

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-37

Adapted from: Garrett County Public Schools

**RECIPE NAME: Hot Ham, Broccoli and Cheese Pita**

Grade Group: K-12					<b>HACCP Process:</b> <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 1 pita						
Portion Size: 1 pita						
Serving Utensil:						
Servings Per Pan:						
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>		
Broccoli, frozen, chopped, thawed, steamed Whole wheat pita round Ham, water added, sliced, USDA Foods #100184, sliced  American Cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253		2.0 oz 2.5 oz  0.5 oz	½ cup 1 pita  1 slice	1. Fill pita with ½ cup broccoli florets, 2.5 oz of ham, 1 slice of cheese. 2. Place stuffed pita pockets on parchment paper lined sheet pans and cover pan with foil. Heat in oven until browned and cheese has melted. Conventional oven: 350° F for 10-15 minutes Convection oven: 350° F for 7-9 minutes <b>CCP: Hold at 135° F or higher for hot service.</b>		
<b>Total Yield</b>		Number of Pans:		Equipment (if not specified in procedures above):		
Weight:	Measure (volume):	Pan Size:				
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>
Meat/Meat Alternate		2.5 oz eq.				Calories: 280
Vegetable Subgroups		D/G	B/P	R/O	S	O
		½ cup				
Fruits						
Grains		2.0 oz eq.				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

**On, Wisconsin! Menus – Lunch Recipes**

File No: WIDPI-57  
Adapted from: USDA Recipe (Sandwiches F-07)

**RECIPE NAME: Toasted Turkey and Cheese Sandwich**

<b>Grade Group:</b> K-12	<b>HACCP Process:</b> <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
<b>Number of Portions:</b> 50	
<b>Portion Size:</b> 1 sandwich	
<b>Serving Utensil:</b>	
<b>Servings Per Pan:</b> 20	

Ingredients:	Weight	Measure	Procedure:
Margarine Blend Whole Wheat Bread, 1 oz slices	6 lb 4 oz	$\frac{3}{4}$ cup 100 slices	1. Brush approximately $\frac{1}{2}$ oz (1 Tbsp) margarine blend on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. 3. Top each slice of bread with 2 slices (3.75 oz) turkey and 2 slices (1 oz) of cheese. 4. Cover with remaining bread slices. 5. Brush tops of sandwiches with remaining margarine blend, approximately $1\frac{1}{2}$ oz (3 Tbsp) per pan. 6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes Do not over bake. 7. If desired, cut each sandwich diagonally in half. <b>CCP: Hold at 135° F or higher for hot service.</b>
Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253	3 lbs 2 oz	100 slices	
Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338	23 lbs 8 oz	100 slices	

<b>Total Yield</b>	<b>50 sandwiches</b>	<b>Number of Pans:</b> 3	<b>Equipment</b> (if not specified in procedures above):
<b>Weight:</b>	<b>Measure (volume):</b>	<b>Pan Size:</b> 18" x 26" x 1"	

<b>Meal Component Contribution Based on Portion Size:</b>						<b>Nutrient Analysis Based on Portion Size:</b>
<b>Meat/Meat Alternate</b>	3 oz eq.					<b>Calories:</b> 354
<b>Vegetable Subgroups</b>	D/G	B/P	R/O	S	O	<b>Saturated Fat (g):</b> 5.25
						<b>Sodium (mg):</b> 1270
<b>Fruits</b>						
<b>Grains</b>	2 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

# BBQ Pulled Pork on Whole Grain Bun

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pork, seasoned, Cuban brand, cooked (USDA Foods)*	24 lb	3 bags (each 8 lb)			Heat seasoned pork according to directions. 1. Drain pork. 2. Add barbeque sauce to drained pork, stirring gently.  <b>CCP: Cook pork and hold above 135° F.</b> <b>CCP: Hold at or above 135° before and during service.</b>  3. Serve 3.85 oz of pork and sauce on bun.  Notes: <ul style="list-style-type: none"> <li>Each 8 lb bag of seasoned pork provides approximately 35 portions.</li> </ul>
Barbeque sauce	4 lb 6 oz				
Whole grain hamburger buns (43 g)		100 count			

\*Iowa Processed USDA Foods

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent meat/meat alternate, 1 ¾ serving grains/breads.	100 servings

## Nutrients Per Serving

Calories	375	Vitamin A	0 IU	Iron	2.24 mg
Protein	37 g	Vitamin C	0 mg	Calcium	100 mg
Carbohydrate	30 g	Dietary Fiber	1.00 g	Cholesterol	100 mg
Fat	11 g	% Fat	27%	Sodium	870 mg
Saturated Fat	3 g	% Saturated Fat	7.7%		

# Fiesta Beans & Rice

Van Buren Middle School and the Let's Move Recipe Challenge

HACCP Process: #2 Same Day Service

Number of Portions: 50

Portion Size: 1/2 cup

One portion provides: 1/2 serving grains/breads and

1/4 cup vegetable OR 1 oz meat/meat alternate

Ingredients	
Brown rice, long grain, raw	3 lbs
Salsa	1 pint
Tomato sauce	1 pint
Beans, pinto, reduced-sodium	3 qts + 1 cup
Simple spice mix, pg. 37 (optional)	5 tbsp

## Instructions

1. Preheat oven to 350° F (325° F for convection oven).
2. Cook rice according to package directions, omitting the salt (Rice can be baked in steam table pans). Remove from heat. Divide rice evenly between 2 – 4" deep steam table pans.
3. Drain and rinse the beans. Place half (6 1/2 cups) the beans in each pan of rice.
4. Combine the salsa and tomato sauce and mix well. If using the spice mixture stir into salsa mixture. Pour 3 cups over each pan of rice and beans. Stir ingredients until well combined in each pan.
5. Cover each pan with foil and crimp tightly.
6. Place in oven and bake for 20 to 30 minutes or until internal temperature reaches 165° F.

CCP: Hold in hot cart at 135° F until serving time.

Nutritional Information *does not include spice mix					
Calories	151	Iron	1.5 mg	Protein	5.5 g 15%
Cholesterol	0 mg	Calcium	33 mg	Carbohydrates	32 g 86.0%
Sodium	226 mg	Vitamin A	227 IU	Total Fat	0.9 g 5.4%
Dietary Fiber	5 g	Vitamin C	1 mg	Saturated Fat	0.2 g 1.1%
				Trans Fat	N/A g N/A%

# Recipe Prep Sheet

Brooks County Schools



## 990145 - PINEAPPLE FRIED RICE

Recipe HACCP Process:

Source:

Number of Portions: 50

Portion Size: 1 1/4 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
990727	OIL,VEG,TYPE A-COMMOD	1 1/2 CUP	1. IN TILT SKILLET, MINCE GARLIC AND SAUTE IN OIL OVER MEDIUM-HIGH HEAT. 2. ADD EGG AND STIR-FRY FOR 5 MINUTES. 3. ADD SOY SAUCE, ONIONS AND CELERY, AND CONTINUE STIR-FRYING FOR 5 MINUTES. 4. ADD CORN, PEAS, AND PINEAPPLES. STIR FOR 2 MINS. 5. ADD COOKED RICE AND WATER. STIR-FRY FOR 5 MINUTES OVER MEDIUM-HIGH HEAT UNTIL RICE IS 135 F.
011215	GARLIC,RAW	16 cloves	
990728	SAUCE,SOY SAUCE	1/2 cup	
011282	ONIONS,RAW	12 CUP, chopped	
011143	CELERY,RAW	8 CUP,chopped	
020037	RICE,BROWN,LONG-GRAIN,CKD	34 CUP	
014429	WATER,MUNICIPAL	1 CUP	
011817	PEAS&CARROTS,FRZ,CKD,BLD,DRND,W/SALT	1 1/4 LB	
799964	CRUSHED PINEAPPLE IN PINEAPPLE JUICE	5 CUP	
990438	Eggs, Frozen Bulk Bag	50 oz	

\*Nutrients are based upon 1 Portion Size (1 1/4 CUP)

Calories <sup>1</sup>	310.886 kcal	Total Fat	10.828 g	Total Dietary Fiber	3.681 g	Vitamin C	*6.959* mg	31.346% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.197 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	8.726 g	Iron	4.914 mg	6.360% Calories from Sat Fat
Sodium <sup>1</sup>	262.276 mg	Cholesterol	107.098 mg	Vitamin A	*1152.281* IU	Water	*163.237* g	*0.000%* Calories from Trans Fat
Sugars	*2.678* g	Carbohydrate	44.312 g	Calcium	25.654 mg	Ash	*N/A* g	57.014% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.091			11.227% Calories from Protein
Type of Fat	-							

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Recipe Prep Sheet

Brooks County Schools

<b>Components</b>									
Meat/Meat ALT	oz eq	Grain	2 oz eq	Fruit	.25 cup	Vegetable	cup	Milk	cup
<b>Allergens</b>									
Egg	Soy	Wheat	Gluten						

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Recipe Prep Sheet

Brooks County Schools



## 990140 - Tomato Soup

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 25

Portion Size: 1/2 Cup

Ingredient #	Ingredient Name	Measurements	Instructions
990709	Marinara Sauce Redpack	1 #10 can	Open can of marinara.  Place in steam kettle.  While the marinara is getting warm, thinly slice the fresh basil leaves.  Once it reaches 165 F, add the heavy cream and basil. Serve 1/2 cup portions.
990562	Cream, Heavy Whipping Pasteurized	8 oz	
002044	BASIL,FRESH	1 .25 CUP, leaves, whole	

\*Nutrients are based upon 1 Portion Size (1/2 Cup )

Calories <sup>1</sup>	71.868 kcal	Total Fat	2.997 g	Total Dietary Fiber	1.864 g	Vitamin C	*0.043* mg	37.530% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.120 g	Trans Fat <sup>2</sup>	0.000 g	Protein	1.868 g	Iron	0.938 mg	14.027% Calories from Sat Fat
Sodium <sup>1</sup>	364.395 mg	Cholesterol	6.400 mg	Vitamin A	*13.940* IU	Water	*0.221* g	0.000% Calories from Trans Fat
Sugars	6.512 g	Carbohydrate	9.629 g	Calcium	19.959 mg	Ash	*N/A* g	53.590% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$2.882			10.397% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

### Allergens

Milk								
------	--	--	--	--	--	--	--	--

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Sizing Prep Report

Brooks County Schools



## 990123 - Grilled Pimento Cheese Sandwich

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: 1 sandwich

Ingredient #	Ingredient Name	Measurements	Instructions
			Combine shredded cheese,mayo,pimentos,and seasonings in a mixing bowl. (Better to prepare the day before)  <b>CCP:</b> Hold for cold service at 41° F or lower.
990669	Cheese, Cheddar Shredded Processed	12 LB + 8 oz	Preheat oven to 375 F  Build the grilled cheese sandwiches by lightly spraying garlic spray on each slice of bread. Spread 2 oz of pimento cheese per sandwich.  Top with another piece of bread. Garlic Spray.  Bake until cheese has melted and the top of the sandwich is brown.  <b>CCP:</b> Hold at 135° F or higher.
990460	Mayonnaise, Lo Cal	1 qt + 2 1/4 cup	
990424	Pepper, Cayenne Ground Red	1 cup + 1/2 tbsp	
990624	PIMENTO DC	6 LB + 4 oz	
121597	SRIRACHA SAUCE	1 LB + 9 oz	
990441	Garlic and Herb Seasoning	50 (1 tsp)	
990721	Bread, Loaf Whole Grain White Wheat	200 slice	
990595	Garlic Spray Mist	3 LB + 2 oz	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Sizing Prep Report

Brooks County Schools

\*Nutrients are based upon 1 Portion Size (1 sandwich )

Calories <sup>1</sup>	428.203 kcal	Total Fat	25.306 g	Total Dietary Fiber	*2.354* g	Vitamin C	*0.750* mg	53.188% Calories from Total Fat
Saturated Fat <sup>1</sup>	*0.995* g	Trans Fat <sup>2</sup>	*0.000* g	Protein	*8.000* g	Iron	*20.000* mg	*2.091%* Calories from Sat Fat
Sodium <sup>1</sup>	*1014.242* mg	Cholesterol	*55.349* mg	Vitamin A	*46.349* IU	Water	*N/A* g	*0.000%* Calories from Trans Fat
Sugars	*2.250* g	Carbohydrate	*30.126* g	Calcium	*45.499* mg	Ash	*N/A* g	*28.142%* Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$8.165			*7.473%* Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

Allergens							
Milk	Egg	Soy	Wheat				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Pasta Salad with Vegetables, USDA

Servings: 50 servings

Calories: 140 kcal

Fresh veggies and pasta combine with tangy dressing for a colorful, flavorful salad. A great way to enjoy a taste of summer!

## Ingredients

- 1 gallon 1 quart 2 cups Water
- 3 pounds 2 ounces Rotini pasta, wheat
- 8 ounces \*Bell peppers, green, fresh, diced
- 8 ounces \*Onions, green, fresh, chopped
- 4 pounds \*Tomatoes, cherry, fresh, halved
- 2 pounds 8 ounces \*Cucumbers, fresh, peeled, diced
- 1 pound 6 ounces \*Broccoli, florets, fresh
- 3 cups Italian dressing, lite

## Instructions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
3. Combine pasta, bell peppers, onions, tomatoes, cucumbers, and broccoli in a large bowl. Stir well. Set aside for step 5.
4. Pour 3 cups of Italian dressing over 1 gallon 3 quarts (about 8 pounds 10 ounces) vegetable and pasta mixture. Stir well.
5. Transfer 1 gallon 2 quarts (about 10 pounds 6 ounces) pasta salad to a steam table pan (12" x 20" x 2-1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

6. Portion with a 8 fluid ounce spoodle (1 cup).

## Recipe Notes

Critical Control Point: Cool to 40 °F or lower within 4 hours.

CCP: Hold at 40° F or below.

Note: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day

**Crediting: 1 cup (8 fl oz spoodle) is the equivalent of 6.2 oz of salad. One portion provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/4 cup additional vegetable, and 1 oz eq grains.**

\*Please note that this recipe contains differing crediting and serving size amounts. This is due to the expansion of the pasta once it has been cooked.

Yield 50 servings

### **Nutrition Facts per Serving (1cup)**

Calories: 140 kcal | Fat: 5 g | Sodium: 196 mg | Potassium: 201 mg | Carbohydrates: 22 g | Fiber: 2 g | Sugar: 11 g | Protein: 4 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*