period. Consider the quality of the leftover product when these recommendations are followed.

Miscellaneous Notes:

BBQ Rib Sandwich, Dip (722)

(BBQ Rib Sandwich, dip MC722)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pork patty, rib shaped.....	.....	50 patty.....	.....	100 patty.....	.....	PORK RIB PATTIES 1. Dip patties in barbecue sauce. 2. Bake patties according to package directions. (Prepare in batches to maintain quality.) 3. Cover pan with aluminum foil and place in warmer until ready for service or assembly. *CCP: Heat product to minimum temperature of 140°F.*
Sauce, BBQ, hickory smoke.	.....	1 Gal 1 Qt.....	.....	2 Gal 2 Quart..	.....	
Buns, split top, seed 6".....	.....	50 bun, 6"x2.5".....	.....	100 bun, 6"x2.5".....	.....	ASSEMBLY 4. Open buns and place cooked pork patties in buns. Replace bun tops. Place burgers in 2" full pans lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. 6. Portion 1 sandwich per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any l leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 grains/breads

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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BBQ Rib Sandwich, Dip (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	466		Iron	5.42	Mg	Protein	21.42	G	Percent ⇒	Protein	18.37%
Cholesterol	35	Mg	Calcium	111.67	Mg	Carbohydrates	63.85	G	Of ⇒	Carbohydrates	54.78%
Sodium	1900	Mg	Vitamin A	103	RE	Total Fat	13.71	G	Calories ⇒	Total Fat	26.46%
Dietary Fiber	4.79	G	Vitamin C	3.99	Mg	Saturated Fat	4.07	G	From ⇒	Saturated Fat	7.87%

Production Notes:

Serving Notes:
Sandwiches may be wrapped in foil before placing in warmer.

Purchasing Guide:
Use commodity products when available
According to HAACP requirements, all leftover meats must be reheated to an internal temperature of 165°F for 15 seconds, within a 2 hour period. Consider the quality of the leftover product when these recommendations are followed.

Miscellaneous Notes:

BBQ Turkey Sandwich (724)

(BBQ Turkey Sandwich MC724)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey roast, frzn, lt&dk meat	9 lb 4 oz		19 lb 8oz			BBQ TURKEY 1. Season turkey roasts with creole seasoning. Bake turkey roasts until temperature reaches 165°F. Shred turkey. If for next day's menu, section each roast into 4 pieces. Place in shallow pans, cover and cool to 41°F within 6 hours. 2. Mix turkey and barbecue sauce. 3. Heat thoroughly until product reaches correct temperature. *CCP: Internal temperature of product must register 165 F for 15 seconds at completion of cooking process.*
Sauce, BBQ, Hickory Smoke		1 Qt 2 ½ Cup		3 ¼ Qt		
Seasoning, creole		½ Tbsp		1 Tbsp		
Buns, Hamburger, plain		50 buns		100 buns		ASSEMBLY: 4. Open buns and portion 3/8 cup (No. 10 scoop) of BBQ turkey onto bottom half of bun. Replace bun top. (Prepare in batches to maintain quality). 5. Place sandwiches in steamable pans (12x20x2.5) lined with pan liners.
						6. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*
						7. Portion 1 sandwich.

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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BBQ Turkey Sandwich (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	272		Iron	2.90	Mg	Protein	16.89	G	Percent ⇒	Protein	24.87%
Cholesterol	30	Mg	Calcium	75.07	Mg	Carbohydrates	36.08	G	Of ⇒	Carbohydrates	53.13%
Sodium	1134	Mg	Vitamin A	27	RE	Total Fat	5.99	G	Calories ⇒	Total Fat	19.84%
Dietary Fiber	1.58	G	Vitamin C	1.30	Mg	Saturated Fat	1.70	G	From ⇒	Saturated Fat	5.63%

Production Notes:
According to the Food Buying Guide, 19 ½ lb. of turkey roast when cooked will yield 100 2 oz portions of cooked turkey. Nutritional analysis is based on cooked turkey weight..

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to internal temperature of 165° F for 15 seconds, within a 2 hour period. Consider the quality of the leftover product when these recommendations are followed.

Texas Grilled Cheese Sandwich (793)

(Texas Grilled Cheese Sandwich MC793)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Texas toast	100 slice		200 slice			1. Spray sheet pans (18"x26"x1") with food release spray or line sheet pans with pan liners. For 50 servings, use 3 sheet pans. For 100 servings, 5 sheet pans.
Cheese, American, past processed	6 lb 5 oz		12 lb 10 oz			2. Place 20 slices of Texas toast on each sheet pan, 5 down and 4 across. 3. Top each slice of toast with 2 oz of cheese. (Weigh cheese to determine weight per slice).
						4. Cover with remaining texas toast slices.
Margarine, lb	4 oz	½ Cup	8 oz	1 Cup		5. Brush tops of sandwiches with margarine approximately 1 ½ oz (3 Tbsp) per pan.
						6. Bake until lightly browned: (Prepare in batches to maintain quality.) Conventional oven: 400° F for 15-20 minutes. Convection oven: 350° F 10-15 minutes. DO NOT OVERBAKE. *CCP: Heat product to minimum temperature of 140° F.*
Salsa	6 lb 4 oz		12 lb 8 oz			7. If desired, cut each sandwich diagonally in half. Cover with aluminum foil. Cut hole in foil and place in warmer until ready for service. 8. Portion 1 Texas grilled cheese sandwich with 2 oz salsa on the side. CCP: *Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

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Texas Grilled Cheese Sandwich (Continued)

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 servings grain/bread **Yield: 50 servings: 50 sandwiches**
100 servings: 50 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	451		Iron	3.65	Mg	Protein	19.54	G	Percent ⇒	Protein	17.31%
Cholesterol	54	Mg	Calcium	399.57	Mg	Carbohydrates	42.89	G	Of ⇒	Carbohydrates	38.01%
Sodium	1501	Mg	Vitamin A	213	RE	Total Fat	22.79	G	Calories ⇒	Total Fat	45.44%
Dietary Fiber	2.79	G	Vitamin C	2.27	Mg	Saturated Fat	11.70	G	From ⇒	Saturated Fat	23.33%

Production Notes:
Soup and Sandwich Combo: When serving Grilled Cheese Sandwich in combination with a meat/based soup decrease cheese to 50 1 oz slice per sandwich (weigh cheese to determine weight per slice). For 50 servings, use 3 lb 3 oz of cheese: for 100 servings, use 6 lb 5 oz of cheese. This will require a new nutrient analysis.

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available
Cheese slices may be purchased at different weights. Note the weight per slice, before production.

Miscellaneous Notes:

Grilled Cheese Sandwich, 2 oz (760)

(Grilled Cheese Sandwich MC760)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
						1. Spray sheet pans (18"x26"x1") with food release spray or line sheet pans with pan liners. For 50 servings, use 3 sheet pans. For 100 servings, 5 sheet pans.
Bread, white, 24 oz loaf, sliced.....	.....	100 slice.....	.....	200 slice.....	.....	2. Place 20 slices of bread on each sheet pan. 5 down and 4 across.
Cheese, American, past processed.....	6 lb 5 oz.....	50 2-oz slices.	12 lb 10 oz...	100 2-oz slices.	.....	3. Top each slice of bread with 2 oz of cheese. (Weigh cheese to determine weight per slice).
						4. Cover with remaining bread slices.
Margarine, lb.....	4 oz	½ Cup.....	8 oz	1 Cup.....	.....	5. Brush tops of sandwiches with margarine approximately 1 ½ oz (3 Tbsp) per pan.
						6. Bake until lightly browned: (Prepare in batches to maintain quality.) Conventional oven: 400 F for 15-20 minutes. Convection oven: 350 F 10-15 minutes. DO NOT OVERBAKE. *CCP: Heat product to minimum temperature of 140° F.*
						7. If desired, cut each sandwich diagonally in half. Cover with aluminum foil. Cut hole in foil and place in warmer until ready for service. CCP: *Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 servings grain/bread **Yield: 50 servings: 50 sandwiches**
100 servings: 50 sandwiches

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Grilled Cheese Sandwich, 2 oz. (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	370		Iron	1.80	Mg	Protein	16.96	G	Percent ⇒	Protein	18.33%
Cholesterol	54	Mg	Calcium	409.10	Mg	Carbohydrates	26.74	G	Of ⇒	Carbohydrates	28.89%
Sodium	1117	Mg	Vitamin A	182	RE	Total Fat	21.56	G	Calories ⇒	Total Fat	52.40%
Dietary Fiber	1.20	G	Vitamin C	0.00	Mg	Saturated Fat	12.11	G	From ⇒	Saturated Fat	29.43%

Production Notes:
When serving Grilled Cheese Sandwich in combination with a meat/based soup decrease cheese to 1 oz slice per sandwich (weigh cheese to determine weight per slice). For 50 servings, use 3 lb 3 oz of cheese: for 100 servings, use 6 lb 5 oz of cheese.

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available
Cheese slices may be purchased at different weights. Note the weight per slice, before production.

Miscellaneous Notes:

Grilled Cheese Sandwich, 1 oz (762)

(Grilled Cheese Sandwich MC762)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
						1. Spray sheet pans (18"x26"x1") with food release spray or line sheet pans with pan liners. For 50 servings, use 3 sheet pans. For 100 servings, 5 sheet pans.
Bread, white, 24 oz loaf, sliced		100 slice		200 slice		2. Place 20 slices of bread on each sheet pan. 5 down and 4 across.
Cheese, American, past processed	3 lb 2 ½ oz		6 lb 5 oz			3. Top each slice of bread with 2 oz of cheese. (Weigh cheese to determine weight per slice).
						4. Cover with remaining bread slices.
Margarine, lb	4 oz	½ Cup	8 oz	1 Cup		5. Brush tops of sandwiches with margarine approximately 1 ½ oz (3 Tbsp) per pan.
						6. Bake until lightly browned: (Prepare in batches to maintain quality.) Conventional oven: 400 F for 15-20 minutes. Convection oven: 350 F 10-15 minutes. DO NOT OVERBAKE. *CCP: Heat product to minimum temperature of 140° F.*
						7. If desired, cut each sandwich diagonally in half. Cover with aluminum foil. Cut hole in foil and place in warmer until ready for service. CCP: *Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 sandwich provides 1 oz meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 50 sandwiches

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Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	263		Iron	1.69	Mg	Protein	10.62	G	Percent ⇒	Protein	16.16%
Cholesterol	27	Mg	Calcium	232.72	Mg	Carbohydrates	26.28	G	Of ⇒	Carbohydrates	39.99%
Sodium	708	Mg	Vitamin A	99	RE	Total Fat	12.61	G	Calories ⇒	Total Fat	43.17%
Dietary Fiber	1.20	G	Vitamin C	0.00	Mg	Saturated Fat	6.47	G	From ⇒	Saturated Fat	22.14%

Production Notes:
When serving Grilled Cheese Sandwich in combination with a meat/based soup decrease cheese to 1 oz slice per sandwich (weigh cheese to determine weight per slice). For 50 servings, use 3 lb 3 oz of cheese: for 100 servings, use 6 lb 5 oz of cheese.

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Use commodity products when available
Cheese slices may be purchased at different weights. Note the weight per slice, before production.

Miscellaneous Notes:

Tuna Salad Sandwich (795)

(Tuna Salad Sandwich MC795)

Meat/Meat Alternate – Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Tuna, light, water pack, drained	8 lb 5 oz	2 Can (66.5oz)	16 lb 10 oz	4 Can (66.5oz)		1. Drain and flake tuna.
Onions, dehydrated, flakes		¼ Cup 2 Tbsp	2 ½ oz	¾ Cup		2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and mayonnaise. Mix lightly until well blended.
Celery, fresh, raw, diced,1/4"	2 lb	1 Qt diced 3 ½ Cup	4lb	3 Qt 3 Cup		
Pickles, relish, sweet	8 ¾ oz	1 Cup	1 lb 1 ½ oz	2 Cup		
Mustard, powder/dry		1 ½ Tsp		1 Tbsp		
Eggs, fresh, large,	14 oz	8 Egg	1 lb 12 ½ oz.	16 Egg		
Mayonnaise, reduced cal	2 lb 11 oz	1 Qt ½ Cup	5 lb 6 oz	2 Qt 3 Cup		
						3. Cover and refrigerate until ready to use. *CCP; Hold and maintain at a maximum temperature of 41 F. Check temperature every 30 minutes.*
Bread, white, sliced		50 slice		100 slice		4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready for service. *CCP: Refrigerate any leftovers immediately. Leftovers should be covered, labeled and dated.*
Bread, whole wheat, sliced		50 slice		100 slice		

Serving: 1 sandwich provides 2 oz meat/meat alternate, 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Tuna Salad Sandwich (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	319		Iron	2.74	Mg	Protein	20.58	G	Percent ⇒	Protein	25.77%
Cholesterol	68	Mg	Calcium	65.37	Mg	Carbohydrates	29.09	G	Of ⇒	Carbohydrates	36.42%
Sodium	695	Mg	Vitamin A	24	RE	Total Fat	13.04	G	Calories ⇒	Total Fat	36.74%
Dietary Fiber	2.76	G	Vitamin C	1.58	Mg	Saturated Fat	2.46	G	From ⇒	Saturated Fat	6.93%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Tuna Caesar Wrap (794)

(Tuna Caesar Wrap MC794)

Meat/Meat Alternate – Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Tortilla, soft flour, 8"		50 each		100 each		1. Spread each tortilla with a thin layer of cream cheese.
Cheese, cream	2 oz		4 oz			
Tuna, light, water pack, drained		1 can (66.5oz)		2 can (66.5oz).		2. Mix together tuna, lettuce, tomatoes, cheese, and ranch dressing. Place 4 ounces in center of each tortilla with a #8 scoop.
Lettuce, romaine, raw	3 lb		6 lb			
Tomatoes, fresh, red, ripe	3 lb		6 lb			
Cheese, parmesan, grated		2 Cup		1 Qt		
Dressing, ranch (from packet)		½ Qt		1 Qt		
						3. To Roll Sandwich" a. Fold 2 sides of wrap 2 inches over filling b. Roll tightly as for jelly roll, starting to roll from side not over filling.
						4. Wrap each sandwich in deli-paper. Cut in half diagonally. One portion is two halves. Keep cold below 41° F. *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minute. Refrigerate any Leftover immediately. Leftovers should be covered, labeled and dated.*

Serving: 1 sandwich provides 2 oz meat/meat alternate, 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Tuna Caesar Wrap (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	200		Iron	1.82	Mg	Protein	13.46	G	Percent ⇒	Protein	26.93%
Cholesterol	16	Mg	Calcium	105.96	Mg	Carbohydrates	22.12	G	Of ⇒	Carbohydrates	44.25%
Sodium	347	Mg	Vitamin A	104	RE	Total Fat	6.29	G	Calories ⇒	Total Fat	28.32%
Dietary Fiber	1.76	G	Vitamin C	11.78	Mg	Saturated Fat	1.92	G	From ⇒	Saturated Fat	8.65%

Production Notes:
Thaw tortillas the day before in frozen.
Drain Tuna.
Shred Romaine lettuce.
Chop tomatoes.

Serving Notes:

Purchasing Guide:
Commodity Tuna may be used
Shredded iceberg lettuce may be used in place of romaine.

Caesar dressing may be used instead of Ranch dressing.

Miscellaneous Notes:

Fish Sandwich, Baked (750)

(Fish Sandwich, Baked MC750)

Meat/Meat Alternate –Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Cod, Preckd, rectangle, American, SF, 3.6 oz.....	.....	50 Piece.....	.....	100 Piece.....	.....	1. Place frozen, precooked fish patties on (18"x26"x1") sheet pans with pan liners. 2. Bake according to package directions. *CCP: Heat product to minimum temperature of 140°F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	3. Open hamburger buns and place cooked breaded cod square on buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½") lined with pan liners.
						4. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes.*
Lettuce, iceberg, fresh..... Tomatoes, fresh, red, ripe.... Pickles, dill slices.....	1 lb 4 oz ..... 2 lb 8 z..... 4 oz.....	..... 7 each..... 100 slices.....	2 lb 8 oz 5 lb..... 8 oz.....	..... 13 each..... 200 slices.....	....	TRIMMINGS: 5. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 6. Wash, core, and thinly slice tomatoes (8 slices/tomato). 7. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
						8. Portion 1 sandwich with trimmings per serving. CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Discard any leftovers.

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Fish Sandwich, baked (Continued)

Serving: 1 sandwich with trimmings provides 2 meat/meat. alternate and 2 serving grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	325		Iron	2.52*	Mg	Protein	15.72	G	Percent ⇒	Protein	19.35%
Cholesterol	30	Mg	Calcium	75.42*	Mg	Carbohydrates	42.50	G	Of ⇒	Carbohydrates	52.30%
Sodium	494	Mg	Vitamin A	18*	RE	Total Fat	10.75	G	Calories ⇒	Total Fat	29.76%
Dietary Fiber	2.80	G	Vitamin C	4.75*	Mg	Saturated Fat	1.63	G	From ⇒	Saturated Fat	4.52%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period maintain maximum quality.

Purchasing Guide:
Use commodity products when available
Read CN label (for charbroiled patties) to insure manufacturer' recommendations for meeting meal component.

Miscellaneous Notes:

Fish Sandwich, Fried (752)

(Fish Sandwich, Fried MC752)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Cod, Preckd, rectangle,	.....	50 Piece.....	.....	100 Piece.....	.....	FISH PATTIES 1. Fry according to package directions. 2. Place patties in steamable pan. Cover pan with aluminum foil and place in warmer until ready for service or assembly. *CCP: Heat product to minimum temperature of 140°F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	ASSEMBLY 3. Open hamburger buns and place hot breaded cod square on buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 4. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes.*
Lettuce, iceberg, fresh..... Tomatoes, fresh, red, ripe.... Pickles, dill slices.....	1 lb 4 oz ..... 2 lb 8 oz..... 4 oz.	..... 7 each..... 100 slices.....	2 lb 8 oz ..... 5 lb..... 8 oz.....	..... 13 each..... 200 slices.....	....	TRIMMINGS: 5. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 6. Wash, core, and thinly slice tomatoes (8 slices/tomato). 7. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
						8. Portion 1 sandwich with trimmings per serving. CCP: Hold and maintain product at minimum temperature of 135° F. Refrigerate any leftovers.

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Fish Sandwich, Fried (Continued)

Serving: 1 sandwich with trimmings provides 2 meat/meat. alternate and 2 serving grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	430		Iron	4.64*	Mg	Protein	20.00	G	Percent ⇒	Protein	18.60%
Cholesterol	30	Mg	Calcium	155.88	Mg	Carbohydrates	51.35	G	Of ⇒	Carbohydrates	47.77%
Sodium	532	Mg	Vitamin A	157*	RE	Total Fat	17.67	G	Calories ⇒	Total Fat	36.99%
Dietary Fiber	8.73	G	Vitamin C	21.27*	Mg	Saturated Fat	2.55	G	From ⇒	Saturated Fat	5.33%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period maintain maximum quality.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Fish Sandwich with Cheese (754)

(Fish Sandwich with Cheese MC754)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Cod, Preckd, rectangle,	.....	50 Piece.....	.....	100 Piece.....	.....	1. Place frozen, precooked fish patties on 18" x 26" sheet pans wit pan liners. 2. Follow package directions for baking fish patties. Conventional: 325 F for 15 minutes or according to package directions. Convection oven: 325 F for 10-15 minutes or according to package directions. *CCP: Heat product to minimum temperature of 140°F.*
Cheese, American process, slice.....	1 lb 9 oz.....	.....	3 lb 2 oz.....	.....	.....	3. Top each patty with ½ oz slice of cheese.
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	4. Open hamburger buns and place fish patty with cheese on buns. Replace bun top. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. Alternate instructions: Wrap in each sandwich in foil sandwich wrap. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
						6. Portion 1 sandwich per serving.

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Fish Sandwich, fried (Continued)

Serving: 1 sandwich provides 2 meat/meat. alternate and 1 serving grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	374		Iron	2.37	Mg	Protein	17.92	G	Percent ⇒	Protein	19.18%
Cholesterol	43	Mg	Calcium	147.23	Mg	Carbohydrates	41.14	G	Of ⇒	Carbohydrates	44.04%
Sodium	641	Mg	Vitamin A	0	RE	Total Fat	15.20	G	Calories ⇒	Total Fat	36.62%
Dietary Fiber	2.40	G	Vitamin C	0.00	Mg	Saturated Fat	2.87	G	From ⇒	Saturated Fat	6.92%

Production Notes:

Serving Notes:
Batch cook: Prepare only what can be served in a 30 minute period maintain maximum quality.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Peanut Butter and Jelly Sandwich (780)

(Peanut Butter and Jelly Sandwich MC780)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*48* Servings		*96* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Bread, white, 24 oz loaf, sliced		96 slices		192 slices		USE SANDWICH MAKING TECHNIQUES 1. Place 25 bottom portions of bread on bun pan, 5 down and 5 across.
Peanut butter, smooth, w/salt Jelly, apple	2 lb 4 oz	½ #10 Can	4 lb 8 oz	1 #10 Can		2. Mix peanut butter and jelly with mixer. 3. Use No. 20 scoop to portion peanut butter/jelly mixture on bread
						4. Top with remaining portion of bread
						5. Cover pan tightly with plastic wrap to maintain freshness. 6. Portion 1 sandwich per serving. *CCP: Cover and refrigerate at 41 F or lower until ready for service.*

Serving: 1 sandwich provides 1 oz meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Peanut Butter and Jelly Sandwich (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	386		Iron	2.21	Mg	Protein	12.40	G	Percent ⇒	Protein	12.85%
Cholesterol	1	Mg	Calcium	70.16	Mg	Carbohydrates	47.02	G	Of ⇒	Carbohydrates	48.73%
Sodium	437	Mg	Vitamin A	1	RE	Total Fat	18.17	G	Calories ⇒	Total Fat	42.37%
Dietary Fiber	3.29	G	Vitamin C	0.19	Mg	Saturated Fat	3.73	G	From ⇒	Saturated Fat	8.69%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Peanut Butter and Jelly Sandwich, No Crust (780U)

(P,B,&J Sandwich Nocrust MC780U)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
PB&J Sandwich, no crust....	.....	50 sandwich...	.....	100 sandwich...	.....	1. Thaw sandwich according to package directions. 2. Portion 1 sandwich per serving.

Serving: 1 sandwich provides 1 oz meat/meat alternate and 1 serving grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Peanut Butter and Jelly Sandwich Uncrustable (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	320		Iron	1.70	Mg	Protein	11.30	G	Percent ⇒	Protein	14.13%
Cholesterol	0	Mg	Calcium	41.20	Mg	Carbohydrates	31.60	G	Of ⇒	Carbohydrates	39.50%
Sodium	333	Mg	Vitamin A	0	RE	Total Fat	17.50	G	Calories ⇒	Total Fat	49.22%
Dietary Fiber	2.20	G	Vitamin C	0.00	Mg	Saturated Fat	3.60	G	From ⇒	Saturated Fat	10.12%

Production Notes:

This sandwich may be served in combination with soup that provides 1 oz. of meat/meat alternate.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Ham & Cheese Sub (766)

(Ham & Cheese Sub MS 766)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Buns, split top, seed.....	.....	50 bun.....	.....	100 bun.....	.....	1. Place 25 bottom portions of bread on bun pan, 5 down and 5 across.
Ham, cooked, smoked, boneless.....	7 lb 12 oz.....	.....	15 lb 8 oz.....	.....	.....	2. Shave Buffet Ham (Set dial on "1" to obtain a wafer-thin slice). 3. Weigh 2.5 oz of ham to determine size of individual servings.
Cheese, American process, slice.....	1 lb 9 oz.....	.....	3 lb 2 oz.....	.....	.....	
						4. Portion 2.5 oz of shaved ham and ½ oz of sliced cheese on each bun on bun pan. 5. Top with remaining portion of roll.
						6. Cover pan tightly with plastic wrap to maintain freshness and place under refrigeration 40° F until ready for service .
Lettuce, tomato, & pickle.....	1 lb 4 oz.....	.....	2 lb 8 oz.....	.....	.....	Trimmings:
Tomatoes, fresh, red ripe.....	2 lb 8 oz.....	.....	5 lb.....	.....	.....	7. If using head lettuce, wash lettuce thoroughly, separate leaves and dry thoroughly. Shredded lettuce is another option. 8. Wash, core, and thinly slice tomatoes (8 slices/tomato). 9. Place lettuce and 2 tomato slice on the side.
						10. Portion 1 sandwich per serving. Students may select trimmings *CCP: Hold and maintain product at a maximum temperature of 41 F. Check temperature every 30 minutes.*

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Ham and Cheese Sub (Continued)

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grains/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	326		Iron	3.73	Mg	Protein	21.62	G	Percent ⇒	Protein	26.55%
Cholesterol	29	Mg	Calcium	166.46	Mg	Carbohydrates	36.58	G	Of ⇒	Carbohydrates	44.90%
Sodium	1380	Mg	Vitamin A	22	RE	Total Fat	10.82	G	Calories ⇒	Total Fat	29.91%
Dietary Fiber	3.65	G	Vitamin C	4.77	Mg	Saturated Fat	2.75	G	From ⇒	Saturated Fat	7.60%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Turkey or turkey-ham may be used in place of ham. Refer to the Food Buying Guide for appropriate servings.

Miscellaneous Notes:

Ham & Cheese on Bun (768)

(Ham & Cheese on Bun MC768)

Meat/Meat Alternate: Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Ham, Cooked, Smoked, Boneless	5 lb		10 lb			1. To assemble sandwich, place bottom of buns on clean work area. On bottom of each bun, place 1 ½ ounce ham and 1 ounce cheese. Cover with bun top. 2. Place 20 on each bun pan. Cover with plastic wrap. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
Cheese, American process, slice	3 lb 2 oz		6 lb 4 oz			
Buns, hamburger, plain		50 buns				
Lettuce, iceberg, fresh, medium, shred		6 Qt 1 cup chopped		3 Gal 2 Cup chopped		3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, thinly slice tomatoes (8 slices/tomato). 5. Place ½ cup lettuce, 2 tomato slices, and 4 pickle slices on the side.
Tomatoes, fresh, red , ripe		100 slice 1/10		200 slice 1/10		
Pickles, dill slices		200 slice		400 slice		
						6. Portion 1 sandwich per serving. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service*

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Ham & Cheese on Bun (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	312		Iron	2.28*	Mg	Protein	17.37	G	Percent ⇒	Protein	22.27%
Cholesterol	36	Mg	Calcium	239.35	Mg	Carbohydrates	29.42	G	Of ⇒	Carbohydrates	37.72%
Sodium	1390	Mg	Vitamin A	24*	RE	Total Fat	12.95	G	Calories ⇒	Total Fat	37.35%
Dietary Fiber	2.06	G	Vitamin C	5.77*	Mg	Saturated Fat	3.41	G	From ⇒	Saturated Fat	9.82%

Production Notes:
Check Food Buying Guide to determine amount of ham to use.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Ham & Cheese Sandwich (770)

(Ham & Cheese Sandwich MC770)

Meat/Meat Alternate: Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Ham, Cooked, Smoked	5 lb		10 lb			1. To assemble sandwich, place bread slices on clean work area. On each slice of bread, place 1 ½ ounce ham and 1 ounce cheese. Cover with bun top. 2. Place 20 on each bun pan. Cover with plastic wrap. Each sandwich may be individual. *CCP: Cover and place under refrigeration (41 F or lower) until Ready for service.*
Cheese, American process, slice	3 lb 2 oz		6 lb 4 oz			
Bread, White		100 slice		200 slice		
Lettuce, iceberg, fresh, medium, shred	1 ¼ lb	6 Qt 1 cup chopped	2 ½ lb	3 Gal 2 Cup chopped		3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, thinly slice tomatoes (8 slices/tomato). 5. Place ½ cup lettuce, 2 tomato slices, and 2 pickle slices on the side. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service. Refrigerate leftovers.*
Tomatoes, fresh, red , ripe	2 ½ lb	100 slice 1/10	5 lb	200 slice 1/10		
Pickles, dill slices		100 slice		200 slice		
						6. Trimmings are available for selection by students.

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

(Continued on Back)

Ham & Cheese Sandwich (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	303		Iron	2.21*	Mg	Protein	17.23	G	Percent ⇒	Protein	22.77%
Cholesterol	36	Mg	Calcium	223.46	Mg	Carbohydrates	29.10	G	Of ⇒	Carbohydrates	38.46%
Sodium	1379	Mg	Vitamin A	24*	RE	Total Fat	12.18	G	Calories ⇒	Total Fat	36.21%
Dietary Fiber	1.86	G	Vitamin C	5.77*	Mg	Saturated Fat	3.21	G	From ⇒	Saturated Fat	9.54%

Production Notes:
Check Food Buying Guide to determine amount of ham to use

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Ham and Cheese Wrap (772)

(Ham and Cheese Wrap MC772)

Meat/Meat Alternate-Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Tortilla, soft flour, 8"		50 each		100 each		1. Spread tortillas with a very thin layer of cream cheese
Cheese, cream	2 oz		4 oz			
Ham Buffet	6 lb 4 oz		12 lb 8 oz			2. Layer 2 ounces of ham, 1 ounce of cheese, shredded lettuce, and diced tomatoes in each tortilla.
Cheese, American	3 lb 2 oz		6 lb 4 oz			
Lettuce, iceberg, fresh	3 lb		6 lb			
Tomatoes	3 lb		6 lb			
						3. To roll sandwich: a. Fold 2 sides of wrap 2 inches over filling b. Roll tightly as for jelly roll, starting to roll from side not over filling.
						4. Wrap each wrap in deli-paper. Cut in half diagonally. One portion is 2 halves. *CCP: Hold and maintain at a maximum temperature of 41 F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: 1 wrap provides 2 oz meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwich

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Ham and Cheese Wrap (continued)

Nutrients Per Serving:
*** Denotes Missing Nutrient Values**

Calories	297		Iron	1.58	Mg	Protein	14.10	G	Percent ⇒	Protein	19.02%
Cholesterol	58	Mg	Calcium	207.39	Mg	Carbohydrates	26.63	G	Of ⇒	Carbohydrates	35.91%
Sodium	1132	Mg	Vitamin A	30	RE	Total Fat	14.08	G	Calories ⇒	Total Fat	42.72%
Dietary Fiber	1.68	G	Vitamin C	15.79	Mg	Saturated Fat	3.96	G	From ⇒	Saturated Fat	12.00%

Production Notes:

Serving Notes:

Purchasing Guide:
Commodity Ham and Cheese may be used.

Miscellaneous Notes:

Ham & Turkey on Bun (773)

(Ham & Turkey on Bun MC773)

Meat/Meat Alternate: Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Ham, Buffet, Ham	3 lb 2 oz		6 lb 4 oz			1. To assemble sandwich, place bottom of buns on clean work area. On bottom of each bun, place 1 ounce ham, 1 ounce turkey, and 1 ounce cheese. Cover with bun top. 2. Place 20 sandwiches on each bun pan. Cover with plastic wrap. *CCP: Cover and place under refrigeration (41 F or lower) until Ready for service.*
Turkey Breast, Smoked	3 lb 2 oz		6 lb 4 oz			
Cheese, American process, slice	3 lb 2 oz		6 lb 4 oz			
Buns, Hamburger		50 Buns		100 Bun		
Lettuce, iceberg, fresh	1 ¼ lb	6 Qt 1 cup	2 ½ lb	3 Gal 2 Cup		TRIMMINGS: 3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, and thinly slice tomatoes (8 slices/tomato). 5. Place lettuce, 1 tomato slice, and 2 pickle slices on the side.
Tomatoes, fresh	2 ½ lb	100 slice 1/10	5 lb	200 slice 1/10		
Pickles, dill slices		100 slice		200 slice		
						6. Portion 1 sandwich per serving. Allow students to select trimmings. *CCP: Cover and refrigerate until service (41 F). Check temperature ever 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Ham & Turkey on Bun (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	333		Iron	2.10*	Mg	Protein	17.91	G	Percent ⇒	Protein	21.54%
Cholesterol	54	Mg	Calcium	238.66	Mg	Carbohydrates	31.74	G	Of ⇒	Carbohydrates	38.17%
Sodium	1452	Mg	Vitamin A	24*	RE	Total Fat	13.61	G	Calories ⇒	Total Fat	36.82%
Dietary Fiber	2.06	G	Vitamin C	10.54*	Mg	Saturated Fat	3.73	G	From ⇒	Saturated Fat	10.10%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Ham & Turkey Cheese Sub (774)

(Ham & Turkey Cheese Sub MC774)

Meat/Meat Alternate: Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Ham, Cooked, Smoked, Boneless	3 lb 2 oz		6 lb 4 oz			1. To assemble sub, place bottom of 30 buns on clean work area. On bottom of each bun, place 1 ounce ham, 1 ounce turkey, and 1 ounce cheese. Cover with bun top. 2. Place 20 on each bun pan. Cover with plastic wrap. *CCP: Cover and refrigeration at 41 °F or lower until ready for service.*
Turkey Breast, Smoked	3 lb 2 oz		6 lb 4 oz			
Cheese, American process, slice	3 lb 2 oz		6 lb 4 oz			
Buns, Hamburger		50 Buns 6" x 2.5"		100 Bun 6" x 2.5"		
Lettuce, iceberg, fresh	1 ¼ lb	6 Qt 1 cup chopped	2 ½ lb	3 Gal 2 Cup chopped		3. If using head lettuce, wash thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, and thinly slice tomatoes (8 slices/tomato). 5. Place ½ cup lettuce, 2 tomato slice, and 4 pickle slices on the side.
Tomatoes, fresh	2 ½ lb	100 slice 1/10	5 lb	200 slice 1/10		
Pickles, dill slices		200 slice		400 slice		
						6. Portion 1 sandwich per serving. Allow students to select trimmings. *CCP: Cover and refrigerate until service (41 F). Check temperature ever 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Ham & Turkey Cheese Sub (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	381		Iron	3.47*	Mg	Protein	22.89	G	Percent ⇒	Protein	24.05%
Cholesterol	44	Mg	Calcium	234.76	Mg	Carbohydrates	37.52	G	Of ⇒	Carbohydrates	39.41%
Sodium	1628	Mg	Vitamin A	24*	RE	Total Fat	15.17	G	Calories ⇒	Total Fat	35.87%
Dietary Fiber	3.90	G	Vitamin C	5.77*	Mg	Saturated Fat	4.01	G	From ⇒	Saturated Fat	9.48%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Turkey and Cheese on Bun (796)

(Turkey and Cheese on Bun MC796)

Meat/Meat Alternate: Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey Breast, Smoked.....	3 lb 2 oz.....	.....	6 lb 4 oz.....	.....	.....	1. To assemble sandwich, place bottom of buns on clean work area. On bottom of each bun, place 1 ounce turkey and 1 ounce cheese. Cover with bun top. 2. Place 20 sandwiches on each bun pan. Cover with plastic wrap. *CCP: Cover and place under refrigeration (41 F or lower) until Ready for service.*
Cheese, American process, slice.....	3 lb 2 oz.....	.....	6 lb 4 oz.....	.....	.....	
Buns, Hamburger.....	.....	50 Buns.....	.....	100 Bun.....	.....	
Lettuce, iceberg, fresh.....	1 ¼ lb.....	6 Qt 1 cup chopped.....	2 ½ lb.....	3 Gal 2 Cup chopped.....	.....	3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, and thinly slice tomatoes (10 slices/tomato). 5. Place ½ cup lettuce, 2 tomato slice, and 4 pickle slices on the side. *CCP: Cover and refrigerate at 41 F or lower until ready for service.*
Tomatoes, fresh.....	2 ½ lb.....	100 slice 1/10	5 lb.....	200 slice 1/10...	.....	
Pickles, dill slices.....	.....	200 slice.....	.....	400 slice.....	.....	
						6. Portion 1 sandwich per serving. Offer trimmings for students to select. *CCP: Refrigerate any leftovers for service next day. Label and date.*

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Turkey and Cheese on Bun (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	304		Iron	1.90*	Mg	Protein	15.40	G	Percent ⇒	Protein	20.24%
Cholesterol	37	Mg	Calcium	228.69	Mg	Carbohydrates	29.35	G	Of ⇒	Carbohydrates	38.58%
Sodium	1230	Mg	Vitamin A	24*	RE	Total Fat	12.63	G	Calories ⇒	Total Fat	37.36%
Dietary Fiber	2.06	G	Vitamin C	5.77*	Mg	Saturated Fat	3.39	G	From ⇒	Saturated Fat	10.02%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Turkey on Bun (796a)

(Turkey on Bun MC796a)

Meat/Meat Alternate: Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey Breast, Smoked.....	6 lb 4 oz.....	.....	12 lb 8 oz....	.....	.....	1. To assemble sandwich, place bottom of buns on clean work area. On bottom of each bun, place 1 ounce of turkey. Cover with bun top. 2. Place 20 on each bun pan. Cover with plastic wrap.
Buns, Hamburger.....	.....	50 Buns.....	.....	100 Bun.....	.....	
Lettuce, iceberg, fresh.....	1 ¼ lb.....	6 Qt chopped	2 ½ lb.....	3 Gal chopped	.....	3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, and thinly slice tomatoes. 5. Place ½ cup lettuce, 2 tomato slice, and 4 pickle slices on the side.
Tomatoes, fresh.....	2 ½ lb.....	100 slices.....	5 lb.....	200 slices.....	.....	
Pickles, dill slices.....	.....	200 slices.....	.....	400 slices.....	.....	
						6. Portion 1 sandwich per serving. Offer trimmings for students to select. *CCP: Cover and refrigerate at 41° F or lower until ready for service. Cover, label, date, and refrigerate any leftovers for service next day.*

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Turkey on Bun (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	229		Iron	1.90*	Mg	Protein	15.90	G	Percent ⇒	Protein	27.74%
Cholesterol	25	Mg	Calcium	78.64*	Mg	Carbohydrates	30.35	G	Of ⇒	Carbohydrates	52.94%
Sodium	1260	Mg	Vitamin A	24*	RE	Total Fat	4.28	G	Calories ⇒	Total Fat	16.81%
Dietary Fiber	2.06	G	Vitamin C	5.77*	Mg	Saturated Fat	1.14	G	From ⇒	Saturated Fat	4.47%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Turkey and Cheese Sandwich (797)

(Turkey and Cheese Sandwich MC797)

Meat/Meat Alternate: Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey Breast, Smoked	3 lb 2 oz		6 lb 4 oz			1. To assemble sandwich, place bread slices on clean work area. On bottom of each slice of bread, place1 ounce turkey and 1 ounce cheese. Cover with bread slice. 2. Place 20 on each bun pan. Cover with plastic wrap. Each sandwich may be individually wrapped. *CCP: Cover and place under refrigeration (41 F or lower) until ready for service.*
Cheese, American process, slice	3 lb 2 oz		6 lb 4 oz			
Bread, White, 24 oz loaf, sliced		100 slice		200 slice		
Lettuce, iceberg	1 ¼ lb	6 Qt 1 cup chopped	2 ½ lb	3 Gal 2 Cup chopped		3. If using head lettuce, wash lettuce thoroughly, drain, separate leaves and dry thoroughly. Shredded lettuce is another option. 4. Wash, core, and thinly slice tomatoes (8 slices/tomato). 5. Place ½ cup lettuce, 2 tomato slice, and 4 pickle slices on the side. *CCP: Cover and refrigerate at 41 F or lower until ready for service. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled and dated.*
Tomatoes, fresh	2 ½ lb	100 slice 1/10	5 lb	200 slice 1/10		
Pickles, dill slices		200 slice		400 slice		
						6. Portion 1 sandwich per serving. Offer trimmings for students to select.

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Turkey and Cheese on Bun (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	295		Iron	1.83*	Mg	Protein	15.26	G	Percent ⇒	Protein	20.70%
Cholesterol	38	Mg	Calcium	212.79	Mg	Carbohydrates	29.04	G	Of ⇒	Carbohydrates	39.37%
Sodium	1220	Mg	Vitamin A	24*	RE	Total Fat	11.86	G	Calories ⇒	Total Fat	36.19%
Dietary Fiber	1.86	G	Vitamin C	5.77*	Mg	Saturated Fat	3.19	G	From ⇒	Saturated Fat	9.73%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Turkey and Cheese Wrap (798)

(Turkey and Cheese Wrap MC798)

Meat/Meat Alternate – Grains/Breads **Source: MS Cycles II**

Ingredients	*25* Servings		*50* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Turkey breast, smoked, whole	1 lb ¾ lb		3 lb 8 oz			1. Lay out flour tortillas on a clean work surface area. Layer 1 ounce of turkey, 1 ounce of cheese, and ¼ cup of shredded lettuce, and 2 tomato slices on each tortilla. Roll tightly and cut in half on diagonal. As an option, wrap in deli paper prior to cutting.
Cheese, American process, slice	1 lb ¾ lb		3 lb 8 oz			
Tortilla, soft flour, 8 "		25 each		50 each		
Lettuce, shredded	5/8 lb	3 Qt 1 Cup.	1 ¼ lb	6 Qt 1 Cup		
Tomatoes, sliced	1 ¼ lb	50 slices	2 ½ lb	100 slices		Refrigerate until ready for use. *CCP: Cover and refrigerate at 41° F or lower until ready for service.*
						2. Portion 1 wrap per serving. *CCP: Cover and refrigerate until service (41°F). Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled and dated.*

Serving: 1 wrap provides 2 oz meat/meat alternate, and 1 servings grain/bread **Yield: 50 servings: 50 wrap**
100 servings: 100 wrap

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Turkey and Cheese Wrap (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	283		Iron	1.02	Mg	Protein	15.50	G	Percent ⇒	Protein	21.91%
Cholesterol	42	Mg	Calcium	200.84	Mg	Carbohydrates	21.81	G	Of ⇒	Carbohydrates	30.82%
Sodium	1070	Mg	Vitamin A	13	RE	Total Fat	13.60	G	Calories ⇒	Total Fat	43.25%
Dietary Fiber	1.32	G	Vitamin C	3.36	Mg	Saturated Fat	3.59	G	From ⇒	Saturated Fat	11.41%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Turkey and Cheese Sub (799)

(Turkey and Cheese Sub MC799)

Meat/Meat Alternate – Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Buns, split top, seed, 6" Turkey breast, smoked, whole	 3 lb 8 oz	50 Buns	 7 lb	100 Buns		USE SANDWICH MAKING TECHNIQUES Sandwich assembly: 1. Place 25 bottom portions of bread on bun pan, 5 down and 5 across.
Cheese, American process, slice	3 lb 2 oz		6 lb 4 oz			2. Shave (Set dial on "1" to obtain a wafer-thin slice). 3. Weigh 1 oz of turkey breast to determine size of individual servings.
						4. Portion 1 oz of turkey and 1 oz of sliced cheese (2-1/2 oz slices) on top of each slice of bread on bun pan. 5. Top with remaining portion of bread.
						Cover pan tightly with plastic wrap to maintain freshness. *CCP: Cover and place under refrigeration at 41 F or lower until ready for service.*
Lettuce, iceburg.. Chopped Tomatoes, fresh Pickles, dill slices	1 ½ lb 2 ½ lb	6 Qt 1 Cup 100 slices 100 slices	2 ½ lb 5 lb	3 Gal 2 Cup 200 slices 200 slices		Trimmings: 6. If using head lettuce, wash lettuce thoroughly, separate leaves and dry thoroughly. Shredded lettuce is an option. 7. Wash, core, and thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 2 tomato slices, and 2 pickle slices in a container. *CCP: Cover and refrigerate at 41 F or lower until ready for service.*
						10. Portion 1 sandwich per serving.

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Turkey and Cheese Sub (Continued)

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	353		Iron	3.10	18.64	Protein	18.64	G	Percent ⇒	Protein	21.11%
Cholesterol	39	Mg	Calcium	224.48	Mg	Carbohydrates	35.94	G	Of ⇒	Carbohydrates	40.71%
Sodium	1237	Mg	Vitamin A	13	RE	Total Fat	14.54	G	Calories ⇒	Total Fat	37.04%
Dietary Fiber	3.56	G	Vitamin C	3.36	Mg	Saturated Fat	3.86	G	From ⇒	Saturated Fat	9.85%

Production Notes:

Serving Notes:
Presentation idea:
Garnish with fresh parsley sprigs

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Sandwich for a Crowd (789)

(Sandwich for a Crowd MC789)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	48 Servings		96 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Cheese, cream	2 lb		4 lb			1. Combine Worcestershire sauce, cheeses, green onions, and mayonnaise.
Cheese, 5 blend, shredded	1 lb		2 lb			
Onions, green, fresh, sliced		3 Cup chopped		1 Qt 2 Cup Chopped		
Mayonnaise, reduced, fat		1 Cup		2 Cup		
Worchestershire sauce		¼ Cup		½ Cup		
Ham, cooked, smoked, boneless	4 lb 8 oz		9 lb			
Beef, roast, cooked	4 lb		8 lb			
Bread, French, 16 oz loaf		6 16 oz loaf		12 16 oz loaf		2. Slice bread in half lengthwise. Remove center part of bread leaving ½-inch shell. 3. Spread cream cheese mixture on inside of each half of bread loaf.
Pickles, dill slices		60 slice		120 slices		4. On bottom half, layer slices of roast beef and pickles.
						5. On top half, layer the ham. 6. Put the two halves together and press to seal
						7. Wrap in plastic and store in refrigerator for approximately 2 hours before serving.
						8. Slice on the diagonal to get 8 slices per loaf. *CCP: Cover and refrigerate at 41 F or lower until ready for service.*
						9. Portion 1 slice per serving.

Serving: 1 sandwich provides 2 ½ oz meat/meat alternate, 2 servings grain/bread

Yield: 48 servings: 48 sandwiches
96 servings: 96 sandwiches

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Sandwich for a Crowd (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	353		Iron	2.80*	Mg	Protein	23.52	G	Percent ⇒	Protein	26.68%
Cholesterol	56	Mg	Calcium	137.84	Mg	Carbohydrates	33.46	G	Of ⇒	Carbohydrates	37.95%
Sodium	1427	Mg	Vitamin A	89*	RE	Total Fat	14.15	G	Calories ⇒	Total Fat	36.10%
Dietary Fiber	1.80	G	Vitamin C	0.70*	Mg	Saturated Fat	6.80	G	From ⇒	Saturated Fat	17.35%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to an internal temperature of 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

Pimento Cheese Sandwich (785)

(Pimento Cheese Sandwich MC785)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
American cheese, shredded. Reduced-fat mayonnaise..... Canned pimento.....	3 lb 4 oz..... 1 lb..... 6 oz.....	3 Qt 1 Cup..... 2 Cup..... ¾ Cup.....	6 lb 8 oz..... 2 lb..... 12 oz.....	1 Gal 2 ½ Qt... 1 Qt..... 1 1/2 Cup.....	....	1. Combine shredded cheese, mayonnaise, and pimento. Mix lightly until well blended. 2. Cover refrigerate until ready to use. *CCP: Cover and refrigerate at 41 F or lower until ready for service.*
White bread.....	.....	100 slices.....	.....	200 slices.....	.....	3. Portion wit No.12 scoop (1/3 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. *CCP: Place under refrigeration until ready for service.* 4. Portion 1 sandwich per serving. *CCP: Refrigerate any leftovers at 41° F or lower.*

Serving: 1 sandwich provides 1 oz meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

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Pimento Cheese Sandwich (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	289		Iron	1.63	Mg	Protein	10.55	G	Percent ⇒	Protein	14.61%
Cholesterol	32	Mg	Calcium	212.51	Mg	Carbohydrates	27.58	G	Of ⇒	Carbohydrates	27.58%
Sodium	707	Mg	Vitamin A	70	RE	Total Fat	14.70	G	Calories ⇒	Total Fat	45.79%
Dietary Fiber	1.25	G	Vitamin C	2.45	Mg	Saturated Fat	7.24	G	From ⇒	Saturated Fat	22.56%

Production Notes:
This sandwich may be served in combination with a meat-based soup that provides at least 1 oz meat/meat alternate.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Philly Steak Sandwich (781)

(Philly Steak Sandwich MC781)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak, sliced.....	6 lb 14 oz.....	.....	13 lb 12 oz...	.....	.....	1. Heat beef steak according to package directions. *CCP: Heat product to minimum internal temperature of 140 F or according to package directions.*
Peppers, Green..... Peppers, Red..... Onions, fresh, yellow.....	1 lb 4 oz..... 1 lb 4 oz..... 1 lb diced.....	....	2 ½ lb..... 2 ½ lb..... 2 lb diced.....	....	....	2. Spray pan with pan release. Saute peppers and onion for 5 minutes.
Buns, split top, seed, 6".....	.....	50 bun.....	.....	100 bun.....	.....	3. .Place 25 bottom portions of rolls on bun pan, 5 down and 5 across.
Cheese, Swiss, sliced, 5 oz..	3 lb 2 oz.....	.....	6 ¼ lb	.....	....	4. Portion 2 oz of sliced beef steak and and ½ oz of sliced cheese on roll. Top with ¼ cup of sautéed onions and peppers. Cover with top portion of roll. Cover pan tightly with plastic wrap. Sandwiches may also be individually wrapped. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*
						5. Portion 1 sandwich per serving.

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Philly Steak Sandwich (Continued)

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grains/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	397		Iron	3.10	Mg	Protein	26.91	G	Percent ⇒	Protein	27.11%
Cholesterol	24	Mg	Calcium	225.49	Mg	Carbohydrates	39.10	G	Of ⇒	Carbohydrates	39.40%
Sodium	1011	Mg	Vitamin A	132	RE	Total Fat	16.48	G	Calories ⇒	Total Fat	37.36%
Dietary Fiber	3.84	G	Vitamin C	32.25	Mg	Saturated Fat	7.75	G	From ⇒	Saturated Fat	17.58%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Philly Steak on Texas Toast (782)

(Philly Steak on Texas Toast MC782)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak, sliced	4 lb 14 oz		9 lb 12 oz			1. Heat beef steak according to package directions. *CCP: Heat product to minimum temperature of 140 F.*
Peppers, swt,Green Peppers, swt, Red Onions, fresh, yellow	1 lb 4 oz 1 lb 4 oz 1 lb diced		2 ½ lb 2 ½ lb 2 lb diced			2. Spray pan with pan release. Saute peppers and onion for 5 minutes.
Bread, white, thick slice		100 slice		200 slice		3. Spray pan with pan release. Place 24 slices of bread on bun pan, 6 down and 4 across.
Cheese, Swiss, slice, ½ oz.	3 lb 2 oz		6 ¼ lb			4. Portion ½ oz of sliced cheese on bread, top with 1 ½ of sliced beef steak. Top with ¼ cup sautéed onions and peppers. Place ½ ounce of cheese on top. Place bread on top. Spray with pan release. 5. Toast at 375 F until lightly brown. *CCP: Heat product to minimum internal temperature of 155 F or according to package directions.*
						6. Portion 1 sandwich per serving. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated*

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Philly Steak on Texas Toast (Continued)

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grains/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	415		Iron	2.87	Mg	Protein	23.22	G	Percent ⇒	Protein	22.38%
Cholesterol	24	Mg	Calcium	251.83	Mg	Carbohydrates	49.73	G	Of ⇒	Carbohydrates	47.93%
Sodium	1054	Mg	Vitamin A	132	RE	Total Fat	14.09	G	Calories ⇒	Total Fat	30.55%
Dietary Fiber	2.68	G	Vitamin C	32.25	Mg	Saturated Fat	6.93	G	From ⇒	Saturated Fat	15.03%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Monte Cristo Sandwich (779)

(Monte Cristo Sandwich MC779)

Meat/Meat Alternate-Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Bread, white, 24 oz loaf, sliced Mustard, yellow prepared	…… 8 oz	100 slice 1 Cup	…… 16 oz	200 slice 2 cups	…… ……	1. Spread 1 side of 2 slices of bread with ½ teaspoon of mustard each (optional).
Ham, pre-sliced Cheese, swiss, sliced, 5 oz	5 lb 3 lb 4 oz	50 1-oz slice 100 ½ oz slice	10 lb 6 lb 8 oz	100 1 oz slice 200 ½ oz slice	…… ……	2. Top 1 slice with 1 oz ham and 1 oz cheese, then cover with second slice of bread, mustard-side down. If holding before final preparation, cover and refrigerate.
Eggs, fresh, large, 50 G	……	30 egg	……	60 egg	……	3. Crack eggs in a large bowl.
Milk 2% lowfat Salt, Table	8 oz ……	1 Cup ½ Tsp	16 oz ……	2 Cup 1 Tsp	…… ……	4. Add milk and salt to eggs. Whisk together until well blended. Cover and store in refrigerator until ready to prepare sandwiches.
Pan Release, vegetable oil	1 oz	……	2 oz	……	……	5. SANDWICH COOKING METHODS: A. To Bake: 1. Spray sheet pan (18"x26"x1") with food release spray, place in a preheated convection oven (350° F) for 5 minutes. (Preheated pan allows for bottom of sandwich to brown. 2. Remove all ingredients from refrigerator. Dip each sandwich in the batter and place on preheated sheet pan. (Do not soak the sandwiches in the egg wash or they will become soggy). 3. Cook for 8 minutes. Remove and transfer steamtable pans (12"x20"x 2 ½ "). OR
						B. To Grill: 1. Spray with food release, preheat to 350 F. for about 10 minutes.

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Monte Cristo Sandwich (Continued)

						2. Remove all ingredients from refrigerator. Dip only enough sandwiches that will fit on grill at one time. (Do not soak the sandwiches in the egg wash or they will become soggy.) Hold remaining ingredients in refrigerator until ready for another batch. 3. Cook each sandwich approximately 3-5 minutes on one side, then flip, then cook an additional 7-8 minutes. 4. Remove and transfer sandwiches to steamtable pans. (12"x20"x2 ½"). CCP: Heat product to minimum internal temperature of 155 F or according to package directions.
						5. Serve immediately or place in warmer until ready for service. CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Discard any leftovers.
						6. Portion one sandwich per serving.

Serving: 1 sandwich provides 2 oz meat/meat alternate and 2 servings grain/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	357		Iron	3.51	Mg	Protein	22.62	G	Percent ⇒	Protein	25.32%
Cholesterol	175	Mg	Calcium	230.64	Mg	Carbohydrates	31.20	G	Of ⇒	Carbohydrates	34.94%
Sodium	1200	Mg	Vitamin A	101*	RE	Total Fat	15.58	G	Calories ⇒	Total Fat	39.25%
Dietary Fiber	1.37	G	Vitamin C	0.05*	Mg	Saturated Fat	7.38	G	From ⇒	Saturated Fat	18.60%

Production Notes:
A combination of eggs and egg whites may be used in the egg wash to lower the fat and make a thinner batter. For 50 servings use 20 eggs and 20 egg whites; for 100 servings' use 40 eggs and egg whites.

Serving Notes:
Sandwich holds together best if not cut.
Batch cook: Prepare only what can be served in a 30 minutes period to maintain maximum quality.
Garnish with a sprig of parsley. May also garnish with cut cherry tomatoes.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Country Fried Steak Sandwich (746)

(Country Fried Steak Sandwich, MC746)

Meat/Meat Alternate –Grains/Breads

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak, brded.....	.....	50 steak.....	.....	100 steak.....	.....	STEAK PATTIES: 1. Place frozen beef steak patties on sheet pan (18" x 26") sheet pans with pan liners. 2. Bake patties according to package directions. Overcooking will cause patties to be dry. 3. Cover pan with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Heat product to minimum temperature of 140 F.*
Buns, hamburger, plain.....	.....	50 buns.....	.....	100 buns.....	.....	4. Open buns and place cooked beef patties in buns. Replace bun tops. Place burgers in steamtable pans (12"x20"x2 ½ ") lined with pan liners. 5. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service.
Trimmings for Sandwiches	.....	50 servings....	.....	100 servings....	.....	TRIMMINGS: 6. Wash lettuce thoroughly, separate leaves and dry thoroughly. Another option is to use shredded lettuce. 7. Wash, core, and thinly slice tomatoes (8 slices/tomato). 8. Place lettuce, 1 tomato slice, and 2 pickle slices on the side. *CCP: Hold and maintain product at a maximum temperature of 41° F.*
						9. Portion 1 sandwich per serving. CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated

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Country Fried Steak Sandwich (Continued)

Serving: 1 sandwich with trimmings provides 2 oz meat/meat alternate and 2 grains/breads.

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	519		Iron	3.88	Mg	Protein	18.43	G	Percent ⇒	Protein	14.20%
Cholesterol	44	Mg	Calcium	86.61	Mg	Carbohydrates	43.79	G	Of ⇒	Carbohydrates	33.73%
Sodium	1126	Mg	Vitamin A	18	RE	Total Fat	29.06	G	Calories ⇒	Total Fat	50.37%
Dietary Fiber	2.22	G	Vitamin C	4.71	Mg	Saturated Fat	9.21	G	From ⇒	Saturated Fat	15.97%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
According to HACCP requirements, all leftover meats must be reheated to 165 F for 15 seconds. Consider the quality of the leftover product when these recommendations are followed.

American Sub Sandwich (700)

(American Sub Sandwich MS 700)

Meat/Meat Alternate-Grains/Breads **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Buns, split top, seed, 6".....	.....	50 buns.....	.....	100 buns.....	.....	Sandwich assembly: 1. Place 25 bottom portions of rolls on bun pan, 5 down and 5 across.
Roast beef, cooked..... Turkey breast, smoked, whole.....	2 lb 6 oz..... 2 lb 6 oz.....	....	4 lb 12 oz..... 4 lb 12 oz.....	....	....	2. Shave precooked meats (Set dial on "1" to obtain a wafer-thin slice).
Cheese, American process, slice.....	1 lb 9 oz.....	50 ½ oz slices	3 lb 2 oz.....	100 ½ oz slices	.....	3. Weigh ¾ oz of roast beef and ¾ oz of turkey (for a total of 1 ½ oz of meat mixture) to determine size of individual servings.
						4. Portion ¾ oz of roast beef and ¾ oz of turkey (1 ½ oz meat mixture) and ½ oz of sliced cheese on top of each bottom portion of roll on bun pan. 5. Top with remaining portion of roll.
Lettuce, tomato, & pickle.....	.....	50 serving.....	.....	100 serving.....	.....	6. Cover pan tightly with plastic wrap to maintain freshness. *CCP: Cover and refrigerate at 41 F or lower until ready for ?.* Alternate instructions: Sandwiches may be individually wrapped in plastic wrap.

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American Sub Sandwich (Continued)

						Trimmings: 7. If using head lettuce, wash lettuce thoroughly, under cool running water, separate leaves and dry thoroughly. If using shredded lettuce, it should be prewashed. 8. Wash tomatoes under cool running water, core, and thinly slice (8 slices/tomato). 9. Place lettuce, 1 tomato slice, and 2 pickle slices in a container. *CCP: Cover and refrigerate at 41 F or lower until ready for service.*
						10. Portion 1 sandwich and 1 portion of trimmings per serving. Option: allow students to select trimmings.

Serving: 1 sandwich provides 2 oz. meat/meat alternate and 2 servings grains/bread

Yield: 50 servings: 50 sandwiches
100 servings: 100 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	311		Iron	3.47	Mg	Protein	17.96	G	Percent ⇒	Protein	23.11%
Cholesterol	28	Mg	Calcium	154.54	Mg	Carbohydrates	36.09	G	Of ⇒	Carbohydrates	46.43%
Sodium	1241	Mg	Vitamin A	13*	RE	Total Fat	10.73	G	Calories ⇒	Total Fat	31.06%
Dietary Fiber	3.56	G	Vitamin C	3.36	Mg	Saturated Fat	2.90	G	From ⇒	Saturated Fat	8.41%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Assorted Sandwiches Combo(701)

(Assorted Sandwich, Combo MC701)

Category: Sandwich Combo **Source:Mississippi Cycles II**

Ingredients	*48* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Peanut Butter & Jelly Sandwich MC 779.....	.....	12 sandwich..	.....	24 sandwich....	.....	1. Prepare sandwiches according to recipes. Follow CCP for each recipe.
Pimento Cheese Sandwich MC785.....	.....	12 sandwich...	.....	12 sandwich....	.....	
Grilled Cheese Sandwich MC760.....	.....	12 sandwich...	.....	24 sandwich...	.....	
Peanut Butter & Jelly Sandwich, No Crust, MC781	.....	12 sandwich..	.....	24 sandwich....	.....	

Serving: 1 Sandwich provides 1 oz. meat/meat alternate and 2 servings grain/breads

Yield: 48 servings: 48 servings soup and 48 sandwiches
96 servings: 96 portions soup and 96 sandwiches

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	314		Iron	1.81	Mg	Protein	11.22	G	Percent ⇒	Protein	14.27%
Cholesterol	15	Mg	Calcium	139.15	Mg	Carbohydrates	33.12	G	Of ⇒	Carbohydrates	42.14%
Sodium	546	Mg	Vitamin A	43	RE	Total Fat	15.74	G	Calories ⇒	Total Fat	45.07%
Dietary Fiber	1.99	G	Vitamin C	0.66	Mg	Saturated Fat	5.26	G	From ⇒	Saturated Fat	15.05%

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Recipe Name (Continued)

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

MEAT/MEAT ALTERNATES
Soups and Gumbos

Recipes are included for serving soups and sandwiches as combo items. Check portion size and crediting information from recipes.

Serve soups and gumbos in bowls that are large enough to accommodate the serving size. Remember that students will be carrying trays and contents may spill.

Temperatures of soups and gumbos should be in correct temperature range but not excessive.

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure with a fluid measure.

Review *Culinary Techniques for Healthy School Meals* for food preparation techniques about food items.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the food item.

Seafood Gumbo (810)

(Seafood Gumbo MC810)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All Purpose Flour.	1 lb.	3½ cups. . . .	2 lb.	1 qt 3 cups. . .	. . . . .	PULL SUB-RECIPE FOR RICE (1344) 1. To make roux: Oven Method – Brown flour in oven on a cookie sheet (ungreased) at approximately 350°F for 10-15 minutes. Stir occasionally and watch closely because it browns quickly. (See variation for making roux.)
Oil.	. . . . .	1/3 cup 2 tsp	. . . . .	¾ cup.	. . . . .	2. Heat oil in a tilting skillet or steam-jacketed kettle over medium heat.
Fresh Onions, Diced.	2 lb.	3½ cups. . . .	4 lb.	1 qt 3 cups. . .	. . . . .	3. Add onion, celery, green pepper, okra, and garlic powder. Optional Directions – Okra may be omitted Sauté 5 minutes or until vegetables are tender.
Fresh Celery, Diced.	12 oz.	3½ cups. . . .	1 lb 8 oz. . .	1 qt 3 cups. . .	. . . . .	
Green Peppers, Diced. . . .	1 lb 2 oz. . .	3½ cups. . . .	2 lb 4 oz. . .	1 qt 3 cups. . .	. . . . .	
Garlic Powder.	. . . . .	¼ cup. . . .	. . . . .	½ cup.	. . . . .	
Frozen Okra.	1 lb 4 oz. . .	. . . . .	2 lb 8 oz. .	. . . . .	. . . . .	
Ground Thyme.	. . . . .	2 Tbsp. . . .	. . . . .	¼ cup.	. . . . .	4. Sprinkle flour, browned in Step 1, thyme, cayenne pepper, and salt over sautéed vegetable mixture. Cook 1 minute, stirring constantly.
Cayenne Pepper.	. . . . .	2 Tbsp. . . .	. . . . .	¼ cup.	. . . . .	
Table Salt.	. . . . .	2 tsp.	. . . . .	1 Tbsp 1 tsp. .	. . . . .	
Chicken Broth.	. . . . .	3 qt 2½ cups	. . . . .	1 gal 3¼ qt. . .	. . . . .	5. Add chicken broth and rest of ingredients. Bring to a boil. Cover, reduce heat, and simmer 15 minutes. 6. Pour seafood gumbo in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Chicken, Cooked & Diced. .	4 lb 8 oz. . .	. . . . .	9 lb.	. . . . .	. . . . .	
Shrimp.	3 lb 14 oz. .	. . . . .	7 lb 12 oz. .	. . . . .	. . . . .	
Worcestershire Sauce. . . .	. . . . .	1/3 cup 2 tsp	. . . . .	¾ cup.	. . . . .	
Canned Tomatoes, Diced. .	6 lb 8 oz. . .	1 No. 10 can	. . . . .	2 No. 10 cans	. . . . .	
Rice (130).	. . . . .	1 gal 2¼ qt. .	. . . . .	3 gal 2 cups. .	. . . . .	7. Prepare rice according to recipe directions. Place rice in half-size steam table pans (12"X10"X4"). 8. Using appropriate portion control, portion rice with 4 oz spoodle or #8 scoop. Serve 8 oz (#8 ladle) gumbo over rice. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Seafood Gumbo (Continued)

Serving: 1 cup gumbo and ½ cup rice provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 portions gumbo and rice
100 servings: 100 portions gumbo and rice

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	195		Iron	2.47	Mg	Protein	22.28	G	Percent ⇒	Protein	45.68%
Cholesterol	97	Mg	Calcium	69	Mg	Carbohydrates	11.86	G	Of ⇒	Carbohydrates	24.32%
Sodium	525	Mg	Vitamin A	185	RE	Total Fat	5.96	G	Calories ⇒	Total Fat	27.49%
Dietary Fiber	1.80	G	Vitamin C	19.4	Mg	Saturated Fat	1.28	G	From ⇒	Saturated Fat	5.89%

Production Notes:
Variation for making roux: Braising Pan/Tilting Skillet Method – Brown flour in braising pan over medium to high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 10 minutes or until flour is slightly brown in color. Continue with Step 2 for making Gumbo.
¼ cup crab boil may be added per 100 servings.

Serving Notes:
If raw poultry is used in place of cooked, diced chicken, thaw poultry under refrigeration (41°F) and fully cook before adding to recipe.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken & Sausage Gumbo (800)

(Chicken & Sausage Gumbo MC800)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All Purpose Flour.		3½ cups.		1 qt 3 cups.		PULL SUB-RECIPE FOR RICE (1344) 1. To make roux: Oven Method – Brown flour in oven on a cookie sheet (ungreased) at approximately 350°F for 10-15 minutes. Stir occasionally and watch closely because it browns quickly. (See variation for making roux.)
Oil.		1/3 cup 2 tsp		2/3 cup 4 tsp.		2. Heat oil in a tilting skillet or steam-jacketed kettle over medium heat.
Fresh Onions, Diced. Fresh Celery, Diced. Green Peppers, Diced. Garlic Powder.	2 lb. 12 oz. 1 lb 2 oz. 	3½ cups. 3½ cups. 3½ cups. ¼ cup.	4 lb. 1 lb 8 oz. 2 lb 4 oz. 	1 qt 3 cups. 1 qt 3 cups. 1 qt 3 cups. ½ cup.		3. Add onion, celery, green pepper, and garlic powder. Sauté 5 minutes or until vegetables are tender.
Ground Thyme. Cayenne Pepper. Table Salt.		2 Tbsp. 2 Tbsp. 2 tsp.		¼ cup. ¼ cup. 1 Tbsp 1 tsp.		4. Sprinkle flour, browned in Step 1, thyme, cayenne pepper, and salt over sautéed vegetable mixture. Cook 1 minute, stirring constantly.
Chicken Broth. Chicken, Cooked & Diced. Smoked Sausage, Cut. Worcestershire Sauce. Tomatoes, Diced. Boiled Okra, Drained.	5 lb 10 oz. 2 lb. 1 lb 4 oz.	¾ gal 2½ cups 1/3 cup 2 tsp 1 No. 10 can	11 lb 4 oz. 4 lb. 2 lb 8 oz.	1¾ gal 1 cup. ¾ cups. 2 No. 10 cans		5. Add chicken broth and next 5 ingredients (through okra). Bring to a boil. Optional Directions – Okra may be omitted. 6. Cover, reduce heat, and simmer 15 minutes. 7. Pour chicken and sausage gumbo in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Rice (130).		1½ gal 1 cup		3 gal 2 cups.		8. Prepare rice according to recipe directions. Place rice in half-size steam table pans (12"X10"X4"). 9. Using appropriate portion control, portion rice with 4 oz spoodle or #8 scoop. Serve 8 oz (8 oz ladle) gumbo over rice. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Chicken & Sausage Gumbo (Continued)

Serving: 8 oz gumbo and ½ cup rice provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 portions gumbo and rice
100 servings: 100 portions gumbo and rice

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	337		Iron	2.99	Mg	Protein	21.33	G	Percent ⇒	Protein	25.31%
Cholesterol	57	Mg	Calcium	66.26	Mg	Carbohydrates	36.61	G	Of ⇒	Carbohydrates	43.44%
Sodium	755	Mg	Vitamin A	186	RE	Total Fat	11.40	G	Calories ⇒	Total Fat	30.43%
Dietary Fiber	2.25	G	Vitamin C	24.97	Mg	Saturated Fat	3.15	G	From ⇒	Saturated Fat	8.41%

Production Notes:
Variation for Making Roux: Braising Pan/Tilting Skillet Method – Brown flour in braising pan over medium to high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 10 minutes or until flour is slightly brown in color. Continue with Step 2 for making Gumbo.

Serving Notes:
If raw poultry is used in place of diced, cooked chicken, thaw poultry under refrigeration (41°F) and fully cook before adding to recipe.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Gumbo, Roux Based (802)

(Chicken Gumbo, Roux Based MC802)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All purpose Flour		3½ cup		1 qt 3 cups		PULL SUB-RECIPE FOR RICE (1344) 1. To make roux: Oven Method – Brown flour in oven on a cookie sheet (ungreased) at approximately 350°F for 10-15 minutes. Stir occasionally and watch closely because it browns quickly. (See variation for making roux.)
Oil		1/3 cup 2 tsp		2/3 cup 4 tsp		2. Heat oil in a tilting skillet or steam-jacketed kettle over medium heat.
Fresh Onions, Diced Fresh Celery, Diced Green Peppers, Diced Garlic Powder	2 lb 12 oz 1 lb 2 oz	3½ cups 3½ cups 3½ cups ¼ cup	4 lb 1 lb 8 oz 2 lb 4 oz	1 qt 3 cups 1 qt 3 cups 1 qt 3 cups ½ cup		3. Add onion, celery, green pepper, and garlic powder. Sauté 5 minutes or until vegetables are tender.
Ground Thyme Cayenne Pepper Table Salt		2 Tbsp 2 Tbsp 2 tsp		¼ cup ¼ cup 1 Tbsp 1 tsp		4. Sprinkle flour, browned in Step 1, thyme, cayenne pepper, and salt over sautéed vegetable mixture. Cook 1 minute, stirring constantly.
Chicken Broth Chicken, Cooked & Diced Worcestershire Sauce Tomatoes, Diced Boiled Okra, Drained	6 lb 4 oz 1 lb 4 oz	¾ gal 2½ cups 1/3 cup 2 tsp 1 No. 10 can	12 lb 8 oz 2 lb 8 oz	1¾ gal 1 cup ¾ cup 2 No. 10 cans		5. Add chicken broth and next 4 ingredients (through okra). Bring to a boil. Optional Directions – Okra may be omitted. 6. Cover, reduce heat, and simmer 15 minutes. 7. Pour chicken gumbo in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Rice (130)		1½ gal 1 cup		3 gal 2 cups		8. Prepare rice according to recipe directions. Place rice in half-size steam table pans (12"X10"X4"). 9. Using appropriate portion control, portion rice with 4 oz spoodle or #8 scoop. Serve 8 oz (#8 ladle) gumbo over rice. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Chicken Gumbo, Roux Based (Continued)

Serving: 8 oz gumbo and ½ cup rice provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 portions of gumbo and rice
100 servings: 100 portions of gumbo and rice

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	278		Iron	3.05	Mg	Protein	21.15	G	Percent ⇒	Protein	30.48%
Cholesterol	51	Mg	Calcium	60.44	Mg	Carbohydrates	34.60	G	Of ⇒	Carbohydrates	49.85%
Sodium	696	Mg	Vitamin A	181	RE	Total Fat	5.10	G	Calories ⇒	Total Fat	16.53%
Dietary Fiber	2.18	G	Vitamin C	18.59	Mg	Saturated Fat	1.34	G	From ⇒	Saturated Fat	4.34%

Production Notes:
Variation for Making Roux: Braising Pan/Tilting Skillet Method – Brown flour in braising pan over medium to high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 10 minutes or until flour is slightly brown in color. Continue with Step 2 for making Gumbo.

Serving Notes:
If raw poultry is used in place of diced, cooked chicken, thaw poultry under refrigeration (41°F) and fully cook before adding to recipe.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Gumbo, Mix (804)

(Chicken Gumbo, Mix MC804)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Tony's Roux Mix.		1 bag.		2 bags.		PULL SUB-RECIPE FOR RICE (1344) 1. To make roux: Over medium heat, whisk Tony's Roux Mix. Mix with cool water. Bring to a boil. After mixture thickens, remove from heat. Continue to stir until well mixed.
Water.		2 qt 2 cups.		1¼ gal.		
Oil.		1/3 cup 2 tsp		2/3 cup 4 tsp.		2. Heat oil in a tilting skillet or steam-jacketed kettle over medium heat.
Fresh Onions, Diced.	2 lb.	3½ cups.	4 lb.	1 qt 3 cups.		3. Add onion, celery, green pepper, and garlic powder. Sauté 5 minutes or until vegetables are tender.
Fresh Celery, Diced.	12 oz.	3½ cups.	1 lb 8 oz.	1 qt 3 cups.		
Green Peppers, Diced.	1 lb 2 oz.	3½ cups.	2 lb 4 oz.	1 qt 3 cups.		
Garlic Powder.		¼ cup.		½ cup.		
Ground Thyme.		2 Tbsp.		¼ cup.		4. Add thyme, cayenne pepper, salt, and roux to sautéed vegetables. Cook 1 minute, stirring constantly.
Cayenne Pepper.		2 Tbsp.		¼ cup.		
Table Salt.		2 tsp.		1 Tbsp 1 tsp.		
Chicken Broth.		¾ gal 2½ cups		1¾ gal 1 cup.		5. Add chicken broth and next 4 ingredients (through okra). Bring to a boil. Optional Directions - Okra may be omitted. 6. Cover, reduce heat, and simmer 15 minutes. 7. Pour chicken gumbo in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Chicken, Cooked & Diced.	6 lb 4 oz.		12 lb 8 oz.			
Worcestershire Sauce.		1/3 cup 2 tsp		¾ cup.		
Tomatoes, Diced.		1 No. 10 can		2 No. 10 cans		
Boiled Okra Drained.	1 lb 4 oz.		2 lb 8 oz.			
Rice (130).		1½ gal 1 cup		3 gal 2 cups.		8. Prepare rice according to recipe directions. Place rice in half-size steam table pans (12"X10"X4"). 9. Using appropriate portion control, portion rice with 4oz spoodle or #8 scoop. Serve 8 oz (#8 ladle) gumbo over rice. *CCP: Hold and maintain product at a minimum temperature 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Chicken Gumbo, Mix (Continued)

Serving: **8 oz gumbo and ½ cup rice provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.**

Yield: **50 servings: 50 portions gumbo and rice**
100 servings: 100 portions gumbo and rice

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	268		Iron	2.77	Mg	Protein	20.60	G	Percent ⇒	Protein	30.75%
Cholesterol	51	Mg	Calcium	61.78	Mg	Carbohydrates	29.68	G	Of ⇒	Carbohydrates	44.29%
Sodium	720	Mg	Vitamin A	182	RE	Total Fat	6.43	G	Calories ⇒	Total Fat	21.59%
Dietary Fiber	2.01	G	Vitamin C	23.20	Mg	Saturated Fat	1.53	G	From ⇒	Saturated Fat	5.13%

Production Notes:

Serving Notes:
If raw poultry is used in place of diced, cooked chicken, thaw poultry under refrigeration (41°F) and fully cook before adding to recipe.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

White Chicken Chili (818)

(White Chicken Chili MC818)

Meat/Meat Alternate-Vegetable

Source: MS Cycles

Ingredients	*64* Servings		*128* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry Great Northern Beans		4 No. 10 cans		8 No. 10 cans		1. Rinse and drain.
Chicken Stock		2 gal 1 qt.		4½ gal.		2. Combine beans, chicken stock, garlic powder, and half of the onions in a kettle or large stock pot.
Garlic Powder		¼ cup 1 Tbsp		½ cup 2 Tbsp		
Fresh Onions, Diced		2 qt 2 cup.		1¼ gal.		
Oil		¼ cup.		½ cup.		3. Add cumin, oregano, cayenne pepper, chicken, cornstarch, and water. Mix well and add to beans.
Ground Cumin		3 Tbsp.		1/3 cup 2 tsp.		4. Cover and simmer for 1 hour.
Ground Oregano		2 Tbsp 2 tsp		1/3 cup.		
Cayenne Pepper		1 tsp.		2 tsp.		*CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Chicken, Cooked & Diced	5 lb 5 oz.		10 lb 10 oz.			
Cornstarch		¾ cup.		1½ cup.		
Water		1½ cup.		3 cups.		
Mozzarella Cheese, Shredded	1 lb 12 oz.		3 lb 8 oz.			5. Serve 1 cup in soup bowls topped with ½ oz shredded cheese. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 cup provides 2 oz meat/meat alternate and ½ cup vegetable.

Yield: 64 servings: 4 gallons
128 servings: 8 gallons

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White Chicken Chili (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	356		Iron	4.79	Mg	Protein	30.38	G	Percent ⇒	Protein	34.13%
Cholesterol	38	Mg	Calcium	231.76	Mg	Carbohydrates	45.07	G	Of ⇒	Carbohydrates	50.63%
Sodium	1340	Mg	Vitamin A	26	RE	Total Fat	6.68	G	Calories ⇒	Total Fat	16.88%
Dietary Fiber	13.79	G	Vitamin C	4.30	Mg	Saturated Fat	2.40	G	From ⇒	Saturated Fat	6.06%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Taco Soup (812)

(Taco Soup MC812)

Meat/Meat Alternate-Vegetable

Source: MS Cycles

Ingredients	*50* Servings		*100* Servings		For ___ Servings
	Weight	Measure	Weight	Measure	
Raw Ground Beef.	9 lb.	. . . . .	18 lb.	. . . . .	. . . . .
Fresh Onions, Diced.	2 lb 4 oz. . .	1 qt 2 cups. .	4 lb 8 oz. . .	3 qt.	. . . . .
Taco Seasoning Mix.	2 oz.	½ cup.	4 oz.	1 cup.	. . . . .
Ranch Seasoning Mix. . . .	2 oz.	½ cup.	4 oz.	1 cup.	. . . . .
Water.	. . . . .	2 qt 2 cups. .	. . . . .	1 gal 1 qt. . . .	. . . . .
Canned Tomatoes, Crushed	3 lb.	1 No. 10 can	6 lb.	2 No. 10 cans	. . . . .
Salsa.	1/2 lb.	. . . . .	1 lb.	. . . . .	. . . . .
Canned Whole-Kernel Corn	4 lb.	½ No. 10 can	8 lb.	1 No. 10 can. .	. . . . .
Canned Kidney Beans. . . .	11 lb 6 oz. .	2 No. 10 cans	22 lb 12 oz. .	4 No. 10 cans	. . . . .

Directions

1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
2. Add onions and cook until soft.
3. Add seasonings, water, crushed tomatoes, salsa, corn, and kidney beans to meat mixture and mix well. (Do not drain vegetables.)
4. Simmer for 15-20 minutes.

CCP: Heat product until internal temperature reaches 155°F.

5. Transfer to steam table pans. Serve immediately or cover and place in warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.

6. Serve 1 cup of soup with 8 oz spoodle or 8 oz ladle.

Serving: 1 cup soup provides 2 oz meat/meat alternate and ½ cup vegetable.

Yield: 50 servings: about 3 gallons of soup
100 servings: about 6 gallons soup

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Taco Soup (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	240		Iron	2.99	Mg	Protein	19.55	G	Percent ⇒	Protein	32.62%
Cholesterol	48	Mg	Calcium	54*	Mg	Carbohydrates	22.65	G	Of ⇒	Carbohydrates	37.79%
Sodium	563	Mg	Vitamin A	75	RE	Total Fat	8.34	G	Calories ⇒	Total Fat	31.32%
Dietary Fiber	4.56	G	Vitamin C	12.5	Mg	Saturated Fat	3.10	G	From ⇒	Saturated Fat	11.65%

Production Notes:

Serving Notes:
Optional: Garnish with ¼ oz shredded cheese.
Soup thickens as it simmers, so best if served within 2 hours of preparation.
Instead of crushed tomatoes and salsa, you can use Ro-tel tomatoes.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Vegetable Soup (814)

(Vegetable Soup MC814)

Meat/Meat Alternate-Vegetable

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Oil.		¼ cup.		½ cup.		1. Sauté peppers and onions in oil until tender; about 5 minutes.
Green Peppers, Diced.	2 oz.		4 oz.			
Fresh Onions, Diced.	6 oz.		12 oz.			
Canned Mixed Vegetables.		½ No. 10 can		1 No. 10 can.		2. Add tomatoes, beans, corn, mixed vegetables, and salsa. Bring to a boil.
Canned Pinto Beans.		1 1/3 #10 can		2¾ No. 10 cans		
Canned Whole-Kernel Corn		½ No. 10 can		1 No. 10 can		
Salsa.		2½ cups.		5 cups.		
Canned Tomatoes, Diced.		½ No. 10 can		1 No. 10 can.		
Canned Tomato Sauce.		½ No. 10 can		1 No. 10 can.		
Table Salt.		1½ Tbsp.		3 Tbsp.		3. Add salt, black pepper, liquid smoke, garlic powder and water to mixture. Bring to a simmer. Reduce temperature. Cover and simmer for 30 minutes.
Black Pepper.		1 Tbsp.		2 Tbsp.		
Liquid Smoke.	1 oz.		2 oz.			
Garlic Powder.		½ Tbsp.		1 Tbsp.		
Water.		1 qt ¾ cup.		2 qt 1½ cup.		*CCP: Heat product to a minimum temperature of 140°F.*
						4. Pour into deep half-size steam table pans. Portion 1 cup with 8 oz ladle. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 cup of soup provides 1 oz meat/meat alternate and ½ cup vegetable.

Yield: 50 servings: about 3 gallons of soup
100 servings: about 6 gallons of soup

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Vegetable Soup (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	124		Iron	2.19	Mg	Protein	5.95	G	Percent ⇒	Protein	19.11%
Cholesterol	0	Mg	Calcium	59	Mg	Carbohydrates	21.99	G	Of ⇒	Carbohydrates	70.67%
Sodium	796	Mg	Vitamin A	342	RE	Total Fat	2.12	G	Calories ⇒	Total Fat	15.36%
Dietary Fiber	5.70	G	Vitamin C	11.7	Mg	Saturated Fat	0.35	G	From ⇒	Saturated Fat	2.54%

Production Notes:
Other cooked dried beans may be substituted for the kidney beans. Check with the Food Buying Guide to determine amount to substitute for 100 1-ounce servings of meat/meat alternate.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Vegetable Beef Soup (816)

(Vegetable Beef Soup MC816)

Meat/Meat Alternate-Vegetable

Source: MS Cycles

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef	5 lb.		10 lb.			1. Brown ground beef, green peppers, onions, salt and pepper together and drain. Press draining beef to remove excess fat. After draining ground beef mixture, continue cooking.
Fresh Green Peppers, Diced	2 oz.	3/8 cup	4 oz.	¾ cup		
Fresh Onions, Diced	6 oz.	1 cup	12 oz.	2 cups		
Table Salt		1 Tbsp 1½ tsp		3 Tbsp.		
Black Pepper		1 Tbsp.		2 Tbsp.		
Canned Mixed Vegetables	2 lb 3 oz.	½ No. 10 can	4 lb 6 oz.	1 No. 10 can.		2. Combine beef mixture, canned vegetables, salsa, and tomatoes together. (DO NOT DRAIN VEGETABLES.)
Canned Potatoes, Diced	3 lb 5 oz.	½ No. 10 can	6 lb 10 oz.	1 No. 10 can.		3. Cover and simmer 30 minutes.
Canned Whole-Kernel Corn	2 lb 3 oz.	½ No. 10 can	4 lb 6 oz.	1 No. 10 can.		*CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Salsa	1 lb 4 oz.	2½ cups	2 lb 8 oz.	1 qt 1 cup.		
Canned Tomatoes, Diced	3 lb 3 oz.	½ No. 10 can	6 lb 6 oz.	1 No. 10 can.		
Canned Tomatoes, Crushed	3 lb 6 oz.	½ No. 10 can	6 lb 6 oz.	1 No. 10 can.		
						4. Pour into half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans.
						5. Portion with 6 oz ladle (3/4 cup). *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: ¾ cup (6 oz ladle) provides 1 oz meat/meat alternate and ½ cup vegetable.

Yield: 50 servings: 2¾ gallons of soup
100 servings: 5½ gallons of soup

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Vegetable Beef Soup (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	135		Iron	1.93	Mg	Protein	10.01	G	Percent ⇒	Protein	29.65%
Cholesterol	27	Mg	Calcium	44	Mg	Carbohydrates	13.50	G	Of ⇒	Carbohydrates	39.99%
Sodium	517	Mg	Vitamin A	342	RE	Total Fat	4.68	G	Calories ⇒	Total Fat	31.17%
Dietary Fiber	2.57	G	Vitamin C	14.6	Mg	Saturated Fat	1.73	G	From ⇒	Saturated Fat	11.55%

Production Notes:

Serving Notes:
Soup and Sandwich Combo: May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich. ¾ cup of soup and 1 sandwich provides 2 oz meat/meat alternate, ½ cup vegetable, and 2 grain/bread. To obtain an accurate nutrient analysis, combine nutrient information from this recipe card and the nutrient information from the sandwich of choice.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Noodle Soup (806)

(Chicken Noodle Soup MC806)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles USDA H-2

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Stock		3 gal.		6 gal.		1. Combine stock, celery, carrots, onions, parsley flakes, pepper and poultry seasoning.
Fresh Celery, Chopped	1 lb 8 oz.	1 qt 1¾ cups	3 lb.	2 qt 3½ cups		
Fresh Carrots, Chopped	12 oz.	2¼ cups	1 lb 8 oz.	1 qt ¾ cup		
Dehydrated Onion Flakes	1¾ oz.	½ cup	3½ oz.	1 cup		
Dried Parsley Flakes		¼ cup		½ cup		
Black Pepper		1 tsp.		2 tsp.		
Poultry Seasoning	1/8 oz.	1tsp.	¼ oz.	2 tsp.		
						2. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
Egg Noodle Pasta	1 lb 4 oz.	3¾ qt.	2 lb 8 oz.	1 gal 3½ qt.		3. Add noodles and chicken. Return to simmer and cover.
Chicken, Cooked & Diced	3 lb 3 oz.	2 qt 2 cups	6 lb 6 oz.	1 gal 1 qt.		
						4. Simmer for 10 minutes or until noodles are tender. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
						5. Pour into serving pans. 6. Portion with 8 oz ladle (1 cup serving). *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 8 oz ladle (1 cup) provides 1 oz meat/meat alternate and ½ grain/bread.

Yield: 50 servings: about 3 ¼ gallons soup
100 servings: about 6 ½ gallons soup

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Chicken Noodle Soup (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	117		Iron	0.96	Mg	Protein	10.55	G	Percent ⇒	Protein	35.98%
Cholesterol	36	Mg	Calcium	17.92	Mg	Carbohydrates	12.40	G	Of ⇒	Carbohydrates	42.31%
Sodium	711	Mg	Vitamin A	270	RE	Total Fat	2.96	G	Calories ⇒	Total Fat	22.75%
Dietary Fiber	1.06	G	Vitamin C	2.72	Mg	Saturated Fat	0.72	G	From ⇒	Saturated Fat	5.52%

Production Notes:
Variation: Chicken or Turkey Rice Soup – Follow Steps 1 and 2. In Step 3, omit noodles. For 50 servings, use 1 lb 6 ½ oz (3¼ cups) rice. For 100 servings, use 2 lb 13 oz (1 qt 2 ½ cups) rice. Simmer for 20 minutes. Continue with Steps 4 and 5.

Serving Notes:
May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich. 1 cup of soup and 1 sandwich provides 2 oz meat/meat alternate and 2 ½ grains/breads. To obtain an accurate nutrient analysis, combine nutrient information on this recipe card and the nutrient information from the sandwich of choice.

Purchasing Guide:
Use commodity products when available.
Turkey may be used in place of chicken.

Miscellaneous Notes:

Loaded Baked Potato Soup (808)

(Loaded Baked Potato Soup MC808)

Meat/Meat Alternate-Vegetable

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Whole Baking Potatoes. . .	. . . . .	20 large potatoes. .	. . . . .	40 large potatoes. . .	. . . . .	1. Wash potatoes. Bake at 400°F for 1 hour or until done. Cool. Cube potatoes with skin on. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Margarine.	1 lb 10 oz. . .	. . . . .	3 lb 5 oz. . .	. . . . .	. . . . .	2. Melt margarine on low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk. Cook over medium heat, stirring until thick and bubbly. 3. Stir in potatoes, salt, pepper, cheese bacon, and green onions. Cook until heated. Do not boil. Stir in sour cream. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
All Purpose Flour.	. . . . .	3 1/3 cups. . .	. . . . .	1 qt 2 5/8 cups	. . . . .	
Reconstituting Non-Fat Dry Milk.	. . . . .	1¾ gal 2 cups		3¾ gal.	. . . . .	
Table Salt.	. . . . .	1 tbsp 1 tsp. .	. . . . .	2 Tbsp 2 tsp. .	. . . . .	
Black Pepper.	. . . . .	2 tsp.	. . . . .	1 Tbsp 1 tsp. .	. . . . .	
American Cheese, Sliced. .	1 lb 14 oz. .	. . . . .	. . . . .	. . . . .	. . . . .	
Precooked Sliced Bacon. . .	. . . . .	60 slices. . .	3 lb 12 oz. .	120 slices. . .	. . . . .	
Fresh Green Onions, Sliced	. . . . .	20 onions. . .	. . . . .	40 onions. . .	. . . . .	
Non-Dairy Sour Cream. . .	2 lb 8 oz. . .	. . . . .	. . . . .	. . . . .	. . . . .	
			5 lb.			
						4. Portion 1 cup soup per serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 cup of soup provides ½ oz meat/meat alternate and ½ cup vegetable.

Yield: 50 servings: about 3 gallons of soup
100 servings: about 6 gallons of soup

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Loaded Baked Potato Soup (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	462		Iron	2.06	Mg	Protein	16.27	G	Percent ⇒	Protein	14.08%
Cholesterol	29	Mg	Calcium	342	Mg	Carbohydrates	41.74	G	Of ⇒	Carbohydrates	36.14%
Sodium	557*	Mg	Vitamin A	176	RE	Total Fat	25.80	G	Calories ⇒	Total Fat	50.25%
Dietary Fiber	3.03	G	Vitamin C	13.7	Mg	Saturated Fat	11.22	G	From ⇒	Saturated Fat	21.86%

Production Notes:
Canned whole potatoes may be used when baked.
Soup provides only ½ oz meat/meat alternate and should be served with a 2 oz sandwich.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Chicken Noodle Soup and Sandwich Combo(820)

(Chick nodle Soup Sand Combo MC820)

Category: Soup and Sandwich Combo

Source: MS Cycles II

Ingredients	*1* Serving		Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Noodle Soup MC806.....	.....	1 8 oz serving.	.....	.....	.....	1. Prepare soup according to recipe directions. Follow CCP for each recipe.
Assorted Sandwiches, Combo, MC 701.....	.....	1 sandwich...	.....	.....	.....	2.. Prepare sandwiches according to recipe directions. Maintain at correct temperature for hot or cold sandwich items. Follow CCP for each recipe for each food item.
						3. Serve 1 portion soup and 1 sandwich for each serving. Follow CCP for each recipe for each food item.

Serving: 1 sandwich and 1 serving soup provide 2 oz. meat/meat alternate and 2 servings grains/breads

Yield: Determined by number of servings prepared

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Chicken Noodle Soup and Sandwich Combo (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	432		Iron	2.77	Mg	Protein	21.76	G	Percent ⇒	Protein	20.17%
Cholesterol	51	Mg	Calcium	157.06	Mg	Carbohydrates	45.52	G	Of ⇒	Carbohydrates	42.18 %
Sodium	1257	Mg	Vitamin A	312	RE	Total Fat	18.71	G	Calories ⇒	Total Fat	39.00 %
Dietary Fiber	3.04	G	Vitamin C	3.38	Mg	Saturated Fat	5.98	G	From ⇒	Saturated Fat	12.46 %

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Vegetable Beef Soup and Sandwich Combo(822)

(Veg Beef Soup Sand Combo MC822)

Category: Soup and Sandwich Combo

Source: MS Cycles II

Ingredients	*1* Serving		Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable Beef Soup MC816		1 8 oz serving.				1. Prepare soup according to recipe directions. Follow CCP for each recipe.
Assorted Sandwiches, Combo, MC701		1sandwich				2.. Prepare sandwiches according to recipe directions. Maintain at correct temperature for hot or cold sandwich items. Follow CCP for each recipe for each food item.
						3. Serve 1 portion soup and 1 sandwich for each serving. Follow CCP for each recipe for each food item.

Serving: 1 sandwich and 1 serving soup provide 2 oz. meat/meat alternate and 2 servings grains/breads

Yield: Determined by number of servings prepared

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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Vegetable Beef Soup and Sandwich Combo (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	450		Iron	3.74	Mg	Protein	21.23	G	Percent ⇒	Protein	18.89 %
Cholesterol	42	Mg	Calcium	183.46	Mg	Carbohydrates	46.63	G	Of ⇒	Carbohydrates	41.49 %
Sodium	1063	Mg	Vitamin A	384	RE	Total Fat	20.42	G	Calories ⇒	Total Fat	40.89 %
Dietary Fiber	4.56	G	Vitamin C	15.30	Mg	Saturated Fat	6.99	G	From ⇒	Saturated Fat	14.00 %

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Vegetable Soup and Sandwich Combo(824)

(Vegetabl Soup Sand Combo MC824)

Category: Soup and Sandwich Combo

Source: MS Cycles II

Ingredients	*1* Serving		Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable Soup MC814		1 8 oz. serving				1. Prepare soup according to recipe directions. Follow CCP for each recipe.
Assorted Sandwiches, Combo, MC701		1sandwich				2.. Prepare sandwiches according to recipe directions. Maintain at correct temperature for hot or cold sandwich items. Follow CCP for each recipe for each food item.
						3. Serve 1 portion soup and 1 sandwich for each serving. Follow CCP for each recipe for each food item.

Serving: 1 sandwich and 1 serving soup provide 2 oz. meat/meat alternate and 2 servings grains/breads

Yield: Determined by number of servings prepared

(Continued on Back)

Vegetable Soup and Sandwich Combo (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	439		Iron	4.00	Mg	Protein	17.16	G	Percent ⇒	Protein	15.64 %
Cholesterol	15	Mg	Calcium	198.52	Mg	Carbohydrates	55.11	G	Of ⇒	Carbohydrates	50.23 %
Sodium	1343	Mg	Vitamin A	385	RE	Total Fat	17.87	G	Calories ⇒	Total Fat	36.64 %
Dietary Fiber	7.69	G	Vitamin C	12.34	Mg	Saturated Fat	5.61	G	From ⇒	Saturated Fat	11.50 %

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

MEAT/MEAT ALTERNATES
Vegetarian

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure with a fluid measure.

Review *Culinary Techniques for Healthy School Meals* for food preparation techniques about food items.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the food item.

Arroz Con Queso (900)

(Arroz Con Queso, MC900)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles USDA D-48

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Long-Grain White Rice	2 lb 4 oz.	1 qt 1 cup.	4 lb 8 oz.	2 qt 2 cups.		1. Cook rice in stockpot or steam-jacketed kettle, covered, for 12 minutes or until tender.
Water		2 qt 1 cup.		1 gal 2 cups.		
Fresh Onions, Chopped	1 lb 8 oz.	2 qt 2 cups.	3 lb.	1 gal 1 qt.		2. Drain and rinse black beans. Combine with other ingredients and add to rice. Spread 1 gal 1 qt (11 lb) in each steam table pan (12"X10"X2½").
OR	**OR**		**OR**	**OR**		
Dehydrated Onions	3 oz.	1 cup.	6 oz.	2 cups.		
Canned Mild Green Chiles, Drained, Chopped	12 oz.	1½ cups.	1 lb 8 oz.	3 cups.		3. To bake: Conventional Oven: 350°F for 35 minutes Convection Oven: 325°F for 30 minutes Bake until thoroughly heated.
Canned Jalapeño Peppers, Drained, Chopped	4 oz.	1 cup.	8 oz.	2 cups.		
Granulated Garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp.		
Low-Fat Yogurt, Plain	3 lb.	1 qt 2 cups.	6 lb.	3 qt.		*CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Low-Fat Milk		1 qt 1 cup.		2 qt 2 cups.		
Salt		2 tsp.		1 Tbsp 1 tsp.		
Mozzarella Cheese, Shredded	2 lb.	2 qt 2 cups.	4 lb.	1 gal 1 qt.		
American Cheese, Shredded	1 lb 8 oz.	1 qt 2½ cups	3 lb.	3 qt 1 cup.		
Canned Black Beans, Drained	4 lb.		8 lb.			
Fresh Tomatoes, Chopped	1 lb 8 oz.	1 qt 2 cups.	3 lb.	3 qt.		4. Sprinkle 3 cups (12 oz) of chopped tomatoes and 1 qt 1 cup (1 lb 4 oz) of American cheese over top of each pan and bake for 5 minutes or until cheese is melted.
American Cheese, Shredded	3 lb.	3 qt.	6 lb.	1 gal 2 qt.		5. Serve immediately or cover and place in warmer until ready for service.
						6. Cut each pan 5X5 (25 portions per pan) or portion with No. 8 scoop (1/2 cup per serving).
						CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.

Serving: ½ cup (No. 8 scoop) provides 1½ oz meat/meat alternate, 1/8 cup vegetable, and ¾ grain/bread.

Yield: 50 servings: about 25 lb
100 servings: about 20 lb

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Arroz Con Queso (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	358		Iron	1.80	Mg	Protein	20.04	G	Percent ⇒	Protein	22.40%
Cholesterol	49*	Mg	Calcium	449	Mg	Carbohydrates	30.06	G	Of ⇒	Carbohydrates	33.60%
Sodium	924	Mg	Vitamin A	140	RE	Total Fat	17.38	G	Calories ⇒	Total Fat	43.70%
Dietary Fiber	2.33	G	Vitamin C	7.24	Mg	Saturated Fat	11.20*	G	From ⇒	Saturated Fat	28.17%

Production Notes:
Yogurt may be thickened with cornstarch.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Bean Burrito (902)

(Bean Burrito MC902)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh Onions, Diced.	. . . . .	¾ cup 1 Tbsp	. . . . .	1 2/3 cup. . . .	. . . . .	1. Mix onions, garlic powder, pepper, tomato paste, water and seasonings. Blend well. Simmer for 15 minutes.
Garlic Powder.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Black Pepper.	. . . . .	2 tsp.	. . . . .	1 Tbsp 1 tsp. .	. . . . .	
Canned Tomato Paste. . . .	. . . . .	¼ No. 10 can	. . . . .	½ No. 10 can	. . . . .	
Water.	. . . . .	1 qt.	. . . . .	2 qt.	. . . . .	
Chili Powder.	. . . . .	1/8 cup 1 oz. .	. . . . .	¼ cup 2 oz. . .	. . . . .	
Ground Cumin.	. . . . .	2 Tbsp. . . .	. . . . .	¼ cup.	. . . . .	
Paprika.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Onion Powder.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Pinto Beans, Canned or Dry	. . . . .	1¼ No. 10 can	. . . . .	2½ No. 10 cans	. . . . .	2. Combine canned (drained) pinto beans with above mixture. Puree mixture to a smooth consistency. (If using dried beans, see Step 8 for preparation instructions.)
Cheddar Cheese, Shredded	3 lb 3 oz. . .	. . . . .	6 lb 6 oz. . .	. . . . .	. . . . .	3. Heat tortillas for 3 minutes or until warm.
8" Soft Flour Tortilla.	. . . . .	50 tortillas. . .	. . . . .	100 tortillas. .	. . . . .	4. Portion bean mixture with No. 12 scoop (1/3 cup) onto each tortilla. Top bean mixture with 1 ounce of cheese. Fold tortilla around beans and cheese envelope style. 5. Place folded burritos seam side down on lightly oiled pan liners (18"X26"X1") 33-35 burritos per pan. To bake: Conventional Oven: 375°F for about 15 minutes Convection Oven: 325°F for about 15 minutes *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Cheddar Cheese, Shredded	13 oz.	. . . . .	1 lb 10 oz. .	. . . . .	. . . . .	6. Sprinkle shredded cheese evenly over burritos before serving. 7. Serve 1 burrito per serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Bean Burrito (Continued)

Serving: 1 burrito provides 2 oz meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 50 burritos
100 servings: 100 burritos

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	301		Iron	2.71	Mg	Protein	17.85	G	Percent ⇒	Protein	23.71%
Cholesterol	20	Mg	Calcium	403	Mg	Carbohydrates	35.90	G	Of ⇒	Carbohydrates	47.68%
Sodium	753	Mg	Vitamin A	191	RE	Total Fat	10.06	G	Calories ⇒	Total Fat	30.08%
Dietary Fiber	5.55	G	Vitamin C	8.3	Mg	Saturated Fat	4.88	G	From ⇒	Saturated Fat	14.59%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
May substitute ½ cup 1 Tbsp of dehydrated onions for 1 2/3 cup of fresh onions.
May substitute 9 lb 4 oz of dried pinto beans, cooked, for 2½ No. 10 cans. See Recipe 912 for instructions.

Bean Taco (904)

(Bean Taco MC904)

Meat/Meat Alternate-Grain/Bread **Source: Ms Cycles II**

Ingredients	50 Servings		100 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pinto Beans, Canned or Dry		1½ No. 10 can		3 No. 10 cans		1. Use either dry (cooked) or canned (drained) pinto beans. Puree beans to a smooth consistency. (If using dried beans, see Step 5 for preparation instructions.)
Fresh Onions, Diced		¾ cup 1 Tbsp		1 2/3 cup		2. Add onions, garlic powder, pepper, tomato paste, water and seasonings. Blend well. Bring to a boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.
Garlic Powder		1½ Tbsp.		3 Tbsp.		
Black Pepper		2 tsp.		1 Tbsp 1 tsp.		
Canned Tomato Paste		¼ No. 10 can		½ No. 10 can		Alternate Instructions: Pour mixture into steam table pans sprayed with pan release spray. Bake covered, at 350°F, until heated through, about 30-45 minutes.
Water		1 qt.		2 qt.		
Chili Powder		1/8 cup 1 oz.		¼ cup 2 oz.		
Ground Cumin		1½ Tbsp.		3 Tbsp.		
Paprika		½ Tbsp.		1 Tbsp.		*CCP: Internal temperature of product must register 140°F at completion of cooking process.*
Onion Powder		½ Tbsp.		1 Tbsp.		
Mozzarella Cheese, Shredded	1 lb 10 oz.		3 lb 4 oz.			3. Blend cheeses and portion 1 ounce cheese. Combine tomatoes and lettuce and portion ¼ cup.
Cheddar Cheese, Shredded	1 lb 10 oz.		3 lb 4 oz.			
Canned Tomatoes, Diced	1 lb 4 oz.		3 lb 8 oz.			
Lettuce, Shredded	2 lb 2 oz.		4 lb 4 oz.			
Crunchy Taco Shells		100 shells.		200 shells.		4. Heat shells for 3-5 minutes. On serving line, fill each taco with #10 scoop (3/8 cup) bean mixture. With each taco, serve lettuce and tomato mixture and cheeses. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Bean Taco (Continued)

5. PREPARATION NOTE:
SOAKING BEANS
Overnight Method: Add 1¾ qt cold water to every pound of dry beans. Cover. Let stand overnight in refrigerator.
Quick-Soak Method: Boil 1¾ qt water for every pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.
COOKING DRY BEANS
Once the beans have been soaked, add ½ tsp salt for every pound of beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately or
CCP: Hold and maintain at 135°F.
Or chill for later use
CCP: Cool to 70°F within 2 hours and to 41°F within an additional 4 hours.
*1 lb dry beans=about 2½ cups dry or 6¼ cooked beans

Serving: 2 tacos provide 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 100 tacos
100 servings: 200 tacos

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	285		Iron	2.88	Mg	Protein	13.22	G	Percent ⇒	Protein	18.56%
Cholesterol	1	Mg	Calcium	275	Mg	Carbohydrates	30.47	G	Of ⇒	Carbohydrates	42.77%
Sodium	698	Mg	Vitamin A	306	RE	Total Fat	12.30	G	Calories ⇒	Total Fat	38.84%
Dietary Fiber	6.29	G	Vitamin C	6.97	Mg	Saturated Fat	1.46	G	From ⇒	Saturated Fat	4.62%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
May substitute ½ cup 1 Tbsp of dehydrated onions for 1 2/3 cup of fresh onions.
May use ½ cup 1 Tbsp of Mexican Seasoning Mix (see G-1, Sauces and Gravies) in place of the chili powder, ground cumin, paprika, and onion powder.
May substitute 3½ No. 10 cans for 14 lb 4 oz of dry pinto beans, cooked.

Cheesy Breadsticks with Marinara Sauce (906)

(Cheesy Breadsticks with Marinara Sauce MC906)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Breadsticks with Cheese. . .	. . . . .	100 breadstick	. . . . .	200 breadsticks	. . . . .	1. Bake breadsticks according to package directions.
Marinara Sauce.	. . . . .	50-1oz packet	. . . . .	100-1oz packet	. . . . .	2. Portion 2 breadsticks with 1 portion control packet of marinara sauce. Variation: Use with 2 ounce portion commodity spaghetti sauce or salsa.

Serving: 2 breadsticks with marinara sauce provides 2 oz meat/meat alternate and 2 grains/breads.

Yield: 50 servings: 100 breadsticks w/ marinara
100 servings: 200 breadsticks w/ marinara

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	346		Iron	1.08	Mg	Protein	16.06	G	Percent ⇒	Protein	18.55%
Cholesterol	15	Mg	Calcium	452	Mg	Carbohydrates	35.11	G	Of ⇒	Carbohydrates	40.57%
Sodium	1143	Mg	Vitamin A	201	RE	Total Fat	15.05	G	Calories ⇒	Total Fat	39.14%
Dietary Fiber	1.00	G	Vitamin C	0.0	Mg	Saturated Fat	4.01	G	From ⇒	Saturated Fat	10.44%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Cheesy Macaroni (908)

(Cheesy Macaroni MC908)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles USDA D-51

Ingredients	50 Servings		100 Servings		For ___ Servings
	Weight	Measure	Weight	Measure	
Elbow Macaroni	2 lb 10 oz.		5 lb 4 oz.		
Water		1 gal 2 qt.		3 gal.	
Margarine	12 oz.	1½ cups.	1 lb 8 oz.	3 cups.	
All-Purpose Flour	12 oz.	3 cups.	1 lb 8 oz.	1 qt 2 cups.	
Table Salt	1 oz.	1 Tbsp 1 tsp	2 oz.	3 Tbsp 1 tsp.	
Dry Mustard		1 Tbsp.		2 Tbsp.	
White Pepper		1 tsp.		2 tsp.	
Paprika		1 Tbsp.		2 Tbsp.	
Low-Fat Milk		1 gal 1 qt.		2 gal 2 qt.	
Worcestershire Sauce		2 tsp.		1 Tbsp 1 tsp.	
American Cheese, Shredded	4 lb 8 oz.	1 gal 2 cups.	9 lb.	2 gal 1 qt.	
Parmesan Cheese, Grated	8 oz.	2 cups.	1 lb.	1 qt.	
Soft Bread Crumbs	6 oz.	2 cups.	12 oz.	1 qt.	
American Cheese, Shredded	1 lb 8 oz.	1 qt 2 cups.	3 lb.	3 qt.	

Directions

1. Cook elbow macaroni in steam-jacketed kettle until firm-tender, about 8 minutes. Drain and rinse in cold water.
2. Melt margarine in a stock pot or steam-jacketed kettle.
3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to melted margarine. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.
4. Heat milk in a stock pot to a simmer, and then slowly add milk to flour mixture, stirring continuously. Cook until smooth and thick.
5. Add Worcestershire sauce, shredded American cheese, and parmesan cheese to the white sauce. Stir over low heat until cheese melts.
6. Combine well-drained macaroni and sauce. Mix well. Divide evenly into steam table pans (12"X20"X2½"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. Cover with a lid or aluminum foil.
7. To bake:
   Conventional Oven: 350°F for 30 minutes
   Convection Oven:325°F for 25 minutes
8. Combine bread crumbs and shredded American cheese in a bowl. Sprinkle 1 lb (3½ cups) over each pan.
9. Bake an additional 5 minutes, uncovered, until lightly browned.

CCP: Internal temperature of product must register 140°F at completion of cooking process.

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Cheesy Macaroni (Continued)

						10. Cut pan 5X5 (25 servings per pan). Scoop portions with spoon or spatula. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 2/3 cup provides 2 oz meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 50 portions
100 servings: 100 portions

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	445		Iron	1.50	Mg	Protein	21.52	G	Percent ⇒	Protein	19.33%
Cholesterol	62	Mg	Calcium	508	Mg	Carbohydrates	30.55	G	Of ⇒	Carbohydrates	27.44%
Sodium	1253	Mg	Vitamin A	268	RE	Total Fat	26.20	G	Calories ⇒	Total Fat	52.95%
Dietary Fiber	1.24	G	Vitamin C	1.10	Mg	Saturated Fat	14.13	G	From ⇒	Saturated Fat	28.56%

Production Notes:

Serving Notes:
Fresh sliced tomatoes (1/2 oz portion) make an excellent garnish.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Lada Burrito with Beans (910)

(Lada Burrito with Beans MC910)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	36 Servings Weight	36 Servings Measure	72 Servings Weight	72 Servings Measure	For ___ Servings
Fresh Onions, Diced.	1 lb.		2 lb.		
Canned Pinto Beans.		2 No. 10 cans		4 No. 10 cans	
Garlic Powder.		3 Tbsp.		1/3 cup 2 tsp.	
Table Salt.		1 Tbsp.		2 Tbsp.	
Salsa.		½ No. 10 can		1 No. 10 can.	
8" Soft Flour Tortillas.		36 tortillas.		72 tortillas.	
5 Cheese Blend, Shredded	2 lb.		4 lb.		
Salsa.		3½ cups.		1 qt 3 cups.	

Directions

1. Spray pan with cooking spray; sauté onions until tender.
2. Combine cooked onion, refried beans, garlic powder, salt, and salsa in a large pot. Heat until the product is warm.
3. Using a No. 8 scoop, place bean mixture in center of tortilla. Fold bottom end up and place seamed side down in steam table pans sprayed with pan spray.
4. Sprinkle cheese on burritos to completely cover. Cover pans with lid or aluminum foil.
5. Heat burritos to 145°F in a 350°F oven. Top each burrito with salsa after they are allowed to cool slightly. Serve one burrito for each serving.

CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.

Serving: 1 burrito provides 2 oz meat/meat alternate and 1 grain/bread.

Yield: 36 servings: 36 burritos
72 servings: 72 burritos

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	369		Iron	4.78	Mg	Protein	20.01	G	Percent ⇒	Protein	21.69%
Cholesterol	18	Mg	Calcium	292	Mg	Carbohydrates	51.81	G	Of ⇒	Carbohydrates	56.15%
Sodium	1261	Mg	Vitamin A	74	RE	Total Fat	9.40	G	Calories ⇒	Total Fat	22.93%
Dietary Fiber	9.85	G	Vitamin C	4.92	Mg	Saturated Fat	3.95	G	From ⇒	Saturated Fat	9.63%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

Pinto Beans (912)

(Pinto Beans MC912)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry Pinto Beans.	4 lb 13 oz. .	. . . . .	9 lb 10 oz. .	. . . . .	. . . . .	1. Sort beans, discarding any stones, other foreign material and shriveled vegetables. Rinse with cold water.
Water.	. . . . .	1½ gal. . . .	. . . . .	3 gal.	. . . . .	2. Heat water to boiling in a braising pan, steam-jacketed kettle, or large stock pot. 3. Add dry beans. 4. Return to rolling boil. Allow to boil for 3 minutes.
Pinto Bean Seasoning Mix. .	. . . . .	½ package. .	. . . . .	1 package. . .	. . . . .	5. Turn off steam and allow to stand for 1 hour. 6. Add seasoning packet. Cook slowly until vegetables are tender (1½ hours). Add more water if needed. *CCP: Internal temperature of product must register 140°F*
						7. Drain some liquid from beans and place in serving pans. Serve immediately or cover and place in warmer until ready for service. 8. Portion with No. 8 scoop (1/2 cup). *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: ½ cup (4 oz spoodle or No. 8 scoop) provides 2 oz meat/meat alternate and ½ cup vegetable.

Yield: 50 servings: about 1½ gallons
100 servings: about 3 gallons

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Pinto Beans (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	160		Iron	2.99	Mg	Protein	9.12	G	Percent ⇒	Protein	22.82%
Cholesterol	0	Mg	Calcium	55.10	Mg	Carbohydrates	29.95	G	Of ⇒	Carbohydrates	74.98%
Sodium	337	Mg	Vitamin A	0	RE	Total Fat	0.49	G	Calories ⇒	Total Fat	2.78%
Dietary Fiber	10.65	G	Vitamin C	3.19	Mg	Saturated Fat	0.10	G	From ⇒	Saturated Fat	0.58%

Production Notes:

Serving Notes:
Presentation Ideas: Culinary Techniques provides excellent ideas for seasoning peas and beans.

Purchasing Guide:
Use commodity products when available
Canned or frozen vegetables may be used instead of dried. Refer to the Food Buying Guide Pyramid for appropriate measures to meet the vegetable component.

Miscellaneous Notes:
Dried beans may be covered with cold water and soaked overnight, drained, then cooked.

Vegetable Lasagna (914)

(Vegetable Lasagna MC914)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles USDA D-50

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lasagna Noodles.	2 lb 13 oz. .	45 noodles. .	5 lb 10 oz. .	90 noodles. . .	. . . . .	1. Cook lasagna noodles in a stock pot or steam-jacketed kettle for 10-12 minutes, until tender. Drain. Hold in cold water.
Vegetable Oil.	. . . . .	¼ cup.	. . . . .	½ cup.	. . . . .	2. In sauté pan, heat the vegetable oil. Add the zucchini, mushrooms, and onions. Sauté for 3 minutes, until tender. Stir in flour and cook 3 minutes. Remove from heat and set aside.
Fresh Zucchini, Sliced. . . .	1 lb.	2½ cups. . . .	2 lb.	1 qt 1 cup. . .	. . . . .	
Fresh Mushrooms, Sliced. .	12 oz.	1 qt 1 cup. . .	1 lb 8 oz. . .	2 qt 2 cups. . .	. . . . .	
OR	**OR**	**OR**	**OR**	**OR**		
Canned Mushrooms, Sliced, Drained.	8 oz.	1 cup.	1 lb.	2 cups.	. . . . .	
Fresh Onions, Diced.	9 oz.	1½ cups. . . .	1 lb 2 oz. . .	3 cups.	. . . . .	
All-Purpose Flour.	2 oz.	½ cup.	4 oz.	1 cup.	. . . . .	
Frozen Broccoli, Chopped. .	2 lb 8 oz. . .	3 qt.	5 lb.	1 gal 2 qt. . . .	. . . . .	3. Place broccoli in a steam table pan (12"X20"X2½") and steam for 6 minutes, until tender. Drain well and set aside.
Canned Tomato Sauce. . .	8 lb 1 oz. . .	1 No. 10 can	16 lb 2 oz. .	2 No. 10 cans	. . . . .	4. In a steam-jacketed kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
Canned Tomato Paste. . . .	2 lb.	3½ cups. . . .	4 lb.	1 qt 3 cups. . .	. . . . .	5. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Ground Oregano.	. . . . .	¼ cup 2 Tbsp	. . . . .	¾ cup.	. . . . .	
Garlic Powder.	. . . . .	1¾ tsp. . . .	. . . . .	1 Tbsp ½ tsp. .	. . . . .	
Low-Fat Cottage Cheese. .	8 lb.	1 gal.	16 lb.	2 gal.	. . . . .	6. In a large bowl, combine the low-fat cottage cheese, dried parsley, garlic powder, and bread crumbs. Mix well.
Dried Parsley.	. . . . .	¼ cup.	. . . . .	½ cup.	. . . . .	7. Combine parmesan cheese and mozzarella cheese.
Garlic Powder.	. . . . .	2 tsp.	. . . . .	1 Tbsp 1 tsp. .	. . . . .	
Dry Bread Crumbs.	8 oz.	2 cups.	1 lb.	1 qt.	. . . . .	
Parmesan Cheese, Grated	2 oz.	½ cup.	4 oz.	1 cup.	. . . . .	
Mozzarella Cheese, Grated	1 lb 14 oz. .	1 qt 3½ cups	3 lb 12 oz. .	3 qt 3 cups. . .	. . . . .	
						8. Spread 1 cup of vegetable sauce on the bottom of each steam table pan to prevent sticking. Assemble ingredients as follows: 1st layer: a. 7 ½ lasagna noodles b. 1 qt cottage cheese mixture c. 1 qt 1 cup vegetable sauce d. 2¼ cups parmesan-mozzarella mixture 2nd layer: Repeat first layer 3rd layer: a. 7½ lasagna noodles b. 2½ cups vegetable sauce

(Continued on Back)

Vegetable Lasagna (Continued)

Parmesan Cheese, Grated	4 oz.	1 cup.	8 oz.	2 cups.	. . . . .	9. Sprinkle ½ cup of parmesan cheese over each pan of lasagna. Cover with plastic wrap and aluminum foil. 10. To bake: Conventional Oven: 375°F for 50 minutes Convection Oven: 350°F for 40 minutes Bake until bubbling. 11. Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5X5 (25 servings per pan). Portion 1 square per serving.

Serving: 1 square provides 2 oz meat/meat alternate, ¾ cup vegetable and 1 grain/bread.

Yield: 50 servings: 25 lb 12 oz
100 servings: 51 lb 8 oz

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	278		Iron	2.55	Mg	Protein	22.12	G	Percent ⇒	Protein	31.81%
Cholesterol	37	Mg	Calcium	255	Mg	Carbohydrates	33.76	G	Of ⇒	Carbohydrates	48.53%
Sodium	1091	Mg	Vitamin A	209	RE	Total Fat	7.21	G	Calories ⇒	Total Fat	23.32%
Dietary Fiber	4.00	G	Vitamin C	31.6	Mg	Saturated Fat	3.36	G	From ⇒	Saturated Fat	10.88%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes: