

CHICKEN FINGER WRAP, SPICY (CSW-10)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas, herb/garlic 12" 3.5 oz. ea.	
1 tbsp.	¼ cup + 1 tbsp.	½ cup + 2 tbsp.	Mayonnaise, low fat	
2	10	20	Romaine lettuce leaves	
4	20	40	Tomato slices	
1 oz.	5 oz.	10 oz.	Mozzarella cheese, part skim, shredded	
2 oz.	10 oz.	1 lb. + 4 oz.	Spicy chicken fingers, fried	
½ oz.	2 ½ oz.	5 oz.	Jalapeno peppers, sliced	

METHOD

STEP 1

Place the herb and garlic flour tortilla on the work surface. Spoon the mayonnaise onto the center of the tortilla and then spread it evenly covering the entire surface. There will be a thin film of the mayonnaise.

STEP 2

Place the romaine leaves on the tortilla leaving about ½" from all sides. Lay the tomatoes across the center of the romaine.

STEP 3

Sprinkle the mozzarella across the entire surface of the romaine.

STEP 4

Lay the fried, crispy spicy chicken fingers end to end down the center of the tomatoes. The chicken should come within ½" of the tortilla on either side and be in the center of the tortilla from top to bottom. Lay the jalapeno slices along the chicken fingers.

STEP 5

Starting from the bottom of the tortilla bring the edge up and over the chicken, tucking the edge under the chicken slightly. Start rolling the tortilla up. When you get to the center tuck both sides in to the center. Continue rolling until you get to the end.

STEP 6

Holding the tortilla cylinder in front of you lengthwise, cut on the diagonal in the center of the roll. There should be a 2-2 ½" edge on either side. Turn the pieces opposite one another so that the cut ends are facing in the same direction and you can see the filling. Wrap a band around the closed ends to hold the halves together.

Note: When rolling up the tortilla try to keep even pressure on the filling without tearing the tortilla. The inside of the tortilla should feel firm and evenly packed without any air spaces or bulging packets. It is important to keep the filling equally spaced before rolling up the tortilla.

COMPONENTS PER PORTION

3.9 servings of bread/grains, 3 oz. meat/meat alternate, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	604
Protein	23.12 g
Carbohydrates	65.25 g
Fat-total	27.36 g
Saturated Fat	7.55 g
Cholesterol	41 mg
Vitamin A (RE)	153 RE
Vitamin C	34.8 mg
Iron	4.45 mg
Calcium	325 mg
Sodium	1195 mg
Fiber	4.65 g
% Protein	15.30
% Carbohydrate	43.19
% Total Fat	40.74
% Saturated Fat	11.25

PEPPER JACK HAM WITH HORSERADISH MUSTARD ON RYE (CSW-100A)

Portion Size – 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 fl. oz.	12 ½ fl. oz.	25 fl. oz.		Brown mustard
5 fl. oz.	12 ½ fl. oz.	25 fl. oz.		Prepared horseradish
20 slices	50 slices	100 slices		Rye bread, large slices, marbled, 1.5 oz. each
1 lb. + 9 oz.	3 lb. + 14 ½	7 lb. + 13 oz.		Ham, 95% fat free, sliced into ½ oz. slices
5 oz.	12 ½ oz.	1 lb. + 9 oz.		Pepper Jack cheese, ½ oz. slices
2 ½ cups	6 ¼ cups	3 qt. + ½ cup		Romaine leaf lettuce, chop/bagged
2 ½ cups	6 ¼ cups	3 qt. + ½ cup		Tomatoes, fresh, sliced into 1/2 oz. slices
COMPONENTS PER PORTION				Portion cost: \$0.65 if all ingredients are purchased
3.3 servings bread/grains, 2 ½ oz. meat/meat alternate, 1/2 cup vegetables				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	401			
Protein	26.08 g			
Carbohydrates	46.88 g			
Fat-total	12.06 g			
Saturated Fat	2.51 g			
Cholesterol	46 mg			
Vitamin A (RE)	37 RE			
Vitamin C	7 mg			
Iron	3.73 mg			
Calcium	212 mg			
Sodium	2094 mg			
Fiber	6.15 g			
% Protein	26.02			
% Carbohydrate	46.77			
% Total Fat	27.07			
% Saturated Fat	10.02			
NK5531				

METHOD

STEP 1

Prepare hot and spicy mustard by combining mustard and horseradish together. Put mixture in a labeled squeeze bottle.

STEP 2

To assemble each sandwich:

Put ½ fl. oz. hot and spicy mustard on each bread slice (2 slices per sandwich).

Stack the following ingredients over top of one of the prepared bread slices:

- 2 ½ oz. sliced ham (5 slices)
- ½ oz. Pepper Jack cheese (1 slice)
- ¼ cup romaine lettuce
- ¼ cup tomato slices (3 slices)

STEP 3

Top with remaining prepared bread slice.

STEP 4

Serve immediately on Sandwich Central Logo'd deli paper, or hold at 40 degrees F or lower until served. Portion size = 1 each.

POLYNESIAN HAM AND PINEAPPLE ON A PRETZEL BUN**(CSW-101)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2 ½ cups	1 qt. + 2 ¼ cups	3 qt. + ½ cup	Crushed pineapple, canned	
5 medium	12 ½ medium	25 medium	Green onions, chopped	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + ½ tbsp.	Mayonnaise, lowfat, no chol.	
5/8 tsp.	½ tbsp.	1 tbsp. + 1/8 tsp.	Ginger, ground	
10 each	25 each	50 each	Pretzel buns, 2.5 oz. each (J&J product code #3688)	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Ham, cooked, 95% fat free, commodity, sliced into ½ oz. slices	
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Swiss cheese, sliced into ½ oz. slices	
2 ½ cups	1 qt. + 2 ¼ cups	3 qt. + ½ cup	Romaine lettuce, shredded	
Portion cost = \$0.53				

COMPONENTS PER PORTION

2 ½ oz. meat/meat alternate, 2.8 servings of bread/grains, ½ cup fruit/vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	371
Protein	19.59 g
Carbohydrates	51.98 g
Fat-total	10.30 g
Saturated Fat	4.16 g
Cholesterol	40 mg
Vitamin A (RE)	108
Vitamin C	9.03 mg
Iron	3.73 mg
Calcium	522.53 mg
Sodium	817 mg
Fiber	1.92 g
% Protein	21.10
% Carbohydrate	55.98
% Total Fat	24.95
% Saturated Fat	10.09

METHOD**STEP 1**

Combine first 4 ingredients to make a sandwich spread. Mix well to combine. Allow mixture to sit under refrigeration for at least 30 minutes to allow flavors to combine.

To make each sandwich:**STEP 2**

Spread 2 tbsp. of the pineapple, onion, mayonnaise, and ginger mixture on each half of a pretzel bun.

STEP 3

Stack the following ingredients on top of the bottom half of the pretzel bun: 2 oz. ham, ½ oz. Swiss cheese, and ¼ cup shredded lettuce.

STEP 4

Top with remaining half of pretzel bun.

STEP 5

Serving size = 1 each.

RANCH WRAP**(CSW-101A)****Portion Size – 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	12" round Wheat Lavash Bread, 3.2 oz. each	
1 ½ oz.	7.5 oz.	15 oz.	Smoked ham, 95% fat free, sliced thin	
1 ½ oz.	7.5 oz.	15 oz.	Turkey breast, (commodity) , roasted, sliced thin	
¼ cup or 2 leaves	1 ¼ cup or 10 leaves	2 ½ cups or 20 leaves	Lettuce leaves, large	
¼ cup or 2 slices	1 ¼ cup or 10 slices	2 ½ cups or 20 slices	Tomato slices, ¼" thick	
½ fl. oz.	2 ½ fl. oz.	5 fl. oz.	Buttermilk Ranch Dressing	

METHOD**STEP 1**

Spread dressing on center of bread. Layer ham and turkey slices, then lettuce and tomato. Fold wrap, cut, and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

STEP 2

Portion size = 1 each

COMPONENTS PER PORTION

3.5 bread/grains, 3 oz. meat/meat alternate,
½ cup vegetables

NUTRIENT**Amount per Serving**

Portion cost = \$0.64

Calories	538
Protein	27.68 g
Carbohydrates	52.51 g
Fat-total	22.32 g
Saturated Fat	4.81 g
Cholesterol	61 mg
Vitamin A (RE)	13
Vitamin C	1.56 mg
Iron	4.44 mg
Calcium	414.20 mg
Sodium	1127 mg
Fiber	3.60 g
% Protein	20.57
% Carbohydrate	39.04
% Total Fat	37.33
% Saturated Fat	8.05

ROAST BEEF AND CHEESE WRAP**(CSW-102)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas 12" 3.5 oz. ea.	
1 Tbsp.	5 Tbsp.	10 Tbsp.	Horseradish mayonnaise (recipe MD-13)	
1 oz.	5 oz.	10 oz.	Provolone cheese, thinly sliced	
2 oz.	10 oz.	20 oz.	Roast beef, deli meat, thinly sliced	
2 leaves	10 leaves	20 leaves	Large lettuce leaves	
2 slices	10 slices	20 slices	Thin tomato slices	

METHOD**STEP 1**

Spread 1 Tbsp. Horseradish mayonnaise onto tortilla. Place 2 large lettuce leaves, 2 thin tomato slices, 2 oz. roast beef, and 1 oz. provolone cheese on top of Horseradish mayonnaise. Fold, cut and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 4 servings
of bread/grains, 1/2 cup vegetables

NUTRIENT**Amount per**
Serving

Calories	532
Protein	26.45 g
Carbohydrates	60.92 g
Fat-total	20.77 g
Saturated Fat	5.95 g
Cholesterol	30 mg
Vitamin A (RE)	28 RE
Vitamin C	6.9 mg
Iron	3.76 mg
Calcium	132 mg
Sodium	1372 mg
Fiber	4.02 g
% Protein	15.56
% Carbohydrate	48.33
% Total Fat	36.56
% Saturated Fat	7.54

ROAST BEEF AND SWISS BAGEL WITH CAJUN MAYONNAISE

(CSW-102B)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cups	3 cups + 2 tbsp.	6 ¼ cups	Mayonnaise, lowfat, no cholesterol	
1 ¼ cups	3 cups + 2 tbsp.	6 ¼ cups	Cajun spice mix (MCCOR #32973 or recipe MSR-20)	
15 oz.	2 lb. + 5 ½ oz.	4 lb. + 11 oz.	Roast beef, deli style, cut into ½ oz. slices (J/PAC # 49127-439)	
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Swiss cheese, sliced into ½ oz. slices (GLAKE # 31050)	
10 each	25 each	50 each	Plain bagels, 4 oz. each	
20 each	50 each	100 each	Romaine lettuce leaves, large	
20 each	50 each	100 each	Thin tomato slices, ¼” thick	

COMPONENTS PER PORTION

4.4 servings bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables

Portion cost = \$0.66

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	517
Protein	23.94 g
Carbohydrates	64.99 g
Fat-total	17.24 g
Saturated Fat	5.37 g
Cholesterol	23 mg
Vitamin A (RE)	61 RE
Vitamin C	1.92 mg
Iron	5.49 mg
Calcium	231.05 mg
Sodium	1073 mg
Fiber	3.34 g
% Protein	18.54
% Carbohydrate	50.33
% Total Fat	30.04
% Saturated Fat	9.36

METHOD

To Make Each Sandwich:

1. Prepared Cajun mayonnaise by combining low fat mayonnaise and Cajun seasoning. Mix well to combine.
2. Spread ½ tbsp. Cajun mayonnaise on each bagel half.
3. Layer the following ingredients on top of one bagel half:
 - 1 ½ oz. roast beef (3 slices)
 - ½ oz. Swiss cheese (1 slice)
 - ¼ cup romaine lettuce
 - 2 tomato slices
4. Top with the remaining bagel half.
5. Portion size = 1 each.

Recipe Variation CSW-102 B-1):

For Roast Beef and Swiss Sub with Cajun Mayonnaise, substitute 2.75 oz. sub roll for bagel in recipe. *Nutrients per serving:* 430 calories, 23 mg cholesterol, 946 mg sodium, 3.72 g fiber, 3.76 mg iron, 220 mg calcium, 75 RE Vitamin A, 10.51 mg Vitamin C, 19.12 g protein (17.78%), 45.66 g carbs (42.47%), 18.93 g fat (39.61%), 5.89 g saturated fat (12.33%). *Components per portion:* 3 servings bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables. *Cost per portion* = \$0.63

Recipe Variation CSW-102 B-2):

For Roast Beef and Swiss Wrap with Cajun Mayonnaise, substitute 12” pressed flour tortilla, 3.5 oz. ea. (PSADO #6574) for bagel in recipe. *Nutrients per serving:* 537 calories, 23 mg cholesterol, 946 mg sodium, 4.50 g fiber, 4.93 mg iron, 273 mg calcium, 75 RE Vitamin A, 10.51 mg Vitamin C, 21.05 g protein (15.69%), 61.69 g carbs (45.99%), 22.62 g fat (37.94%), 6.87 g saturated fat (11.53%). *Components per portion:* 3.9 servings bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables. *Cost per portion* = \$0.65

Roast Beef Sandwich Variations (CSW-103)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- On white bread	A-1 2 slices white bread 2 oz. roast beef	203	13	569	1.15	2.96	54	0	0.0	14.1	25.8	4.80	1.41	2 bread/grains, 2 oz. meat/meat alternate
	A-2 2 slices white bread 2 oz. roast beef 1/2 oz. American cheese	257	27	772	1.15	3.01	141	41	0.0	17.2	26.0	9.2	4.2	2 bread/grains, 2.5 oz. meat/meat alternate
	A-3 2 slices white bread 2 oz. roast beef 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	267	27	777	1.9	3.30	148	70	6.9	17.8	28.0	9.4	4.2	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
B- On whole wheat bread	B-1 2 slices whole wheat bread 2 oz. roast beef	187	5	595	3.86	3.28	40	0	0.0	15.4	26.8	3.35	0.51	2 bread/grains, 2 oz. meat/meat alternate
	B-2 2 slices whole wheat bread 2 oz. roast beef 1/2 oz. American cheese	240	18	797	3.86	3.34	127	41	0.0	18.6	27.1	7.78	3.30	2 bread/grains, 2.5 oz. meat/meat alternate
	B-3 2 slices whole wheat bread 2 oz. roast beef 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	250	18	803	4.61	3.62	134	69	6.9	19.1	29.1	7.94	3.32	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables

Roast beef Sandwich Variations (CSW-103), continued

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
C- On rye bread	C-1 2 slices rye bread 2 oz. roast beef	215	5	722	3.71	3.25	46	0	0.1	15.4	31.9	3.11	0.40	2 bread/grains, 2 oz. meat/meat alternate
	C-2 2 slices rye bread 2 oz. roast beef 1/2 oz. American cheese	268	18	925	3.71	3.30	133	41	0.1	18.6	32.1	7.54	3.19	2 bread/grains, 2.5 oz. meat/meat alternate
	C-3 2 slices rye bread 2 oz. roast beef 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	278	18	930	4.46	3.59	141	69	7.0	19.1	34.2	7.70	3.21	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
D- On small Kaiser/steak roll (2.25 oz. each)	D-1 2.25 oz. Kaiser/steak roll 2 oz. roast beef	222	5	645	1.50	3.46	15	0	0.0	16.0	32.5	3.25	0.37	2.5 bread/grains, 2 oz. meat/meat alternate
	D-2 2.25 oz. Kaiser/steak roll 2 oz. roast beef 1/2 oz. American cheese	275	18	847	1.50	3.52	102	41	0.0	19.1	32.8	7.68	3.16	2.5 bread/grains, 2.5 oz. meat/meat alternate
	D-3 2.25 oz. Kaiser/steak roll 2 oz. roast beef 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	285	18	853	2.25	3.80	109	69	6.9	19.7	34.8	7.84	3.18	2.5 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
E- On large Kaiser/steak roll (2.75 oz. ea.)	E-1 2.75 oz. Kaiser/steak roll 2 oz. roast beef	260	5	721	1.83	3.91	18	0	0.0	17.3	39.5	3.75	0.45	3 bread/grains, 2 oz. meat/meat alternate
	E-2 2.75 oz. Kaiser/steak roll 2 oz. roast beef 1/2 oz. American cheese	314	18	924	1.83	3.97	105	41	0.0	20.5	39.8	8.18	3.25	3 bread/grains, 2.5 oz. meat/meat alternate
	E-3 2.75 oz. Kaiser/steak roll 2 oz. roast beef 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	324	18	930	2.58	4.25	112	69	6.9	21.0	41.8	8.34	3.27	3 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables

Roast beef Sandwich Variations (CSW-103), continued

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
	E-4 "Deli club hoagie" 2.75 oz. Kaiser/steak roll 2 oz. roast beef 1 oz. Provolone cheese 1 slice cooked bacon ¼ cup shredded lettuce 2 thin slices tomato	428	40	1008	2.52	4.29	224	92	9.2	26.8	41.9	17.0	6.58	3 bread/grains, 3 oz. meat/meat alternate, ½ cup vegetables

If any other sandwich variations are used (for example, different types of cheese or bread), indicate recipe ingredient changes on the Food Production Record.

Salami Sandwich Variations (CSW-104)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- On white bread	A-1 2 slices white bread 2 oz. Salami	282	37	936	1.15	2.76	59	0	0.0	12.6	26.4	13.5	5.51	2 bread/grains, 2 oz. meat/meat alternate
	A-2 2 slices white bread 2 oz. Salami 1/2 oz. American cheese	335	51	1139	1.15	2.81	146	41	0.0	15.8	26.6	18.0	8.30	2 bread/grains, 2.5 oz. meat/meat alternate
	A-3 2 slices white bread 2 oz. Salami 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	345	51	1144	1.90	3.10	154	70	6.9	16.3	28.6	18.1	8.32	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
B- On whole wheat bread	B-1 2 slices whole wheat bread 2 oz. Salami	286	36	961	3.86	3.09	45	0	0.0	14.0	27.4	14.1	5.61	2 bread/grains, 2 oz. meat/meat alternate
	B-2 2 slices whole wheat bread 2 oz. Salami 1/2 oz. American cheese	339	50	1164	3.86	3.14	132	41	0.0	17.1	27.6	18.5	8.4	2 bread/grains, 2.5 oz. meat/meat alternate
	B-3 2 slices whole wheat bread 2 oz. Salami 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	349	50	1170	4.61	3.43	139	69	6.9	17.7	29.7	18.8	8.43	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
C- On rye bread	C-1 2 slices rye bread 2 oz. Salami	314	36	1089	3.71	3.05	51	0	0.1	14.0	32.5	13.8	5.50	2 bread/grains, 2 oz. meat/meat alternate

Salami Sandwich Variations (CSW-104), continued

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
	C-2 2 slices rye bread 2 oz. Salami 1/2 oz. American cheese	367	50	1291	3.71	3.10	139	41	0.1	17.1	32.7	18.3	8.29	2 bread/grains, 2.5 oz. meat/meat alternate
	C-3 2 slices rye bread 2 oz. Salami 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	377	50	1297	4.46	3.39	146	69	7.0	17.7	34.7	18.4	8.31	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
D- On small Kaiser/steak roll (2.25 oz. each)	D-1 2.25 oz. Kaiser/steak roll 2 oz. Salami	321	36	1011	1.50	3.26	20	0	0.0	14.5	33.1	14.0	5.47	2.5 bread/grains, 2 oz. meat/meat alternate
	D-2 2.25 oz. Kaiser/steak roll 2 oz. Salami 1/2 oz. American cheese	374	50	1214	1.50	3.32	107	41	0.0	17.7	33.3	18.4	8.27	2.5 bread/grains, 2.5 oz. meat/meat alternate
	D-3 2.25 oz. Kaiser/steak roll 2 oz. Salami 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	384	50	1220	2.25	3.60	114	69	6.9	18.2	35.4	18.6	8.29	2.5 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
E- On large Kaiser/steak roll (2.75 oz. ea.)	E-1 2.75 oz. Kaiser/steak roll 2 oz. Salami	359	36	1088	1.83	3.71	23	0	0.0	15.9	40.1	14.5	5.56	3 bread/grains, 2 oz. meat/meat alternate
	E-2 2.75 oz. Kaiser/steak roll 2 oz. Salami 1/2 oz. American cheese	412	50	1291	1.83	3.77	110	41	0.0	19.0	40.3	18.9	8.35	3 bread/grains, 2.5 oz. meat/meat alternate
	E-3 2.75 oz. Kaiser/steak roll 2 oz. Salami 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	422	50	1296	2.58	4.05	117	69	6.9	19.6	42.4	19.1	8.37	3 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables

If any other sandwich variations are used (for example, different types of cheese or bread), indicate recipe ingredient changes on the Food Production Record.

SALSA SMOKEY TURKEY & CHEDDAR COOL WRAP

(CSW-104A)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas 12" 3.5 oz. ea.	
2 oz.	10 oz.	1 lb. + 4 oz.	Smoked Turkey Breast, deli meat, sliced into ½ oz slices	
½ oz.	2 ½ oz.	5 oz.	Cheddar cheese, shredded	
¼ cup	1 ¼ cup	2 ½ cup	Romaine leaf lettuce, chop/bagged	
¼ cup	1 ¼ cup	2 ½ cup	Tomatoes, sliced into ½ oz. slices	
1 fl. oz.	5 fl. oz.	10 fl. oz.	Salsa, commodity	

METHOD

To assemble each wrap:

STEP 1
Place 2-oz. (4 slices) sliced turkey and ½ oz. (2 tbsp.) shredded cheese on tortilla.

STEP 2
Add ¼ cup lettuce, ¼ cup tomato (3 slices).

STEP 3
Add 1 fl. oz. (2 tbsp.) salsa.

STEP 4
Fold wrap style.

COMPONENTS PER PORTION
2 ½ oz. meat/meat alternate, 3.9 servings of bread/grains, ½ cup vegetables

Portion cost \$0.72 if all ingredients are purchased

STEP 5
Serve immediately on Sandwich Central Logo'd deli paper, or hold at 40 degrees F or lower until served.
Portion size = 1 each.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	459
Protein	25.77 g
Carbohydrates	58.91 g
Fat-total	12.85 g
Saturated Fat	5.02 g
Cholesterol	38 mg
Vitamin A (RE)	113 RE
Vitamin C	13 mg
Iron	4.32 mg
Calcium	239 mg
Sodium	1449 mg
Fiber	4.24 g
% Protein	22.45
% Carbohydrate	51.32
% Total Fat	25.18
% Saturated Fat	8.84

SANTA FE WRAP

(CSW-105)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas 12" 3.5 oz. ea.	
2 oz.	10 oz.	1 lb. + 4 oz.	Turkey Breast	
½ oz.	2 ½ oz.	5 oz.	Cheddar cheese	
¼ cup	1 ¼ cup	2 ½ cup	Leaf lettuce	
¼ cup	1 ¼ cup	2 ½ cup	Tomatoes, chopped	
1 oz.	5 oz.	10 oz.	Salsa	

METHOD

STEP 1

Place 2-oz. turkey and ½ oz. cheese on tortilla. Place ¼ cup lettuce and ¼ cup tomato on top. Add 1 oz. salsa in center so tortilla will not become soaked. Fold and cut for display. Store under refrigeration at 40 degrees F or lower until ready to serve.

COMPONENTS PER PORTION

2.5 oz. meat/meat alternate, 4 servings of bread/grains, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	505
Protein	26.99 g
Carbohydrates	67.01 g
Fat-total	13.90 g
Saturated Fat	4.54 g
Cholesterol	38 mg
Vitamin A (RE)	90 RE
Vitamin C	14.8 mg
Iron	4.54 mg
Calcium	265 mg
Sodium	1520 mg
Fiber	4.96 g
% Protein	21.37
% Carbohydrate	53.04
% Total Fat	24.76
% Saturated Fat	8.09

SANTA FE TURKEY AND CHEDDAR STACKED BAGEL (CSW-105A)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Bagels, 4 oz. each	
2 oz.	10 oz.	1 lb. + 4 oz.	Turkey breast, deli meat, sliced Into ½ oz. slices	
½ oz.	2 ½ oz.	5 oz.	Cheddar cheese, sliced into ½ oz. slices	
2 leaves	10 leaves	20 leaves	Lettuce leaves, large	
2 slices	10 slices	20 slices	Tomatoes, sliced into ¼” thick slices	
1 fl. oz.	5 fl. oz.	10 fl. oz.	Salsa, commodity	
			Portion cost = \$0.49	

METHOD

To make each sandwich:

STEP 1

Spread ½ fl. oz. salsa onto each half.

STEP 2

Place 2 oz. turkey breast (4 slices), ½ oz. (1 slice) cheddar cheese, 2 lettuce leaves, and 2 tomatoe slices on bottom bagel half.

STEP 3

Serving size = 1 each.

COMPONENTS PER PORTION

2.5 oz. meat/meat alternate, 4.4 servings of bread/grains, 1/2 cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	446
Protein	29.02 g
Carbohydrates	63.56 g
Fat-total	7.54 g
Saturated Fat	3.53 g
Cholesterol	38 mg
Vitamin A (RE)	88
Vitamin C	2.69 mg
Iron	5.20 mg
Calcium	201.13 mg
Sodium	1630 mg
Fiber	3.57 g
% Protein	26.01
% Carbohydrate	56.97
% Total Fat	15.21
% Saturated Fat	7.12

SOUTHWEST CORN AND BLACK BEAN WRAP

(CSW-105B)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1/3 #10 can	2/3 #10 can	1 1/3 #10 can	Black beans, canned, rinsed, drained
1/3 #10 can	2/3 #10 can	1 1/3 #10 can	Whole corn, canned, drained
3 lb. + 5 oz.	6 lb. + 11 oz.	11 lb. + 13 oz.	Salsa, commodity
2/3 cups	1 1/3 cups	2 2/3 cups	Cilantro, chopped
1/2 medium	1 medium	2 medium	Green pepper, finely diced
3 each	5 each	10 each	Scallions, chopped
To taste	To taste	To taste	Salt and pepper
25 each	50 each	100 each	12" Flour tortillas, 3.5 oz. each
<u>COMPONENTS PER PORTION</u>			
1/2 cup vegetables, 2 oz. meat alternate, 3.9 servings of bread/grains			Portion cost = \$0.42
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	508		
Protein	15.10 g		
Carbohydrates	74.38 g		
Fat-total	7.70 g		
Saturated Fat	1.22 g		
Cholesterol	0 mg		
Vitamin A (RE)	77 RE		
Vitamin C	9.47 mg		
Iron	6.09 mg		
Calcium	163.11 mg		
Sodium	1005 mg		
Fiber	7.59 g		
% Protein	11.88		
% Carbohydrate	58.54		
% Total Fat	13.64		
% Saturated Fat	2.17		

METHOD

STEP 1

Make Southwestern Corn and Black Bean Salad: place first 7 ingredients in a large bowl. Stir well to combine.

STEP 2

Place 1 cup Southwestern Corn and Black Bean Salad (No. 4 scoop) on each flour tortilla. Spread to within 1 inch of the edges of the wrap. Fold tortilla wrap style. Cut in half diagonally. For OutTakes: Place in cellophane bag; close and secure bag with a twist tie.

STEP 3

Serving size = 1 each (2 halves).

TORTE MEXICANA ON A PRETZEL BUN**(CSW-105C)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10 each	25 each	50 each	J&J Pretzel buns, 2.5 oz. each (J&J product code #3688)	
2 ½ cups	1 qt. + 2 ¼ cups	3 qt. + ½ cup	Refried beans, canned, commodity	
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Lowfat cheddar, shredded	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Roast beef, deli style, J/PAC, sliced into ½ oz. slices	
10 fl. oz.	3 cups + 2 tbsp.	6 ¼ cups	Salsa, commodity	
2 ½ cups	1 qt. + 2 ¼ cups	3 qt. + ½ cup	Iceberg lettuce, shredded	
			Portion cost = \$0.77	

METHOD**To Make Each Sandwich:**

1. Cut pretzel buns in half.
2. Spread 2 tbsp. of refried beans on each half of a pretzel bun.
3. Layer the following ingredients on top of the bottom half of the pretzel bun:
 - ½ oz. lowfat shredded cheddar (2 tbsp.)
 - 2 oz. roast beef (4 slices)
 - 1 fl. oz. salsa
 - ¼ cup shredded lettuce
4. Top with the remaining half of pretzel bun.
5. Portion size = 1 each.

COMPONENTS PER PORTION

2.8 servings bread/grains, 2 ½ oz. meat/meat
alternate, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	428
Protein	25.90 g
Carbohydrates	56.17 g
Fat-total	12.87 g
Saturated Fat	5.08 g
Cholesterol	27 mg
Vitamin A (RE)	85 RE
Vitamin C	7.42 mg
Iron	5.51 mg
Calcium	232.47 mg
Sodium	865 mg
Fiber	4.03 g
% Protein	24.23
% Carbohydrate	52.54
% Total Fat	27.09
% Saturated Fat	10.70

Tuna Salad Sandwich Variations (CSW-106)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- On white bread	A-1 2 slices white bread 1/2 cup tuna salad (CS-165)	264	18	613	1.47	2.48	68	12	1.3	19.0	26.7	8.4	1.76	2 bread/grains, 2 oz. meat/meat alternate
	A-2 2 slices white bread 1/2 cup tuna salad (CS-165) 2 thin slices tomato 2 large lettuce leaves	274	18	619	2.22	2.76	74.9	41	8.2	19.6	28.7	8.5	1.78	2 bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables
B- On whole wheat bread	B-1 2 slices whole wheat bread 1/2 cup tuna salad (CS-165)	268	17	639	4.18	2.81	54	12	1.2	20.3	27.7	8.9	1.86	2 bread/grains, 2 oz. meat/meat alternate
	B-2 2 slices whole wheat bread 1/2 cup tuna salad (CS-165) 2 thin slices tomato 2 large lettuce leaves	278	17	644	4.93	3.09	61	40	8.1	20.9	29.8	9.1	1.88	2 bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables
C- On rye bread	C-1 2 slices rye bread 1/2 cup tuna salad (CS-165)	296	17	766	4.03	2.77	60	12	1.4	20.3	32.8	8.7	1.75	2 bread/grains, 2 oz. meat/meat alternate
	C-2 2 slices rye bread 1/2 cup tuna salad (CS-165) 2 thin slices tomato 2 large lettuce leaves	306	17	772	4.78	3.06	67	40	8.3	20.9	34.8	8.8	1.77	2 bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables
D- On small Kaiser/steak roll (2.25 oz. each)	D-1 2.25 oz. Kaiser/steak roll 1/2 cup tuna salad (CS-165)	303	17	689	1.82	2.99	28	12	1.2	20.9	33.4	8.8	1.72	2.5 bread/grains, 2 oz. meat/meat alternate
	D-2 2.25 oz. Kaiser/steak roll 1/2 cup tuna salad (CS-165) 2 thin slices tomato 2 large lettuce leaves	313	17	694	2.57	3.27	35	40	8.1	21.5	35.5	9.0	1.74	2.5 bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables
E- On large Kaiser/steak roll (2.75 oz. ea.)	E-1 2.75 oz. Kaiser/steak roll 1/2 cup tuna salad (CS-165)	341	17	766	2.15	3.44	32	12	1.2	22.2	40.4	9.3	1.81	3 bread/grains, 2 oz. meat/meat alternate
	E-2 2.75 oz. Kaiser/steak roll 1/2 cup tuna salad (CS-165) 2 thin slices tomato 2 large lettuce leaves	351	17	771	2.90	3.72	39	40	8.1	22.8	42.5	9.5	1.83	3 bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables

Tuna Salad Sandwich Variations (CSW-106)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
F- Tuna salad wrap	12" flour tortilla ½ cup tuna salad (CS-165) 2 thin slices tomato ¼ cup shredded lettuce	463	17	824	4.35	4.50	145	69	8.2	24.1	59.1	13.8	2.5	2 oz. meat/meat alternate, 4 servings of bread/grains, ½ cup vegetables

If any other sandwich variations are used (for example, different types of bread), indicate recipe ingredient changes on the Food Production Record.

TURKEY AND CHEESE HOAGIE

(CSW-108)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1 each	5 each	10 each	8" steak roll, 2.75 oz. each	
2 oz.	10 oz.	20 oz.	Turkey breast, sliced, deli meat	
1 oz.	5 oz.	10 oz.	American cheese, sliced	
½ cup	2 ½ cups	5 cups	Iceberg Lettuce, shredded	
2 each	10 each	20 each	Tomatoes, thin slices	
1/8 tsp.	2/3 tsp.	1 1/3 cup	Oregano leaves, dried	

METHOD**STEP 1**

Place 2 oz. sliced turkey and 1 oz. sliced American cheese inside each roll. Top with ½ cup shredded lettuce and 2 tomato slices. Sprinkle with oregano leaves.

STEP 2

Portion size = 1 each.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 3 servings
of bread/grains, 1/2 cup vegetables

NUTRIENT**Amount per
Serving**

Calories	382
Protein	20.60 g
Carbohydrates	44.11 g
Fat-total	14.13 g
Saturated Fat	5.55 g
Cholesterol	46 mg
Vitamin A (RE)	190 RE
Vitamin C	7.4 mg
Iron	3.26 mg
Calcium	196 mg
Sodium	1414 mg
Fiber	3.05 g
% Protein	21.52
% Carbohydrate	46.08
% Total Fat	33.22
% Saturated Fat	15.41

TURKEY AND SWISS STACKED BAGEL WITH DIJON BASIL SAUCE

(CSW-109)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10 tbsp.	1 cup + 9 tbsp.	3 cups + 2 tbsp.	Mayonnaise, low fat, no chol.	
10 tbsp.	1 cup + 9 tbsp.	3 cups + 2 tbsp.	Dijon mustard	
1/8 tsp.	1/3 tsp.	2/3 tsp.	Basil, dried	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Turkey breast, deli meat, sliced into ½ oz. slices	
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Swiss cheese, sliced into ½ oz. slices	
20 leaves	50 leaves	100 leaves	Iceberg lettuce leaves, large	
20 slices	50 slices	100 slices	Tomato slices, ¼” thick	
COMPONENTS PER PORTION				
4.4 servings bread/grains, 2 ½ oz. meat/meat alternate, ½ cup vegetables			Portion cost = \$0.46	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	504			
Protein	30.80 g			
Carbohydrates	64.40 g			
Fat-total	13.05 g			
Saturated Fat	4.25 g			
Cholesterol	36 mg			
Vitamin A (RE)	54 RE			
Vitamin C	1.67 mg			
Iron	5.08 mg			
Calcium	270.81 mg			
Sodium	1929mg			
Fiber	3.61 g			
% Protein	24.42			
% Carbohydrate	51.08			
% Total Fat	23.29			
% Saturated Fat	7.59			

METHOD

STEP 1

Prepare Dijon basil sauce by combining first 3 ingredients. Mix well to combine.

STEP 2

To Make Each Sandwich:

1. Spread 1 tbsp. of Dijon basil sauce on each bagel half.
2. Layer the following ingredients on top of the bottom bagel half:
 - 2 oz. turkey breast (4 slices)
 - ½ oz. Swiss cheese (1 slice)
 - 2 lettuce leaves
 - 2 tomato slices
3. Top with the remaining bagel half.
4. Portion size = 1 each.

TURKEY AND CHEESE WRAP (CSW-110)

Portion size: 1 Wrap

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas 12" 3.5 oz. ea.	
1 oz.	5 oz.	10 oz.	Turkey breast, sliced	
1 oz.	5 oz.	10 oz.	American cheese, sliced	
¼ cup	1 ¼ cups	2 ½ cups	Lettuce, chopped	
¼ cup	1 ¼ cups	2 ½ cups	Tomatoes, chopped	
1 oz.	5 oz.	10 oz.	Mayonnaise, low calorie, no cholesterol	

METHOD

STEP 1

Spread 1 oz. mayonnaise on tortilla. Place 1 oz. each turkey and cheese slices on top. Top with ¼ cup each lettuce and tomato and wrap. Cut for display. Store under refrigeration at 40 degrees F or lower until ready to serve.

Variation A

Omit cheese. Substitute low calorie French dressing for low calorie, no cholesterol mayonnaise.
403 calories, 12 mg cholesterol, 1108 mg sodium, 3.96 g fiber, 3.77 mg iron, 134 mg calcium, 69 RE vitamin A, 9.13 mg vitamin C, 15.59 mg protein (15.48%), 63.70 g carbohydrate (63.25%), 9.31 g fat (20.81%), 2.12 g saturated fat (4.73%).

COMPONENTS PER PORTION

4 servings bread/grains, 2 oz. meat/meat alternate and ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	565
Protein	21.81 g
Carbohydrates	61.78 g
Fat-total	25.98 g
Saturated Fat	6.83 g
Cholesterol	38 mg
Vitamin A (RE)	114 RE
Vitamin C	9.1 mg
Iron	3.76 mg
Calcium	305 mg
Sodium	1555 mg
Fiber	3.96 g
% Protein	15.42
% Carbohydrate	43.68
% Total Fat	41.33
% Saturated Fat	10.87

TURKEY BLT WRAP

(CSW-111)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas 12" 3.5 oz. ea.	
1 Tbsp.	5 Tbsp.	10 Tbsp.	Mayonnaise, reduced calorie	
2 slices	10 slices	20 slices	Bacon, cooked	
2 oz.	10 oz.	20 oz.	Turkey breast, deli meat, thinly sliced	
2 leaves	10 leaves	20 leaves	Large lettuce leaves	
2 slices	10 slices	20 slices	Thin tomato slices	

METHOD**STEP 1**

Spread 1 Tbsp. mayonnaise onto tortilla. Place 2 large lettuce leaves, 2 thin tomato slices, 2 oz. turkey, and 2 slices of bacon on top of mayonnaise. Fold, cut and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 4 servings of bread/grains, 1/2 cup vegetables

NUTRIENT**Amount per Serving**

Calories	515
Protein	20.04 g
Carbohydrates	62.26 g
Fat-total	20.93 g
Saturated Fat	20.93 g
Cholesterol	30 mg
Vitamin A (RE)	28 RE
Vitamin C	6.9 mg
Iron	3.76 mg
Calcium	132 mg
Sodium	1371 mg
Fiber	4.02 g
% Protein	15.56
% Carbohydrate	48.33
% Total Fat	36.56
% Saturated Fat	7.54

TURKEY CLUB WRAP (CSW-115)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1 tbsp.	¼ cup + 1 tbsp.	½ cup + 2 tbsp.		Mayonnaise, low fat, low cholesterol
1 each	5 each	10 each		Flour tortillas 12" 3.5 oz. ea.
2 each	10 each	20 each		Iceberg lettuce leaves, large
2 each	10 each	20 each		Thin tomato slices
2 oz.	10 oz.	1 lb. + 4 oz.		Turkey breast, deli meat, sliced thin
1 ½ tbsp.	7 ½ tbsp.	15 tbsp.		Bacon bits

METHOD

TO ASSEMBLE EACH WRAP:

STEP 1

Spread 1 tablespoon of low fat mayonnaise over the surface of one tortilla.

STEP 2

Place 2 large lettuce leaves and 2 thin tomato slices over the mayonnaise.

STEP 3

Place 2 oz. turkey breast slices over lettuce and tomato.

STEP 4

Sprinkle 1 ½ tbsp. bacon bits over turkey slices.

STEP 5

Fold tortilla wrap style. Cut in half.

STEP 6

Portion size = 1 each.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 3.9 servings of bread/grains, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	543
Protein	20.69 g
Carbohydrates	61.11 g
Fat-total	22.62 g
Saturated Fat	6.03 g
Cholesterol	35 mg
Vitamin A (RE)	28 RE
Vitamin C	6.9 mg
Iron	3.55 mg
Calcium	131 mg
Sodium	1520 mg
Fiber	4.02 g
% Protein	15.24
% Carbohydrate	45.00
% Total Fat	37.48
% Saturated Fat	9.99

SMOKEY TURKEY ON MULTIGRAIN BREAD WITH TOMATO BACON MAYO (CSW-119)

Portion size: 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1/3 cup + 6 tsp.	1 cup + 2 ½ tbsp.	1 cups + 5 tbsp.	Mayonnaise, low fat, no cholesterol
½ cup + 2 tbsp.	1 ½ cups + 1 tbsp.	3 cups + 2 tbsp.	Canned tomatoes, diced, drained
1 tbsp. + 1 tsp.	3 ¼ tbsp.	6 ½ tbsp.	Bacon, cooked, crushed
20 each	50 each	100 each	Multigrain bread slices, 1.5 oz. each
1 lb. + 14 oz.	4 lb. + 11 oz.	9 lb. + 6 oz.	Smoked Turkey breast, deli meat, sliced into ½ oz. slices
2 ½ cups	6 ¼ cups	3 qt. + ½ cup	Romaine leaf lettuce, chopped/bagged
2 ½ cups	6 ¼ cups	3 qt. + ½ cup	Tomatoes, fresh, sliced into ½ oz. slices

METHOD

STEP 2

Prepare tomato bacon mayonnaise by combining first three ingredients together.

STEP 2

To assemble each sandwich:

- Spread ½ oz. tomato bacon mayonnaise on each bread slice (2 slices of bread per sandwich).
- Put 3 oz. (6 slices turkey breast) on top of first prepared bread slice.
- Add ¼ cup lettuce.
- Add ¼ cup sliced tomatoes (3 slices).
- Top with 2nd slice of prepared bread.

STEP 3

Serve immediately on Sandwich Central Logo'd deli paper, or hold at 40 degrees F or lower until served. Portion size = 1 each.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 3 servings of bread/grains, ½ cup vegetables

Cost per portion \$0.83 if all ingredients are purchased

NUTRIENT

Amount per Serving

Calories	338
Protein	28.95 g
Carbohydrates	44.95 g
Fat-total	5.67 g
Saturated Fat	1.39 g
Cholesterol	39 mg
Vitamin A (RE)	129 RE
Vitamin C	14.20 mg
Iron	3.79 mg
Calcium	99 mg
Sodium	1912 mg
Fiber	7.26 g
% Protein	34.24
% Carbohydrate	53.17
% Total Fat	15.08
% Saturated Fat	3.70

NK5527

Turkey Sandwich Variations (CSW-120)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- On white bread	A-1 2 slices white bread 2 oz. turkey	196	24	1080	1.15	1.74	58	0	0.0	16.9	24.8	2.7	0.68	2 bread/grains, 2 oz. meat/meat alternate
	A-2 2 slices white bread 2 oz. turkey 1/2 oz. American cheese	249	37	1283	1.15	1.80	145	41	0.0	20.0	25.0	7.1	3.5	2 bread/grains, 2.5 oz. meat/meat alternate
	A-3 2 slices white bread 2 oz. turkey 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	254	37	1287	1.71	2.00	153	54	1.6	20.4	25.8	7.2	3.5	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
B- On whole wheat bread	B-1 2 slices whole wheat bread 2 oz. turkey	200	23	1106	3.86	2.07	44	0	0.0	18.2	25.8	3.2	0.78	2 bread/grains, 2 oz. meat/meat alternate
	B-2 2 slices whole wheat bread 2 oz. turkey 1/2 oz. American cheese	253	36	1309	3.86	2.13	131	41	0.0	21.3	25.0	7.7	3.57	2 bread/grains, 2.5 oz. meat/meat alternate
	B-3 2 slices whole wheat bread 2 oz. turkey 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	263	36	1314	4.61	2.41	138	69	6.9	21.9	28.1	7.8	3.60	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables

Turkey Sandwich Variations (CSW-120), continued

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
C- On rye bread	C-1 2 slices rye bread 2 oz. turkey	228	23	1233	3.71	2.03	50	0	0.1	18.2	30.9	3.0	0.67	2 bread/grains, 2 oz. meat/meat alternate
	C-2 2 slices rye bread 2 oz. turkey 1/2 oz. American cheese	281	36	1436	3.71	2.09	137	41	0.1	21.3	31.1	7.4	3.46	2 bread/grains, 2.5 oz. meat/meat alternate
	C-3 2 slices rye bread 2 oz. turkey 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	291	36	1441	4.46	2.37	145	69	7.0	21.9	33.2	7.6	3.48	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
D- On small Kaiser/steak roll (2.25 oz. each)	D-1 2.25 oz. Kaiser/steak roll 2 oz. turkey	234	23	1156	1.50	2.25	18	0	0.0	18.8	31.5	3.2	0.64	2.5 bread/grains, 2 oz. meat/meat alternate
	D-2 2.25 oz. Kaiser/steak roll 2 oz. turkey 1/2 oz. American cheese	288	36	1359	1.50	2.30	106	41	0.0	21.9	31.8	7.6	3.43	2.5 bread/grains, 2.5 oz. meat/meat alternate
	D-3 2.25 oz. Kaiser/steak roll 2 oz. turkey 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	298	36	1364	2.25	2.59	113	69	6.9	22.5	33.8	7.7	3.46	2.5 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
E- On large Kaiser/steak roll (2.75 oz. ea.)	E-1 2.75 oz. Kaiser/steak roll 2 oz. turkey	273	23	1233	1.83	2.70	22	0	0.0	20.1	38.5	3.65	0.73	3 bread/grains, 2 oz. meat/meat alternate
	E-2 2.75 oz. Kaiser/steak roll 2 oz. turkey 1/2 oz. American cheese	326	36	1436	1.83	2.75	109	41	0.0	23.2	38.8	8.1	3.52	3 bread/grains, 2.5 oz. meat/meat alternate
	E-3 2.75 oz. Kaiser/steak roll 2 oz. turkey 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	336	36	1441	2.58	3.04	116	69	6.9	23.8	40.8	8.2	3.54	3 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables

If any other sandwich variations are used (for example, different types of cheese or bread), indicate recipe ingredient changes on the Food Production Record.

TURKEY PITA POCKETS WITH CRANBERRY CHUTNEY (CSW-125)

Portion size: 1 Each (2 filled pita halves)

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
3 1/3 cups	2 qt. + 1/4 cup	4 qt. + 1/2 cup	Cranberries, fresh, raw, chopped	
1 2/3 cups	1 qt. + 2 tbsp.	2 qt. + 1/4 cup	Apples, peeled, diced	
1/3 cup + 4 tsp.	1 cup + 1/2 tbsp.	2 cups + 1 tbsp.	Brown sugar	
3 tbsp. + 1 tsp.	1/2 cup + 1 tsp.	1 cup + 2 tsp.	Dried prunes, chopped	
3 tbsp. + 1 tsp.	1/2 cup + 1 tsp.	1 cup + 2 tsp.	Onions, chopped	
7/8 tsp.	2 1/8 tsp.	4 1/4 tsp.	Cinnamon, ground	
3 1/3 fl. oz.	8 1/3 fl. oz.	16 2/3 fl. oz.	Cranberry juice cocktail	
1/3 cup + 4 tsp.	1 cup + 1/2 tbsp.	2 cups + 1 tbsp.	Cider vinegar	
10 each	25 each	50 each	Pita bread, 2 oz. each	
40 leaves	100 leaves	200 leaves	Lettuce, romaine, large leaves	
1 lb. + 4 oz.	4 lb. + 11 oz.	9 lb. + 6 oz.	Turkey breast, roasted, diced*	

METHOD

STEP 1

Prepare Cranberry Chutney by combining first 8 ingredients in a medium non-aluminum saucepan. Bring to a boil. Cover, reduce heat, and simmer 30 minutes, stirring frequently. Uncover, and cook 5 minutes or until mixture is thickened. Refrigerate until ready to use.

To make each sandwich:

STEP 2

Cut pita bread in half. Put 2 lettuce leaves in each half.

STEP 3

Add 1 oz. diced turkey to each pita half.

STEP 4

Drizzle 1 tbsp. Cranberry Chutney over turkey in each pita half.

STEP 5

Portion size = 2 filled pita halves.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 2.2 servings of bread/grains, 1/2 cup vegetables

*May substitute cooked diced chicken.

Portion cost = \$0.71

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	385
Protein	31.27 g
Carbohydrates	52.95 g
Fat-total	6.51 g
Saturated Fat	1.85 g
Cholesterol	67 mg
Vitamin A (RE)	218
Vitamin C	19.0 mg
Iron	4.23 mg
Calcium	62 mg
Sodium	371 mg
Fiber	7.17 g
% Protein	32.50
% Carbohydrate	55.04
% Total Fat	15.23
% Saturated Fat	4.32

VEGETABLE AND CHEESE WRAP**(CSW-125A)****R '04****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas 12" 3.5 oz. ea.	
½ cup	2 ½ cups	5 cups	Roasted Italian Vegetables (recipe HVG- 186), chilled	
2 oz.	10 oz.	20 oz.	Mozzarella cheese, part skim, shredded	

METHOD**STEP 1**

Spread ½ cup Roasted Italian vegetables on tortilla. Add 2-oz. cheese. Fold, cut and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 4 servings of bread/grains, ½ cup vegetables

NUTRIENT**Amount per Serving**

Calories	599
Protein	25.75 g
Carbohydrates	67.42 g
Fat-total	25.46 g
Saturated Fat	6.65 g
Cholesterol	19 mg
Vitamin A (RE)	879 RE
Vitamin C	58.1 mg
Iron	4.35 mg
Calcium	573 mg
Sodium	785 mg
Fiber	6.36 g
% Protein	17.18
% Carbohydrate	44.98
% Total Fat	38.22
% Saturated Fat	9.99

VEGGIE BAGEL**(CSW-130)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1 each	5 each	10 each	Bagel, 3 oz., soft	
2 Tbsp.	5/8 cup	1 ¼ cup	Flavored cream cheese (any flavor)	
2 Tbsp.	2/3 cup	1 1/3 cup	Grated fresh carrot	
2 Tbsp.	2/3 cup	1 1/3 cup	Chopped fresh broccoli and/or cauliflower	
1 Tbsp.	¼ cup + 1 Tbsp.	1 ¼ cup	Chopped tomato, fresh	
½ tsp.	2 ½ tsp.	2 Tbsp. + 2 tsp.	Chopped onion, white or green	

METHOD**To make each sandwich:****STEP 1**

Slice the bagel in half and spread 1 tbsp. cream cheese on each half. Sprinkle 1 tbsp. carrot, 2 tbsp. broccoli/cauliflower, 1 tbsp. tomato, and ½ tsp. onion on top of the cream cheese. Top with remaining bagel half. Chill and hold under refrigeration at 41 degrees or lower until ready to serve.

STEP 2

Portion size = 1 each.

COMPONENTS PER PORTION

Cost per portion = \$0.40

3.3 servings of bread/grains, 5/8 cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	348
Protein	11.69 g
Carbohydrates	49.09 g
Fat-total	11.58 g
Saturated Fat	6.57 g
Cholesterol	32 mg
Vitamin A (RE)	576
Vitamin C	11.77
Iron	3.59 mg
Calcium	47.72 mg
Sodium	550 mg
Fiber	2.91 g
% Protein	13.43
% Carbohydrate	56.41
% Total Fat	29.93
% Saturated Fat	13.43

WHOLE WHEAT TRIPLE DECKER TURKEY CLUB (CSW-135)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
30 each 1 lb. + 4 oz.	75 each 3 lb. + 2 oz.	150 each 6 lb. + 4 oz.	Whole wheat bread slices, 0.9 oz. each Turkey breast, deli meat, sliced into ½ oz. slices	
20 each 2 ½ cups 2 ½ cups	50 each 6 ¼ cups 6 ¼ cups	100 each 3 qt. + ½ cup 3 qt. + ½ cup	Precooked bacon rounds, ¼ oz. each Romaine leaf lettuce, chopped/bagged Tomatoes, fresh, sliced into ½ oz. slices	

- METHOD**
- To assemble each sandwich, stack ingredients as follows:
- Step 1.** 1 slice of whole wheat bread
 - Step 2.** 2 oz. (4 slices) turkey breast
 - Step 3.** 1 slice of whole wheat bread
 - Step 4.** ¼ cup lettuce
 - Step 5.** ¼ cup tomatoes (3 slices)
 - Step 6.** 1 bacon round
 - Step 7.** 1 slice of whole wheat bread

COMPONENTS PER PORTION
2 oz. meat/meat alternate, 3 servings of bread/grains, ½ cup vegetables

Cost per portion \$0.80 if all ingredients are purchased

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	362
Protein	25.83 g
Carbohydrates	41.53 g
Fat-total	11.58 g
Saturated Fat	3.54 g
Cholesterol	35 mg
Vitamin A (RE)	64 RE
Vitamin C	12 mg
Iron	3.58 mg
Calcium	74 mg
Sodium	1486 mg
Fiber	6.53 g
% Protein	28.54
% Carbohydrate	45.55
% Total Fat	28.78
% Saturated Fat	8.79

Serve immediately on Sandwich Central Logo'd deli paper, or hold at 40 degrees F or lower until served. Portion size = 1 each.

WYOMING RANCH VEGGIE & TURKEY SUB (CSW-140)

Portion size: 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2/3 cup	1 ½ cups	3 cups	Green bell pepper*
2/3 cup	1 ½ cups	3 cups	Cucumbers*
2/3 cup	1 ½ cups	3 cups	Summer squash*
2/3 cup	1 ½ cups	3 cups	Red onions*
10 fl. oz.	25 fl. oz.	50 fl. oz.	Ranch dressing, light/low cal
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Turkey breast, deli meat, cut into ½ oz. slices
30 slices	75 slices	150 slices	Tomatoes, sliced into ½ oz. slices
			*Cut into very thin strips, about 1 ½” long

METHOD

STEP 1 Prepare Ranch Marinated Vegetables

Combine cut up peppers, cucumbers, squash, and red onions with low fat/calorie ranch dressing.

STEP 2 To Make Each Sandwich:

1. Place 2 oz. turkey breast (4 slices) inside each sub roll.
2. Add 3 tomato slices.
3. Add a #16 scoop of vegetable/dressing mixture.

Serve immediately on Sandwich Central Logo'd deli paper, or hold at 40 degrees F or lower until served.
Portion size = 1 each.

COMPONENTS PER PORTION

3.3 servings bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables

Portion cost = \$0.71 if all ingredients are purchased

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	369	
Protein	21.40 g	
Carbohydrates	52.16 g	
Fat-total	7.95 g	
Saturated Fat	0.76 g	
Cholesterol	32 mg	
Vitamin A	49 RE	
Vitamin C	18.31 mg	
Iron	5.38 mg	
Calcium	36 mg	
Sodium	1638 mg	
Fiber	4.27 g	
% Protein	23.21	
% Carbohydrate	56.59	
% Total Fat	19.41	
% Saturated Fat	1.85	NK5559
NK5559		

CHUNKY CHICKEN, HAM & CHEDDAR W/CREAMY SMOKED BACON ON A FRENCH ROLL (CSW-15)

Portion size: 1 Sandwich

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Chicken, cooked, small dice
5 oz.	12 ½ oz.	25 oz.	Boiled ham, small dice
5 oz.	12 ½ oz.	25 oz.	Cheddar cheese, small dice, (red. Fat)
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Tomatoes 6x6 sliced thin
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Romaine lettuce, leaf(s)
10 oz.	25 oz.	50 oz.	Creamy smoked Bacon Dressing (See recipe # MD-03)
10	25	50	French roll, 5 “

METHOD

STEP 1

Place the creamy smoked bacon dressing in a bowl. Add the diced chicken, ham and cheddar cheese. Using a fork press down on the ingredients a little to break them up into small pieces.

STEP 2

Slice a French roll lengthwise. Remove some of the bread from the inside of the top. Spoon the chicken filling into the cavity made in the top half of the roll.

STEP 3

Place the tomato slices and the lettuce on top of the chicken in that order. Replace the prepared French roll top. Place toothpicks in each half and in the sandwiches in half diagonally.

COMPONENTS PER PORTION

3.6 servings of bread/grains, 3 oz. meat/meat alternate, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	526
Protein	32.85 g
Carbohydrates	49.99 g
Fat-total	21.20 g
Saturated Fat	5.65 g
Cholesterol	70 mg
Vitamin A (RE)	136 RE
Vitamin C	16.0 mg
Iron	4.19 mg
Calcium	307 mg
Sodium	1070 mg
Fiber	3.24 g
% Protein	24.96
% Carbohydrate	37.98
% Total Fat	36.24
% Saturated Fat	9.67

CHUNKY TUNA AND BACON ON A KAISER ROLL

(CSW-20)

Portion size: 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1 ½ cup	5 2 ½ cups	10 5 cups	Kaiser roll, 3 oz. Chunky tuna salad (See recipe # CS-47)	
2	10	20	Bacon, crisp, slice	
1	5	10	Romaine lettuce, inner leaf(s)	
2	10	20	Tomatoes, slices	
1	5	10	Mushrooms sliced thin	
½ oz.	2 ½ oz.	5 oz.	Sliced red onions	
COMPONENDTS PER PORTION				
3.33 servings of bread/grains, 3 ½ oz. meat/meat alternate, 1 cup vegetables				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	418			
Protein	28.15 g			
Carbohydrates	47.73 g			
Fat-total	12.38 g			
Saturated Fat	3.34 g			
Cholesterol	27 mg			
Vitamin A (RE)	224 RE			
Vitamin C	27.3 mg			
Iron	4.95 mg			
Calcium	52 mg			
Sodium	939 mg			
Fiber	3.79 g			
% Protein	26.92			
% Carbohydrate	45.64			
% Total Fat	26.64			
% Saturated Fat	7.20			

METHOD**STEP 1**

Slice the Kaiser roll in half lengthwise and scoop out a small portion of the bread from the inside of the top to make a cavity.

STEP 2

Spoon the chunky tuna salad into the cavity in the tip half of the roll.

STEP 3

Press the bacon strips into the tuna salad

STEP 4

Place the romaine leaf on the bottom half of the roll. Then layer the tomato slices, mushroom slices and alfalfa sprouts.

STEP 5

Carefully close the roll so that the bacon and tuna meet the sliced red onions. Put toothpicks into the roll and cut it in half.

GREEK STYLE VEGETABLES AND FETA IN A PITA (CSW-25)

Portion size: 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Pita bread 6", whole wheat 2 oz.	
1 oz.	5 oz.	10 oz.	Romaine lettuce	
½ cup	2 ½ cups	5 cups	Greek style marinated vegetables (See recipe # CS-80)	
1 oz.	5 oz.	10 oz.	Feta cheese, crumbled	

METHOD

STEP 1

Laying the pita bread on the work surface, cut ¼ off the top edge. Open the pita from this cut to make a pocket. Take the cut piece and place it down into the bottom of the opening in the pita. This will give the bottom of the pita extra bread to absorb the juices from the vegetables.

STEP 2

Place the romaine leaf on the bottom of the pita pocket opening.

STEP 3

Spoon ½ cup of the marinated vegetables onto the romaine leaf in the pita bread pocket. Make sure that the vegetables are evenly dispersed.

STEP 4

Sprinkle 1 oz. of the crumbled feta cheese evenly over the vegetables. Press the pita closed gently. Serve.

DCOMPONENTS PER PORTION

2.22 serving of bread/grains, 1 oz. meat/meat alternate, 1 cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	337
Protein	13.24 g
Carbohydrates	44.74 g
Fat-total	13.87 g
Saturated Fat	5.39 g
Cholesterol	26 mg
Vitamin A (RE)	139 RE
Vitamin C	44.3 mg
Iron	3.51 mg
Calcium	200 mg
Sodium	813 mg
Fiber	7.88 g
% Protein	15.68
% Carbohydrate	52.97
% Total Fat	36.95
% Saturated Fat	14.38

ROAST BEEF & CHEDDAR CHEESE PITA WITH TAZIKI SAUCE (CSW-32)

Portion size: 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10	25	50		Pita bread, 6 ½” fold over type, 2 oz. ea.
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.		Roast beef, sliced thin
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.		Cheddar cheese, shredded
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.		Red bell pepper, ¼” dice
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.		Romaine lettuce
10 fl. oz.	25 fl. oz.	50 fl. oz.		Taziki sauce (See recipe # MS-57)

METHOD

STEP 1

Lay out the pita bread (it should be the pocket less, fold-over type). Top with the roast beef, then cheddar cheese, diced red peppers and romaine leaf.

STEP 2

Roll up the sandwich from one end cornucopia style in the shape of a big cone, closed at one end and opened at the other. Wrap the bottom tightly with deli wrap or aluminum foil.

STEP 3

Drizzle the Taziki sauce over the top and serve.

COMPONENTS PER PORTION

3 oz. meat/meat alternative, 2.35 servings
bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	423
Protein	29.68 g
Carbohydrates	37.66 g
Fat-total	16.56 g
Saturated Fat	8.13 g
Cholesterol	68 mg
Vitamin A (RE)	321 RE
Vitamin C	61.5 mg
Iron	3.64 mg
Calcium	342 mg
Sodium	573 mg
Fiber	2.48 g
% Protein	28.06
% Carbohydrate	35.60
% Total Fat	35.22
% Saturated Fat	17.29

ROAST BEEF WITH RED ONION & TOMATO MAYONNAISE ON 9-GRAIN BREAD (CSW-35)

Portion Size – 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
2	10	20	9-grain bread, slices, (1.06 oz. ea.)	
1 oz.	5 oz.	10 oz.	Tomato mayonnaise (See recipe # MD-35)	
3 oz.	15 oz.	1 lb. + 14 oz.	Roast beef, sliced thin	
½ oz.	7 ½ oz.	15 oz.	Red onion, sliced very thin	

METHOD

- STEP 1**
Spread the mayonnaise on both slices of bread.
- STEP 2**
Place the roast beef in a loose pile on top of the mayonnaise on one slice. Top loosely with the sliced onions. Cover the onions with the mayonnaise side of the second slice of bread.
- STEP 3**
Put toothpicks in the far corners of the sandwich. Slice the sandwich on the diagonal. Serve.

COMPONENTS PER PORTION

2.35 servings bread/grains, 3 oz. meat/meat alternate, 1/8 cup vegetable

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	434
Protein	27.72 g
Carbohydrates	29.11 g
Fat-total	22.39 g
Saturated Fat	6.76 g
Cholesterol	68 mg
Vitamin A (RE)	3 RE
Vitamin C	3.8 mg
Iron	4.25 mg
Calcium	66 mg
Sodium	486 mg
Fiber	3.00 g
% Protein	25.54
% Carbohydrate	26.82
% Total Fat	46.42
% Saturated Fat	14.01

ROAST BEEF, SMOKY HAM & SWISS WITH CREAMY PEPPER DIJON ON RYE (CSW-40)

Portion size: 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2	10	20	Rye bread slices (1.4 oz. ea.)	
1 oz.	5 oz.	10 oz.	Creamy Pepper Dijon	
1 ½ oz.	7 ½ oz.	15 oz.	Cooked roast beef, sliced thin	
1 ½ oz.	7 ½ oz.	15 oz.	Ham, sliced thin	
1 oz.	5 oz.	10 oz.	Swiss cheese, sliced thin	
1 oz.	5 oz.	10 oz.	Iceberg lettuce, leaf(s)	
1 oz.	5 oz.	10 oz.	Tomatoes 6x6, sliced	

METHOD

STEP 1

Spread the creamy pepper Dijon on both pieces of bread.

STEP 2

Place the roast beef, then the ham, then the Swiss cheese on one slice of bread. Follow that with the iceberg lettuce leaf and the tomato.

STEP 3

Top the tomato with the other slice of rye bread, creamy Dijon side to the tomato. Place toothpicks in opposite ends of the sandwich and cut on the diagonal.

COMPONENTS PER PORTION

4 oz. meat/meat alternate, 2.5 servings of bread/grains, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	534
Protein	33.50 g
Carbohydrates	36.50 g
Fat-total	27.87 g
Saturated Fat	11.02 g
Cholesterol	81 mg
Vitamin A (RE)	99 RE
Vitamin C	15.5 mg
Iron	4.46 mg
Calcium	351 mg
Sodium	1376 mg
Fiber	5.03 g
% Protein	25.06
% Carbohydrate	27.31
% Total Fat	46.91
% Saturated Fat	18.56

SMOKED TURKEY BREAST WITH BACON, CHEDDAR & CAESAR DRESSING (CSW-50)

Portion size: 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Kaiser roll, 3 oz.	
1 oz.	5 oz.	10 oz.	Caesar dressing	
2 oz.	10 oz.	1 lb. + 4 oz.	Smoked turkey breast, sliced thin	
1 oz.	5 oz.	10 oz.	Cheddar cheese, shredded, low fat	
2	10	20	Bacon slices, cooked, crisp	
1 oz.	5 oz.	10 oz.	Tomatoes 6x6, sliced	
1 oz.	5 oz.	10 oz.	Romaine lettuce, leaf(s)	

METHOD

STEP 1

Spread Caesar dressing on both side of the roll.

STEP 2

Layer the turkey breast, cheddar cheese, bacon, tomato and romaine, close roll.

STEP 3

Place in toothpicks and cut in half.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 3.33 servings of bread/grains, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	601
Protein	35.76 g
Carbohydrates	47.43 g
Fat-total	29.24 g
Saturated Fat	7.13 g
Cholesterol	58 mg
Vitamin A (RE)	51 RE
Vitamin C	10.7 mg
Iron	4.14 mg
Calcium	160 mg
Sodium	1099 mg
Fiber	2.71 g
% Protein	23.79
% Carbohydrate	31.55
% Total Fat	43.76
% Saturated Fat	10.67

TRIPLE DECKER TURKEY CLUB (CSW-55)

Portion size: 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
3 oz.	15 oz.	1 lb. + 14 oz.	Turkey breast	
2	10	20	Tomato, slices	
2	10	20	Lettuce leaf(s)	
3	15	30	White bread	
4	20	40	Bacon slices, cooked	
3 tsp.	¼ cup + 1 tbsp.	½ cup + 2 tbsp.	Mayonnaise, low fat	

METHOD

STEP 1

For each sandwich spread 1 tsp. Mayonnaise on each of 3 slices of white bread.

STEP 2

Sandwich is assembled “triple decker” style as follows:

1 ½ oz. turkey, 1 tomato slice, 1 lettuce leaf and 2 slices of bacon for each sandwich layer.

COMPONENTS PER PORTION

3 servings of bread/grains, 3 oz. meat/meat alternate, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	497
Protein	33.67 g
Carbohydrates	40.59 g
Fat-total	21.30 g
Saturated Fat	6.37 g
Cholesterol	57 mg
Vitamin A (RE)	28 RE
Vitamin C	14.7 mg
Iron	3.35 mg
Calcium	99 mg
Sodium	2136 mg
Fiber	2.55 g
% Protein	27.06
% Carbohydrate	32.62
% Total Fat	38.52
% Saturated Fat	11.51

BISTRO ROAST BEEF ON A BAGEL WITH DIJON HORSERADISH SAUCE**(CSW-56B)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2/3 cup	1 ½ cups + 1 tbsp.	3 cups + ½ tbsp.	Dijon mustard	
2/3 cup	1 ½ cups + 1 tbsp.	3 cups + ½ tbsp.	Horseradish, prepared	
10 each	25 each	50 each	Plain bagels, 4 oz. each	
15 oz.	2 lb. + 5 ½ oz.	4 lb. + 11 oz.	Roast beef, deli style, J/PAC, sliced into ½ oz. slices	
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Muenster cheese, sliced into ½ oz. slices	
20 each	50 each	100 each	Romaine lettuce leaves, large	
20 each	50 each	100 each	Thin tomato slices, ¼” thick	
COMPONENTS PER PORTION				
4.4 servings bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables			Portion cost = \$0.62	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	455			
Protein	24.98 g			
Carbohydrates	65.30 g			
Fat-total	10.48 g			
Saturated Fat	4.04 g			
Cholesterol	23 mg			
Vitamin A (RE)	71 RE			
Vitamin C	2.25 mg			
Iron	5.95 mg			
Calcium	236.75 mg			
Sodium	1341 mg			
Fiber	5.02 g			
% Protein	21.95			
% Carbohydrate	57.38			
% Total Fat	20.73			
% Saturated Fat	7.99			

METHOD**To Make Each Sandwich:**

1. Prepared Dijon horseradish sauce by combining mustard and horseradish. Mix well to combine.
2. Spread 1 tbsp. Dijon horseradish sauce on each bagel half.
3. Layer the following ingredients on top of one bagel half:
 - 1 ½ oz. roast beef (3 slices)
 - ½ oz. muenster cheese (1 slice)
 - ¼ cup romaine lettuce (1 large leaf)
 - ¼ cup tomatoes (2 slices)
4. Top with the remaining bagel half.
5. Portion size = 1 each.

Bologna Sandwich Variations (CSW-57)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- On white bread	A-1 2 slices white bread 2 oz. bologna	313	32	847	1.15	2.37	61	0	0	10.7	26.3	17.8	6.47	2 bread/grains, 2 oz. meat/meat alternate
	A-2 2 slices white bread 2 oz. bologna 1/2 oz. American cheese	366	45	1050	1.75	2.43	148	41	0	13.9	25.6	22.2	9.3	2 bread/grains, 2.5 oz. meat/meat alternate
	A-3 2 slices white bread 2 oz. bologna 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	376	45	1055	1.9	2.71	155	70	6.9	14.4	28.9	22.4	9.3	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
B- On whole wheat bread	B-1 2 slices whole wheat bread 2 oz. bologna	316	31	872	3.86	2.70	47	0	0.0	12.1	27.4	18.4	6.58	2 bread/grains, 2 oz. meat/meat alternate
	B-2 2 slices whole wheat bread 2 oz. bologna 1/2 oz. American cheese	370	44	1075	3.86	2.75	134	41	0.0	15.2	27.6	22.8	9.37	2 bread/grains, 2.5 oz. meat/meat alternate
	B-3 2 slices whole wheat bread 2 oz. bologna 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	380	44	1081	4.61	3.04	141	69	6.9	15.8	29.7	23.0	9.39	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
C- On rye bread	C-1 2 slices rye bread 2 oz. bologna	344	31	1000	3.71	2.66	53	0	0.1	12.1	32.5	18.1	6.46	2 bread/grains, 2 oz. meat/meat alternate

Bologna Sandwich Variations (CSW-57), continued

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
	C-2 2 slices rye bread 2 oz. bologna 1/2 oz. American cheese	398	44	1202	3.71	2.72	140	41	0.1	15.2	32.7	22.6	9.26	2 bread/grains, 2.5 oz. meat/meat alternate
	C-3 2 slices rye bread 2 oz. bologna 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	408	44	1208	4.46	3.00	147	69	7.0	15.8	34.7	22.7	9.28	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
D- On small Kaiser/steak roll (2.25 oz. each)	D-1 2.25 oz. Kaiser/steak roll 2 oz. bologna	351	31	922	1.50	2.88	21	0	0.0	12.6	33.1	18.3	6.44	2.5 bread/grains, 2 oz. meat/meat alternate
	D-2 2.25 oz. Kaiser/steak roll 2 oz. bologna 1/2 oz. American cheese	404	44	1125	1.50	2.93	109	41	0.0	15.8	33.3	22.7	9.23	2.5 bread/grains, 2.5 oz. meat/meat alternate
	D-3 2.25 oz. Kaiser/steak roll 2 oz. bologna 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	414	44	1131	2.25	3.22	116	69	6.9	16.3	35.4	22.9	9.25	2.5 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
E- On large Kaiser/steak roll (2.75 oz. ea.)	E-1 2.75 oz. Kaiser/steak roll 2 oz. bologna	390	31	999	1.83	3.33	25	0	0.0	14.0	40.1	18.8	6.52	3 bread/grains, 2 oz. meat/meat alternate
	E-2 2.75 oz. Kaiser/steak roll 2 oz. bologna 1/2 oz. American cheese	443	44	1202	1.83	3.38	112	41	0.0	17.1	40.3	23.2	9.3	3 bread/grains, 2.5 oz. meat/meat alternate
	E-3 2.75 oz. Kaiser/steak roll 2 oz. bologna 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	453	44	1207	2.58	3.67	119	69	6.9	17.7	42.4	23.4	9.33	3 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables

If any other sandwich variations are used (for example, different types of cheese or bread), indicate recipe ingredient changes on the Food Production Record.

Chartwells School Dining Services

007091 - Buffalo Style Chicken Salad Ba

Source: CSW- 57A
 Number of Portions: 50
 Size of Portion: 1 Each

Meat/Alt 2 oz.
 Grain/Bread 4.4 SRV.
 F/V/J 0.5 Cup
 Milk 0 FLOZ

Alternate Menu Name: Buffalo Style Chicken
 Salad on a Bagel

007090R Buffalo Style Chicken Salad.....	50 (1/2 Cup)	<p>STEP 1 Place a #8 scoop (1/2 cup) of Buffalo Style Chicken Salad (recipe CS-30), 1/8 cup romaine lettuce, and 1/8 cup sliced tomato inside each bagel.</p> <p>STEP 2 CCP: Hold for cold service at 40 degrees F or lower.</p>
011251 LETTUCE,COS OR ROMAINE,RAW.....	6 1/4 CUP, shredded	
075076 TOMATOES,FRESH,RED RIPE.....	6 1/4 CUP	
018406 BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,	50 each (4 oz sliced)	

Calories	477	Iron	5.14 Mg	Protein	31.50 G	26.43%	Calories from Prot
Cholesterol	56 Mg	Calcium	54 Mg	Carbohydrates	68.32 G	57.34%	Calories from Carb
Sodium	732 Mg	Vitamin A	675 IU	Total Fat	8.00 G	15.10%	Calories from T Fat
Dietary Fiber	4.03 G	Vitamin C	9.2 Mg	Saturated Fat	1.67 G	3.16%	Calories from S Fat

* - Denotes Missing Nutrient Values

Chartwells School Dining Services

007092 - Buffalo Style Chicken Salad Ba

Source: CSW- 57A-1
 Number of Portions: 50
 Size of Portion: 1 Each

Meat/Alt 2 oz.
 Grain/Bread 3.8 SRV.
 F/V/J 0.5 Cup
 Milk 0 FLOZ

Alternate Menu Name: Buffalo Style Chicken
 Salad on Whole Wht Bagel

007090R Buffalo Style Chicken Salad.....	50 (1/2 Cup)	<p>STEP 1 Place a #8 scoop (1/2 cup) of Buffalo Style Chicken Salad (recipe CS-30), 1/8 cup romaine lettuce, and 1/8 cup sliced tomato inside each bagel.</p> <p>STEP 2 CCP: Hold for cold service at 40 degrees F or lower.</p>
011251 LETTUCE,COS OR ROMAINE,RAW.....	6 1/4 CUP, shredded	
075076 TOMATOES,FRESH,RED RIPE.....	6 1/4 CUP	
993301 Whole wheat bagel, 3.3 oz Sara Lee.....	50 (1 bagel)	

Calories	385	Iron	3.80 Mg	Protein	30.59 G	31.80%	Calories from Prot
Cholesterol	56 Mg	Calcium	34 Mg	Carbohydrates	54.77 G	56.93%	Calories from Carb
Sodium	607 Mg	Vitamin A	675 IU	Total Fat	7.68 G	17.97%	Calories from T Fat
Dietary Fiber	7.42 G	Vitamin C	9.2 Mg	Saturated Fat	1.92 G	4.50%	Calories from S Fat
* - Denotes Missing Nutrient Values							

CHEESE HOAGIE**(CSW-57B)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1 each	5 each	10 each	8" steak roll, 2.75 oz. each	
1 oz.	5 oz.	10 oz.	American cheese, sliced	
1 oz.	5 oz.	10 oz.	Provolone cheese, sliced	
1 oz.	5 oz.	10 oz.	Swiss cheese, sliced	
½ cup	2 ½ cups	5 cups	Iceberg Lettuce, shredded	
2 each	10 each	20 each	Tomatoes, thin slices	
1/8 tsp.	2/3 tsp.	1 1/3 cup	Oregano leaves, dried	

METHOD**To make each sandwich:****STEP 1**

Place 1 oz. American cheese, 1 oz. provolone cheese, and 1 oz. Swiss cheese inside each roll. Top with ¼ cup shredded lettuce and 2 tomato slices. Sprinkle with 1/8 tsp. of oregano leaves.

STEP 2

Portion size = 1 each.

COMPONENTS PER PORTION

Portion cost = \$0.59

3 oz. meat/meat alternate, 3 servings of bread/grains, 1/2 cup vegetables

NUTRIENT**Amount per Serving**

Calories	535
Protein	28.94 g
Carbohydrates	43.39 g
Fat-total	27.15 g
Saturated Fat	15.90 g
Cholesterol	72 mg
Vitamin A (RE)	338 RE
Vitamin C	9.3 mg
Iron	3.10 mg
Calcium	677 mg
Sodium	1156 mg
Fiber	2.63 g
% Protein	21.64
% Carbohydrate	32.45
% Total Fat	45.68
% Saturated Fat	26.75

CHICKEN RANCH WRAP

(CSW-59)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	12" pressed flour tortilla, 3.5 oz. ea. (PSADO #6574)	
½ cup	2 ½ cups	5 cups	Leftover cooked breaded chicken patty, 3.1 oz. each, cup into strips (Pierce #110114)	
2 leaves	10 leaves	20 leaves	Lettuce leaves, large	
2 ea.	10 ea.	20 ea.	Thin tomato slices, ¼ inch thick	
1 fl. oz.	5 fl. oz.	10 fl. oz.	Ranch salad dressing, fat free (KENS #680)	

METHOD

To make each wrap:

STEP 1

Place 1 fl. oz. ladle (2 tbsp.) of dressing on tortilla. Add 3.1 oz. cut up chicken patty (1 patty cut up per sandwich). Add 2 lettuce leaves and 2 tomato slices on top of chicken salad. Fold, cut and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

STEP 2

Portion size = 1 each.

Recipe Variation CSW-59 A:

For Chicken Ranch Hero, substitute 2.75 oz. hero roll for tortilla in recipe. *Nutrients per serving:* 434 calories, 77 mg cholesterol, 1471 mg sodium, 3.55 g fiber, 3.21 mg iron, 80.80 mg calcium, 41 RE Vitamin A, 10.16 mg Vitamin C, 22.94 g protein (21.14%), 57.79 g carbs (53.25%), 12.27 g fat (25.44%), 1.75 g saturated fat (3.62%). *Components per portion:* 2 oz. meat/meat alternate, 4 bread/grains, ½ cup vegetables. *Cost per portion:* \$0.67.

COMPONENTS PER PORTION

Portion cost = \$0.69

2 oz. meat/meat alternate, 4.9 servings of bread/grains, ½ cup vegetables

NUTRIENT

Amount per Serving

Calories	541
Protein	24.87 g
Carbohydrates	73.82 g
Fat-total	15.96 g
Saturated Fat	2.73 g
Cholesterol	77 mg
Vitamin A (RE)	41 RE
Vitamin C	10.16 mg
Iron	4.37 mg
Calcium	134 mg
Sodium	1471 mg
Fiber	4.33 g
% Protein	18.40
% Carbohydrate	54.62
% Total Fat	26.57
% Saturated Fat	4.54

Chicken Salad Sandwich Variations (CSW-62)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- On white bread	A-1 2 slices white bread 1/2 c. chicken salad (CS-45)	287	50	507	1.51	2.28	70.8	12	1.45	20.1	26.5	10.6	2.49	2 bread/grains, 2 oz. meat/meat alternate
	A-2 2 slices white bread 1/2 c. chicken salad (CS-45) 2 thin slices tomato 2 large lettuce leaves	297	50	512	2.26	2.57	78.1	40	8.35	20.6	28.8	10.8	2.51	2 bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables
B- On whole wheat bread	B-1 2 slices whole wheat bread 1/2 c. chicken salad (CS-45)	291	49	532	4.22	2.61	57	12	1.4	21.4	27.5	11.2	2.59	2 bread/grains, 2 oz. meat/meat alternate
	B-2 2 slices whole wheat bread 1/2 c. chicken salad (CS-45) 2 thin slices tomato 2 large lettuce leaves	301	49	538	4.97	2.90	64	40	8.3	22.0	29.5	11.3	2.61	2 bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables
C- On rye bread	C-1 2 slices rye bread 1/2 c. chicken salad (CS-45)	319	49	660	4.07	2.58	63	12	1.5	21.4	32.6	10.9	2.48	2 bread/grains, 2 oz. meat/meat alternate
	C-2 2 slices rye bread 1/2 c. chicken salad (CS-45) 2 thin slices tomato 2 large lettuce leaves	329	49	665	4.82	2.86	70	40	8.4	22.0	34.6	11.1	2.50	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
D- On small Kaiser/steak roll (2.25 oz. each)	D-1 2.25 oz. Kaiser/steak roll 1/2 c. chicken salad (CS-45)	326	49	582	1.86	2.79	31	12	1.4	22.0	33.2	11.1	2.45	2.5 bread/grains, 2 oz. meat/meat alternate
	D-2 2.25 oz. Kaiser/steak roll 1/2 c. chicken salad (CS-45) 2 thin slices tomato 2 large lettuce leaves	336	49	588	2.61	3.08	39	40	8.3	22.6	35.2	11.2	2.47	2.5 bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables
E- On large Kaiser/steak roll (2.75 oz. ea.)	E-1 2.75 oz. Kaiser/steak roll 1/2 c. chicken salad (CS-45)	364	49	659	2.19	3.24	35	12	1.4	23.3	40.2	11.6	2.54	3 bread/grains, 2 oz. meat/meat alternate
	E-2 2.75 oz. Kaiser/steak roll 1/2 c. chicken salad (CS-45) 2 thin slices tomato 2 large lettuce leaves	374	49	665	2.94	3.53	42	40	8.3	23.9	42.2	11.7	2.56	3 bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables

If any other sandwich variations are used (for example, different types of bread), indicate recipe ingredient changes on the Food Production Record.

CHICKEN SALAD WRAP**(CSW-63)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1 ½ cup	5 2 ½ cups	10 5 cups	Flour tortillas 12" 3.5 oz. ea. Chicken salad (recipe CS- 45), chilled	
2 leaves 2 ea.	10 leaves 10 ea.	20 leaves 20 ea.	Lettuce leaves, large Thin tomato slices, ¼ inch thick	

METHOD**STEP 1**

Spread ½ cup (No. 8 scoop) chicken salad on tortilla. Place 2 lettuce leaves and 2 tomato slices on top of chicken salad. Fold, cut and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 4 servings
of bread/grains, ½ cup vegetables

NUTRIENT**Amount per
Serving**

Calories	482
Protein	25.05 g
Carbohydrates	58.20 g
Fat-total	15.96 g
Saturated Fat	3.19 g
Cholesterol	49 mg
Vitamin A (RE)	31 RE
Vitamin C	5.4 mg
Iron	4.26 mg
Calcium	147 mg
Sodium	716 mg
Fiber	4.22 g
% Protein	20.75
% Carbohydrate	48.21
% Total Fat	29.74
% Saturated Fat	5.94

CORNED BEEF, TURKEY AND COLESLAW ON A RYE BAGEL WITH THOUSAND ISLAND DRESSING

(CSW-63C)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
13 1/3 tbsp.	2 cups + 1 1/3 tbsp.	4 cups + 2 2/3 tbsp.	Thousand Island dressing	
10 each	25 each	50 each	Rye bagels, 4 oz. each*	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Corned beef, cooked, sliced into 1/2 oz. slices	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Turkey breast, deli meat, sliced into 1/2 oz. slices	
5 cups	1 1/2 qt.	3 qt.	Coleslaw, commercially prepared	
			Portion cost = \$0.61	

METHOD

To Make Each Sandwich:

1. Spread 2 tsp. of Thousand Island dressing on each bagel half.
2. Place 1 oz. cooked corned beef (2 slices) and 1 oz. turkey breast (2 slices) on the bottom bagel half.
3. Add 1/2 cup (No. 8 scoop) coleslaw.
4. Top with the remaining bagel half.
5. Portion size = 1 each.

COMPONENTS PER PORTION

4.4 servings bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables

***May substitute thick Rye bread slices, 2 oz. each**

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	522
Protein	23.46 g
Carbohydrates	71.70 g
Fat-total	15.59 g
Saturated Fat	3.22 g
Cholesterol	37 mg
Vitamin A (RE)	72 RE
Vitamin C	28.58 mg
Iron	5.13 mg
Calcium	118.98 mg
Sodium	1206 mg
Fiber	3.57 g
% Protein	17.98
% Carbohydrate	54.95
% Total Fat	26.89
% Saturated Fat	5.56

CURRIED CHICKEN SALAD ON AN EGG BAGEL (CSW-64)

Portion size: 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Cooked diced chicken
1 ¼ cups	3 cups + 2 tbsp.	1 qt. + 2 ¼ cups	Celery, diced
½ cup + 2 tbsp.	1 ½ cups + 1 tbsp.	3 cups + 2 tbsp.	Yogurt, plain, low fat
½ cup + 2 tbsp.	1 ½ cups + 1 tbsp.	3 cups + 2 tbsp.	Mayonnaise, low fat, no chol.
2 ½ tsp.	2 tbsp. + ¼ tsp.	½ cup + ½ tsp.	Curry powder
5 medium	12 ½ medium	25 medium	Green onions, chopped
2 ½	6 ¼	12 ½	Apples, small, 4/lb., diced
10 each	25 each	50 each	Egg bagels, 4 oz. each
			Portion cost = \$0.72

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 4.4 servings of bread/grains, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	501
Protein	29.51 g
Carbohydrates	67.54 g
Fat-total	11.74 g
Saturated Fat	2.78 g
Cholesterol	79 mg
Vitamin A (RE)	47
Vitamin C	4.8 mg
Iron	5.59 mg
Calcium	67 mg
Sodium	748 mg
Fiber	3.95 g
% Protein	23.58
% Carbohydrate	53.96
% Total Fat	21.10
% Saturated Fat	4.99

METHOD

STEP 1

Prepare Curried Chicken Salad* by combining first 7 ingredients. Mix well to combine.

To make each sandwich:

STEP 2

Portion 1 cup (No. 4 scoop) of Curried Chicken Salad onto bottom bagel half. Top with remaining bagel half.

STEP 3

Serving size = 1 each.

*Preparation tip: Curried Chicken Salad can be prepared in advance. However, it is best to add the diced apple to the salad just prior to assembling the sandwiches.

Egg Salad Sandwich Variations (CSW-65)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- On white bread	A-1 2 slices white bread 1/3 cup Egg salad (CS-65)	249	213	461	1.34	2.30	83.7	97	0.7	10.5	26.6	10.7	2.73	2 bread/grains, 2 oz. meat/meat alternate
	A-2 2 slices white bread 1/3 cup Egg salad (CS-65) 2 thin slices tomato 2 large lettuce leaves	259	213	467	2.09	2.59	00.9	125	7.6	11.0	28.6	10.8	2.75	2 bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables
B- On whole wheat bread	B-1 2 slices whole wheat bread 1/3 cup Egg salad (CS-65)	252	212	487	4.05	2.63	70	96	0.6	11.8	27.6	11.2	2.83	2 bread/grains, 2 oz. meat/meat alternate
	B-2 2 slices whole wheat bread 1/3 cup Egg salad (CS-65) 2 thin slices tomato 2 large lettuce leaves	262	212	492	4.80	2.91	77	125	7.5	12.4	29.7	11.4	2.85	2 bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables
C- On rye bread	C-1 2 slices rye bread 1/3 cup Egg salad (CS-65)	280	212	614	3.89	2.59	76	96	0.7	11.8	32.7	11.0	2.72	2 bread/grains, 2 oz. meat/meat alternate
	C-2 2 slices rye bread 1/3 cup Egg salad (CS-65) 2 thin slices tomato 2 large lettuce leaves	290	212	620	4.64	2.88	83	125	7.6	12.4	34.8	11.2	2.74	2 bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables
D- On small Kaiser/steak roll (2.25 oz. each)	D-1 2.25 oz. Kaiser/steak roll 1/3 cup Egg salad (CS-65)	287	212	537	1.68	2.81	44	96	0.6	12.4	33.4	11.1	2.69	2.5 bread/grains, 2 oz. meat/meat alternate
	D-2 2.25 oz. Kaiser/steak roll 1/3 cup Egg salad (CS-65) 2 thin slices tomato 2 large lettuce leaves	297	212	543	2.43	3.09	51	125	7.5	13.0	35.1	11.3	2.71	2.5 bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables
E- On large Kaiser/steak roll (2.75 oz. ea.)	E-1 2.75 oz. Kaiser/steak roll 1/3 cup Egg salad (CS-65)	326	212	614	2.02	3.26	48	96	0.6	13.7	40.3	11.6	2.77	3 bread/grains, 2 oz. meat/meat alternate
	E-2 2.75 oz. Kaiser/steak roll 1/3 cup Egg salad (CS-65) 2 thin slices tomato 2 large lettuce leaves	335	212	619	2.77	3.54	55	125	7.5	14.3	42.4	11.8	2.80	3 bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables

If any other sandwich variations are used (for example, different types of bread), indicate recipe ingredient changes on the Food Production Record.

EGG SALAD WRAP**(CSW-65A)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1 ½ cup	5 2 ½ cups	10 5 cups	Flour tortillas 12" 3.5 oz. ea.	
2 leaves 2 ea.	10 leaves 10 ea.	20 leaves 20 ea.	Egg salad (recipe CS- 65), chilled Lettuce leaves, large Thin tomato slices	

METHOD**STEP 1**

Spread ½ egg tuna salad on tortilla. Place 2 lettuce leaves and 2 tomato slices on top of chicken salad. Fold, cut and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

COMPONENTS PER PORTION**Portion cost = \$0.34**

2 oz. meat/meat alternate, 4 servings
of bread/grains, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	525
Protein	24.10 g
Carbohydrates	59.11 g
Fat-total	13.75 g
Saturated Fat	2.47 g
Cholesterol	355 mg
Vitamin A (RE)	190 RE
Vitamin C	7.99 mg
Iron	4.87 mg
Calcium	180.86 mg
Sodium	801 mg
Fiber	4.34 g
% Protein	19.87
% Carbohydrate	60.24
% Total Fat	22.02
% Saturated Fat	5.63

FITNESS TURKEY ON A WHOLE WHEAT BAGEL WITH LEMON HERB MAYONNAISE (CSW-66)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Mayonnaise, low fat, no chol.	
1 ¼ tbsp.	3 tbsp. + 1 tsp.	6 ¼ tbsp.	Basil, dried	
2 ½ tsp.	2 tbsp. + ½ tsp.	4 tbsp. + 1 tsp.	Lemon peel, grated	
10 each	25 each	50 each	Whole wheat bagels, 4 oz. each	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Turkey breast, baked, sliced	
20 rings	50 rings	100 rings	Green bell rings	
20 slices	50 slices	100 slices	Tomatoes, sliced into ¼” slices	
50 slices	125 slices	250 slices	Cucumbers, sliced thin	
50 strips	125 strips	250 strips	Yellow summer squash, cut into very thin 3” strips	
10 slices	25 slices	50 slices	Red onions, sliced into 1/8” slices	

METHOD

STEP 1

Prepare lemon herb mayonnaise by combining first 2 ingredients. Mix well to combine.

STEP 2

To Make Each Sandwich:

1. Spread 1 tbsp. of lemon herb mayonnaise on each bagel half.
2. Layer the following ingredients on top of the bottom bagel half:
 - 2 oz. turkey breast
 - 2 red green pepper rings
 - 2 tomato slices
 - 5 cucumber slices
 - 5 yellow squash strips
 - 1 onion slice
3. Top with the remaining bagel half.
4. Portion size = 1 each.

COMPONENTS PER PORTION

4.4 servings bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables

Portion cost = \$0.78

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	538
Protein	29.30 g
Carbohydrates	68.58 g
Fat-total	15.52 g
Saturated Fat	3.33 g
Cholesterol	42 mg
Vitamin A (RE)	104 RE
Vitamin C	29.28 mg
Iron	5.50 mg
Calcium	61.45 mg
Sodium	848 mg
Fiber	4.18 g
% Protein	21.77
% Carbohydrate	50.96
% Total Fat	25.94
% Saturated Fat	5.57

FRUITED CHICKEN SALAD WITH WALNUTS ON A BAGEL (CSW-67)

Portion size: 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Cooked diced chicken
1 ¼ cups	3 cups + 2 tbsp.	1 qt. + 2 ¼ cups	Raisins, seedless, soaked in orange juice until plumped
½ cup + 2 tbsp.	1 ½ cups + 1 tbsp.	3 cups + 2 tbsp.	Walnuts, black, dried, chopped
½ cup + 2 tbsp.	1 ½ cups + 1 tbsp.	3 cups + 2 tbsp.	Mayonnaise, low fat, no chol.
5/8 tsp.	½ tbsp.	1 tbsp.	Pepper, black
5/8 tsp.	½ tbsp.	1 tbsp.	Salt
10 each	25 each	50 each	Bagels, whole wheat, 4 oz. each
			Note: commodity trail mix may be substituted for raisins and walnuts without significant changes in nutrients. If this substitution is made, POS signage should indicate to the customers that the menu item contains <u>peanuts</u> .
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, 4.44 servings of bread/grains, ½ cup fruit			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	539		Portion cost = \$0.74
Protein	25.40 g		
Carbohydrates	76.91 g		
Fat-total	16.33 g		
Saturated Fat	3.38 g		
Cholesterol	51 mg		
Vitamin A (RE)	89		
Vitamin C	16.94 mg		
Iron	4.41 mg		
Calcium	57.80 mg		
Sodium	353 mg		
Fiber	3.10 g		
% Protein	18.85		
% Carbohydrate	57.08		
% Total Fat	27.27		
% Saturated Fat	5.64		

METHOD

STEP 1

Prepare Fruited Chicken Salad with Walnuts by combining first 6 ingredients. Mix well to combine.

To make each sandwich:

STEP 2

Place 1 cup of Fruited chicken Salad (portion with a No. 4 scoop) onto the bottom half of a bagel.

STEP 3

Top with remaining bagel half.

STEP 4

Serving size = 1 each.

CHUNKY SEAFOOD SALAD ON A BAGEL

(CSW-68A)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Salmon, flaked, commodity
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Scallions, finely chopped
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Celery, finely chopped
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Parsley, dried
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Carrots, shredded
3 1/3 oz.	8 ½ oz.	1 lb. + ¾ oz.	Tomatoes, chopped
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Green bell pepper, finely chopped
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Mayonnaise, low fat, no chol.
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Salsa, commodity
3/8 tsp.	1 tsp.	2 1/8 tsp.	Cracked black pepper
10 each	25 each	50 each	Bagels, 4 oz. each
20 each	50 each	100 each	Iceberg lettuce leaves, large
20 each	50 each	100 each	Tomato slices, cut into ¼” slices

METHOD

STEP 1

Prepare Chunky Seafood Salad: Combine salmon, scallions, celery, parsley, shredded carrot, chopped tomato, green pepper, mayonnaise, piquant sauce (or salsa). Stir well, but gently to combine. Season with black pepper.

STEP 2

To make each sandwich: Using a No. 8 scoop, portion ½ cup seafood salad on the bottom half of a bagel. Add 2 lettuce leaves and 2 tomato slices. Top with remaining bagel half.

STEP 3

Portion size = 1 each.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 4.4 bread/grains, ½ cup vegetables

Portion cost = \$0.63

Recipe variation CSW-63A-1: Chunky Seafood Salad Wrap. Substitute 12” pressed flour tortilla, 3.5 oz. ea. (PSADO #6574) for bagel. *Nutrients per serving:* 429 calories, 25 mg cholesterol, 891 mg sodium, 4.91 g fiber, 4.21 mg iron, 147 mg calcium, 206 RE Vitamin A, 22.98 mg Vitamin C, 23 g protein (21.27%), 60.54 g carbs (56.50%), 10.14 g fat (21.29%), 2.23 g saturated fat (4.69%). *Components per portion:* 2 oz. meat/meat alternate, 3.9 bread/grains, ½ cup vegetables. Cost per portion = \$0.64.

Recipe variation CSW-63A-2: Chunky Seafood Salad Hero: Substitute 2.75 hero roll for bagel. *Nutrients per serving:* 322 calories, 25 mg cholesterol, 892 mg sodium, 4.13 g fiber, 3.04 mg iron, 94 mg calcium, 206 RE Vitamin A, 23 mg Vitamin C, 20.86 g protein (25.91%), 44.51 g carbs (55.28%), 6.45 g fat (18.02%), 1.25 g saturated fat (3.50%). *Components per portion:* 2 oz. meat/meat alternate, 3 bread/grains, ½ cup vegetables. Cost per portion = \$0.58.

Recipe variation CSW-63A-3: Pita Pockets w/Chunky Seafood Salad: Substitute 2.25 pita pocket bread(P/FARM #07705) for bagel. *Nutrients per serving:* 266 calories, 25 mg cholesterol, 747 mg sodium, 3.64 g fiber, 2.73 mg iron, 63 mg calcium, 206 RE Vitamin A, 23 mg Vitamin C, 20.16 g protein (30.30%), 39.37 g carbs (59.18%), 4.10 g fat (13.85%), 0.05 g saturated fat (1.70%). *Components per portion:* 2 oz. meat/meat alternate, 2.5 bread/grains, ½ cup vegetables. Cost per portion = \$0.64.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	418
Protein	26.06 g
Carbohydrates	65.93 g
Fat-total	4.91 g
Saturated Fat	0.75 g
Cholesterol	25 mg
Vitamin A (RE)	206 RE
Vitamin C	23.0 mg
Iron	5.19 mg
Calcium	107 mg
Sodium	1023 mg
Fiber	4.25 g
% Protein	24.94
% Carbohydrate	63.09
% Total Fat	10.57
% Saturated Fat	1.62

DELUXE SIZED SUPER SUBS

(CSW-70)

Portion size: 1 Piece

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>4</u>	<u>24</u>	<u>48</u>	
1 each	6 each	12 each	French bread stick, 23" seeded, 12 oz. ea.
4 slices (2 oz.)	24 slices (12 oz.)	48 slices (1 lb. + 8 oz.)	American cheese, sliced into 1/2 oz. slices
4 slices (2 oz.)	24 slices (12 oz.)	48 slices (1 lb. + 8 oz.)	Turkey bologna, sliced into 1/2 oz. slices
4 slices (2 oz.)	24 slices (12 oz.)	48 slices (1 lb. + 8 oz.)	Ham, sliced into 1/2 oz. slices
4 slices (2 oz.)	24 slices (12 oz.)	48 slices (1 lb. + 8 oz.)	Salami, sliced into 1/2 oz. slices
1 cup (2 oz.)	6 cups (12 oz.)	3 qt. (1 lb. + 8 oz.)	Lettuce, iceberg, shredded
12 slices (6 oz.)	72 slices (2 lb. + 4 oz.)	144 slices (4 lb. + 8 oz.)	Tomatoes, sliced into 1/2 oz. slices

METHOD

To assemble 4 portions (1 Deluxe Sized Super Sub):

STEP 1

Cut French bread stick in half lengthwise.

STEP 2

Layer cheese and lunchmeat evenly on the bottom half of the bread.

STEP 3

Add shredded lettuce and tomato slices.

STEP 4

Top with remaining half of the roll.

STEP 5

Cut each sub into 4 even pieces, 5 3/4 inches in length each.

STEP 6

Portion size = 1 piece (1/4 sub).

Recipe variations are on the following page.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 3.3 servings of bread/grains, 1/2 cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	391
Protein	19.49 g
Carbohydrates	50.61 g
Fat-total	12.62 g
Saturated Fat	5.67 g
Cholesterol	43 mg
Vitamin A (RE)	76 RE
Vitamin C	12.0 mg
Iron	5.17 mg
Calcium	108 mg
Sodium	1260 mg
Fiber	3.87 g
% Protein	19.95
% Carbohydrate	51.80
% Total Fat	29.07
% Saturated Fat	13.06

Deluxe Sized Super Subs Variations (CSW- 70)

Variation	Ingredients (for 4 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A. Salami and Cheese	French bread stick, 23" seeded, 12 oz. ea. 2 oz. American cheese, sliced into 1/2 oz. slices 6 oz. Salami, sliced into 1/2 oz. slices Lettuce, iceberg, shredded Tomatoes, sliced into 1/2 oz. slices	415	41	1245	3.9	5.6	98	76	12.0	18.8	51.0	15.5	7.0	2 oz. meat/meat alternate, 3.3 servings of bread/grains, 1/2 cup vegetables
B. Turkey and cheese	French bread stick, 23" seeded, 12 oz. ea. 2 oz. American cheese, sliced into 1/2 oz. slices 6 oz. turkey breast, deli meat, sliced into 1/2 oz. slices Lettuce, iceberg, shredded Tomatoes, sliced into 1/2 oz. slices	355	31	1391	3.87	4.63	96	76	12.0	22.4	50.0	7.6	3.9	2 oz. meat/meat alternate, 3.3 servings of bread/grains, 1/2 cup vegetables
C. Ham and cheese	French bread stick, 23" seeded, 12 oz. ea. 2 oz. American cheese, sliced into 1/2 oz. slices 6 oz. ham, sliced into 1/2 oz. slices Lettuce, iceberg, shredded Tomatoes, sliced into 1/2 oz. slices	354	32	1330	3.9	4.8	92.9	83	12.0	18.8	51.5	8.4	4.3	2 oz. meat/meat alternate, 3.3 servings of bread/grains, 1/2 cup vegetables

GOLDEN HONEY MUSTARD ROAST BEEF ON RYE

(CSW-73)

Portion Size – 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
20 slices	50 slices	100 slices	Rye bread, large slices, 1.5 oz. each	
10 fl. oz.	12 ½ fl. oz.	25 fl. oz.	Honey mustard salad dressing	
1 lb + 9 oz	3 lb. + 14 ½ oz.	7 lb. + 13 oz.	Roast beef, deli meat, extra lean	
2 ½ cups	6 ¼ cups	3 qt. + ½ cup	Romaine lettuce, chopped/bagged	
2 ½ cups	6 ¼ cups	3 qt. + ½ cup	Tomatoes, fresh, sliced into ½ oz. slices	
<u>COMPONENTS PER PORTION</u>				
3.3 servings bread/grains, 2 ½ oz. meat/meat alternate, ½ cup vegetables				
<u>NUTRIENT</u>				
	<u>Amount per Serving</u>			
Calories	355			
Protein	20.55 g			
Carbohydrates	52.89 g			
Fat-total	6.91 g			
Saturated Fat	1.82 g			
Cholesterol	16 mg			
Vitamin A (RE)	102 RE			
Vitamin C	13 mg			
Iron	4.7 mg			
Calcium	74 mg			
Sodium	1050 mg			
Fiber	5.8 g			
% Protein	23.18			
% Carbohydrate	59.66			
% Total Fat	17.53			
% Saturated Fat	4.61			
	NK5529			

METHOD

To assemble each sandwich:

STEP 1

Using a squeeze bottle, put ½ fl. oz. (1 tbsp.) honey mustard dressing on two slices of rye bread.

STEP 2

Stack the following ingredients over top of one of the prepared bread slices:

- 2 1/2 oz. sliced roast beef (5 slices)
- ¼ cup chopped romaine lettuce
- ¼ cup tomato slices (3 slices)

STEP 3

Top with remaining prepared bread slice.

STEP 4

Serve immediately on Sandwich Central Logo'd deli paper, or hold at 40 degrees F or lower until served. Portion size = 1 each.

Portion cost: \$0.86 if all ingredients are purchased
NOTE: Do not substitute Commodity chuck roast for the lean roast beef in this recipe, in order to maintain a lower fat content in the product.

HAM AND CHEESE HOAGIE**(CSW-75)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1 each	5 each	10 each	8" steak roll, 2.75 oz. each	
2 oz.	10 oz.	20 oz.	Ham, 95% fat free, sliced	
1 oz.	5 oz.	10 oz.	American cheese, Shrieber, sliced	
½ cup	2 ½ cups	5 cups	Iceberg Lettuce, shredded	
2 each	10 each	20 each	Tomatoes, thin slices	
1/8 tsp.	2/3 tsp.	1 1/3 cup	Oregano leaves, dried	

METHOD**STEP 1**

Place 2 oz. sliced ham and 1 oz. sliced American cheese inside each roll. Top with ½ cup shredded lettuce and 2 tomato slices. Sprinkle with oregano leaves.

STEP 2

Portion size = 1 each.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 3 servings
of bread/grains, 1/2 cup vegetables

NUTRIENT**Amount per
Serving**

Calories	466
Protein	23.59 g
Carbohydrates	39.36 g
Fat-total	21.30 g
Saturated Fat	8.84 g
Cholesterol	55 mg
Vitamin A (RE)	96 RE
Vitamin C	1.6 mg
Iron	3.63 mg
Calcium	209 mg
Sodium	1637 mg
Fiber	2.69 g
% Protein	21.12
% Carbohydrate	35.24
% Total Fat	42.90
% Saturated Fat	17.82

HAM SALAD ON A BAGEL (CSW-80)

Portion size: 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 cups	12 ½ cups	25 cups	Ham salad (See recipe # CS-95)	
10	25	50	Bagels, 3 ½" diameter, 3.2 oz.	
10	25	50	Lettuce leaves	
10	25	50	Tomato slices	

METHOD

STEP 1

For each sandwich, start by placing one lettuce leaf on bottom half of bagel.

STEP 2

Portion ½ cup ham salad using a # 8 scoop over the lettuce leaf.

STEP 3

Place tomato slice over top of ham salad.

STEP 4

Top each sandwich with remaining bagel half.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 1/8 cup vegetables, 2.4 servings bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	319
Protein	17.29 g
Carbohydrates	10.15 g
Fat-total	2.08 g
Saturated Fat	0.39 g
Cholesterol	51 mg
Vitamin A (RE)	24 RE
Vitamin C	12 mg
Iron	3.33 mg
Calcium	62 mg
Sodium	1223 mg
Fiber	20.09 g
% Protein	21.62
% Carbohydrate	75.01
% Total Fat	26.22
% Saturated Fat	5.86

Ham Sandwich Variations (CSW-83)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- On white bread	A-1 2 slices white bread 2 oz. ham	191	28	957	1.15	2.31	404	0	0.0	13.5	25.4	3.8	0.80	2 bread/grains, 2 oz. meat/meat alternate
	A-2 2 slices white bread 2 oz. ham 1/2 oz. American cheese	245	41	1160	1.15	2.37	491	41	0.0	16.6	25.6	8.2	3.60	2 bread/grains, 2.5 oz. meat/meat alternate
	A-3 2 slices white bread 2 oz. ham 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	255	41	1166	1.90	2.66	498	70	6.9	17.2	27.6	8.4	3.6	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
B- On whole wheat bread	B-1 2 slices whole wheat bread 2 oz. ham	195	27	983	3.86	2.64	390	0	0.0	14.8	26.4	4.4	0.91	2 bread/grains, 2 oz. meat/meat alternate
	B-2 2 slices whole wheat bread 2 oz. ham 1/2 oz. American cheese	248	40	1186	3.86	2.70	477	41	0.0	18.0	26.7	8.8	3.70	2 bread/grains, 2.5 oz. meat/meat alternate
	B-3 2 slices whole wheat bread 2 oz. ham 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	258	40	1191	4.61	2.98	484	69	6.9	18.5	28.7	8.9	3.72	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
C- On rye bread	C-1 2 slices rye bread 2 oz. ham	223	27	1110	3.71	2.61	396	0	0.1	14.8	31.5	4.1	0.80	2 bread/grains, 2 oz. meat/meat alternate

Ham Sandwich Variations (CSW-83), continued

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
	C-2 2 slices rye bread 2 oz. ham 1/2 oz. American cheese	276	40	1313	3.71	2.66	4.83	41	0.1	18.0	31.7	8.5	3.59	2 bread/grains, 2.5 oz. meat/meat alternate
	C-3 2 slices rye bread 2 oz. ham 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	286	40	1318	4.46	2.95	491	69	7.0	18.5	33.8	8.7	3.61	2 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
D- On small Kaiser/steak roll (2.25 oz. each)	D-1 2.25 oz. Kaiser/steak roll 2 oz. ham	230	27	1033	1.50	2.82	364	0	0.0	15.4	32.1	4.25	0.77	2.5 bread/grains, 2 oz. meat/meat alternate
	D-2 2.25 oz. Kaiser/steak roll 2 oz. ham 1/2 oz. American cheese	283	40	1236	1.50	2.88	452	41	0.0	18.5	32.4	8.7	3.56	2.5 bread/grains, 2.5 oz. meat/meat alternate
	D-3 2.25 oz. Kaiser/steak roll 2 oz. ham 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	293	40	1241	2.25	3.16	459	69	6.9	19.1	34.4	8.8	3.58	2.5 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables
E- On large Kaiser/steak roll (2.75 oz. ea.)	E-1 2.75 oz. Kaiser/steak roll 2 oz. ham	268	27	1110	1.83	3.27	368	0	0.0	16.7	39.1	4.8	0.85	3 bread/grains, 2 oz. meat/meat alternate
	E-2 2.75 oz. Kaiser/steak roll 2 oz. ham 1/2 oz. American cheese	322	40	1313	1.83	3.33	455	41	0.0	19.9	39.4	9.2	3.65	3 bread/grains, 2.5 oz. meat/meat alternate
	E-3 2.75 oz. Kaiser/steak roll 2 oz. ham 1/2 oz. American cheese 2 thin slices tomato 2 large lettuce leaves	332	40	1318	2.28	3.61	462	69	6.9	20.4	41.4	9.3	3.67	3 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables

If any other sandwich variations are used (for example, different types of cheese or bread), indicate recipe ingredient changes on the Food Production Record. Important Note: If turkey ham products are substituted for pork ham products, 1.4 oz. turkey ham provides 1.0 oz. meat/meat alternate. Recipes should be adjusted accordingly to provide the desired amount of meat/meat alternate component contributions. For example, to provide 2 oz. of meat/meat alternate, you must use 2.8 oz. of turkey ham per sandwich.

HEALTH CLUB SUB WITH TURKEY, ROAST BEEF & HAM (CSW-83A)

Portion size: 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 each	25 each	50 each	Club roll, 3 oz.
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Turkey breast, deli meat, sliced into ½ oz. slices
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Ham, 95% fat free, sliced into ½ oz. slices
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Roast beef, deli meat, sliced into ½ oz. slices
2 ½ cups	6 ¼ cups	3 qt. + ½ cup	Romaine lettuce, chopped/bagged
2 ½ cups	6 ¼ cups	3 qt. + ½ cup	Tomatoes, fresh, sliced into ½ oz. slices
5 fl. oz.	12 ½ fl. oz.	25 fl. oz.	Creamy Caesar salad dressing, in a labeled squeeze bottle

METHOD

To assemble each sub, layer ingredients inside one sub roll as follows:

- Step 1.** 1 oz. (2 slices) turkey breast
- Step 2.** 1 oz. (2 slices) ham
- Step 3.** 1 oz. (2 slices) roast beef
- Step 4.** ¼ cup romaine lettuce
- Step 8.** ¼ cup sliced tomatoes (3 slices)
- Step 9.** ½ fl. oz. (1 tbsp.) creamy Caesar dressing (use a squirt bottle to add the dressing)

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 3.3 servings of bread/grains, ½ cup vegetables

Cost per portion \$0.82 if all ingredients are purchased.

NUTRIENT

Amount per Serving

Calories	395
Protein	25.04 g
Carbohydrates	47.14 g
Fat-total	11.44 g
Saturated Fat	2.69 g
Cholesterol	34 mg
Vitamin A (RE)	64 RE
Vitamin C	12 mg
Iron	3.71 mg
Calcium	94 mg
Sodium	1599 mg
Fiber	3.45 g
% Protein	25.33
% Carbohydrate	47.14
% Total Fat	26.06
% Saturated Fat	6.19

NK5525

Serve immediately on Sandwich Central Logo'd deli paper, or hold at 40 degrees F or lower until served. Portion size = 1 each.

HONEY MUSTARD HAM AND CHEDDAR STACKED BAGEL

(CSW-84)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 1/3 cup	2 2/3 cups	5 1/3 cups	Honey mustard salad dressing (KENS #634)	
15 oz.	2 lb. + 5 1/2 oz.	4 lb. + 11 oz.	Ham, sliced into 1/2 oz. slices (Commod. or FDBUY #12719)	
5 oz.	12 1/2 oz.	1 lb. + 9 oz.	Cheddar cheese, sliced into 1/2 oz. slices (Commod. or Schreiber #09035)	
10 each	25 each	50 each	Plain bagels, 4 oz. each	
20 each	50 each	100 each	Romaine lettuce leaves, large	
20 each	50 each	100 each	Thin tomato slices, 1/4" thick	
15 oz.	2 lb. + 5 1/2 oz.	4 lb. + 11 oz.	Ham, sliced into	

METHOD

To Make Each Sandwich:

1. Spread 1 tbsp. honey mustard dressing on each bagel half.
2. Layer the following ingredients on top of one bagel half:
 - 1 1/2 oz. ham (3 slices)
 - 1/2 oz. cheddar cheese (1 slice)
 - 1/4 cup romaine lettuce
 - 2 tomato slices
3. Top with the remaining bagel half.
4. Portion size = 1 each.

COMPONENTS PER PORTION

4.4 servings bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables

Portion cost = \$0.53

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	495
Protein	22.05 g
Carbohydrates	67.16 g
Fat-total	14.19 g
Saturated Fat	5.01 g
Cholesterol	39 mg
Vitamin A (RE)	94 RE
Vitamin C	11.95 mg
Iron	4.97 mg
Calcium	193.45 mg
Sodium	1371 mg
Fiber	3.34 g
% Protein	17.80
% Carbohydrate	54.23
% Total Fat	25.78
% Saturated Fat	9.11

Recipe Variation CSW-84 A:

For Honey Mustard Ham Wrap, substitute 12" pressed flour tortilla, 3.5 oz. ea. (PSADO #6574) for bagel. *Nutrients per serving:* 506 calories, 39 mg cholesterol, 1240 mg sodium, 4.01 g fiber, 4.21 mg iron, 233 mg calcium, 94 RE Vitamin A, 12 mg Vitamin C, 18.77 g protein (14.84%), 61.77 g carbs (48.83%), 19.42 g fat (34.54%), 6.50 g saturated fat (11.55%). *Components per portion:* 2 oz. meat/meat alternate, 3.9 bread/grains, 1/2 cup vegetables. *Cost per portion* = \$0.54.

ITALIAN CHICKEN & CHEESE WRAP (CSW-85)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas 12" 3.5 oz. ea.	
½ cup	2 ½ cups	5 cups	Lettuce, shredded	
2 oz.	10 oz.	1 lb. + 4 oz.	Chicken, diced	
½ oz.	2 ½ oz.	5 oz.	Mozzarella cheese, part skim, shredded	
½ oz.	2 ½ oz.	5 oz.	Italian salad dressing	
¼ cup	1 ¼ cup	2 ½ cups	Tomatoes, diced	

METHOD

STEP 1

Place ½ cup lettuce and ½ cup tomatoes on tortilla. Add 2-oz. chicken and ½ oz. cheese. Place ½ oz. of salad dressing in the middle so tortilla does not become soaked. Fold, cut and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

COMPONENTS PER PORTION

2.5 oz. meat/meat alternate, 4 servings of bread/grains, ¾ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	477
Protein	22.73 g
Carbohydrates	59.06 g
Fat-total	16.19 g
Saturated Fat	4.33 g
Cholesterol	45 mg
Vitamin A (RE)	57 RE
Vitamin C	9.1 mg
Iron	4.27 mg
Calcium	228 mg
Sodium	1346 mg
Fiber	3.97 g
% Protein	19.05
% Carbohydrate	49.50
% Total Fat	30.53
% Saturated Fat	8.17

ITALIAN HOAGIE**(CSW-87)****Portion size: 1 Each**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1 each	5 each	10 each	8" steak roll, 2.75 oz. each
1 oz.	5 oz.	10 oz.	Ham, 95% fat free, sliced
1 oz.	5 oz.	10 oz.	Salami, Hormel San Reno, sliced
1 oz.	5 oz.	10 oz.	American cheese, Shrieber, sliced
1/4 cup	1 1/4 cup	2 1/2 cups	Iceberg Lettuce, shredded
3 each	15 each	30 each	Tomatoes, thin slices
1/8 tsp.	2/3 tsp.	1 1/3 cup	Oregano leaves, dried

METHOD**STEP 1**

Place 1 oz. sliced ham, 1 oz. sliced salami, and 1 oz. sliced American cheese inside each roll. Top with 1/4 cup shredded lettuce and 3 tomato slices. Sprinkle with 1/8 tsp. oregano leaves.

STEP 2

Portion size = 1 each.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 3 servings
of bread/grains, 1/2 cup vegetables

NUTRIENT**Amount per
Serving**

Calories	466
Protein	24.62 g
Carbohydrates	41.83 g
Fat-total	21.82 g
Saturated Fat	9.51 g
Cholesterol	64 mg
Vitamin A (RE)	191 RE
Vitamin C	9.2 mg
Iron	3.26 mg
Calcium	190 mg
Sodium	1630 mg
Fiber	2.62 g
% Protein	21.10
% Carbohydrate	35.86
% Total Fat	42.08
% Saturated Fat	18.34

ITALIAN TURKEY COLD CUT HOAGIE**(CSW-87A)****Portion size: 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1 each	5 each	10 each	8" steak roll, 2.75 oz. each	
1 oz.	5 oz.	10 oz.	Turkey ham, sliced into ½ oz. slices	
½ oz.	2 ½ oz.	5 oz.	Turkey salami, sliced into ½ oz. slices	
½ oz.	2 ½ oz.	5 oz.	Turkey bologna, sliced into ½ oz. slices	
1 oz.	5 oz.	10 oz.	American cheese, sliced into ½ oz. slices	
1/4 cup	1 ¼ cups	2 ½ cups	Iceberg Lettuce, shredded	
3 each	15 each	30 each	Tomatoes, sliced into ½ oz. slices	
1/8 tsp.	2/3 tsp.	1 1/3 cup	Oregano leaves, dried	

METHOD**STEP 1**

Place 1 oz. sliced turkey ham, ½ oz. sliced salami, ½ sliced turkey bologna, and 1 oz. sliced American cheese inside each roll. Top with 1/4 cup shredded lettuce and 3 tomato slices. Sprinkle with 1/8 tsp. oregano leaves.

STEP 2

Portion size = 1 each.

COMPONENTS PER PORTION

2.5 oz. meat/meat alternate, 3 servings of bread/grains, 1/2 cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	418
Protein	22.51 g
Carbohydrates	42.92 g
Fat-total	17.06 g
Saturated Fat	7.64 g
Cholesterol	70 mg
Vitamin A (RE)	196 RE
Vitamin C	9.28 mg
Iron	3.63 mg
Calcium	207.32 mg
Sodium	1359 mg
Fiber	2.63 g
% Protein	21.54
% Carbohydrate	41.06
% Total Fat	36.73
% Saturated Fat	16.45

JUNIOR TURKEY CLUB**(CSW-88)****Portion size: 1 Sandwich**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Turkey breast, sliced	
10	25	50	Tomato slice	
10	25	50	Lettuce, leaf(s)	
20	50	100	White bread slices	
10	25	50	Bacon slices, cooked, broken half	
¼ cup + 2 ½ tsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	Mayonnaise, low fat	

METHOD**STEP 1**

Spread 1-tsp. Mayonnaise on each slice of bread (2 slices of bread for each sandwich. For each sandwich, place 2 oz. turkey, 1 tomato slice, 1 lettuce leaf and 2 bacon slice halves between 2 slices of bread

COMPONENTS PER PORTION

2 servings bread/grains, 2-oz. meat/meat alternate,
¼ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	269
Protein	19.13 g
Carbohydrates	26.66 g
Fat-total	9.00 g
Saturated Fat	2.40 g
Cholesterol	29 mg
Vitamin A (RE)	14 RE
Vitamin C	5.2 mg
Iron	2.01 mg
Calcium	63 mg
Sodium	1254 mg
Fiber	1.56 g
% Protein	28.41
% Carbohydrate	39.60
% Total Fat	30.08
% Saturated Fat	8.04

JUNIOR HOAGIES

(CSW-89)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
12 ½ oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Salami, sliced into ½ oz. slices
12 ½ oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Bologna, sliced into ½ oz. slices
12 ½ oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Ham, sliced into ½ oz. slices
12 ½ oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	American cheese, sliced into ½ oz. slices
25 each	50 each	100 each	Hot dog buns, 1.4 oz. ea.
6 ¼ cups	3 qt. + 2 cups	7 qt.	Lettuce, iceberg, fresh, shredded
12 ½ oz. (25 slices)	1 lb. + 9 oz. (50 slices)	3 lb. + 2 oz. (100 slices)	Tomatoes, sliced into ½ oz. slices
<u>COMPONENTS PER PORTION</u>			Cost per portion = \$0.30
2 oz. meat/meat alternate, 1.6 serving of bread/grains, 3/8 cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	283		
Protein	13.51 g		
Carbohydrates	21.79 g		
Fat-total	15.57 g		
Saturated Fat	6.99 g		
Cholesterol	40 mg		
Vitamin A (RE)	55 RE		
Vitamin C	3.40 mg		
Iron	1.96 mg		
Calcium	147 mg		
Sodium	984 mg		
Fiber	1.43 g		
% Protein	19.08		
% Carbohydrate	21.79		
% Total Fat	49.57		
% Saturated Fat	6.99		

METHOD

STEP 1

To make each hoagie, layer ½ oz. of salami, ½ oz. of bologna, ½ oz. ham, and ½ oz. American cheese inside each hot dog bun.

STEP 2

Add ¼ cup shredded lettuce to each sandwich.

STEP 3

Add 1 thin tomato slice to each sandwich.

STEP 4

Store under refrigeration until ready to serve.

STEP 5

Portion size = 1 each.

Recipe variations are on the following page.

Junior Hoagie Variations (CSW- 89)

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A. Junior ham and cheese hoagie <i>Portion cost = \$0.34</i>	1 hot dog bun, 1.4 oz. each 1 ½ oz. ham, sliced into ½ oz. slices (3 slices per sandwich) ½ oz. slice American cheese (1 slice per sandwich) ¼ cup shredded lettuce 1 thin tomato slice	217	32	975	1.4	1.8	146	55	3.4	12.9	22.7	8.0	4.0	2 oz. meat/meat alternate, 1.6 serving of bread/grains, 3/8 cup vegetables
B. Junior turkey and cheese hoagie <i>Portion cost = \$0.36</i>	1 hot dog bun, 1.4 oz. each 1 ½ oz. turkey breast, deli meat, sliced into ½ oz. slices (3 slices per sandwich) ½ oz. slice American cheese (1 slice per sandwich) ¼ cup shredded lettuce 1 thin tomato slice	205	25	765	1.43	1.45	146	55	3.4	14.3	21.2	6.9	3.3	2 oz. meat/meat alternate, 1.6 serving of bread/grains, 3/8 cup vegetables

LITTLE ITALY WRAP (CSW-90)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas 12" 3.5 oz. ea.	
1 oz.	5 oz.	10 oz.	Turkey ham	
½ oz.	2 ½ oz.	5 oz.	Mozzarella cheese, part skim	
1	5	10	Turkey salami, slices	
¼ cup	1 ¼ cup	2 ½ cups	Lettuce, chopped	
¼ cup	1 ¼ cup	2 ½ cups	Tomatoes, chopped	
½ oz.	2 ½ oz.	5 oz.	Italian salad dressing, low calorie	

METHOD

STEP 1

Place ¼ cup lettuce and ¼ cup tomatoes on tortilla. Add 1 oz. ham, ½ oz. cheese and 1 oz. turkey salami. Place ½ oz. of dressing in the middle of tortilla so it does not become soaked. Fold wrap, cut and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

COMPONENTS PER PORTION

2.5 oz. meat/meat alternate, 3.9 servings of bread/grains, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	523
Protein	21.80 g
Carbohydrates	58.68 g
Fat-total	21.92 g
Saturated Fat	6.86 g
Cholesterol	51 mg
Vitamin A (RE)	73 RE
Vitamin C	9.1 mg
Iron	4.32 mg
Calcium	224 mg
Sodium	1473 mg
Fiber	3.97 g
% Protein	16.67
% Carbohydrate	44.87
% Total Fat	37.71
% Saturated Fat	11.81

CHEESE WRAP WITH THREE CHEESES AND HONEY MUSTARD DRESSING

(CSW-90A) R '04

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Flour tortillas 12" 3.5 oz. ea.	
1 oz.	5 oz.	10 oz.	American cheese	
1 oz.	5 oz.	10 oz.	Provolone cheese	
1 oz.	5 oz.	10 oz.	Swiss cheese	
¼ cup	1 ¼ cup	2 ½ cups	Lettuce, chopped	
¼ cup	1 ¼ cup	2 ½ cups	Tomatoes, chopped	
½ oz.	2 ½ oz.	5 oz.	Honey mustard salad dressing, commercially prepared	

METHOD

To make each sandwich:

STEP 1

Place ¼ cup lettuce and ¼ cup tomatoes on tortilla. Add 1 oz. American cheese, 1 oz. provolone cheese, and 1 oz. Swiss cheese. Place ½ oz. of dressing in the middle of tortilla so it does not become soaked. Fold wrap, cut and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

STEP 1

Portion size = 1 each.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 3.9 servings of bread/grains, ½ cup vegetables

Portion cost = \$0.66

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	684
Protein	30.61 g
Carbohydrates	69.24 g
Fat-total	31.77 g
Saturated Fat	17.19 g
Cholesterol	72 mg
Vitamin A (RE)	338 RE
Vitamin C	9.33 mg
Iron	4.09 mg
Calcium	789 mg
Sodium	1303 mg
Fiber	4.17 g
% Protein	17.90
% Carbohydrate	40.48
% Total Fat	41.79
% Saturated Fat	22.61

MARINATED TOMATO AND CHEESE ON A BAGEL (CSW-91)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cups	3 cups + 2 tbsp.	1 qt. + 2 ¼ cups	Onions, minced	
1 ¼ cups	3 cups + 2 tbsp.	1 qt. + 2 ¼ cups	Red or cider vinegar	
¼ cup + 1 tbsp.	¾ cup + ½ tbsp.	1 ½ cups + 1 tbsp	Parsley, dried	
2 ½ tbsp.	1/3 cup + 1 tbsp.	¾ cup + ½ tbsp.	Basil, dried	
5/8 tsp.	½ tbsp.	1 tbsp. + 1/8 tsp.	Garlic powder	
5/8 tsp.	½ tbsp.	1 tbsp. + 1/8 tsp.	Black pepper	
¼ tsp.	¾ tsp.	½ tbsp.	Hot pepper sauce	
2 ½ cups	6 ¼ cups	1 ½ qt.	Tomatoes, sliced into ¼” slices	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Mozzarella, part skim, sliced into ½ oz. slices	
20 leaves	50 leaves	100 leaves	Romaine lettuce leaves	
10 each	25 each	50 each	Bagels, 4 oz. each	

METHOD

STEP 1

Prepare marinade by combining first 7 ingredients. Beat well to combine. Pour marinade into a hotel pan.

STEP 2

Place sliced tomatoes and cheese in the pan of marinade. Place in refrigerator for at least 30 minutes.

To make each sandwich:

STEP 3

Place the following ingredients on top of the bottom bagel half:

1. 1 lettuce leaf
2. 2 oz. marinated mozzarella cheese (4 slices)
3. ¼ cup marinated tomatoes (2 slices)
4. 1 lettuce leaf

Top with remaining bagel half.

STEP 4

Serving size = 1 each.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 4.4 servings of bread/grains, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>	Portion cost = \$0.75
Calories	525	
Protein	28.02 g	
Carbohydrates	80.30 g	
Fat-total	11.33 g	
Saturated Fat	6.03 g	
Cholesterol	33 mg	
Vitamin A (RE)	308	
Vitamin C	30.26 mg	
Iron	6.34 mg	
Calcium	536.27 mg	
Sodium	890 mg	
Fiber	6.26 g	
% Protein	21.34	
% Carbohydrate	61.16	
% Total Fat	19.42	
% Saturated Fat	10.37	

MEDITERRANEAN WRAP

(CSW-92)

Portion size: 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 qt. + 1 cup	3 qt. + ½ cups	1 ½ gal. + 1 cup	Garbanzo beans, canned, drained, coarsely mashed
1 ¼ cups	3 cups + 2 tbsp.	1 qt. + 2 ¼ cups	Black olives, sliced
1 ¼ cups	3 cups + 2 tbsp.	1 qt. + 2 ¼ cups	Cucumbers, peeled, seeded, diced
2 ½ cups	1 qt. + 2 ¼ cups	3 qt. + ½ cup	Tomatoes, canned, diced, Drained (or fresh tomatoes)
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Feta cheese, small crumbles (TCAVE #7317204543)
2 ½ cups	1 qt. + 2 ¼ cups	3 qt. + ½ cup	Italian salad dressing, low cal. (KENS #601)
10 each	25 each	50 each	12” pressed flour tortillas, 3.5 oz. ea. (PSADO #6574)
			Portion cost = \$0.60
<u>COMPONENTS PER PORTION</u>			
2 ½ oz. meat/meat alternate, 3.9 servings of bread/grains, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	597		
Protein	17.27 g		
Carbohydrates	89.42 g		
Fat-total	19.28 g		
Saturated Fat	4.40 g		
Cholesterol	16 mg		
Vitamin A (RE)	96		
Vitamin C	13.80 mg		
Iron	5.89 mg		
Calcium	252.96 mg		
Sodium	1614 mg		
Fiber	9.77 g		
% Protein	11.58		
% Carbohydrate	59.93		
% Total Fat	29.08		
% Saturated Fat	6.63		

METHOD

STEP 1

Prepare Mediterranean Salad by combining first 6 ingredients. Mix well to combine. Allow salad to marinate in the refrigerator for at least 2 hours prior to assembling sandwiches, in order for dressing to be absorbed into the garbanzo beans and for flavors to combine. Stir salad before beginning to assemble sandwiches to distribute dressing.

To make each sandwich:

STEP 2

Place 1 cup Mediterranean Salad onto the surface of a flour tortilla and spread to within 1 inch of the edges. Portion the salad using a slotted spoodle in order to drain away any excess salad dressing. If portioning with a 4 oz. slotted spoodle, give 2 spoonfuls per wrap. If portioning with an 8 oz. slotted spoodle, give 1 spoonful per wrap.

STEP 3

Spread mixture to within 1 inch of the edge of the tortilla.

STEP 4

Fold tortilla wrap style. Cut in half diagonally. For OutTakes: Place each half in a cellophane bag; close and secure bag with a wire twist.

STEP 5

Serving size = 1 each.

Recipe variation A:
 For Mediterranean Folded Pitas: Substitute 9" 3.4 oz. foldover (gyro style) pita bread for tortilla wrap (KRONOS #2045). Using a #8 scoop, put 1/2 cup Mediterranean salad inside each bread portion. Provide 1 sandwich per portion.
Nutrients per serving: 434 calories, 16 mg cholesterol, 1470 mg sodium, 8.5 g fiber, 4.42 mg iron, 169 mg calcium, 60 RE Vitamin A, 13.80 g Vitamin C, 14.64 g protein (13.48%), 68.25 g carbs (62.86%), 13.24 g fat (27.43%), 3.31 g saturated fat (6.85%).
Components per portion: 2.5 oz. meat/meat alternate, 3.8 bread/grains, ½ cup vegetables.
Cost per portion = \$0.64.

MOZZARELLA AND ROASTED ITALIAN VEGETABLES ON A BAGEL (CSW-93)

Portion size: 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 each	25 each	50 each	Bagels, 4 oz. each
			Cheese, mozzarella, part skim, sliced into ½ oz. slices
2 ½ cups	6 ¼ cups	3 qts. + ½ cup	Roasted Italian vegetables (recipe HVG-186)
20 leaves	50 leaves	100 leaves	Romaine lettuce leaves, large

METHOD

To make each sandwich:

STEP 1

Layer the following ingredients on the bottom half of a bagel:

1. 2 oz. sliced part skim mozzarella (4 slices)
2. ¼ cup roasted Italian vegetables (portion with a #16 scoop)
3. 2 romaine lettuce leaves

STEP 2

Top with remaining bagel half.

STEP 3

Serving size = 1 each.

Variation A: Prepare sandwich as a wrap, substituting a 12” tortilla for the bagel and ¼ cup shredded lettuce for the 2 lettuce leaves. *Nutrients per serving:* 404 calories, 33 mg cholesterol, 645 mg sodium, 14.69 g fat (32.72%), 7.12 g saturated fat (15.87%), 20.89 g protein (20.68%), 46.04 g carbohydrates (45.57%), 2.86 g fiber, 2.90 mg iron, 470.38 mg calcium, 137 RE Vitamin A, 3.36 mg Vitamin C. *Components per portion:* 2 oz. meat/meat alternate, 3.5 servings of bread/grains, ½ cup vegetables.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 4.4 servings of bread/grains, ½ cup vegetables

Portion cost = \$0.59

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	533
Protein	26.66 g
Carbohydrates	67.70 g
Fat-total	17.02 g
Saturated Fat	6.83 g
Cholesterol	33 mg
Vitamin A (RE)	949
Vitamin C	32.45 mg
Iron	4.78 mg
Calcium	472.82 mg
Sodium	877 mg
Fiber	4.39 g
% Protein	20.01
% Carbohydrate	50.80
% Total Fat	28.74
% Saturated Fat	11.52

NEAPOLITAN HERO WITH RED WINE VINAIGRETTE

(CSW-93A)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10 each	25 each	50 each	Hero roll, 2.75 oz. each	
			Fat free raspberry vinaigrette, USBLUE #1171, poured into a squeeze bottle	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Turkey breast, Carolina #81301, sliced into ½ oz. slices	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Roast beef, J/PAC #49127-439, sliced into ½ oz. slices	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Ham, FDBUY #12719, sliced into ½ oz. slices	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Lettuce, iceberg, shredded	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Tomatoes, fresh, sliced into ½ oz. slices	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Onions, fresh, sliced	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Green peppers, sliced into thin strips	

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 3 servings of bread/grains, 1/2 cup vegetables

Cost per portion \$0.71

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	341
Protein	21.23 g
Carbohydrates	50.42 g
Fat-total	6.23 g
Saturated Fat	1.77 g
Cholesterol	26 mg
Vitamin A (RE)	24 RE
Vitamin C	15.76 mg
Iron	3.25 mg
Calcium	78.23 mg
Sodium	1379 mg
Fiber	3.30 g
% Protein	24.89
% Carbohydrate	59.11
% Total Fat	16.45
% Saturated Fat	15.41

METHOD

To assemble each sandwich:

STEP 1

Squeeze 1 fluid oz. of vinaigrette on both halves of the inside of one hero roll.

STEP 2

Layer 1 oz. turkey (2 slices), 1 oz. roast beef (2 slices), and 1 oz. ham (2 slices) inside the roll.

STEP 3

Add 2 tbsp. shredded lettuce, 2 thin tomato slices, 2 tbsp. sliced onions, and 2 tbsp. (about 4 or 5 thin strips) of green pepper to each sandwich.

STEP 4

Portion size = 1 each.

PAN ROASTED ITALIAN VEGGIES & TURKEY FOLD OVER PITA (CSW-93B)

Portion size: 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 each	25 each	50 each	Pita bread, <i>gyro foldover style</i> , 3.4 oz. each
1 lb. + 14 oz.	4 lb. + 11 oz.	9 lb. + 6 oz.	Turkey breast, deli meat, sliced into ½ oz. slices
10 fl. oz.	25 fl. oz.	50 fl. oz.	Italian salad dressing, light/low calorie, in a labeled squeeze bottle
5 cups	12 ½ cups	6 ¼ qt.	Roasted Italian vegetables (HVG-186)

METHOD

To assemble each sandwich:

STEP 1

Cut pocket bread in half to make 2 half-moon shapes.

STEP 2

Put 3 oz. (6 slices) turkey on top of first bread half.

STEP 3

Squirt 1 fl. oz. salad dressing over turkey.

STEP 4

Add 1/2 cup (#8 scoop) of roasted Italian vegetables to the sandwich.

STEP 5

Top with remaining bread half.

STEP 6

Serve immediately on Sandwich Central Logo'd deli paper, or hold at 40 degrees F or lower until served. Portion size = 1 each.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 3.8 servings of bread/grains, ½ cup vegetables

Cost per portion \$0.84 if all ingredients are purchased

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	443
Protein	29.31 g
Carbohydrates	65.90 g
Fat-total	6.60 g
Saturated Fat	1.25 g
Cholesterol	35 mg
Vitamin A (RE)	814 RE
Vitamin C	57 mg
Iron	3.43 mg
Calcium	113 mg
Sodium	2061
Fiber	4.86 g
% Protein	26.43
% Carbohydrate	59.44
% Total Fat	13.40
% Saturated Fat	2.55

NK5532

PARISIAN HAM & CHEESE WRAP (CSW-94)

Portion size: 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
2 tbsp.	10 tbsp.	1 ¼ cups	French dressing, fat free (KENS #809)	
1	5	10	12" pressed flour tortilla, 3.5 oz Ea (PSADO #6574)	
2 oz.	10 oz.	1 lb. + 4 oz.	Ham, 95% fat free, sliced into ½ oz. slices (Commod. or FDBUY #12719)	
0.5 oz.	2.5 oz.	5 oz.	American cheese, sliced into ½ oz. slices (Commod. Or Schreiber #13678)	
¼ cup	1 ¼ cup	2 ½ cup	Iceberg lettuce leaves, large	
¼ cup	1 ¼ cup	2 ½ cup	Thin tomato slices, ¼" thick	

METHOD

STEP 1

Spread ½ oz. salad dressing on tortilla. Place ¼ cup each lettuce and tomatoes in the center of the tortilla within ¼ inch of the edge. Layer 2 oz. ham and 1 oz. cheese. Fold wrap, cut, and display. Store under refrigeration at 40 degrees F or lower until ready to serve.

STEP 2

Portion size = 1 each.

Portion cost = \$0.59

COMPONENTS PER PORTION

2 1/2 oz. meat/meat alternate, 3.9 servings bread/grains, ½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	529
Protein	23.14 g
Carbohydrates	71.68 g
Fat-total	16.61 g
Saturated Fat	5.60 g
Cholesterol	42 mg
Vitamin A (RE)	105 RE
Vitamin C	9.13 mg
Iron	4.95 mg
Calcium	599 mg
Sodium	1566 mg
Fiber	4.34 g
% Protein	17.49
% Carbohydrate	54.19
% Total Fat	28.25
% Saturated Fat	9.53

PARISIAN HAM & CHEESE STACKED ONION BAGEL (CSW-95)

Portion size: 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 tbsp.	10 tbsp.	1 ¼ cups	French dressing, fat free (KENS #809)
1	5	10	Onion bagels, 4 oz. each
2 oz.	10 oz.	1 lb. + 4 oz.	Ham, 95% fat free, sliced into ½ oz. slices (Commod. or FDBUY #12719)
0.5 oz.	2.5 oz.	5 oz.	American cheese, sliced into ½ oz. slices (Commod. Or Schreiber #13678)
¼ cup	1 ¼ cup	2 ½ cup	Iceberg lettuce leaves, large
¼ cup	1 ¼ cup	2 ½ cup	Thin tomato slices, ¼" thick

METHOD

To make each sandwich:

STEP 1

Spread 1 tbsp. lowfat French salad dressing on each bagel half.

STEP 2

Place 2 oz. ham, ½ oz. American cheese, 2 lettuce leaves, and 2 tomato slices on bottom bagel half.

STEP 3

Top with remaining bagel half.

STEP 4

Serving size = 1 each.

<u>COMPONENTS PER PORTION</u>		
2 ½ oz. meat/meat alternate, 4.44 servings bread/grains, ½ cup vegetables		Portion cost = \$0.61

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	482	
Protein	25.42 g	
Carbohydrates	70.76 g	
Fat-total	10.57 g	
Saturated Fat	3.92 g	
Cholesterol	42 mg	
Vitamin A (RE)	137 RE	
Vitamin C	9.13 mg	
Iron	5.33 mg	
Calcium	481.09 mg	
Sodium	1643 mg	
Fiber	3.07 g	
% Protein	21.11	
% Carbohydrate	58.77	
% Total Fat	19.75	
% Saturated Fat	7.33	

Peanut Butter Sandwich Variations (CSW-97)

Revised Aug. 2007

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- On white bread	A-1 2 slices white bread 2 tbsp. USDA reduced fat peanut butter 1 tbsp. jelly	348	0	372	3.01	1.84	56	0	0.1	11.5	39.3	17.9	3.66	2 bread/grains, 1 oz. meat/meat alternate. To provide the equivalent of 2 oz. meat/meat alternate, this recipe item must be accompanied by another source of protein, such as 1 oz. of cheese or a 4 oz. cup of yogurt. Indicate these supplemental food items as a separate food item on the food production record.
	A-2 "Triple Decker" 3 slices white bread 4 tbsp. USDA reduced fat peanut butter (2 tbsp. in each sandwich layer) 2 tbsp. jelly	577	0	585	5.2	2.60	61	0	0.3	21.1	66.4	25.3	4.29	
B- With marshmallow cream	B-1 2 slices white bread 2 tbsp. USDA reduced fat peanut butter 1 tbsp. marshmallow cream	307	0	285	2.45	1.32	43	0	1.6	10.3	31.5	17.3	3.53	2 bread/grains, 1 oz. meat/meat alternate. To provide the equivalent of 2 oz. meat/meat alternate, this recipe item must be accompanied by another source of protein, such as 1 oz. of cheese or a 4 oz. cup of yogurt. Indicate these supplemental food items as a separate food item on the food production record.
	B-2 "Triple Decker" 3 slices white bread 4 tbsp. USDA reduced fat peanut butter (2 tbsp. in each sandwich layer) 2 tbsp. marshmallow cream	580	0	582	4.82	2.53	69	0	3.3	21.3	66.4	35.3	4.29	

NOTE: 2 tbsp. peanut butter = one #30 scoop
4 tbsp. peanut better = two #30 scoops *or* one #16 scoop

Peanut Butter Sandwich Variations (CSW-97)

Revised 2005

Variation	Ingredients (for 1 each)	Nutrients											Components	
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
C- With banana	C-1 2 slices white bread 2 tbsp. USDA reduced fat peanut butter 2 tbsp. sliced banana	394	0	462	0.67	2.74	14	2	2.56	15.2	53.0	14.0	2.03	2 bread/grains, 1 oz. meat/meat alternate, 1/8 cup fruit. To provide the equivalent of 2 oz. meat/meat alternate, this recipe item must be accompanied by another source of protein, such as 1 oz. of cheese or a 4 oz. cup of yogurt. Indicate these supplemental food items as a separate food item on the food production record.
	C-2 "Triple Decker" 3 slices white bread 4 tbsp. USDA reduced fat peanut butter (2 tbsp. in each sandwich layer) ¼ cup sliced banana	579	0	519	1.35	3.33	28	4	5.1	24.4	67.0	25.1	4.07	3 bread/grains, 2 oz. meat/meat alternate, ¼ cup fruit.
D- Uncrustables Peanut Butter and Jelly Pocket Sandwiches, CN Labeled	D-1 2.8 oz. product #6650	320	0	350	3.0	2.70	100	0	0.00	11.0	32.0	17.0	3.50	1 bread/grains 1 oz. meat/meat alternate To provide the equivalent of 2 oz. meat/meat alternate, this recipe item must be accompanied by another source of protein, such as 1 oz. of cheese or a 4 oz. cup of yogurt. Indicate these supplemental food items as a separate food item on the food production record.
	D-2 4.8 oz. product #6655	570	0	540	5.0	2.70	100	0	0.00	20.0	52.0	34.0	7.0	2 bread/grains 2 oz. meat/meat alternate

NOTE: 2 tbsp. peanut butter = one #30 scoop
4 tbsp. peanut better = two #30 scoops *or* one #16 scoop