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: