

Chartwells School Dining Services

007038 - Apple Crisp

Source: D- 05
 Number of Portions: 50
 Size of Portion: 1 Serving

Meat/Alt 0 oz.
 Grain/Bread 0.75 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL 14 OZ 020038 OATS..... 9 OZ 019334 SUGARS,BROWN..... 15 OZ 002010 CINNAMON,GROUND..... 1 TBSP + 1 1/2 TSP 002047 SALT, TABLE..... 1/2 TSP 001001 BUTTER,WITH SALT..... 1 LB 009348 APPLES,CND,WATER PACK,SLCD..... 1 #10 CAN		1. For topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and butter. Mix until crumbly. Set aside for step 6.
014429 WATER,MUNICIPAL..... 1 As Needed		2. For filling: Drain apples, reserving juice. For 50 servings, add enough water to juice to make 1 ½ cups liquid. For 100 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for step 5. 3. Place 5 lb 9 oz (2 qt 3 ¾ cups) apples into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
019335 SUGARS,GRANULATED..... 10 1/2 OZ 002010 CINNAMON,GROUND..... 1 1/2 TSP 009154 LEMON JUC,FRZ,UNSWTND,SINGLE STRENG 1/4 CUP		4. Sprinkle 10 ½ oz (1 ½ cups) sugar, 1 ½ tsp cinnamon, and ¼ cup lemon juice over apples in each pan. Stir to combine.
		5. Pour 1 ½ cups liquid over apples in each pan. 6. Sprinkle 3 lb 6 oz (approximately 2 qt 1 cup) topping evenly over apples in each steamtable pan. 7. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes 8. Cool. Cut each pan 5 x 10 (50 pieces per pan).
		Serving 1 piece provides ¼ cup of fruit. For Enhanced Meal Pattern only: 1 piece also provides ¾ serving grains/breads.

Calories	197	Iron	0.98 Mg	Protein	1.93 G	3.92% Calories from Prot
Cholesterol	20 Mg	Calcium	19 Mg	Carbohydrates	30.84 G	62.73% Calories from Carb
Sodium	80 Mg	Vitamin A	250 IU	Total Fat	8.00 G	36.63% Calories from T Fat
Dietary Fiber	2.12 G	Vitamin C	0.6 Mg	Saturated Fat	4.77 G	21.81% Calories from S Fat
* - Denotes Missing Nutrient Values						

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007039 - Apple Raisin Cobber

Source: D- 10
 Number of Portions: 50
 Size of Portion: 1 Piece

Meat/Alt 0 oz.
 Grain/Bread 1 SRV.
 F/V/J 0.5 Cup
 Milk 0 FLOZ

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 002047 SALT,TABLE..... 001001 BUTTER,WITH SALT.....	2 LB + 4 OZ 2 TSP 1 LB + 4 OZ	1. For pastry topping: Combine flour and salt. Mix in butter until size of small peas.
014429 WATER,MUNICIPAL.....	1 1/3 CUP	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 10.
900004 JUICE FROM DRAINED #10 CAN & WATER AS	1 SEE INSTRUCTIONS	3. Filling: Drain apples, reserving juice. Set apples aside for step 8
020027 CORNSTARCH..... 019335 SUGARS,GRANULATED..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND.....	4 OZ 1 LB + 8 OZ 1 TBSP + 1 TSP 2 TSP	4. Add water to reserved apple juice. Combined it should be 2 QT. 5. Mix cornstarch with about ¼ of the liquid mixture. 6. Bring remaining liquid mixture to boil. Add about ½ of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 7 and 8. 7. Remove from heat. Blend remaining sugar, cinnamon, and nutmeg thoroughly into mixture.
009348 APPLES,CND,WATER PACK,SLCD..... 009298 RAISINS,SEEDLESS.....	2 #10 CAN 1 QT	8. Add apples and raisins to thickened mixture. Stir lightly. Do not break up fruit.
		9. Pour 3 qt 1 cup thickened apple mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 10. Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use about 2 lb 1 oz of dough for each steamtable pan. 11. Cover apples with pastry. Brush with pastry brush dipped in water. Cut dough 5 x 5 (25 pieces). 12. Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 1 hour Convection Oven: 375° F for 40 minutes 13. Cut each pan 5 x 5 (25 portions per pan).

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	<p style="text-align: right;">Variations:</p> <p>A. Apple-Honey Cobbler</p> <p>50 servings: Follow steps 1-3. In step 4, add enough water to apple juice to make 1 qt 3 2/3 cups. Continue with step 5. In step 6, omit sugar. Add 14 1/2 oz (1 1/4 cups) honey. In step 7, add 12 oz (1 3/4 cups) sugar. Continue with steps 8-13.</p> <p>100 servings: Follow steps 1-3. In step 4, add enough water to apple juice to make 3 qt 3 1/3 cups. Continue with step 5. In step 6, omit sugar. Add 1 lb 13 oz (2 1/2 cups) honey. In step 7, add 1 lb 8 oz (3 1/2 cups) sugar. Continue with steps 8-13.</p> <p>B. Apple-Raisin Cobbler</p> <p>50 and 100 servings: Follow steps 1-8. In step 9 sprinkle 4 oz (3/4 cup 1 Tbsp) raisins over each pan. Continue with steps 10-13.</p>
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Calories	306	Iron	1.45 Mg	Protein	2.88 G	3.77% Calories from Prot
Cholesterol	24 Mg	Calcium	19 Mg	Carbohydrates	54.36 G	71.05% Calories from Carb
Sodium	163 Mg	Vitamin A	328 IU	Total Fat	9.89 G	29.10% Calories from T Fat
Dietary Fiber	3.54 G	Vitamin C	0.5 Mg	Saturated Fat	5.95 G	17.48% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

007046 - Peanut Butter Glaze

Source: D- 100
 Number of Portions: 50
 Size of Portion: 1 Tbsp.

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

019336 SUGARS,POWDERED..... 13 OZ 016098 PEANUT BUTTER,SMOOTH STYLE,W/SALT..... 4 OZ 019350 SYRUPS,CORN,LT..... 3 TBSP 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 1/2 CUP		1. Cream powdered sugar and peanut butter in a mixer with a paddle attachment for 5 minutes on medium speed. 2. Add corn syrup and lowfat milk and mix for 5 minutes on low speed until smooth. 3. Spread over slightly cooled peanut butter bars. 4. Use 1 lb 7 oz (3 cups) for each half-sheet pan (13" x 18" x 1").
		Serving
		1 Tbsp.

Calories	47	Iron	0.04 Mg	Protein	0.65 G	5.58%	Calories from Prot
Cholesterol	0 Mg	Calcium	4 Mg	Carbohydrates	8.89 G	76.21%	Calories from Carb
Sodium	12 Mg	Vitamin A	5 IU	Total Fat	1.18 G	22.70%	Calories from T Fat
Dietary Fiber	0.14 G	Vitamin C	0.0 Mg	Saturated Fat	0.25 G	4.83%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007034 - Raisin Cookies

Source: D-105
 Number of Portions: 300.0000
 Size of Portion: 1 Each

Meat/Alt 0 oz.
 Grain/Bread 0.75 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

001001 BUTTER, WITH SALT..... 019335 SUGARS, GRANULATED..... 001123 EGG, WHOLE, RAW, FRESH..... 002050 VANILLA EXTRACT..... 020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEA 018369 LEAVENING AGENTS, BAKING PDR, DOUBLE-A 002047 SALT, TABLE..... 009298 RAISINS, SEEDLESS.....	6 LB 7 LB + 3 OZ 32 large 1/2 CUP 9 LB 5 OZ 2 TBSP + 2 TSP 12 CUP	<p>STEP 1 CREAM BUTTER AND SUGAR, ADD EGGS AND VANILLA. BLEND.</p> <p>STEP 2 ADD DRY INGREDIENTS AND RAISINS.</p> <p>STEP 3 PORTION ONTO PARCHMENT LINED SHEET PANS WITH #30 SCOOP.</p> <p>STEP 4 BAKE AT 375 DEGREES F FOR 10 - 12 MINUTES.</p> <p>NOTE Each cookie supplies 0.75 servings of G/B for the Enhanced Food Based menu pattern only.</p>
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Calories	183	Iron	0.89 Mg	Protein	2.33 G	5.10%	Calories from Prot
Cholesterol	42 Mg	Calcium	38 Mg	Carbohydrates	26.06 G	56.95%	Calories from Carb
Sodium	174 Mg	Vitamin A	253 IU	Total Fat	8.05 G	39.57%	Calories from T Fat
Dietary Fiber	0.58 G	Vitamin C	0.1 Mg	Saturated Fat	4.85 G	23.83%	Calories from S Fat
* - Denotes Missing Nutrient Values							

RASPBERRY APPLESAUCE (D - 110)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>		<u>INGREDIENTS</u>
<u>29</u>	<u>58</u>	<u>116</u>
1 #10 can	2 #10 cans	4 #10 cans
1 lb. + 7 oz. (2 cups)	2 lb. + 14 oz. (1 qt.)	5 lb. + 12 oz. (2 qt.)
		h
		Applesauce, canned, sweetened
		Raspberry puree

METHOD

STEP 1

Combine applesauce and raspberry puree together. Mix well.

STEP 2

Portion into 4 fl. oz. cups.

STEP 3

Portion size = ½ cup.

COMPONENTS PER PORTION

½ cup fruit

Cost per portion = \$0.07

NUTRIENTS PER SERVING

Calories	89	Iron	0.62 mg
Protein	0.44 g	Calcium	7.62 mg
Carbohydrates	23.04 g	Sodium	4 mg
Fat-total	0.21 g	Fiber	1.95 g
Saturated Fat	0.03 g	% Protein	1.97
Cholesterol	0 mg	% Carbohydrate	95.57
Vitamin A (RE)	16 RE	% Total Fat	2.14
Vitamin C	2.75 mg	% Saturated Fat	0.32

Chartwells School Dining Services

001000 - Rice Crispy Treats

Source: D- 115
 Number of Portions: 24
 Size of Portion: 1 Square

Meat/Alt 0 oz.
 Grain/Bread 0.333 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

001001 BUTTER,WITH SALT..... 1/4 CUP 000078 MARSHMALLOWS..... 10 OZ 008065 CEREALS RTE,,KELLOGG,KELLOGG'S RICE KR 6 CUP		<p>STEP 1 Melt butter in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat.</p> <p>STEP 2 Add Rice Krispies cereal. Stir until well coated.</p> <p>STEP 3 Using spatula or waxed paper, press mixture evenly into a sheet pan.</p> <p>SERVING: cut into 2x2 inch squares.</p> <p>YIELD: 24 squares</p> <p>Supplies 1/3 serving of grains/breads for the Enhanced Food Based Menu Pattern.</p>
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Calories	80	Iron	0.40 Mg	Protein	0.64 G	3.19% Calories from Prot
Cholesterol	5 Mg	Calcium	1 Mg	Carbohydrates	15.09 G	75.56% Calories from Carb
Sodium	80 Mg	Vitamin A	172 IU	Total Fat	2.00 G	22.51% Calories from T Fat
Dietary Fiber	0.04 G	Vitamin C	1.6 Mg	Saturated Fat	1.24 G	13.94% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

007047 - Spice Icing

Source: D- 117
 Number of Portions: 50
 Size of Portion: 2 tsp.

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

019336 SUGARS,POWDERED..... 002047 SALT, TABLE..... 001155 MILK, DRY, NONFAT, INST, WO/ VIT A..... 002010 CINNAMON, GROUND..... 002025 NUTMEG, GROUND..... 002021 GINGER, GROUND.....	1 LB 1/2 TSP 1 OZ 1 TSP 1/8 TSP 1/8 TSP	1. Combine powdered sugar, salt, dry milk, cinnamon, nutmeg, and ginger in mixer with paddle attachment for 1 minute on low speed.
001001 BUTTER, WITH SALT..... 014429 WATER, MUNICIPAL..... 002050 VANILLA EXTRACT.....	3 OZ 1/4 CUP 1 1/2 TSP	2. Add butter and mix for 5 minutes on low speed. Scrape down sides of bowl. 3. Slowly add water and vanilla. Mix for 5 minutes on medium speed, until light and fluffy. 4. Use 1 lb 4 oz (2 cups) for each steamtable pan (12" x 20" x 2 1/2").
		Serving
		2 tsp.

Calories	50	Iron	0.02 Mg	Protein	0.22 G	1.73% Calories from Prot
Cholesterol	4 Mg	Calcium	8 Mg	Carbohydrates	9.39 G	75.05% Calories from Carb
Sodium	37 Mg	Vitamin A	43 IU	Total Fat	1.40 G	25.11% Calories from T Fat
Dietary Fiber	0.03 G	Vitamin C	0.0 Mg	Saturated Fat	0.88 G	15.82% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

007033 - Sugar Cookies

Source: D-120
 Number of Portions: 300.0000
 Size of Portion: 1 Each

Meat/Alt 0 oz.
 Grain/Bread 0.75 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

001001 BUTTER, WITH SALT..... 019335 SUGARS, GRANULATED..... 001123 EGG, WHOLE, RAW, FRESH..... 002050 VANILLA EXTRACT..... 020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEA 018369 LEAVENING AGENTS, BAKING PDR, DOUBLE-A 002047 SALT, TABLE.....	6 LB 7 LB + 3 OZ 32 large 1/2 CUP 9 LB 5 OZ 2 TBSP + 2 TSP	<p>STEP 1 CREAM BUTTER AND SUGAR, ADD EGGS AND VANILLA. BLEND.</p> <p>STEP 2 ADD DRY INGREDIENTS.</p> <p>STEP 3 PORTION ONTO PARCHMENT LINED SHEET PANS WITH #30 SCOOP.</p> <p>STEP 4 BAKE AT 375 DEGREES F FOR 10 - 12 MINUTES.</p> <p>NOTE Each cookie supplies 0.75 servings of G/B for the Enhanced Food Based menu pattern only.</p>
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Calories	166	Iron	0.78 Mg	Protein	2.15 G	5.20%	Calories from Prot
Cholesterol	42 Mg	Calcium	35 Mg	Carbohydrates	21.47 G	51.82%	Calories from Carb
Sodium	173 Mg	Vitamin A	253 IU	Total Fat	8.02 G	43.56%	Calories from T Fat
Dietary Fiber	0.37 G	Vitamin C	0.0 Mg	Saturated Fat	4.84 G	26.31%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007036 - Sweet Potato Pie

Source: D- 125
 Number of Portions: 50
 Size of Portion: 1 Serving

Meat/Alt 0 oz.
 Grain/Bread 0.75 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 002047 SALT, TABLE..... 001001 BUTTER,WITH SALT..... 014429 WATER,MUNICIPAL.....	1 LB + 12 OZ 1 1/2 TSP 15 OZ 1 1/4 CUP	1. For bottom crust: Combine flour and salt. Mix in butter until size of small peas. 2. Add water and mix just until dry ingredients are moistened. 3. Roll out pastry dough into rectangles (about 20" x 28") on lightly floured surface. Use 3 lb 7 oz of dough for each crust. Line bottom and sides of sheet pans (18" x 26" x 1") with dough. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
011514 SWEET POTATO,CND,MSHD..... 001123 EGG,WHOLE,RAW,FRESH..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 001001 BUTTER,WITH SALT..... 002047 SALT, TABLE..... 019334 SUGARS,BROWN..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 009214 ORANGE JUC,FRZ CONC,UNSWTND,UNDIL..... 002010 CINNAMON,GROUND..... 002021 GINGER,GROUND..... 002011 CLOVES,GROUND.....	1 #10 Can 9 large 1 QT 3 OZ 1/4 TSP 14 OZ 2 1/2 OZ + 2 TBSP 1/4 CUP 1 TBSP 1 1/2 TSP 1 TSP	4. For pie filling: Place mashed sweet potatoes in a mixer. If using canned cut sweet potatoes, puree or mash in mixer with paddle attachment for 4-5 minutes on medium speed until very smooth and free from lumps. (Discard coarse fibers that stick to mixer paddle.) 5. Add beaten eggs, milk, butter, brown sugar, salt, flour, orange juice concentrate, cinnamon, ginger, and cloves. Mix with paddle attachment for 4-5 minutes on medium speed until smooth and well blended.
		6. Pour 13 lb 15 oz (1 gal 1 qt) pie filling into each crust. 7. Bake until a knife inserted near center comes out clean: Conventional Oven: 425° F for 15 minutes. Reduce oven temperature and bake at 375° F for 45-55 minutes. Convection oven: 375° F for 10 minutes. Reduce oven temperature and bake at 325° F for 30-45 minutes. 8. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F within an additional 4 hours. Refrigerate until ready to serve. Cut each pan 5 x 10 (50 pieces per pan).

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	<p>Special Tip</p> <p>For 50 servings, use 4 ½ oz (1 ½ cups) dried whole eggs and 1 ½ cups water in place of eggs.</p> <p>For 100 servings, use 9 oz (3 cups) dried whole eggs and 3 cups water in place of eggs.</p>
	<p>Serving</p> <p>1 piece provides ¼ cup vegetable and fruit. For Enhanced Meal Pattern only: 1 piece also provides ¾ serving grains/breads.</p>

Calories	265	Iron	2.04 Mg	Protein	6.22 G	9.38% Calories from Prot
Cholesterol	61 Mg	Calcium	105 Mg	Carbohydrates	39.12 G	59.00% Calories from Carb
Sodium	234 Mg	Vitamin A	5682 IU	Total Fat	9.53 G	32.32% Calories from T Fat
Dietary Fiber	1.63 G	Vitamin C	5.6 Mg	Saturated Fat	5.60 G	19.01% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

007048 - Vanilla Cream Frosting

Source: D- 135
 Number of Portions: 51
 Size of Portion: 1 1/4 TBSP

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

001001 BUTTER, WITH SALT..... 5 OZ 019336 SUGARS, POWDERED..... 1 LB + 14 OZ 002047 SALT, TABLE..... 1/4 TSP 001155 MILK, DRY, NONFAT, INST, WO/ VIT A..... 1/4 CUP 002050 VANILLA EXTRACT..... 1 TBSP 014429 WATER, MUNICIPAL..... 1/4 CUP + 3 TBSP		1. Cream in mixer for 2 minutes on medium speed until light and fluffy. 2. Combine powdered sugar, salt, and dry milk. Add to creamed margarine or butter. Mix for 1 minute on low speed. 3. Add vanilla while mixing at low speed. Slowly add water to obtain a spreading consistency. Scrape down bowl. Beat for 5 minutes at medium speed or until mixture is creamy and well blended. (For a thinner frosting, add additional water, 1 tsp at a time, mixing after each addition.) 4. Spread on cooled cakes.
		Variations: A. Chocolate Cream Frosting 1 quart: Follow step 1. In step 2, add 4 oz (1 1/3 cups) cocoa to dry ingredients. In step 3, add 1/2 cup 1 Tbsp water. Continue with step 4. 1/2 gallon: Follow step 1. In step 2, add 8 oz (2 3/4 cups) cocoa to dry ingredients. In step 3, add 1 cup 2 Tbsp water. Continue with step 4. B. Peanut Butter Cream Frosting 1 quart: In step 1, omit margarine or butter. Use 9 1/2 oz (1 cup 2 Tbsp) peanut butter. Continue with step 2. In step 3, add 1/2 cup 1 Tbsp water. Continue with step 4. 1/2 gallon: In step 1, omit margarine or butter. Use 1 lb 3 oz (2 1/4 cups) peanut butter. Continue with step 2. In step 3, add 1 cup 2 Tbsp water. Continue with step 4.
		Serving
		1 1/4 Tbsp.

Calories	87	Iron	0.01 Mg	Protein	0.14 G	0.65% Calories from Prot
Cholesterol	6 Mg	Calcium	5 Mg	Carbohydrates	16.82 G	77.57% Calories from Carb
Sodium	30 Mg	Vitamin A	70 IU	Total Fat	2.27 G	23.59% Calories from T Fat
Dietary Fiber	0.00 G	Vitamin C	0.0 Mg	Saturated Fat	1.43 G	14.86% Calories from S Fat
* - Denotes Missing Nutrient Values						

Variety Fruit- Nutrient Values (D-140)

Variation	Nutrients												Components
	Cal.	Protein (g)	Carb (g)	Fat (g)	Sat. Fat (g)	Chol (mg)	Vit. A (RE)	Vit. C (mg)	Iron (mg)	Calcium (mg)	Sodium (g)	Diet Fiber (g)	
A- Apple, fresh, whole, 2-3/4" diameter	81	0.3	21.1	0.5	0.1	0	6.9	7.9	0.3	10	0	3.7	About 5/8 cup fruit
B- Applesauce, canned, sweetened, ¼ cup	48	0.1	12.7	0.1	0	0	0.6	1.1	0.2	3	2	0.8	¼ cup fruit
B-1- Applesauce, canned, sweetened, ½ cup	96	0.2	25.4	0.2	0	0	1.2	2.2	0.4	6	2	2.6	½ cup fruit
C- Apple slices, frozen and canned, unsweetened, water packed, ¼ cup	23	0.1	5.8	0.2	0.0	0	1.7	0.1	0.1	2	0.4	1	¼ cup fruit
C-1- Apple slices, frozen and canned, unsweetened, water packed, ½ cup	45	0.2	11.6	0.3	0.0	0	3.0	0.2	0.2	4	0.8	2	½ cup fruit
D- Blackberries, frozen, ¼ cup	24	0.5	5.9	0.2	0	0	4.2	1.2	0.3	11	0.4	1.9	¼ cup fruit
D-1- Blackberries, frozen, ½ cup	48	1.0	11.8	0.4	0	0	8.4	2.4	0.6	22	0.8	3.8	½ cup fruit
E- Blueberries, frozen, ¼ cup	20	0.2	4.7	0.3	0	0	3.1	1.0	0.1	3	0.4	1	¼ cup fruit
E-1- Blueberries, frozen, ½ cup	40	0.4	9.4	0.6	0	0	6.2	2.0	0.2	6	0.8	2	½ cup fruit
F - Cantaloupe chunks, fresh, ¼ cup	14	0.4	3.2	0.1	0.0	0	125	16.4	0.1	4	3.5	0.3	¼ cup fruit
F- 1Cantaloupe chunks, fresh, ½ cup	27	0.7	6.5	0.2	0.1	0	251	32.9	0.2	9	7.0	0.6	½ cup fruit
G- Cherries, canned and frozen, ¼ cup	47	0.9	15	0.1	0	0	53.1	1.3	0.3	10	0.2	0.8	¼ cup fruit
G-1- Cherries, canned and frozen, ½ cup	94	1.8	30	0.2	0	0	106.2	2.6	0.6	20	0.4	1.6	½ cup fruit
H- Date pieces, ¼ cup	122	0.9	32.7	0.2	0.1	0	2.2	0	0.5	14	1	3.3	¼ cup fruit
H-1- Date pieces, ½ cup	244	1.8	65.4	0.4	0.2	0	4.4	0	1.0	28	2	66	½ cup fruit
I- Fig nuggets, ¼ cup	122	0.9	28.2	1.7	0.3	0	0	1.5	0.6	46	6	2.2	¼ cup fruit
I-1- Fig nuggets, ½ cup	244	1.8	56.4	3.4	0.6	0	0	3.0	1.2	92	12	44	½ cup fruit
J- Grapefruit, fresh, ½	53	1.0	13.4	0.2	0.0	0	20	57.1	0.2	20	0	1.8	¼ cup fruit
J-1- Grapefruit, fresh, whole	106	2.0	25.8	0.4	0.0	0	40	114.2	0.4	40	0	3.6	½ cup fruit
K- Mandarin orange sections, ¼ cup	18	1.9	4.4	0.0	0.0	0	62	16/0	0.2	5.5	2.3	0.6	¼ cup fruit
K-1- Mandarin orange sections, ½ cup	36	0.8	8.9	0.0	0.0	0	124	32.0	0.3	11	5	1.1	½ cup fruit
L- Mixed fruit, canned, light syrup, ¼ cup	36	0.3	9.4	0.0	0.0	0	13.2	1.2	0.2	3.8	3.8	0.7	¼ cup fruit
L-1- Mixed fruit, canned, light syrup, ½ cup	72	0.6	18.8	0.0	0.0	0	16.4	2.4	0.4	7.6	7.6	1.4	½ cup fruit
M- Orange juice, unsweetened, ¼ cup	28	0.5	5.2	0.2	0.0	0	5	20.5	0.1	6	0.5	0.1	¼ cup fruit
M-1 Orange juice, unsweetened, ½ cup	55	1.0	12.5	0.3	0.0	0	10	41.0	0.2	12	1.0	0.2	½ cup fruit

Variety Fruit- Nutrient Values (D-140), continued

Variation	Nutrients												Components
	Cal.	Protein (g)	Carb (g)	Fat (g)	Sat. Fat (g)	Chol (mg)	Vit. A (RE)	Vit. C (mg)	Iron (mg)	Calcium (mg)	Sodium (g)	Diet Fiber (g)	
N- Oranges, fresh, ½	31	0.6	7.7	0.1	0.0	0	14	34.8	0.5	26	0.0	6.2	¼ cup fruit
N-1- Oranges, fresh, whole	62	1.2	15.4	0.2	0.0	0	28	69.7	0.1	52	0.0	3.1	½ cup fruit
O- Peaches, canned, light syrup, ¼ cup	34	0.3	9.1	0.0	0.0	0	22	1.5	0.2	1.9	3.1	0.8	¼ cup fruit
O-1- Peaches, canned, light syrup, ½ cup	68	0.6	18.2	0.0	0.0	0	44	3.0	0.4	3.6	6.2	1.6	½ cup fruit
P- Pears, canned, light syrup, ¼ cup	36	0.1	9.5	0.0	0.0	0	0.0	0.4	0.8	7.2	12.4	3.2	¼ cup fruit
P-1- Pears, canned, light syrup, ½ cup	72	0.2	19.0	0.0	0.0	0	0.0	0.8	1.6	14.4	24.8	6.4	½ cup fruit
Q- Pears, fresh, whole	98	0.7	25.1	0.7	0.0	0	3.3	6.6	0.4	18.0	0.0	4.0	½ cup fruit
R- Pineapple, canned, light syrup, ¼ cup	33	0.2	8.5	0.1	0.0	0	0.6	4.7	0.3	9.0	1.0	0.4	¼ cup fruit
R-1- Pineapple, canned, light syrup, ½ cup	66	0.4	17.0	0.2	0.0	0	1.2	9.4	0.6	18.0	2.0	0.8	½ cup fruit
S- Plums, canned, light syrup, ¼ cup	40	0.2	10.3	0.1	0.0	0	16.4	0.3	0.5	6.0	13.0	0.6	¼ cup fruit
S-1- Plums, canned, light syrup, ½ cup	80	0.4	20.6	0.2	0.0	0	32.8	0.6	1.0	12.0	26.0	1.2	½ cup fruit
T- Prunes, pitted, dried, ¼ cup	57	0.6	14.9	0.1	0.0	0	16.4	1.5	0.6	12.2	1.1	0.5	¼ cup fruit
T-1- Prunes, pitted, dried, ½ cup	114	1.2	29.8	0.2	0.0	0	32.8	3.0	1.2	24.4	2.2	1.0	½ cup fruit
U- Raisins, seedless, ¼ cup	120	1.3	31.7	0.2	0.1	0	0.4	1.3	0.8	20.0	5.0	1.6	¼ cup fruit
U-1- Raisins, seedless, ½ cup	240	2.6	63.4	0.4	0.2	0	0.8	2.6	1.6	40.0	10.0	3.2	½ cup fruit
V- Strawberries, frozen, ¼ cup	13	0.2	3.4	0.0	0.0	0	1.8	15.3	0.3	5.8	0.8	0.3	¼ cup fruit
V-1- Strawberries, frozen, ½ cup	26	0.4	6.8	0.0	0.0	0	3.6	30.6	0.6	11.6	1.6	0.3	½ cup fruit
X- Watermelon chunks, fresh, ¼ cup	13	0.2	2.8	0.2	0.0	0	15.0	3.8	0.0	3.0	1.0	0.2	¼ cup fruit
X-1 Watermelon chunks, fresh, ½ cup	26	0.5	5.7	0.3	0.0	0	30.0	7.7	0.1	6.0	2.0	0.4	½ cup fruit

Chartwells School Dining Services

002120 - Apple Cranberry Crisp

Source: D- 15
 Number of Portions: 25.0000
 Size of Portion: 1 Serving

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

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 020038 OATS..... 090162 SUGARS,BROWN,LIGHT..... 001001 BUTTER,WITH SALT..... 990476 APPLES,CANNED,WATER PACK,SLICED.....	3 CUP 3 CUP, dry wgt 2 CUP, unpacked 1 1/2 CUP 1 #10 CAN	<p><u>STEP 1</u> Make topping: In a large bowl, combine flour, oats, and brown sugar. Mix well. Cut butter pieces into the dry ingredients until the mixture resembles coarse meal.</p>
009081 CRANBERRY SAU,CND,SWTND..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 002010 CINNAMON,GROUND..... 000154 vegetable cooking spray.....	6 CUP 1 CUP 3 TBSP 1 light coating	<p><u>STEP 2</u> Prepare filling: Combine apples with their juice and the cranberry sauce in a large bowl. Stir well to combine. Add cinnamon and flour. Stir well.</p>
019335 SUGARS,GRANULATED.....	1 TSP	<p><u>STEP 3</u> Prepare 2 ½ inch deep hotel baking pans: Spray the bottom and sides with a light coating of vegetable cooking spray. Sprinkle with sugar.</p> <p><u>STEP 4</u> Pour filling into prepared pans. Fill pans to ½ inch of top edge.</p> <p><u>STEP 5</u> Sprinkle thin layer of topping over filling. Do not fill topping over the edge of the pan.</p> <p><u>STEP 6</u> Bake in a 350 degree oven for 35 - 45 minutes or until the filling is hot and the topping is golden brown.</p> <p><u>STEP 8</u> Serve warm. Portion with a 6 oz. spoodle.</p> <p>Supplies 1/2 cup fruit per serving. For Enhanced Food Based menus, each portion also supplies 1/2 serving of grains/breads.</p>

Chartwells School Dining Services

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Recipe Master List

Aug 19, 2007

Calories	405	Iron	2.22 Mg	Protein	4.12 G	4.07%	Calories from Prot
Cholesterol	29 Mg	Calcium	39 Mg	Carbohydrates	72.75 G	71.89%	Calories from Carb
Sodium	104 Mg	Vitamin A	415 IU	Total Fat	12.37 G	27.51%	Calories from T Fat
Dietary Fiber	5.00 G	Vitamin C	1.8 Mg	Saturated Fat	7.20 G	16.02%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007044 - Applesauce Cake

Source: D- 20
 Number of Portions: 50
 Size of Portion: 1 Piece

Meat/Alt 0 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL 019335 SUGARS,GRANULATED..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODI 002047 SALT, TABLE..... 002011 CLOVES,GROUND..... 002010 CINNAMON,GROUND.....	1 LB + 14 OZ 1 LB + 12 OZ 2 1/2 OZ 1/4 CUP 1 1/2 TSP 1 1/2 TSP 1 TBSP	1. Blend flour, sugar, dry milk, baking powder, salt, cloves, and cinnamon in mixer for 1 minute on low speed.
001123 EGG,WHOLE,RAW,FRESH..... 002050 VANILLA EXTRACT..... 014429 WATER,MUNICIPAL..... 004044 OIL,SOYBN,SALAD OR COOKING.....	8 large 1 TBSP 1/4 CUP 1 1/2 CUP	2. Combine eggs, vanilla, water and oil. Add the liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.
009019 APPLESAUCE,CND,UNSWTND,WO/ VIT C.....	1/4 #10 CAN	3. Add applesauce. Blend for 30 seconds on low speed. Beat for 3 minutes on medium speed. Add raisins (optional) and nuts (optional). Blend for 1 minute on low speed.
		4. Pour 7 lb 3 oz (3 qt 3 cups) batter into each sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray and dusted with flour. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 5. Bake until lightly browned: Conventional oven: 375° F for 35 minutes Convection oven: 325° F for 25 minutes 6. Cool. If desired, dust lightly with powdered sugar. 7. Cut each pan 5 x 10 (50 pieces per pan).
		<p style="text-align: center;">Comments</p> To plump raisins, (optional) cover the fruit with very hot tap water. Soak 2- 5 minutes. DO NOT OVERSOAK. Drain well before using. <p style="text-align: center;">Special Tip</p> For 50 servings , use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of eggs. For 100 servings , use 8 oz (2 2/3 cups) dried whole eggs and 2 2/3 cups water in place of eggs.

Chartwells School Dining Services

	<p>Serving</p> <p>1 piece. For Enhanced Meal Pattern only: 1 piece provides 1 serving of grains/breads.</p>
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Calories	207	Iron	1.12 Mg	Protein	3.30 G	6.37% Calories from Prot
Cholesterol	34 Mg	Calcium	79 Mg	Carbohydrates	32.13 G	62.06% Calories from Carb
Sodium	92 Mg	Vitamin A	45 IU	Total Fat	7.54 G	32.78% Calories from T Fat
Dietary Fiber	0.77 G	Vitamin C	0.4 Mg	Saturated Fat	1.23 G	5.34% Calories from S Fat
* - Denotes Missing Nutrient Values						

BLACK FOREST CAKE BAR**(D-23)****Portion Size – 1 piece**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1/6 can	1/3 can	2/3 can	#10 can applesauce (commodity), measure divided in half
¼ box	½ box	1 box	5# box Pillsbury devils food cake mix
12 ½ oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Dried cherries (commodity)
12 ½ oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Cherry pie filling, Harvest

METHOD**STEP 1**

Pour half of the applesauce into a mixing bowl; add cake mix. Mix using a paddle on low speed for 1 minute. Mix on medium speed for 3 minutes.

STEP 2

Add remaining applesauce gradually while mixing 1 minute on low speed. Scrape bowl and paddle. Add cherries. Continue to mix for 2 minutes.

STEP 3

Spread batter on greased and floured OR paper-lined 18 x 26" sheet pans. Sprinkle with chocolate chips.

STEP 4

Bake:

Conventional oven: 350 degrees F for 28-33 minutes.

Convection oven: 300 degrees F for 23-28 minutes.

Cake is done when it springs back when lightly touched in the center.

STEP 5

Frost with cherry pie filling, covering the top evenly but not thickly. Cut sheet pans 8x10. Portion size = one piece.

COMPONENTS PER PORTION

Portion cost = \$0.20

1 bread/grains, ¼ cup fruit

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	170
Protein	1.57 g
Carbohydrates	36.57 g
Fat-total	2.65 g
Saturated Fat	0.79 g
Cholesterol	0 mg
Vitamin A (RE)	4 RE
Vitamin C	1.48 mg
Iron	1.16 mg
Calcium	76.50 mg
Sodium	195 mg
Fiber	1.35 g
% Protein	3.70
% Carbohydrate	86.00
% Total Fat	14.03
% Saturated Fat	4.18

Chartwells School Dining Services

003651 - Blueberry Crunch w/ Walnuts

Source: D- 25
 Number of Portions: 100
 Size of Portion: 1/2 cup

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

105138 YELLOW CAKE MIX..... 001001 BUTTER,WITH SALT..... 012154 WALNUTS,BLACK,DRIED..... 019335 SUGARS,GRANULATED..... 009268 PINEAPPLE,CND,JUC PK,SOL&LIQUIDS..... 009054 BLUEBERRIES,FRZ,UNSWTND.....	20 OZ 2 1/2 CUP 5 CUP, chopped 3 3/4 CUP 6 QT, crush,slice,chunk 6 QT	<p>NOTE: 20 oz. yellow cake mix = 5 cups.</p> <p>STEP 1 Combine cake mix, butter, walnuts, and sugar to make the topping.</p> <p>STEP 2 Combine crushed pineapples and thawed frozen blueberries.</p> <p>STEP 3 Put fruits in steamtable pans. Top fruit with equal amounts of the topping over each pan of fruit.</p> <p>STEP 4 Bake until lightly browned:</p> <p>Conventional oven: 350 degrees for 30-35 minutes</p> <p>Convection oven: 300 degrees for 20 - 25 minutes</p> <p>STEP 5 Portion with a #8 scoop.</p> <p>NOTE: Identify on the menu and point of sale sign that this menu item contains walnuts to alert allergic customers.</p>
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Calories	188	Iron	0.55 Mg	Protein	2.38 G	5.05%	Calories from Prot
Cholesterol	13 Mg	Calcium	19 Mg	Carbohydrates	26.13 G	55.48%	Calories from Carb
Sodium	67 Mg	Vitamin A	186 IU	Total Fat	9.31 G	44.49%	Calories from T Fat
Dietary Fiber	1.91 G	Vitamin C	6.7 Mg	Saturated Fat	3.41 G	16.29%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007050 - Brownie Icing

Source: D- 30
 Number of Portions: 50
 Size of Portion: 1 Tbsp.

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

019336 SUGARS,POWDERED..... 1 LB 019165 COCOA,DRY PDR,UNSWTND..... 3 OZ 001001 BUTTER,WITH SALT..... 3 OZ 001079 MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED 1/2 CUP 000049 VANILLA EXTRACT..... 2 TBSP		<p><u>STEP 1</u> Beat all ingredients on low speed for 5 minutes or until smooth.</p> <p><u>STEP 2</u> Recipe for 50 servings ices one half -sheet pan (18"x12" x1").</p>
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Calories	53	Iron	0.24 Mg	Protein	0.43 G	3.24% Calories from Prot
Cholesterol	4 Mg	Calcium	6 Mg	Carbohydrates	10.07 G	76.12% Calories from Carb
Sodium	11 Mg	Vitamin A	47 IU	Total Fat	1.67 G	28.39% Calories from T Fat
Dietary Fiber	0.56 G	Vitamin C	0.0 Mg	Saturated Fat	1.04 G	17.73% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

002016 - Carribean Quick Coconut Bread

Source: D- 35
 Number of Portions: 20.0000
 Size of Portion: 1/10 loaf

Meat/Alt 0 oz.
 Grain/Bread 1.5 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 4 CUP 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-A 2 TSP 002047 SALT,TABLE..... 1/4 TSP 001123 EGG,WHOLE,RAW,FRESH..... 1 large 990253 COCONUT MILK..... 1 CUP 004044 OIL,SOYBN,SALAD OR COOKING..... 1/2 CUP 002050 VANILLA EXTRACT..... 1 TSP 012179 COCONUT MEAT,DRIED (DESICCATED),SWTN 2 CUP, shredded 009298 RAISINS,SEEDLESS..... 1 CUP	<p><u>STEP 1</u> Preheat oven to 350 degrees F. Spray loaf pans with pan spray.</p> <p><u>STEP 2</u> Sift together flour, baking powder, and salt.</p> <p><u>STEP 3</u> Blend in egg(s), coconut milk, oil, and vanilla.</p> <p><u>STEP 4</u> Mix in coconut and raisins.</p> <p><u>STEP 5</u> Turn dough onto a floured board and knead slightly.</p> <p><u>STEP 4</u> Shape into 2 loaves and pat into 2 prepared loaf pans. Bake for 40 -45 minutes or until golden brown and a toothpick inserted into the center comes out clean.</p> <p>SERVING: Cut each loaf into 10 pieces; one serving = 1 piece.</p> <p><u>NOTES</u> Steps 2 - 5 can be done in an electric mixer fitted with a paddle or dough hook. When adding each ingredient just mix at low speed until combined. Do not overmix or use high speed as it will toughen the bread.</p> If coconut milk is unavailable, substitute regular milk for coconu t milk. Add 1 tsp. of coconut extract for each 2 loaves of bread being prepared. For Enhanced Food Based Menus, each piece (1/10 loaf) supplies 1.5 servings of grains/breads.
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Calories	244	Iron	1.72 Mg	Protein	3.39 G	5.55%	Calories from Prot
Cholesterol	11 Mg	Calcium	45 Mg	Carbohydrates	30.63 G	50.21%	Calories from Carb
Sodium	109 Mg	Vitamin A	12 IU	Total Fat	12.48 G	46.03%	Calories from T Fat
Dietary Fiber	1.76 G	Vitamin C	0.8 Mg	Saturated Fat	6.63 G	24.45%	Calories from S Fat

* - Denotes Missing Nutrient Values

CARROT CAKE (D-40)

Portion Size – 1 Piece

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>50 (1 pan)</u>	<u>100 (2 pans)</u>	<u>250 (5 pans)</u>	
1 lb. + 14 oz.	3 lb. + 12 oz.	9 lb. + 6 oz.	Flour, enriched	
1 lb. + 11 ½ oz.	3 lb. + 7 oz.	8 lb. + 10 oz.	Sugar	
1 ½ oz.	3 oz.	7 ½ oz.	Baking Powder	
1 ½ tsp.	1 Tbsp.	2 Tbsp. + 1 ½ tsp.	Salt	
1 ½ tsp.	1 Tbsp.	2 Tbsp. + 1 ½ tsp.	Cinnamon	
1 tsp.	2 tsp.	1 Tbsp. + 2 tsp.	Cloves, ground	
2 ½ oz.	5 oz.	12 ½ oz.	Nonfat dry milk	
8	16	40	Eggs (large)	
2 cups	1 qt.	2 qt. + 2 cups	Oil	
1 lb. + 7 oz.	2 lb. + 14 oz.	7 lb. + 4 oz.	Carrots, shredded	
¼ #10 can	½ #10 can	1 ¼ #10 can	Canned pineapple, light syrup (drained)	
<u>COMPONENTS PER PORTION</u>				
1/8 cup vegetable and fruit, 1 serving bread/grains				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	228			
Protein	3.45 g			
Carbohydrates	32.43 g			
Fat-total	9.75 g			
Saturated Fat	1.43 g			
Cholesterol	34 mg			
Vitamin A (RE)	382			
Vitamin C	2.1 mg			
Iron	1.14 mg			
Calcium	80 mg			
Sodium	182 mg			
Fiber	1.03 g			
% Protein	6.05			
% Carbohydrate	56.83			
% Total Fat	38.45			
% Saturated Fat	5.67			

METHOD

STEP 1

Blend flour, sugar, baking powder, salt, cinnamon, cloves, and dry milk for 1 minute in mixer on low speed.

STEP 2

Add eggs and oil to dry ingredients. Blend for 10 seconds on low speed. Beat for 6 minutes on medium speed.

STEP 3

Add carrots and pineapple. Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed.

STEP 4

Pour 8 lb. 2 oz. (3 ¾ qt.) of batter into each sheet pan which has been lightly oiled and dusted with flour.

STEP 5

Bake until lightly browned:

Conventional oven: 350 degrees for 35-45 minutes.
Convection oven: 300 degrees for 30 – 40 minutes.

STEP 6

Cool. If desired, frost or lightly dust with powdered sugar.

STEP 7

Cut each pan 5 x 10 (50 pieces per pan).

CHERRY CHOCOLATE CHIP CAKE

(D-43)

Portion Size – 1 piece

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1/6 can	1/3 can	2/3 can	#10 can applesauce, sweetened, (commodity) measure divided in half
1/4 box	1/2 box	1 box	5# box Pillsbury yellow cake mix
12 1/2 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Dried cherries (commodity)
2 1/2 oz.	5 oz.	10 oz.	Semi-sweet chocolate chips

METHOD

STEP 1

Pour half of the applesauce into a mixing bowl; add cake mix. Mix using a paddle on low speed for 1 minute. Mix on medium speed for 3 minutes.

STEP 2

Add remaining applesauce gradually while mixing 1 minute on low speed. Scrape bowl and paddle, add cherries. Continue to mix for 2 minutes.

STEP 3

Spread batter on greased and floured OR paper-lined 18 x 26" sheet pans. Sprinkle with chocolate chips.

STEP 4

Bake:

Conventional oven: 350 degrees F for 28-33 minutes.

Convection oven: 300 degrees F for 23-28 minutes.

Cake is done when it springs back when lightly touched in the center.

STEP 5

Cut sheet pans 8x10. Portion size = one piece.

Variations and options:

- A. Glaze with chocolate glaze, covering the top evenly not thickly.
- B. Mix dried cherries and cranberries.
- C. Frost with cherry flavored or chocolate cherry frosting.
- D. Drizzle with a chocolate cherry glaze.
- E. Make a chocolate covered cherry by using a cherry cake mix and frosting with chocolate pudding or frosting.

COMPONENTS PER PORTION

1 bread/grains, 1/8 cup fruit

Portion cost = \$0.18

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	136
Protein	1.97 g
Carbohydrates	23.80 g
Fat-total	3.89 g
Saturated Fat	1.57 g
Cholesterol	4 mg
Vitamin A (RE)	14 RE
Vitamin C	0.67 mg
Iron	0.70 mg
Calcium	11.84 mg
Sodium	135 mg
Fiber	0.64 g
% Protein	5.77
% Carbohydrate	69.78
% Total Fat	25.67
% Saturated Fat	10.38

Chartwells School Dining Services

007037 - Cherry Crisp

Source: D- 45
 Number of Portions: 50
 Size of Portion: 1 Serving

Meat/Alt 0 oz.
 Grain/Bread 0.75 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL 020038 OATS..... 019334 SUGARS,BROWN..... 002011 CLOVES,GROUND..... 002047 SALT, TABLE..... 001001 BUTTER,WITH SALT..... 090063 CHERRIES,TART,CND,H2O PK.....	13 1/2 OZ 9 OZ 15 OZ 1/2 TSP 1/2 TSP 1 LB 1 1/3 #10 CAN	1. For topping: Combine flour, rolled oats or rolled wheat, brown sugar, cloves, salt, and butter. Mix until crumbly. Set aside for step 8. 2. For filling: Drain cherries, reserving juice. For 50 servings, reserve 1 cup juice. For 100 servings, reserve 2 cups juice. Set juice aside for step 4. 3. Place 5 lb 14 oz (3 qt) cherries into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
019335 SUGARS,GRANULATED..... 009214 ORANGE JUC,FRZ CONC,UNSWTND,UNDIL..... 020027 CORNSTARCH..... 014429 WATER,MUNICIPAL.....	10 OZ 1/4 CUP 1/4 CUP + 2 TBSP 1/4 CUP	4. Combine cherry juice with sugar and orange juice concentrate. Cook juice mixture over medium heat for 2 minutes. 5. Combine cornstarch and water. Stir until smooth. 6. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.
		7. Pour 2 cups liquid mixture over cherries in each pan. 8. Sprinkle 3 lb 5 oz (approximately 2 qt 2 cups) topping evenly over cherries in each pan. 9. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes 10. Cool. Cut each pan 5 x 10 (50 pieces per pan).
		<p style="text-align: center;">Variation</p> <p>Cherry Crisp (Using Frozen Red Tart Pitted Cherries, Thawed)</p> <p>50 servings: Follow step 1. In step 2, use 8 lb 8 oz (3 qt 3 cups) thawed frozen red tart pitted cherries. Drain and reserve 1 cup juice for step 4. In step 3, place 6 lb (2 qt 1 cup) drained cherries into 1 steamtable pan. Continue with steps 4-10.</p> <p>100 servings: Follow step 1. In step 2, use 17 lb (1 gal 3 1/2 qt) thawed frozen red tart pitted cherries. Drain and reserve 2 cups juice for step 4. In step 3, place 6 lb (2 qt 1 cup) drained cherries into each of 2 steamtable pans. Continue with steps 4-10.</p>

Chartwells School Dining Services

	<p>Serving</p> <p>1 piece provides ¼ cup of fruit. For Enhanced Meal Pattern only: 1 piece also provides ¾ serving grains/breads.</p>
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Calories	201	Iron	1.84 Mg	Protein	2.37 G	4.72% Calories from Prot
Cholesterol	20 Mg	Calcium	23 Mg	Carbohydrates	31.57 G	62.89% Calories from Carb
Sodium	85 Mg	Vitamin A	819 IU	Total Fat	7.87 G	35.28% Calories from T Fat
Dietary Fiber	1.63 G	Vitamin C	3.6 Mg	Saturated Fat	4.75 G	21.29% Calories from S Fat
* - Denotes Missing Nutrient Values						

CHERRY SNOW (D - 46)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
3 qt. + ½ cup	1 ½ gal. + 1 cup	3 gal. + 1 cup	Apple juice, divided in half
1 lb. + 2 ¾ oz.	2 lb. + 5 ½ oz.	4 lb. + 11 oz.	Gelatin dessert mix, fruit-flavored, sweetened, unprepared
1 qt. + 2 ¼ cups	3 qt. + ½ cup	6 qt. + 1 cup	Cherries, sour, red, sweetened, frozen (commodity)

METHOD

STEP 1

Bring ½ of the apple juice to a boil. Place gelatin mix in a large bowl. Pour in the hot juice. Stir for 2 minutes or until the gelatin is completely dissolved.

STEP 2

Add the remaining ½ of the COLD apple juice to the bowl. Stir well. Cover and refrigerate until thick and syrupy but not set, about 2 hours.

STEP 3

While the jello is refrigerating, drain the canned cherries. Place 1/4 cup cherries in the bottom of individual 4 oz. portion cups. Place the prepared cups on a sheet pan and refrigerate until ready to finish the recipe.

STEP 4

Remove the partially set gelatin from the refrigerator. Using an electric mixer, whip the gelatin mixture to a frothy consistency. Pour this mixture over the cherries in the prepared cups. Cover and refrigerate until set; about 2 hours.

COMPONENTS PER PORTION

½ cup fruit

NUTRIENTS PER SERVING

Calories	189	Iron	0.62 mg
Protein	2.32 g	Calcium	15 mg
Carbohydrates	46.54 g	Sodium	62 mg
Fat-total	0.35 g	Fiber	0.97 g
Saturated Fat	0.07 g	% Protein	4.89
Cholesterol	0 mg	% Carbohydrate	98.16
Vitamin A (RE)	46 RE	% Total Fat	1.67
Vitamin C	1.6 mg	% Saturated Fat	0.35

FRUIT GOOP

(D-48)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>85</u>	<u>125</u>	
1 #10 can	2 #10 cans	3 #10 cans	Pineapple tidbits, juice packed, canned, undrained
1/3 #10 can	2/3 #10 can	1 #10 can	Mandarin oranges, light syrup, canned, undrained
2 ½ each	5 1/3 each	8 each	Apples, medium, fresh, diced
2 ½ each	5 1/3 each	8 each	Bananas, fresh, medium, peeled, sliced
1/3 lb.	2/3 lb.	1 lb.	Mini marshmallows
9 1/3 oz.	18 ½ oz.	28 oz.	Instant Jello vanilla Pudding, unprepared
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.15
½ cup fruit			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	104		
Protein	0.56 g		
Carbohydrates	26.51 g		
Fat-total	0.15 g		
Saturated Fat	0.03 g		
Cholesterol	0 mg		
Vitamin A (RE)	29		
Vitamin C	11.82 mg		
Iron	0.31 mg		
Calcium	12.71 mg		
Sodium	64 mg		
Fiber	1.23 g		
% Protein	2.16		
% Carbohydrate	96.52		
% Total Fat	1.32		
% Saturated Fat	0.23		

METHOD

STEP 1

Drain pineapple, save juice for Step 2. Drain mandarin oranges, discard juice. Set fruit aside for Step 3.

STEP 2

Prepare instant pudding according to package directions; use reserved pineapple juice instead of milk for mix.

STEP 3

Combine all ingredients and chill. Portion into 4 fl. oz. cups or serve with a ½ cup spoodle.

Recipe variation: Substitute commodity grapes or raisins for apples and/or bananas.

Note: This easy recipe can be prepared in a satellite kitchen without much equipment.

Chartwells School Dining Services

007045 - Glazed Peanut Butter Bars

Source: D- 50
 Number of Portions: 50
 Size of Portion: 1 Each

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

001001 BUTTER,WITH SALT..... 4 OZ 019334 SUGARS,BROWN..... 1 LB + 2 OZ 016098 PEANUT BUTTER,SMOOTH STYLE,W/SALT..... 13 OZ 002047 SALT,TABLE..... 1 TSP		1. Cream butter, brown sugar, peanut butter, and salt in mixer with a paddle attachment for 10 minutes on medium speed.
001124 EGG,WHITE,RAW,FRSH..... 5 large 009019 APPLESAUCE,CND,UNSWTND,WO/ VIT C..... 4 OZ 002050 VANILLA EXTRACT..... 1 TBSP 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 1 LB 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODI 1 TBSP		2. Add egg whites, applesauce, and vanilla. Mix on low speed for 1 minute or until smooth. 3. In a separate bowl, combine flour and baking powder.
		4. Add half of the dry mixture to batter and mix for 1 minute on low speed. Scrape down the sides of bowl. Add the other half of the dry mixture and mix for 1 minute on low speed, or until smooth. 5. For 50 servings, spread 4 lb 2 oz (approximately 1 qt 2 cups) of batter into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 100 servings, spread 8 lbs 4 oz (3 qt) into a sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. 6. Bake until set and light brown: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes 7. For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x 10 (100 pieces per pan). 8. Frost with Peanut Butter Glaze (Recipe D-100).
		Serving 1 bar. For Enhanced Meal Pattern only: 1 piece provides ½ serving of grains/breads.

Calories	135	Iron	0.78 Mg	Protein	3.17 G	9.40%	Calories from Prot
Cholesterol	5 Mg	Calcium	27 Mg	Carbohydrates	18.75 G	55.63%	Calories from Carb
Sodium	104 Mg	Vitamin A	57 IU	Total Fat	5.65 G	37.72%	Calories from T Fat
Dietary Fiber	0.72 G	Vitamin C	0.0 Mg	Saturated Fat	1.94 G	12.93%	Calories from S Fat

* - Denotes Missing Nutrient Values

Chartwells School Dining Services

007049 - Iced Brownies

Source: D- 55
 Number of Portions: 50
 Size of Portion: SERVINGS

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

001001 BUTTER, WITH SALT..... 9 OZ 019335 SUGARS, GRANULATED..... 1 LB + 10 OZ 002047 SALT, TABLE..... 1 1/2 TSP 002050 VANILLA EXTRACT..... 1 1/2 TSP 001123 EGG, WHOLE, RAW, FRESH..... 7 large		1. Cream butter, sugar, salt, and vanilla in mixer for 2 minutes on medium speed. 2. Add eggs and beat for 3 minutes on medium speed.
020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEA 15 OZ 019165 COCOA, DRY PDR, UNSWTND..... 6 OZ 018371 LEAVENING AGENTS, BAKING PDR, LOW-SODI 1 TBSP		3. Add flour, cocoa, and baking powder. Mix for 30 seconds on low speed, then mix for 1 minute on medium speed. Batter will be very thick.
		4. For 50 servings, spread 4 lb 5 oz (2 qt) batter in 1 half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 100 servings, spread 8 lb 10 oz (1 gal) batter in 1 sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. 5. Sprinkle nuts (optional) over batter. 6. Bake: Conventional oven: 350° F for 20-30 minutes Convection oven: 300° F for 18-25 minutes DO NOT OVERBAKE. 7. When cooked, ice w/ Brownie Icing (recipe D-30) OR sprinkle lightly w/ powdered sugar. Brownies may also be served without any topping. 8. For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x 10 (100 pieces per pan).
		Special Tip For 50 servings, use 3 ½ oz (1 cup 3 Tbsp) dried whole eggs and 1 cup 3 Tbsp water in place of eggs. For 100 servings, use 7 oz (2 ¼ cups 2 Tbsp) dried whole eggs and 2 ¼ cups 2 Tbsp water in place of eggs.
		Serving 1 piece. For Enhanced Meal Pattern only: 1 piece provides ½ serving of grains/breads.

Calories	143	Iron	1.02 Mg	Protein	2.47 G	6.89% Calories from Prot
Cholesterol	41 Mg	Calcium	24 Mg	Carbohydrates	23.29 G	64.99% Calories from Carb

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Sodium	111 Mg	Vitamin A	162 IU	Total Fat	5.39 G	33.81%	Calories from T Fat
Dietary Fiber	1.37 G	Vitamin C	0.0 Mg	Saturated Fat	3.12 G	19.62%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007072 - Iced Spice Cake

Source: D- 60
 Number of Portions: 50
 Size of Portion: SERVINGS

Meat/Alt 0 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

019335 SUGARS,GRANULATED..... 004044 OIL,SOYBN,SALAD OR COOKING..... 002050 VANILLA EXTRACT..... 001124 EGG,WHITE,RAW,FRSH.....	1 LB + 12 OZ 1 CUP 1 TBSP 8 large	1. Combine sugar, oil, and vanilla in mixer with paddle attachment for 5 minutes on low speed until smooth and creamy. 2. Slowly add egg whites and mix for 1 minute on low speed until blended. Scrape down the sides of bowl.
020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL 018372 LEAVENING AGENTS,BAKING SODA..... 002010 CINNAMON,GROUND..... 002011 CLOVES,GROUND..... 002025 NUTMEG,GROUND.....	1 LB + 12 OZ 1 TBSP + 1 TSP 1 TBSP 1 1/2 TSP 1 TSP	3. In a separate bowl, combine flour, baking soda, cinnamon, cloves and nutmeg.
001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A.....	1 QT	4. Add dry ingredients to the creamed mixture, alternating with the lowfat milk. DO NOT OVERMIX. 5. Pour 7 lb 4 oz (approximately 1 gal) of batter into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 6. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 325° F for 20 minutes When done, cake will spring back when lightly touched. 7. Cut 5 x 10 (50 pieces per pan). 8. Frost with Spice Icing (D-117), or dust lightly with powdered sugar.
		Special Tip
		This can also be baked in a sheet pan (18" x 26" x 1") for 1 gallon of batter. Bake in a conventional oven at 350° for 15-20 minutes. Cut 5 x 10 for 50 servings.
		Serving
		1 piece. For Enhanced Meal Pattern only: 1 piece provides 1 serving of grains/breads.

Calories	170	Iron	0.81 Mg	Protein	2.89 G	6.78% Calories from Prot
Cholesterol	1 Mg	Calcium	28 Mg	Carbohydrates	29.20 G	68.61% Calories from Carb

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Sodium	119 Mg	Vitamin A	39 IU	Total Fat	4.75 G	25.09%	Calories from T Fat
Dietary Fiber	0.53 G	Vitamin C	0.1 Mg	Saturated Fat	0.79 G	4.18%	Calories from S Fat
* - Denotes Missing Nutrient Values							

JUICY JELLO (D - 65)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>		<u>INGREDIENTS</u>
<u>35</u>	<u>70</u>	<u>140</u>
2 qt. + 6 oz.	4 qt. + 12 oz.	8 qt. + 24 oz.
½ package	1 package	2 packages
		Apple juice
		Royal gelatin dessert mix, cherry fruit-flavored, sweetened, unprepared, 1 lb. 8 oz. per package
<u>COMPONENTS PER PORTION</u>		
½ cup fruit		
<u>NUTRIENTS PER SERVING</u>		
Calories	128	Iron 0.45 mg
Protein	2.07 g	Calcium 8 mg
Carbohydrates	31.48 g	Sodium 113 mg
Fat-total	0.14 g	Fiber 0.12 g
Saturated Fat	0.02 g	% Protein 6.47
Cholesterol	0 mg	% Carbohydrate 92.55
Vitamin A (RE)	0 RE	% Total Fat 0.98
Vitamin C	10.1 mg	% Saturated Fat 0.00

METHOD

STEP 1

Bring ½ of the apple juice to a boil. Place gelatin mix in a large bowl. Pour in the hot juice. Stir for 2 minutes or until the gelatin is completely dissolved.

STEP 2

Add the remaining ½ of the COLD apple juice to the bowl. Stir well.

STEP 3

Using a 4 oz. ladle, pour the prepared gelatin into individual serving cups.

STEP 4

Place the filled cups on a sheet pan. Place sheet pans in refrigerator for 4 hours or until firm. Keep refrigerated until ready to serve.

As a variation, top each serving with 1 tsp. of whipped topping.

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007032 - Oatmeal Cookies

Source: D- 70
 Number of Portions: 50
 Size of Portion: EACH

Meat/Alt 0 oz.
 Grain/Bread 0.25 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE..... 020038 OATS..... 019335 SUGARS,GRANULATED..... 019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND..... 002011 CLOVES,GROUND.....	14 1/2 OZ 2 TSP 1 TSP 10 OZ 7 OZ 9 1/2 OZ 1 TSP 1/4 TSP	1. Blend flour, baking soda, salt, rolled oats, sugar, brown sugar, cinnamon, cloves, and nutmeg (optional) in mixer for 2 minutes on low speed.
001001 BUTTER,WITH SALT..... 001123 EGG,WHOLE,RAW,FRESH..... 002050 VANILLA EXTRACT.....	1 LB 3 large 1 TBSP	2. Add butter, eggs, and vanilla. Mix for 1 minute on medium speed.
		3. Add raisins (optional) and blend for 30 seconds on low speed. 4. Portion with level No. 40 scoop (1 2/3 Tbsp) in rows of 5 across and 5 down onto each sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. (Cookie machine may be used, but adjustments may be necessary.) 5. Bake until lightly browned: Conventional oven: 350°F for 12-14 minutes Convection oven: 300°F for 6-8 minutes DO NOT OVERBAKE. 6. Cool completely. Remove from sheet pans.
		<p style="text-align: center;">Special Tip</p> <p>For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.</p> <p>For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.</p>
		<p style="text-align: center;">Comments</p> <p>To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.</p>

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	Serving
	1 cookie. For Enhanced Meal Pattern only: 1 cookie provides ¼ serving of grains/breads.

Calories	158	Iron	0.83 Mg	Protein	2.26 G	5.73%	Calories from Prot
Cholesterol	32 Mg	Calcium	13 Mg	Carbohydrates	19.35 G	48.98%	Calories from Carb
Sodium	156 Mg	Vitamin A	241 IU	Total Fat	8.13 G	46.32%	Calories from T Fat
Dietary Fiber	0.85 G	Vitamin C	0.0 Mg	Saturated Fat	4.83 G	27.53%	Calories from S Fat
* - Denotes Missing Nutrient Values							

PEACH CHUTNEY WITH WALNUTS AND RAISINS (D-77)

Portion Size – ¼ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
¾ cup + 1 ½ Tbsp.	2 cup + 1 Tbsp.	4 cup + 2 ½ Tbsp.	Sugar
½ cup + 2 ¾ tsp.	1 ¼ cup + 2 Tbsp.	2 ¾ cup	Vinegar
5/8 tsp.	1 3/8 tsp.	2 ¾ tsp.	Cumin, ground
5/8 tsp.	1 3/8 tsp.	2 ¾ tsp.	Crushed red pepper
¼ tsp.	¾ tsp.	1 3/8 tsp.	Pepper
¼ tsp.	¾ tsp.	1 3/8 tsp.	Fennel seed, ground
¼ tsp.	¾ tsp.	1 3/8 tsp.	Coriander, ground
¼ tsp.	¾ tsp.	1 3/8 tsp.	Salt
¼ tsp.	¾ tsp.	1 3/8 tsp.	Whole grain mustard
2 cups + 3 ½ Tbsp.	½ #10 can	1 #10 can	Peaches, canned, light syrup
1 Tbsp. + ½ tsp.	2 Tbsp. + 1 tsp.	¼ cup + 1 ½ Tbsp.	Lemon juice
½ cup + 2 ¾ tsp.	1 ¼ cup + 2 Tbsp.	2 ¾ cup	Walnuts, chopped
½ cup + 2 ¾ tsp.	1 ¼ cup + 2 Tbsp.	2 ¾ cup	Raisins, packed
<u>COMPONENTS PER PORTION</u>			
¼ cup fruit			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	167		
Protein	2.29 g		
Carbohydrates	33.96 g		
Fat-total	4.04 g		
Saturated Fat	0.27 g		
Cholesterol	0 mg		
Vitamin A (RE)	26		
Vitamin C	2.7 mg		
Iron	0.72 mg		
Calcium	12 mg		
Sodium	70 mg		
Fiber	1.50 g		
% Protein	5.46		
% Carbohydrate	80.94		
% Total Fat	21.66		
% Saturated Fat	1.46		

METHOD

STEP 1

Combine sugar, vinegar, spices, salt, and mustard. Boil gently, uncovered until syrup is thick and sticks to a spoon; about 13 minutes.

STEP 2

Place peaches in a bowl and add lemon juice. Fold the peaches with lemon juice, walnuts, and raisins into the syrup. Simmer for 1 – 2 minutes, stirring to coat the peaches well.

STEP 3

Spoon chutney into a clean bowl and refrigerate overnight before serving.

STEP 4

Portion with a #16 scoop.

Chartwells School Dining Services

007040 - Peanut Butter Cake

Source: D- 90
 Number of Portions: 100.0000
 Size of Portion: 1 Piece

Meat/Alt 0 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 019334 SUGARS,BROWN..... 001091 MILK,DRY,NONFAT,REG,WO/ VIT A..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-A 002047 SALT, TABLE..... 016098 PEANUT BUTTER,SMOOTH STYLE,W/SALT.....	3 LB + 12 OZ 3 LB + 12 OZ 5 OZ 3 OZ 1 TBSP 2 LB + 4 OZ	1. Blend flour, sugar, dry milk, baking powder, and salt for 1 minute in mixer on low speed.
001123 EGG,WHOLE,RAW,FRESH..... 000049 VANILLA EXTRACT..... 014429 WATER,MUNICIPAL..... 001001 BUTTER,WITH SALT.....	16 large 2 TBSP 1 1/2 QT 8 OZ	2. Combine eggs, vanilla, and water. Add butter and peanut butter and about half the liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed. 3. Add remaining liquid mixture. Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed. 4. Pour 7 lb 2 oz (1 gal) batter into each sheet pan (18" X26" x1"), which has been lightly greased and dusted with flour. For 50 servings, use 1 sheet pan. For 100 servings, use 2 sheet pans. 5. Bake until lightly browned: Conventional Oven: 375 F for 30 Minutes Convection Oven : 325 F for 18-20 minutes 6. Cool. Frost if desired. 7. Cut each pan 5x10 (50 pieces per pan). SERVING: 1 Piece For Enhanced Food Based Menus, each piece supplies 1.0 servings of grains/breads.

Calories	220	Iron	1.55 Mg	Protein	5.86 G	10.66%	Calories from Prot
Cholesterol	39 Mg	Calcium	94 Mg	Carbohydrates	32.57 G	59.26%	Calories from Carb
Sodium	247 Mg	Vitamin A	96 IU	Total Fat	7.96 G	32.57%	Calories from T Fat
Dietary Fiber	1.07 G	Vitamin C	0.1 Mg	Saturated Fat	2.49 G	10.21%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

003667 - Peanut Butter Chocolate No Bak

Source: D- 93
 Number of Portions: 144
 Size of Portion: 1 Each

Meat/Alt 1.5 oz.
 Grain/Bread 0.75 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

Alternate Menu Name: Peanut Butter Chocolate
 No Bake Bars

2nd Alternate Menu Name: Peanut Butter Chocolate
 Bars

001001 BUTTER,WITH SALT..... 3 LB 019335 SUGARS,GRANULATED..... 12 LB 019165 COCOA,DRY PDR,UNSWTND..... 4 CUP 001079 MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED 6 CUP 002050 VANILLA EXTRACT..... 2 TBSP 016098 PEANUT BUTTER,SMOOTH STYLE,W/SALT..... 7 LB 020038 OATS..... 5 LB	<p><u>STEP 1</u> Melt butter. Add sugar, cocoa powder, milk and vanilla extract. Bring to a rolling boil for 2 minutes; remove from heat.</p> <p><u>STEP 2</u> Add peanut butter and oats; mix thoroughly. Spread evenly on two 18" x 26" sheet pans. Cover pans, and allow to cool under refrigeration at least 2 hours.</p> <p><u>STEP 3</u> Cut each pan 6 x 12 (72 pieces per pan).</p>
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Calories	416	Iron	1.50 Mg	Protein	9.08 G	8.73% Calories from Prot
Cholesterol	21 Mg	Calcium	36 Mg	Carbohydrates	54.34 G	52.25% Calories from Carb
Sodium	161 Mg	Vitamin A	255 IU	Total Fat	20.39 G	44.11% Calories from T Fat
Dietary Fiber	3.79 G	Vitamin C	0.0 Mg	Saturated Fat	7.63 G	16.51% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

007043 - Peanut Butter Cookies

Source: D- 95
 Number of Portions: 50
 Size of Portion: 1 Each

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

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 018372 LEAVENING AGENTS,BAKING SODA..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 002047 SALT,TABLE.....	14 OZ 3/4 TSP 2 1/4 OZ 1/2 TSP	1. Combine flour, baking soda, dry milk, and salt. Reserve for step 3.
001001 BUTTER,WITH SALT..... 016098 PEANUT BUTTER,SMOOTH STYLE,W/SALT..... 019335 SUGARS,GRANULATED..... 019334 SUGARS,BROWN..... 001123 EGG,WHOLE,RAW,FRESH..... 002050 VANILLA EXTRACT.....	8 OZ 13 1/4 OZ 10 1/2 OZ 3 3/4 OZ 3 large 1 TBSP	2. Blend butter, peanut butter, sugar, brown sugar, eggs, and vanilla in mixer for 3 minutes on medium speed. 3. Add dry ingredients and peanut granules (optional). Blend for 30 seconds on low speed. Blend for 30 seconds on medium speed.
		4. Portion with level No. 40 scoop (1 2/3 Tbsp) in rows of 5 across and 5 down onto each sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. (Cookie machine may be used, but adjustments may be necessary.) 5. Flatten cookies to approximately 2 1/2 inches in diameter. 6. Bake until lightly browned: Conventional oven: 350°F for 10-12 minutes Convection oven: 300°F for 6-8 minutes DO NOT OVERBAKE. 7. Cool for 1 minute. Remove from sheet pans.
		Special Tip For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs. For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.
		Serving 1 cookie. For Enhanced Meal Pattern only: 1 cookie provides ½ serving of grains/breads.

Calories	146	Iron	0.61 Mg	Protein	3.57 G	9.75%	Calories from Prot
Cholesterol	23 Mg	Calcium	25 Mg	Carbohydrates	16.27 G	44.47%	Calories from Carb
Sodium	115 Mg	Vitamin A	128 IU	Total Fat	7.85 G	48.27%	Calories from T Fat
Dietary Fiber	0.67 G	Vitamin C	0.1 Mg	Saturated Fat	3.21 G	19.76%	Calories from S Fat

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* - Denotes Missing Nutrient Values