

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.