

# 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%

**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			HACCP Process: <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		½ cup	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>			
Whole wheat pita round	2.0 oz	1 pita				
Ham, water added, sliced, USDA Foods #100184, sliced	2.5 oz					
American Cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253	0.5 oz	1 slice				
<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	Saturated Fat (g): 2.51
	½ cup					Sodium (mg): 1234
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			<b>Procedure:</b>  1. Brush approximately ½ 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 ½ 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>			
<b>Ingredients:</b>	<b>Weight</b>	<b>Measure</b>				
Margarine Blend Whole Wheat Bread, 1 oz slices	6 lb 4 oz	¾ cup 100 slices				
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 (if not specified in procedures above):</b>		
<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