

ACAPULCO BURRITO WITH SHREDDED PORK & CHEDDAR (HS-10)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
2 lb + 4 oz	4 lb + 8 oz	9 lb	Cooked Shredded Pork, BBQ/Vinegar Style (Brookwood Farms)
12 each	24 each	48 each	Flour tortillas – 12-inch
6 oz	12 oz	24 oz	Shredded Cheddar Cheese
3 cups	6 cup	12 cups	Salsa
			Seasoned oil, as needed

METHOD

STEP 1

Place a #12 scoop (1/3 cup) prepared cooked shredded pork Down the center of each flour tortilla to with ½-inch of the edge. Fold the bottom third of the tortilla over the filling tucking the edge under the filling to enclose it. Fold both edges in to close the edge and continue to roll to produce a thin, long filled burrito shape.

STEP 2

Spray a 2-inch deep full hotel pan lightly with pan spray. Lay 12 each finished burritos in the pan in one row and one layer. Do not over-crowd the pan.

STEP 3

Brush the tops of the finished burritos lightly with seasoned oil. Sprinkle x oz shredded cheddar cheese down the center of the burritos. Ladle x oz salsa down the burritos next to (but not on top of) the cheddar cheese.

STEP 4

Bake in a 350-degree oven until the burritos are golden brown, the cheese has melted & the center has reached an internal temperature of 165-degrees.

STEP 6

Place directly into steam table or hold uncovered in the warmer for service.

Portion size: 1 each

COMPONENTS PER PORTION

2 ¼ oz. meat/meat alternate, ¼ cup vegetable and 3.8 servings of bread/grains.

*Vegetable oil seasoned with a combination of any/all of the following: granulated garlic, onion powder, salt, black pepper, paprika, oregano, basil, dry parsley.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	534
Protein	29.46 g
Carbohydrates	59.88 g
Fat-total	18.59 g
Saturated Fat	7.04 g
Cholesterol	73 mg
Vitamin A (RE)	103 RE
Vitamin C	3.1 mg
Iron	5.88 mg
Calcium	239 mg
Sodium	1129 mg
Fiber	4.18 g
% Protein	22.08
% Carbohydrate	44.87
% Total Fat	31.34
% Saturated Fat	11.86

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 ea.	25 ea.	50 ea.	Beef wafer steaks, raw, 3.0 oz. ea (Commodity or S/SPR #10030)
1 ¼ cup	3 1/8 cup	6 ¼ cups	BBQ sauce (HARVEST #65402528)
10 ea.	25 ea.	50 ea.	12” pressed flour tortilla, 3.5 oz. ea. (PSADO #6574)
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Cheddar cheese, shredded (Commodity or PSADO # 07357)
2 ½ cups (5 oz.)	1 qt. + 2 ¼ cups (12 ½ oz.)	3 qt. + ½ cup (1 lb. + 9 oz.)	Green pepper strips, steamed or sautéed w/ vegetable spray
30 slices (15 oz.)	75 slices (2 lb. + 5 ½ oz.)	150 slices (4 lb. + 11 oz.)	Sliced onions, steamed or sautéed w/ vegetable spray
<u>COMPONENTS PER PORTION</u>			Seasoned oil, as needed*
3.9 servings of bread/grains, 2.75 oz. meat/meat alternate, 1/2 cup vegetables			
<u>NUTRIENT</u>			<u>Amount per Serving</u>
Calories	701		
Protein	27.48 g		
Carbohydrates	76.83 g		
Fat-total	32.04 g		
Saturated Fat	11.58 g		
Cholesterol	69 mg		
Vitamin A (RE)	76 RE		
Vitamin C	32 mg		
Iron	5.72 mg		
Calcium	252 mg		
Sodium	1088 mg		
Fiber	4.97 g		
% Protein	15.69		
% Carbohydrate	43.87		
% Total Fat	41.16		
% Saturated Fat	14.87		

*Vegetable oil flavored with a combination of any/all of the following: granulated garlic, onion powder, salt, black pepper, paprika, oregano, basil, dry parsley.

Cost per portion = \$0.66

METHOD

STEP 1

Cook wafer steak on sheet pans in oven to 145 degrees F internal temperature. Chop up the meat.

STEP 2

To make each wrap:

- A. Mix together the chopped up wafer steak and BBQ sauce and shredded cheddar cheese well. Place ½ cup of filling down the center of the flour tortilla horizontally to within 1 inch of the edges. Do not press down on the filling keeping it light and loose and evenly spread.
- B. Spoon ¼ cup of green pepper strips and ¼ cup onions over the top of the wafer steak.
- C. Fold the tortillas wrap style by bringing the top edge of the flour tortilla over the filling and tucking the edge under the filling to enclose it. Bring the two sides into the center over the enclosed filling. Continue to roll the flour tortilla until you have a long thin tube with both ends securely tucked in. See the Tortilla Wrap Graphic for more information
- D. Place the filled tortillas seam side down on a sheet pan that has been sprayed with pan spray or brushed lightly with plain vegetable oil. Brush the tops of the filled tortillas with seasoned oil
- E. Bake in a 450 degree F oven until golden brown in color, approximately 10 minutes.

STEP 3

Put each sandwich in “Fresh Grille Special” container and keep warm at 140 degrees F on the heated sandwich slide.

STEP 4

Portion size = 1 each.

NOTE: Sandwiches should be batch-cooked for optimal product quality and freshness.

BARBECUED CHICKEN ON A BUN

(HS-03)

R'04

Portion Size – 1 Sandwich

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 3/8 tsp.	2 tbsp.	¼ cup	Onions, chopped
7/8 oz.	2 1/8 oz.	4 ¼ oz.	Celery, chopped
3/8 tsp.	¾ tsp.	1 ½ tsp.	Garlic powder
¾ cup + 1 ½ tbsp.	2 cups + 2 tbsp.	1 quart + ¼ cup	Catsup
2 3/8 oz.	6 oz.	12 oz.	Tomato paste
3 tbsp. + ¾ tsp.	½ cup	1 cup	Vinegar
2 3/8 tsp.	2 tbsp.	¼ cup	Brown sugar, packed
1 7/8 tsp.	1 tbsp. + 1 ½ tsp.	3 tbsp.	Mustard, dry
3/8 tsp.	¾ tsp.	1 ½ tsp.	Pepper
1/8 tsp.	¼ tsp.	½ tsp.	Cayenne pepper
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. 4 oz.	Cooked diced chicken*
10	25	50	Hamburger buns

METHOD

STEP 1

Combine onions, celery, garlic powder, catsup, tomato paste, vinegar, brown sugar, dry mustard, pepper and cayenne. Bring to a boil. Reduce heat and simmer, uncovered for 10-15 minutes, stirring frequently.

STEP 2

Add chicken to sauce and stir. Bring to boil. Reduce heat. Simmer, uncovered until heated through, 20-30 minutes. Stir occasionally.

STEP 3

Pour meat mixture into serving pans.

STEP 4

Portion with level # 8 scoop (½ cup) into bottom half of each bun. Top with other half of bun.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 1/8 cup of vegetable and 2 servings of bread/grains

***May substitute canned chicken**

NUTRIENT

Amount per Serving

Calories	285
Protein	21.28 g
Carbohydrates	33.74 g
Fat-total	6.98 g
Saturated Fat	1.80 g
Cholesterol	50 mg
Vitamin A (RE)	48 RE
Vitamin C	6.3 mg
Iron	2.59 mg
Calcium	86 mg
Sodium	625 mg
Fiber	1.98 g
% Protein	29.86
% Carbohydrate	47.35
% Total Fat	22.05
% Saturated Fat	5.69

BARBECUED MEAT LOAF GRILL**(HS-04)****Portion Size – 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>12</u>	<u>24</u>	<u>48</u>	
12 ea.	24 ea.	48 ea.	Grilled kaiser rolls, 2.75 oz. ea.	
24 1-oz. slices	48 1-oz. slices	96 1-oz. slices	Meatloaf, prepared (see recipe HE-140)	
6 cups	1 ½ qt.	3 qt.	Grilled onions and peppers	
3 cups	6 cups	1 qt. + 4 cups	Barbecue sauce	
6 oz.	12 oz.	1 ½ lb.	Mozzarella cheese, part skim, shredded	
COMPONENTS PER PORTION				
3 servings of bread/grains, 2.5 oz. meat/meat alternate, ½ cup vegetables				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			Recipe tip: prepare meatloaf 1 day ahead. Refrigerate cooked whole loaves. Slice meatloaf cold before reheating on the day of service.
Calories	533			
Protein	28.85 g			
Carbohydrates	77.07 g			
Fat-total	12.86 g			
Saturated Fat	4.55 g			
Cholesterol	67 mg			
Vitamin A (RE)	113 RE			
Vitamin C	40.7 mg			
Iron	5.35 mg			
Calcium	191 mg			
Sodium	1304 mg			
Fiber	5.05 g			
% Protein	21.63			
% Carbohydrate	57.78			
% Total Fat	21.69			
% Saturated Fat	7.68			

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

Top bottom half of one Kaiser roll with 2 (1 oz. ea.) slice of meatloaf, ½ cup (No. 4 oz. spoodle) of onions and peppers, 2 fluid oz. of barbecue sauce, and 1/2 oz. of shredded cheese.

STEP 2

Cover with roll top.

STEP 3

Cut sandwich in half and serve.

BARBECUED PORK ON A BUN

(HS-05)

Portion Size – 1 Sandwich

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 3/8 tsp.	2 tbsp.	¼ cup	Onions, chopped
7/8 oz.	2 1/8 oz.	4 ¼ oz.	Celery, chopped
3/8 tsp.	¾ tsp.	1 ½ tsp.	Garlic powder
¾ cup + 1 ½ tbsp.	2 cups + 2 tbsp.	1 quart + ¼ cup	Catsup
2 3/8 oz.	6 oz.	12 oz.	Tomato paste
3 tbsp. + ¾ tsp.	½ cup	1 cup	Vinegar
2 3/8 tsp.	2 tbsp.	¼ cup	Brown sugar, packed
1 7/8 tsp.	1 tbsp. + 1 ½ tsp.	3 tbsp.	Mustard, dry
3/8 tsp.	¾ tsp.	1 ½ tsp.	Pepper
1/8 tsp.	¼ tsp.	½ tsp.	Cayenne pepper
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. 4 oz.	Cantonese barbecued pork, shredded (See recipe # HE-57)
10	25	50	Hamburger buns
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, 1/8 cup of vegetable and 2 servings of bread/grains			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	387		
Protein	31.24 g		
Carbohydrates	38.13 g		
Fat-total	11.96 g		
Saturated Fat	3.95 g		
Cholesterol	71 mg		
Vitamin A (RE)	45 RE		
Vitamin C	7.9 mg		
Iron	2.80 mg		
Calcium	88 mg		
Sodium	1115 mg		
Fiber	1.89 g		
% Protein	32.20		
% Carbohydrate	39.31		
% Total Fat	27.74		
% Saturated Fat	9.16		

METHOD

STEP 1

Combine onions, celery, garlic powder, catsup, tomato paste, vinegar, brown sugar, dry mustard, pepper and cayenne. Bring to a boil. Reduce heat and simmer, uncovered for 10-15 minutes, stirring frequently.

STEP 2

Add pork to sauce and stir. Bring to boil. Reduce heat. Simmer, uncovered until heated through, 20-30 minutes. Stir occasionally.

STEP 3

Pour meat mixture into serving pans.

STEP 4

Portion with level # 8 scoop (½ cup) into bottom half of each bun. Top with other half of bun.

BBQ CHICKEN WRAP (HS-07)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 ea.	25 ea.	50 ea.	12 flour tortillas, 3.5 oz. ea.
2 ½ cups	6 ¼ cups	3 qt. + ½ cup	BBQ sauce, Kraft Original
10 ea.	25 ea.	50 ea.	Breaded chicken patties, 3.2 oz. ea., sliced, heated
2 ½ cups (5 oz.)	1 qt. + 2 ¼ cups (12 ½ oz.)	3 qt. + ½ cup (1 lb. + 9 oz.)	Iceberg lettuce, shredded
30 slices (15 oz.)	75 slices (2 lb. + 5 ½ oz.)	150 slices (4 lb. + 11 oz.)	Tomato slices, ½ oz. each

METHOD

To make each wrap to order:

STEP 1

Place 1 fl. oz. ladle (2 tbsp.) of BBQ sauce on tortilla. Add 3.1 oz. cut up chicken patty (1 patty cut up per sandwich). Add ¼ cup shredded lettuce and 2 tomato slices on top of chicken salad. Fold wrap style. If made up ahead of time, keep warm at 141 degrees F or higher until served.

STEP 2

Portion size = 1 each.

COMPONENTS PER PORTION

5 bread/grains, 2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	610
Protein	21.42 g
Carbohydrates	73.59 g
Fat-total	24.27 g
Saturated Fat	6.26 g
Cholesterol	100 mg
Vitamin A (RE)	59 RE
Vitamin C	11.24 mg
Iron	4.62 mg
Calcium	152 mg
Sodium	1172 mg
Fiber	5.33 g
% Protein	14.04
% Carbohydrate	48.25
% Total Fat	35.81
% Saturated Fat	9.24

BEEF AND BEAN BURRITO WITH CHEESE (HS-10)**R'04****Portion Size – 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
7 oz.	1 lb. + 1 ¼ oz.	2 lb. + 2 ½ oz.	Ground beef 85/15	
¼ oz.	½ oz.	1 oz.	Onions, chopped	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Garlic powder	
3/8 tsp.	1 tsp.	2 tsp.	Black pepper	
½ cup + 1 ½ tbsp.	1 ½ cup + ¼ tsp.	3 cups + ½ tsp.	Tomato paste	
1 cup + 3 tbsp.	3 cups	1 ½ quart	Water	
1 tbsp. + 1 ¼ tsp.	3 tbsp. + 1 ½ tsp.	7 tbsp.	Mexican Seasoning (See recipe # MSR-45)	
10 ¼ oz.	1 lb. + 9 ½ oz.	3 lb. + 3 oz.	Cheddar cheese, low fat, shredded	
10	25	50	Tortillas 7"	
2 5/8 oz.	6 ½ oz.	13 oz.	Cheddar cheese, low fat, shredded	
7 oz.	1 lb. + 1 ¼ oz.	2 lb. + 2 ½ oz.	Kidney beans, mashed	
			Seasoned oil, as needed	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate, ¼ cup vegetable and 1.33 servings of bread/grains.			*Vegetable oil seasoned with a combination of any/all of the following: granulated garlic, onion powder, salt, black pepper, paprika, oregano, basil, dry parsley.	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	282			
Protein	18.02 g			
Carbohydrates	27.60 g			
Fat-total	11.23 g			
Saturated Fat	5.35 g			
Cholesterol	31 mg			
Vitamin A (RE)	135 RE			
Vitamin C	10.1 mg			
Iron	2.42 mg			
Calcium	390 mg			
Sodium	518 mg			
Fiber	3.41 g			
% Protein	25.53			
% Carbohydrate	39.10			
% Total Fat	35.80			
% Saturated Fat	17.06			

METHOD**STEP 1**

Place ground beef in a 2-inch hotel pan and place in a 350 degree oven. Cook beef until it is lightly browned and has reached an internal temperature of 160 degrees. Drain off the excess fat.

STEP 2

Add onions, garlic powder, pepper, tomato paste, water, and Mexican seasoning. Blend well. Return the pan to the oven and continue cooking for an additional 30 minutes. Remove the pan from the oven and allow it to cool slightly.

STEP 3

Add the mashed kidney beans and the first measure of shredded cheese with meat mixture.

STEP 4

With a #12 scoop (1/3) cup place the filling in the center of each flour tortilla. Place a small amount of water using the tip of your finger on the inside edge of the tortilla. Fold the tortilla in half to make a half moon shape and enclose the filling & seal the tortilla. DO NOT press down on the tortilla to flatten it

STEP 6

Place the folded burritos on a sheet pan that has been sprayed lightly with pan spray (or brushed with plain vegetable oil). Brush the tops of the burritos lightly with seasoned oil.

STEP 7

Bake for 15 minutes at 350 degrees or until golden brown. Transfer the finished burritos to a 2-inch hotel pan that has been sprayed lightly with pan spray (or brushed with plain oil).

STEP 8

Sprinkle the remaining shredded cheese evenly over the burritos before service. The heat of the burritos and steam table will melt the cheese.

Portion size: 1 each

Chartwells School Dining Services

001846 - Reubin

Source: HS- 110
 Number of Portions: 20
 Size of Portion: 1 Each

Meat/Alt 2 oz.
 Grain/Bread 2 SRV.
 F/V/J 0.125 Cup
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 3/4 CUP 018060 BREAD,RYE..... 40 slice 051214 CORNED BEEF,"WCD CONVENIENCE PACK S 1 LB + 14 OZ 001040 CHEESE,SWISS..... 10 OZ 011439 SAUERKRAUT,CND,SOL&LIQUIDS..... 2 1/2 CUP 004023 SALAD DRSNG,1000 ISLAND DRSNG,RED FAT. 1 2/3 CUP	<p>STEP 1 Brush one side of each slice of rye bread lightly with oil. Set half of the bread, oiled side down on a sheet pan.</p> <p>STEP 2 Spread 2 tsp. reduced fat thousand island dressing on the up side of each bread slice on the sheet pan.</p> <p>STEP 3 Top the thousand island dressing with 2 tbsp well drained sauerkraut. Pile the sauerkraut in the center of the bread slice. Layer 1.5 oz thinly sliced corned beef over the sauerkraut. Make sure that the meat comes to the edge of the bread. Layer ½ oz thinly sliced Swiss cheese over the corned beef. Top each sandwich with the remaining rye bread, oiled side UP.</p> <p>STEP 4 Cover the sheet pan tightly with aluminum foil and place in a 350 degree oven for 10 minutes or until the cheese has melted. Remove the foil and carefully turn the sandwiches over. The bottom should be pale golden brown. Return the sandwiches to the oven. As the bottom slice of bread browns the top will continue to brown as well. NOTE: if you do not turn the sandwiches over at this point the top will be brown but dry and hard and the bottom will be brown and overly moist.</p> <p>STEP 5 Remove the sandwiches from the sheet pan and slice on the diagonal in half. Transfer the halves to a 2-inch sheet pan and serve cut side up. IF you are serving these on a grill slide, you need not cut them.</p> <p>CCP: Serve immediately or hold for hot service at 140 degrees F.</p>
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Calories	375	Iron	2.93 Mg	Protein	16.55 G	17.64%	Calories from Prot
Cholesterol	31 Mg	Calcium	169 Mg	Carbohydrates	37.35 G	39.82%	Calories from Carb
Sodium	1133 Mg	Vitamin A	189 IU	Total Fat	17.70 G	42.47%	Calories from T Fat
Dietary Fiber	4.42 G	Vitamin C	3.0 Mg	Saturated Fat	4.51 G	10.82%	Calories from S Fat
* - Denotes Missing Nutrient Values							

OPEN FACE HOT ROAST BEEF SANDWICH

(HS-105) R'04

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	White bread slices, 0.9 oz. ea.	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Roast beef, cooked, sliced	
2 ½ cups	6 ¼ cups	1 ½ qt + ½ cup	Beef gravy, from dry mix	
			Beef Stock (broth): ½ cup for Each steam table pan	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate and 2 serving bread/grains.				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	335			
Protein	21.58 g			
Carbohydrates	35.54 g			
Fat-total	11.22 g			
Saturated Fat	3.91 g			
Cholesterol	48 mg			
Vitamin A (RE)	0 RE			
Vitamin C	0.11 mg			
Iron	3.83 mg			
Calcium	33.93 mg			
Sodium	495 mg			
Fiber	1.46 g			
% Protein	25.78			
% Carbohydrate	42.45			
% Total Fat	30.17			
% Saturated Fat	10.51			

METHOD

STEP 1

Prepare roasts according to “Helpful Hints” section.

STEP 2

Next day, slice roasts into ½ -oz slices. Return to refrigerator immediately to keep meat at 40 degrees F or below. Pre-portion 2-oz.(4 slices) roast beef into a 2-inch steam table pan that has been sprayed lightly with pan spray or brushed with vegetable oil. Cover tightly with saran wrap.. Return to refrigerator to reach temperature of 40 degrees F or below.

STEP 3

To serve: Add ½ cup beef stock to each steam table pan and then cover the steam table pan tightly first with saran wrap and then with aluminum foil (over the saran wrap) and crimp to seal the edges. Place the pan in a 350 degree oven for 10-15 minutes or until the meat reaches a temperature of 165 degrees. Transfer the pan to the serving station and remove both the aluminum foil & saran wrap. For each customer, place two slices white bread on a plate, overlapping one edge. Top the bread evenly with 2 oz (4 slices) cooked roast beef and then ladle 1 oz beef gravy over the top.

Portion size = 1 each.

POT ROAST AND MONTEREY JACK WRAP

(HS- 106)

Portion Size – 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cup	3 1/8 cup	6 ¼ cup	Salsa, commodity	
10 ea.	25 ea.	50 ea.	12” flour tortilla, 3.5 oz. ea.	
20 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Yankee pot roast, (recipe HE-305) - shredded	
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Monterey Jack cheese, shredded	
1 qt. + 1 cup	2 ½ qt.	5 qt.	Spanish rice (recipe HVG- 190)	
1 qt. + 1 cup	2 ½ qt.	5 qt.	Pinto beans, canned, drained	
			Seasoned oil, as needed*	
			*Vegetable oil flavored with a combination of any/all of the following: granulated garlic, onion powder, salt, black pepper, paprika, oregano, basil, dry parsley for example.	
<u>COMPONENTS PER PORTION</u>				
5 servings of bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	830			
Protein	41.42 g			
Carbohydrates	106.94 g			
Fat-total	25.72 g			
Saturated Fat	8.25 g			
Cholesterol	66 mg			
Vitamin A (RE)	106 RE			
Vitamin C	17.55 mg			
Iron	10.15 mg			
Calcium	301 mg			
Sodium	1298 mg			
Fiber	12.4 g			
% Protein	19.95			
% Carbohydrate	51.50			
% Total Fat	27.50			

METHOD

STEP 1: Prepare the fillings:

In a large bowl: Mix together the salsa, shredded pot roast, shredded Monterey jack cheese. In another bowl mix together the Spanish rice and the canned drained pinto beans. Set each filling aside.

STEP 2: Prepare the wrap:

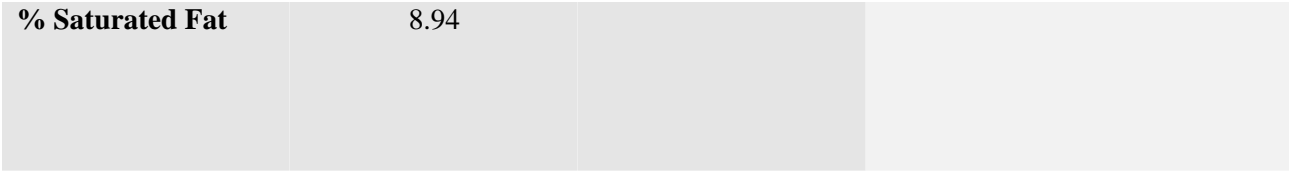
1. Place 2 ½ oz of the meat filling down the center of the flour tortilla horizontally to within 1 inch of the edges. Do not press down on the filling keeping it light and loose and evenly spread.
2. Spoon 1 cup the Spanish Rice/Bean filling over the top of the meat filling.
3. Fold the tortillas wrap style by bringing the top edge of the flour tortilla over the filling and tucking the edge under the filling to enclose it. Bring the two sides into the center over the enclosed filling. Continue to roll the flour tortilla until you have a long thin tube with both ends securely tucked in. See the Tortilla Wrap Graphic for more information.
4. Place the filled tortillas seam side down on a sheet pan that has been sprayed with pan spray or brushed lightly with plain vegetable oil. Brush the tops of the filled tortillas with seasoned oil.
5. Bake in a 450 degree F oven until golden brown in color, approximately 10 minutes.

PORTION SIZE = ONE WRAP

Serving suggestion: Serve with ½ cup tomato salsa for dipping (not included in nutrient analysis).

% Saturated Fat

8.94



POT ROAST SANDWICH WITH HORSERADISH MAYONNAISE (HS-107)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
¾ cup	1 ½ cup	3 cups	Horseradish mayonnaise (see recipe MD-13)
12 ea.	24 ea.	48 ea.	Kaiser rolls, 2.75 oz. each
12 ea.	24 ea.	48 ea.	Cheddar cheese slices, ½ oz. each
24 ea.	48 ea.	96 ea.	Thin fresh tomato slices
12 2-oz. portions	24 2-oz. portions	48 2-oz. portions	Yankee pot roast, prepared (see recipe HE-305), heated
12 oz.	1 ½ lb.	3 lb.	Sliced red onions
24 ea.	48 ea.	96 ea.	Lettuce leaves
			Recipe tip: prepare pot roast and gravy 1 day ahead of service. Slice cold pot roast on the day of service prior to reheating in gravy.
<u>COMPONENTS PER PORTION</u>			
3 servings of bread/grains, 2.5 oz. meat/meat alternate, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	543		
Protein	30.96 g		
Carbohydrates	48.03 g		
Fat-total	25.12 g		
Saturated Fat	7.62 g		
Cholesterol	68 mg		
Vitamin A (RE)	100 RE		
Vitamin C	12.2 mg		
Iron	5.30 mg		
Calcium	152 mg		
Sodium	727 mg		
Fiber	3.32 mg		
% Protein	22.80		
% Carbohydrate	35.37		
% Total Fat	41.62		
% Saturated Fat	12.63		

METHOD

To prepare each sandwich:

STEP 1

Spread 1/2 tablespoon of horseradish mayonnaise on each cut side of one Kaiser roll.

STEP 2

Top bottom half with 1 slice of cheese, 2 slices of tomato, 2 ounces of hot cooked pot roast, 1 oz. of onions, and 2 lettuce leaves.

STEP 4

Cover with roll top.

STEP 5

Cut in half and serve.

ROAST TURKEY PITA POCKETS

(HS- 108)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 ea.	25 ea.	50 ea.	9” 3.4 oz. foldover (gyro style) pita bread for tortilla wrap (KRONOS #2045).
1 lb. + 9 oz.	4 lb.	8 lb.	Cooked roasted turkey, cut into thin strips,
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Mozzarella cheese, part skim, shredded
20 fl. oz.	50 fl. oz.	100 fl. oz.	Taziki sauce (recipe MS-57)
2 ½ cups	6 ¼ cups	12 ½ cups	Shredded Lettuce
2 ½ cups	6 ¼ cups	12 ½ cups	Diced tomatoes
<u>COMPONENTS PER PORTION</u>			
3.8 servings of bread/grains, 2.5 oz. meat/meat alternate, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	463		
Protein	29.45 g		
Carbohydrates	61.14 g		
Fat-total	10.49 g		
Saturated Fat	4.70 g		
Cholesterol	51 mg		
Vitamin A (RE)	84 RE		
Vitamin C	10.77 mg		
Iron	4.05 mg		
Calcium	233.16 mg		
Sodium	1094 mg		
Fiber	3.05 g		
% Protein	25.45		
% Carbohydrate	52.84		
% Total Fat	20.40		
% Saturated Fat	9.15		

METHOD

STEP 1

To make each sandwich:

1. Lay out a sheet of foil. Lay 1 pita bread on top of the foil. Place 2 ½ oz. turkey strips down the center of the pita.
2. Sprinkle ½ oz. (1/4 cup) shredded cheese over top of turkey.
3. Wrap the pita around the turkey, using the foil to keep it together.
4. Place in a 450 degree F oven until cheese is melted, approximately 10 minutes.
5. Remove the foil from each pita and place the finished pitas folded side down in a 2-inch steam table pan so that the open side is up.
6. Mix together the lettuce, diced tomato & Taziki sauce in a bowl. Spoon ½ cup into each filled pita bread using a 4 oz. spoodle. Place the steamtable pan into the servery and serve.

STEP 2

1 portion = 1 whole filled pita

SALISBURY STEAK HERO (HS-113)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
12 ea.	24 ea.	48 ea.	Steak rolls, 2.75 oz. each
12 steaks	24 steaks	48 steaks	Salisbury steaks, prepared (see recipe HE-225), heated
3 cups	6 cups	1 qt. + 4 cups	Prepared brown gravy, from mix
			Recipe tip: prepare Salisbury Steaks 1 day ahead.

METHOD

To prepare each sandwich:

STEP 1
Top bottom half of one steak roll with 2 (1 oz. ea.) Salisbury steak portions and 2 fluid oz. of brown gravy.

STEP 2
Cover with roll top.

STEP 3
Cut in half and serve.

COMPONENTS PER PORTION

3 servings of bread/grains, 2.0 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	381
Protein	22.84 g
Carbohydrates	46.95 g
Fat-total	10.93 g
Saturated Fat	3.19 g
Cholesterol	58 mg
Vitamin A (RE)	8 RE
Vitamin C	0.9 mg
Iron	4.58 mg
Calcium	64 mg
Sodium	757 mg
Fiber	3.13 g
% Protein	23.92
% Carbohydrate	49.17
% Total Fat	25.75
% Saturated Fat	7.53

SAUSAGE AND PEPPER HERO (HS-115)

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 lbs. + 4 oz.	Sausage, raw, cut into slices	
1 ¼ cup	3 cup + 2 tbsp.	6 ¼ cup	Green peppers, sliced	
1 ¼ cup	3 cup + 2 tbsp.	6 ¼ cup	Red peppers, sliced	
1 ¼ cup	3 cup + 2 tbsp.	6 ¼ cup	Onions, sliced	
10	25	50	8” Hero roll (3 oz.)	
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + 2 tsp.	Italian seasoning (See recipe # MSR-40)	

METHOD

STEP 1

Sauté together sausage, peppers, and onions until sausage is browned and has reached an internal temperature of 165 degrees F.

STEP 2

Add seasoning.

STEP 3

For each sandwich, portion ¾ cup of sausage, pepper, and onion mixture using a 6-oz. spoodle onto a roll.

COMPONENTS PER PORTION

3.33 servings of bread/grains, 2 oz. meat/meat alternate and ¼ cup vegetables

NUTRIENT

Amount per Serving

Calories	419
Protein	19.60 g
Carbohydrates	45.16 g
Fat-total	17.45 g
Saturated Fat	5.15 g
Cholesterol	44 mg
Vitamin A (RE)	75 RE
Vitamin C	34.3 mg
Iron	4.17 mg
Calcium	46 mg
Sodium	1016 mg
Fiber	3.06 g
% Protein	18.69
% Carbohydrate	43.06
% Total Fat	37.44
% Saturated Fat	11.06

SAUCY ITALIAN MEATLOAF HERO

(HS-118)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
12 ea.	24 ea.	48 ea.	Steak rolls, 2.75 oz. ea.
24 1-oz. slices	48 1-oz. slices	96 1-oz. slices	Meatloaf, prepared (see recipe HE-140), heated
3 cups	6 cups	1 qt. + 4 cups	Marinara sauce, canned
6 oz.	12 oz.	1 ½ lb.	Mozzarella cheese, part skim, shredded
<u>COMPONENTS PER PORTION</u>			
3 servings of bread/grains, 2.5 oz. meat/meat alternate, ¼ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	452		Recipe tip: prepare meatloaf 1 day ahead. Refrigerate cooked whole loaves. Slice meatloaf cold before reheating on the day of service.
Protein	27.86 g		
Carbohydrates	53.33 g		
Fat-total	14.39 g		
Saturated Fat	4.33 g		
Cholesterol	67 mg		
Vitamin A (RE)	108 RE		
Vitamin C	13.6 mg		
Iron	5.36 mg		
Calcium	171 mg		
Sodium	1018 mg		
Fiber	5.78 g		
% Protein	24.62		
% Carbohydrate	47.12		
% Total Fat	28.61		
% Saturated Fat	8.62		

METHOD

To prepare each sandwich:

STEP 1

Top bottom half of one steak roll with 2 (1 oz. ea.) slice of meatloaf, 1/4 cup (2 oz. ladle) of marinara sauce, and ½ oz. (1/4 cup) of shredded mozzarella cheese.

STEP 2

Cover with roll top.

STEP 3

Cut sandwich in half and serve.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cup	3 1/8 cup	6 ¼ cup	Teriyaki sauce (recipe MS-60)	
10 ea.	25 ea.	50 ea.	12” flour tortilla, 3.5 oz. ea.	
10 ea.	25 ea.	50 ea.	Wafer steak, cut up, 2.5 oz. ea. raw wt., cooked	
1 qt. + 1 cup	2 ½ qt.	5 qt.	Oriental fried rice (recipe HVG- 152)	
1 qt. + 1 cup	2 ½ qt.	5 qt.	Bean Sprout Salad (recipe CS-20)	
2/3 cup	1 ½ cup	3 cups	Green onions, chopped Seasoned oil, as needed*	
			*Vegetable oil flavored with a combination of any/all of the following: granulated garlic, onion powder, salt, black pepper, paprika, oregano, basil, dry parsley	
<u>COMPONENTS PER PORTION</u>				
5 servings of bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	755			
Protein	29.04 g			
Carbohydrates	86.54 g			
Fat-total	32.98 g			
Saturated Fat	9.76 g			
Cholesterol	142 mg			
Vitamin A (RE)	65 RE			
Vitamin C	11.6 mg			
Iron	6.93 mg			
Calcium	184 mg			
Sodium	1348 mg			
Fiber	5.30 g			
% Protein	15.38			
% Carbohydrate	45.82			
% Total Fat	39.29			
% Saturated Fat	11.64			

METHOD

STEP 1

To make each wrap:

1. Mix together the chopped up wafer steak, teriyaki sauce and bean sprout salad. Place 3/4 cup of filling down the center of the flour tortilla horizontally to within 1 inch of the edges. Do not press down on the filling keeping it light and loose and evenly spread.
2. Mix together the Oriental Fried Rice and chopped green onion. Spoon ½ cup Fried Rice mixture on top of the wafer steak.
3. Fold the tortillas wrap style by bringing the top edge of the flour tortilla over the filling and tucking the edge under the filling to enclose it. Bring the two sides into the center over the enclosed filling. Continue to roll the flour tortilla until you have a long thin tube with both ends securely tucked in. See the Tortilla Wrap Graphic for more information
4. Place the filled tortillas seam side down on a sheet pan that has been sprayed with pan spray or brushed lightly with plain vegetable oil. Brush the tops of the filled tortillas with seasoned oil
5. Bake in a 450 degree F oven until golden brown in color, approximately 10 minutes.

STEP 2

1 portion = 1 wrap

BEEF FAJITAS**(HS-13)****Portion Size – 2 Each**

QUANTITY/PORTIONS			INGREDIENTS
10	25	50	
2 cups	5 cups	2 ½ qt.	Fajita Marinade (see recipe # -MM-05)
2 lb. + 10 oz.	5 lbs. + 3 oz.	10 lb. + 6 oz.	USDA top round roast or round tip roast, raw, cut into strips or small cubes
1 lb. + 4 oz.	3 lbs. + 2 oz.	6 lb. + 4 oz.	Onion thinly sliced
1 lb. + 4 oz.	3 lbs. + 2 oz.	6 lb. + 4 oz.	Green bell pepper, thin julienne
1 tbsp.	2 tbsp. + 1 ½ tsp.	¼ cup + 1 tbsp.	Oil
1 tsp.	2 ½ tsp.	1 tbsp. + 1 tsp.	Paprika
			Vegetable cooking pan spray
20	50	100	Flour tortillas – 6” 1.2 oz. each
2 ½ cups	6 ¼ cups	3 qt. + ½ cup	Salsa, commodity
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Nonfat sour cream

COMPONENTS PER PORTION

2.5 servings bread/grains, 2 oz. meat/meat alternate, ¾ cup vegetables

Portion cost = \$0.92

NUTRIENT	Amount per Serving
Calories	487
Protein	28.29 g
Carbohydrates	52.40 g
Fat-total	18.48 g
Saturated Fat	7.68 g
Cholesterol	50 mg
Vitamin A (RE)	137 RE
Vitamin C	59.5 mg
Iron	5.23 mg
Calcium	139 mg
Sodium	558 mg
Fiber	5.59 g
% Protein	23.25
% Carbohydrate	52.40
% Total Fat	18.48
% Saturated Fat	7.68

METHOD**STEP 1 (On the day before service)**

Combine raw beef with Fajita Marinade in a large bowl. Cover and allow to marinate for 24 hours. Stir occasionally to keep beef coated with marinade.

STEP 2 (On the day of service)

Combine the thinly sliced onion and julienne green bell pepper with the vegetable oil and paprika in a large bowl. Stir well to coat the vegetables evenly. Transfer vegetables to a sheet pan and spread out in one layer. Place vegetables in a 350 degree F oven for 20 minutes or until the vegetables are tender and golden. Stir often to keep from browning too quickly. Transfer vegetables to a 2 ½ inch hotel pan and keep warm at 140 degrees F.

STEP 3

Reserving the marinated beef in the large bowl, pour the marinade in a saucepan. Bring to a boil, lower heat, and simmer for 5 to 8 minutes or until it starts to thicken. Pour the thickened marinade over beef and stir well. Transfer beef with a slotted spoon to a sheet pan that has been sprayed well with pan spray. Spread beef out in a single layer. Place in a 350-degree oven until beef reaches 145 degrees F and is a golden brown. Take care not to let the beef dry out.

STEP 4

Transfer any marinade remaining in the bowl to a small saucepan and bring to a boil. Lower to a simmer and allow it to thicken some more.

STEP 5

Transfer the cooked beef to a 2-½ inch hotel pan. Drizzle the rest of the thickened marinade over the cooked beef.

STEP 6 (To serve the Fajitas)

Place a warmed flour tortilla in your hand cupping your fingers slightly to form a small bend. Place 1 oz. of the cooked beef in one tortilla going across the tortilla but leaving a ¼ inch edge. Place ¼ cup of the vegetables in a long line down across the top of the chicken. Pour 2-tbsp. tomato salsa along one edge of the vegetables and spoon 1 tbsp. sour cream along the other edge. Fold the tortilla up in half. Serve. Portion size = 2 each.

SOUTHERN BARBECUED MEATLOAF SANDWICH

(HS-130)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
12 ea.	24 ea.	48 ea.	Kaiser rolls, 2.75 oz. ea.
24 1-oz. slices	48 1-oz. slices	96 1-oz. slices	Meatloaf, prepared (see recipe HE-140), heated
6 cups	1 ½ qt.	3 qt.	Cole slaw, commercially prep.
3 cups	6 cups	1 qt. + 4 cups	Barbecue sauce
<u>COMPONENTS PER PORTION</u>			
3 servings of bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	507		Recipe tip: prepare meatloaf 1 day ahead. Refrigerate cooked whole loaves. Slice meatloaf cold before reheating on the day of service.
Protein	24.61 g		
Carbohydrates	76.40 g		
Fat-total	12.64 g		
Saturated Fat	3.34 g		
Cholesterol	67 mg		
Vitamin A (RE)	129 RE		
Vitamin C	33.8 mg		
Iron	5.71 mg		
Calcium	104 mg		
Sodium	1147 mg		
Fiber	5.09 g		
% Protein	19.39		
% Carbohydrate	60.21		
% Total Fat	22.41		
% Saturated Fat	5.92		

METHOD

To prepare each sandwich:

STEP 1

Top bottom half of one Kaiser roll with 2 (1 oz. ea.) slices of meatloaf, ½ cup (No. 8 scoop) of cole slaw, and 2 fluid oz. of barbecue sauce.

STEP 2

Cover with roll top.

STEP 3

Cut sandwich in half and serve.

Chartwells School Dining Services

000328 - Stromboli Grinder

Source: HS- 133
 Number of Portions: 100
 Size of Portion: 1 Each

Meat/Alt 2.5 oz.
 Grain/Bread 2.7 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

<p>000711 BEEF GROUND ,80/20 Raw-to Cook & Drain..... 16 LB,raw weight 011282 ONIONS,RAW..... 1 LB + 3 OZ 011887 TOMATO PRODUCTS,CND,PASTE,W/SALT..... 2 LB + 6 OZ 011935 CATSUP..... 2 LB + 6 OZ 014429 WATER,MUNICIPAL..... 1 QT + 2 1/2 CUP 001032 CHEESE,PARMESAN,GRATED..... 4 OZ 002020 GARLIC POWDER..... 1 TBSP 002018 FENNEL SEED..... 2 TBSP 090019 OREGANO LEAVES,DRIED..... 2 TBSP 001028 CHEESE,MOZZARELLA,PART SKIM MILK..... 3 LB + 2 OZ 018349 ROLLS,FRENCH..... 100 Rolls, 2.5 oz. 004044 OIL,SOYBN,SALAD OR COOKING..... 2 CUP 002020 GARLIC POWDER..... 1/2 CUP</p>	<p><u>STEP 1</u> Cook ground beef and onions together until beef is browned, onions are translucent. Drain.</p> <p><u>STEP 2</u> Add next 7 ingredients. Bring mixture to a boil, lower heat, and simmer for 20 minutes.</p> <p><u>STEP 3</u> While beef mixture is simmering, heat oil in a pot. Add garlic powder. Cook over low heat for 10 minutes to combine flavors, stirring occasionally.</p> <p><u>STEP 4</u> For each sandwich, ladle ¼ cup of cooked beef mixture inside of one steak roll.</p> <p><u>STEP 5</u> For each sandwich, place 2 tbsp. (1/2 oz.) shredded mozzarella over top of beef mixture.</p> <p><u>STEP 6</u> Close steak rolls. Combine oil and garlic powder, and brush outside of each roll with 1 tsp. of the mixture. Place sandwiches on sheet pans.</p> <p><u>STEP 7</u> Place sandwiches in a 350 degree F oven for 15 minutes or until cheese is melted, the rolls are browned, and the internal temperature of the sandwiches reaches 158 degrees F.</p> <p><u>STEP 8</u> Hold for hot service at 140 degrees F.</p> <p><u>STEP 9</u> Portion size = 1 each.</p>
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Chartwells School Dining Services

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Recipe Master List

Aug 24, 2007

Calories	451	Iron	3.75 Mg	Protein	25.97 G	23.04%	Calories from Prot
Cholesterol	64 Mg	Calcium	205 Mg	Carbohydrates	41.97 G	37.24%	Calories from Carb
Sodium	791 Mg	Vitamin A	344 IU	Total Fat	19.59 G	39.11%	Calories from T Fat
Dietary Fiber	3.02 G	Vitamin C	4.5 Mg	Saturated Fat	6.68 G	13.34%	Calories from S Fat
* - Denotes Missing Nutrient Values							

TEXAS WRANGLER CHICKEN QUESADILLA

(HS-135) R'04

Portion Size – 1 Each (1 whole filled tortilla)

QUANTITY/PORTIONS			INGREDIENTS
10	25	50	
10 ea.	25 ea.	50 ea.	12" flour tortillas, 3.5 oz. ea.
10 ea.	25 ea.	50 ea.	Breaded chicken patties, 3.2 oz. ea., sliced, heated
5 oz.	12.5 oz.	1 lb. + 8 oz.	Cheddar cheese, grated
5 cups	3 qt. + 1/2 cup	6 qt. + 1 cup	Fresh diced onions, diced peppers, and diced tomatoes in equal proportions
			Melted margarine, as needed

COMPONENTS PER PORTION

5 bread/grains, 2.5 oz. meat/meat alternate, 1/2 cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	632
Protein	24.78 g
Carbohydrates	67.39 g
Fat-total	28.90 g
Saturated Fat	8.60 g
Cholesterol	114 mg
Vitamin A (RE)	67 RE
Vitamin C	20.69 mg
Iron	3.61 mg
Calcium	233 mg
Sodium	905 mg
Fiber	5.22 g
% Protein	15.55
% Carbohydrate	42.30
% Total Fat	40.81
% Saturated Fat	12.15

METHOD

FOR EACH SANDWICH

STEP 1

Cook the breaded chicken patties to 165 degrees internal temperature or until the breading is a golden brown. Remove the chicken patties from the sheet pan. Slice each patty on the diagonal into thin slices (at least 10 slices each).

STEP 2

Sprinkle the bottom half of the flour tortilla with 1 Tbsp grated cheddar cheese. Lay the thinly sliced chicken over the cheese. Keep all of the chicken in one layer on the bottom half of the tortilla. Sprinkle 1/2 cup of the diced vegetable mixture (onions, peppers & tomatoes) over the chicken. Sprinkle another Tablespoon over the vegetable mixture. Using a fingertip spread a small amount of water along the edge of the flour tortilla. Fold the top half over the filling and align all of the edges. Press down to seal the tortilla.

STEP 3

Transfer the finished quesadillas to a sheet pan that has been lightly sprayed with pan spray or brushed with vegetable oil.

STEP 4

Brush the tops of each quesadilla with melted margarine. Bake in a 350 degree oven until the quesadilla are a golden brown and the cheese is melted.

PORTION SIZE = 1 FILLED TORTILLA

Chartwells School Dining Services

003417 - Texas Wrangler Chicken Quesadi

Source: HS- 135
 Number of Portions: 1.0000
 Size of Portion: 1 Each

Meat/Alt 2 oz.
 Grain/Bread 4.8 SRV.
 F/V/J 0.5 Cup
 Milk 0 FLOZ

Alternate Menu Name: Texas Wrangler Chicken Quesadilla

018364 TORTILLAS,RTB OR -FRY,FLR..... 990586 Chicken patty,breaded,PilgrimsPride #110202..... 001009 CHEESE,CHEDDAR..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVER..... 004044 OIL,SOYBN,SALAD OR COOKING.....	3 1/2 OZ 1 (1 patty) 1/2 OZ 1/4 CUP, sliced 1/4 CUP, sliced 1/4 CUP,chop/slice 1 TSP	<p><u>STEP 1</u> Cook the breaded chicken patties to 165 degrees internal temperature or until the breading is a golden brown. Remove the chicken patties from the sheet pan. Slice each patty on the diagonal into thin slices (at least 10 slices each). Hold hot at 140 degrees F.</p> <p><u>STEP 2</u> Sprinkle the bottom half of the flour tortilla with 1 Tbsp grated cheddar cheese. Lay the thinly sliced chicken over the cheese. Keep all of the chicken in one layer on the bottom half of the tortilla. Sprinkle 1/2 cup of the diced vegetable mixture (onions, peppers & tomatoes) over the chicken. Sprinkle another Tablespoon of cheese over the vegetable mixture. Using a fingertip spread a small amount of water along the edge of the flour tortilla. Fold the top half over the filling and align all of the edges. Press down to seal the tortilla.</p> <p><u>STEP 3</u> Transfer the finished quesadillas to a sheet pan that has been lightly sprayed with pan spray or brushed with vegetable oil.</p> <p><u>STEP 4</u> Brush the tops of each quesadilla with seasoned oil. Bake in a 350 degree oven until the quesadilla are a golden brown and the cheese is melted.</p> <p>CCP: Hold hot at 140 degrees F until served.</p> <p>PORTION SIZE = 1 FILLED TORTILLA</p>
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Calories	633	Iron	5.38 Mg	Protein	27.33 G	17.26%	Calories from Prot
Cholesterol	60 Mg	Calcium	239 Mg	Carbohydrates	70.97 G	44.82%	Calories from Carb
Sodium	1362 Mg	Vitamin A	550 IU	Total Fat	26.03 G	36.99%	Calories from T Fat
Dietary Fiber	3.97 G	Vitamin C	17.4 Mg	Saturated Fat	7.03 G	9.99%	Calories from S Fat
* - Denotes Missing Nutrient Values							

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cup	3 1/8 cup	6 ¼ cups	Cranberry sauce, canned	
1 lb. + 14 oz.	4 lb. + 11 oz.	9 lb. + 6 oz.	Cooked turkey, sliced	
3 1/3 cup	1 qt. + 1/3 cup	1 gal. + 2/3 cup	Bread stuffing, from mix, prepared according to package directions	
2 ½ cups	6 ¼ cups	3 qt. + ½ cup	Poultry gravy, prepared from dry mix	
			Seasoned oil, as needed*	
<u>COMPONENTS PER PORTION</u>				
5 servings of bread/grains, 3 oz. meat/meat alternate				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	680			
Protein	38.23 g			
Carbohydrates	93.92 g			
Fat-total	16.34 g			
Saturated Fat	3.55 g			
Cholesterol	67 mg			
Vitamin A (RE)	61 RE			
Vitamin C	2.69 mg			
Iron	6.49 mg			
Calcium	205 mg			
Sodium	1422 mg			
Fiber	5.94 g			
% Protein	22.48			
% Carbohydrate	55.22			
% Total Fat	21.62			
% Saturated Fat	4.70			

*Vegetable oil flavored with a combination of any/all of the following: granulated garlic, onion powder, salt, black pepper, paprika, oregano, basil, dry parsley

METHOD

STEP 1

To make each wrap:

1. Place the cranberry sauce in a bowl and beat with a spoon so that it becomes easier to spread. Place 1 Tbsp cranberry sauce in the center of the flour tortilla and, using the back of the spoon, spread the cranberry sauce to within 1 inch of the edges.
2. Spoon ½ cup Stuffing onto the center of the tortilla shell horizontally from edge to edge. Do not press down on the stuffing, it should look like a long tube of stuffing.
3. Place 2 oz thinly sliced turkey over the stuffing encasing it while tucking the turkey slices under the stuffing.
4. Fold the tortillas wrap style by bringing the top edge of the flour tortilla over the filling and tucking the edge under the filling to enclose it. Bring the two sides into the center over the enclosed filling. Continue to roll the flour tortilla until you have a long thin tube with both ends securely tucked in. See the Tortilla Wrap Graphic for more information
5. Place the filled tortillas seam side down on a sheet pan that has been sprayed with pan spray or brushed lightly with plain vegetable oil. Brush the tops of the filled tortillas with seasoned oil
5. Bake in a 450 degree F oven until golden brown in color, approximately 10 minutes..
6. Serve the finished wraps with 2oz poultry gravy for dipping

STEP 2

1 portion = 1 wrap.

QUANTITY/PORTIONS			INGREDIENTS
<u>10</u>	<u>25</u>	<u>50</u>	
10 each	25 each	50 each	Bagels, plain, sliced, 4 oz. ea.
5 cups	3 qt. + ½ cup	6 qt. + 1 cup	Tuna salad (recipe CS-165)
5 oz.	12 ½ oz.	1 lb. + 9 oz.	American cheese, sliced into ½ oz. slices
COMPONENTS PER PORTION			Portion cost = \$0.59
4 servings of bread/grains, 3 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	664		
Protein	33.37 g		
Carbohydrates	62.54 g		
Fat-total	30.54 g		
Saturated Fat	8.07 g		
Cholesterol	58 mg		
Vitamin A (RE)	115 RE		
Vitamin C	1.4 mg		
Iron	5.23 mg		
Calcium	213 mg		
Sodium	1361 mg		
Fiber	2.96 g		
% Protein	20.10		
% Carbohydrate	37.39		
% Total Fat	41.39		
% Saturated Fat	10.94		

METHOD

STEP 1

Place bagel halves cut side up on a lined sheet pan.

STEP 2

Place ¼ cup (#16 scoop) of tuna salad on top of each bagel half. Spread tuna salad evenly to cover each bagel half.

STEP 3

Add one half-oz. slice of American cheese to each bagel half.

STEP 4

Place topped bagel halves in a 350 degree F oven for approximately 6 minutes or until the internal temperature reaches 141 degrees F and the cheese is melted.

STEP 5

Portion size = 2 topped bagel halves

Recipe variations are on the following page.

Tuna Melt Variations (HS-145)

Variation	Ingredients	Nutrients											Components	
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)		Sat. Fat. (g)
A- Tuna melt on an English muffin Portion cost = \$0.53	Substitute English muffin halves for bagel halves. Serve 2 topped halves.	379	44	996	1.35	3.07	269	94	1.4	25.2	28.0	18.5	7.4	2 servings bread/grains, 3 oz. meat/meat alternate
B- Tuna melt on rye Portion cost = \$0.42	Substitute 1.5 oz. rye bread slices for bagel halves. Serve 2 topped bread slices.	368	31	910	1.88	2.82	180	53	1.5	22.9	31.2	16.0	5.24	3 servings bread/grains, 3 oz. meat/meat alternate
C- Tuna melt on a hamburger bun Portion cost = \$0.38	Substitute 2 oz. seeded bun for bagel halves. Use #8 scoop to portion tuna salad onto bottom halve of each bun. Top with 2 half-oz. slices of cheese and remaining bun half. Portion size = 1 each.	479	44	1357	5.28	3.48	251	95	1.8	28.4	44.0	20.3	7.88	2 servings bread/grains, 3 oz. meat/meat alternate

TURKEY AND CHEESE BAGEL MELT**(HS-147)****Portion Size 1 Each (2 topped bagel halves)**

QUANTITY/PORTIONS			INGREDIENTS
<u>25</u>	<u>50</u>	<u>100</u>	
25 each	50 each	100 each	Bagels, 2.3 oz. each
3 lb. + 2 oz.	6 lb. + 4 oz.	12 lb. + 8 oz.	Turkey breast, deli meat, sliced into ½ oz. slices
1 lb. + 9 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	American cheese, sliced into ½ oz. slices

METHOD**STEP 1**

Break or cut bagels in half crosswise and place cut side up on sheet pans that have been lined with parchment paper.

STEP 2

Top each bagel half with 2 slices (1 oz.) of turkey and 1 slice (1/2 oz.) of cheese.

STEP 3

Heat sandwiches in a 350 degree F oven for 10 – 12 minutes until cheese is melted and turkey has reached an internal temperature of 165 degrees F.

COMPONENTS PER PORTION

2.5 serving of bread/grains, 3 oz. meat/meat alternate

STEP 3

Serve immediately. Portion size = 1 each (2 topped bagel halves).

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	331
Protein	23.13 g
Carbohydrates	35.27 g
Fat-total	10.40 g
Saturated Fat	5.73 g
Cholesterol	42 mg
Vitamin A (RE)	82 RE
Vitamin C	0 mg
Iron	2.43 mg
Calcium	186 mg
Sodium	1204 mg
Fiber	1.50 g
% Protein	27.97
% Carbohydrate	42.66
% Total Fat	28.31
% Saturated Fat	15.58

BEEF GYRO**(HS-15)****Portion Size – ½ Filled Pita Pocket**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5	12 ½	25		Pita bread
2 lb. + 7 ¼ oz.	6 lb. + 2 oz.	12 lb. + 4 oz.		Ground beef, 85/15
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.		Tomatoes, diced
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.		Onions, diced
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.		Cucumber sauce (See recipe # MSR-17)
¼ cup	½ cup	1 cup		Greek spice rub (See recipe # MSR-35)
COMPONENTS PER PORTION				
2 oz. meat/meat alternate, ¼ cup vegetables and 1 serving of bread/grains				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	316			
Protein	23.51 g			
Carbohydrates	25.60 g			
Fat-total	13.05 g			
Saturated Fat	4.65 g			
Cholesterol	68 mg			
Vitamin A (RE)	42 RE			
Vitamin C	13.9 mg			
Iron	3.09 mg			
Calcium	79 mg			
Sodium	302 mg			
Fiber	2.08 g			
% Protein	29.70			
% Carbohydrate	32.34			
% Total Fat	37.09			
% Saturated Fat	13.23			

METHOD**STEP 1**

Cut pita pockets in half crosswise.

STEP 2

Cook ground beef and drain. Add spice mixture.

STEP 3

Layer 2 oz. of seasoned gyro meat inside each half of the pita pockets.

STEP 4

Place filled pita pockets flat side down in steam table pans. Cover with lid or foil to prevent drying.

To Bake:

Conventional oven: 350 degrees F for 3-5 minutes

Convection oven: 325 degrees F for 3-5 minutes

STEP 5

Serve each pita sandwich half with 1-oz. tomatoes, 2 tbsp. onions and 2 tbsp. of cucumber sauce.

BEEF TACO**(HS-20)****Portion Size – 2 Each**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>75</u>	
			Simple taco meat, cooked (HE-223)
2 qt. + 1 1/3 cups	4 qt. + 2 3/4 cups	7 qt. + 1/8 cup	Lettuce, Shredded
3 1/8 cups	1 qt. + 2 1/4 cups	2 qt. + 1 1/3 cups	Tomatoes, chopped
6 1/4 oz.	12 1/2 oz.	18 3/4 oz.	Cheddar cheese, shredded
50 each	100 each	150 each	Taco shells, 0.3 oz. each
<u>COMPONENTS PER PORTION</u>			
3 1/4 oz. meat/meat alternate, 1/2 cup vegetables, 2/3 serving bread/grains			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	386		
Protein	25.03 g		
Carbohydrates	21.13 g		
Fat-total	21.83 g		
Saturated Fat	8.19 g		
Cholesterol	86 mg		
Vitamin A (RE)	51 RE		
Vitamin C	5.10 mg		
Iron	2.98 mg		
Calcium	128.68 mg		
Sodium	970 mg		
Fiber	1.87 g		
% Protein	25.94		
% Carbohydrate	21.90		
% Total Fat	50.91		
% Saturated Fat	19.09		

METHOD**STEP 1**

Reheat simple taco meat to 165 degrees F. Keep warm at 141 degrees F or warmer until ready to serve tacos.

STEP 2

Prepare proportioned lettuce/tomato/cheese: Fill 5 oz. Douglas dish cups each with 3/8 cup shredded lettuce (3 tbsp.), 1/8 cup (1 tbsp.) diced tomatoes, and 1 tbsp. (1/4 oz.) shredded cheddar cheese.

STEP 5

On each student tray, serve 2 unfilled taco shells, No. 8 scoop (1/2 cup) simple taco meat mixture, 1 pre-portioned dish of lettuce, tomato, and cheese.

Variations:

- HOT TACO BOWLS:** Substitute edible taco bowl (0.6 oz./ea.) for taco shells; portion # 8 scoop (1/2 cup) taco meat into taco bowl on the serving line. Serve with proportioned lettuce/tomato/cheese dish.
- TACO SCOOPS:** Substitute 3/4 cup (6 oz. spoodle, or 0.6 oz.) of taco shell pieces for taco shells. Portion #8 scoop taco meat over tortilla shell pieces. Serve with proportioned lettuce/tomato/cheese dish.
- Serve equivalent portions of lettuce/tomato/cheese “on the plate” instead of using portioned into cups.

BUFFALO CHICKEN WRAP II (HS-23A)

Portion Size – 1 ea.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10	25	50	Breaded chicken patty (3.18 oz)
12 oz	2 lbs	5 lbs	Lettuce (a/p), shredded
8 oz	1 lb	2 lbs	Tomatoes, fresh, sliced
1 ¼ cup	3 cups + 2 Tbsp	6 ¼ cup	Hot pepper sauce
6 oz	¾ lb	1 ½ lbs	Celery, raw, diced
1 ¼ cup	3 cup + 2 Tbsp	6 ¼ cup	Salad dressing, bleu cheese
10	25	50	Tortilla, flour, 10” (2.5 oz)

METHOD

STEP 1

Cook chicken patties as directed in Steps 1 & 2 (GS-175); Cut into strips

STEP 2

Assemble each wrap:

1. Ladle (1) oz hot pepper sauce into center of tortilla shell.
2. Add shredded lettuce, tomatoes and celery over sauce
3. Add cooked breaded chicken strips
4. Drizzle bleu cheese dressing over top
5. Fold tortillas “wrap style” and wrap in sandwich paper

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 3 ½ servings of bread/grain, ½ cup fruit/vegetable

<u>NUTRIENT</u>	<u>Amount per Serving</u>	<u>RECIPE SOURCE</u>
Calories	580	Northeast Region
Protein	24.38 g	
Carbohydrates	55.91 g	
Fat-total	30.26 g	
Saturated Fat	5.31 g	
Cholesterol	84	
Vitamin A (RE)	57 RE	
Vitamin C	15.23 mg	
Iron	2.87 mg	
Calcium	131.35 mg	
Sodium	1578 mg	
Fiber	3.62 g	
% Protein	16.81	
% Carbohydrate	38.54	
% Total Fat	46.93	
% Saturated Fat	8.24	

CALIFORNIA CHEESESTEAK WRAP

(HS- 24) R'04

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 ea.	25 ea.	50 ea.	Beef wafer steaks, raw, 3.0 oz. ea (Commodity or S/SPR #10030)
2/3 cup	1 2/3 cup	3 1/3 cup	Mayonnaise (Ken’s Heavy School #871)
10 ea.	25 ea.	50 ea.	12” pressed flour tortilla, 3.5 oz. ea. (PSADO #6574)
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Cheddar cheese, shredded (Commodity or PSADO # 07357)
2 ½ cups (5 oz.)	6 ¼ cups (12 ½ oz.)	3 qt. + ½ cup (1 lb. + 9 oz.)	Lettuce, shredded
30 slices (15 oz.)	75 slices (2 lb. + 5 ½ oz.)	150 slices (4 lb. + 11 oz.)	Tomatoes, sliced, ½ oz. per slice
<u>COMPONENTS PER PORTION</u>			Seasoned oil, as needed*
3.9 servings of bread/grains, 2.75 oz. meat/meat alternate, 1/2 cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	731		
Protein	26.84 g		
Carbohydrates	59.80 g		
Fat-total	42.88 g		
Saturated Fat	12.74 g		
Cholesterol	77 mg		
Vitamin A (RE)	80 RE		
Vitamin C	9.76 mg		
Iron	5.57 mg		
Calcium	237 mg		
Sodium	714 mg		
Fiber	4.37 g		
% Protein	14.68		
% Carbohydrate	59.80		
% Total Fat	52.78		
% Saturated Fat	15.68		
			Cost per portion = \$0.68

METHOD

STEP 1 PREPARE THE TORTILLAS:

Spread each tortilla evenly over the entire surface with 1 Tbsp. Mayo. Place two (2) tortillas mayonnaise side together and set aside. Prepare all the needed tortillas in this manner and hold until you are ready to fill them. Preparing the tortillas this way keeps them soft and pliable.

STEP 2 MAKE THE WRAPS:

1. Cook the wafer steaks and chop them up. Mix together the chopped up wafer steak & shredded cheddar cheese well. Place 2 ½ oz of filling down the center of the flour tortilla horizontally to within 1 inch of the edges. Do not press down on the filling keeping it light and loose and evenly spread.
2. Spoon ¼ cup shredded lettuce over the top of the wafer steak & top with two (2) slices of tomato
3. Fold the tortillas wrap style by bringing the top edge of the flour tortilla over the filling and tucking the edge under the filling to enclose it. Bring the two sides into the center over the enclosed filling. Continue to roll the flour tortilla until you have a long thin tube with both ends securely tucked in. See the Tortilla Wrap Graphic for more information
4. Place the filled tortillas seam side down on a sheet pan that has been sprayed with pan spray or brushed lightly with plain vegetable oil. Brush the tops of the filled tortillas with seasoned oil
5. Bake in a 450 degree F oven until golden brown in color, approximately 10 minutes.

STEP 3

Put each sandwich in “Fresh Grille Special” container and keep warm at 140 degrees F on the heated sandwich slide.

STEP 4

Portion size = 1 each.

NOTE: Sandwiches should be batch-cooked for optimal product quality and freshness.

Chartwells School Dining Services

002141 - Cheese Quesadilla w/ Yogurt

Source: HS-25
 Number of Portions: 24
 Size of Portion: 2 each

Meat/Alt 2 oz.
 Grain/Bread 3.2 SRV.
 F/V/J 0.125 Cup
 Milk 0 FLOZ

Alternate Menu Name: Cheese Quesadilla w/
 Yogurt Salsa

900002 CHEESE BLEND, AMERICAN AND SKIM MILK C 001182 USDA COMMODITY,CHS,CHEDDAR,RED FAT... 018364 TORTILLAS,RTB OR -FRY,FLR..... 011329 PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUD 002142R yogurt salsa..... 004044 OIL,SOYBN,SALAD OR COOKING.....	1 LB + 8 OZ 1 LB + 8 OZ 48 tortilla,7-8"di 3 CUP, chopped 24 (1/8 cup) 24 TSP	<p><u>STEP 1</u></p> <p>Place ½ oz each American and Cheddar cheese on an 8 - inch flour tortilla to within ½ inch of the edge Sprinkle 2 tbsp. chopped hot chili peppers evenly over the cheese. Using a fingertip moisten the edge lightly with water and then fold the tortilla in half. Press down on the edges to seal them. Place the finished quesadillas on a sheet pan that has been lightly coated with pan spray.</p> <p><u>STEP 2</u></p> <p>Brush the tops of the quesadillas with seasoned oil and place the pan in a 350-degree oven for 10-15 minutes or until the tops are golden brown & the cheese has melted. Transfer the finished quesadillas to a clean 2 -inch steam table pan sprayed with pan spray or brushed with oil. DO NOT STACK. Shingle the finished quesadillas in the pan.</p> <p>CCP: Serve immediately, or hold for hot service at 140 degrees F.</p> <p>PORTION SIZE = 2 QUESADILLAS EACH</p> <p>Serve with 1/8 cup yogurt salsa for dipping.</p>
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Calories	498	Iron	3.26 Mg	Protein	23.19 G	18.62%	Calories from Prot
Cholesterol	32 Mg	Calcium	600 Mg	Carbohydrates	54.10 G	43.43%	Calories from Carb
Sodium	1556 Mg	Vitamin A	1182 IU	Total Fat	21.07 G	38.06%	Calories from T Fat
Dietary Fiber	3.20 G	Vitamin C	13.6 Mg	Saturated Fat	8.79 G	15.88%	Calories from S Fat
* - Denotes Missing Nutrient Values							

CHEESESTEAK WRAP

(HS- 28)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cup	3 1/8 cup	6 ¼ cups	Tomato sauce
10 ea.	25 ea.	50 ea.	12” flour tortilla, 3.5 oz. ea.
10 ea.	25 ea.	50 ea.	Wafer steak, cut up, 2.5 oz. ea. raw wt., cooked
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Mozzarella cheese, low fat, shredded
<u>COMPONENTS PER PORTION</u>			
4 servings of bread/grains, 2.5 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	621		
Protein	24.77 g		
Carbohydrates	61.98 g		
Fat-total	30.66 g		
Saturated Fat	9.86 g		
Cholesterol	67 mg		
Vitamin A (RE)	77 RE		
Vitamin C	8 mg		
Iron	5.15 mg		
Calcium	239 mg		
Sodium	1023 mg		
Fiber	5.58 g		
% Protein	15.94		
% Carbohydrate	39.88		
% Total Fat	44.38		
% Saturated Fat	14.28		

METHOD

STEP 1

To make each wrap:

1. Ladle 1 fluid oz. tomato sauce into center of a tortilla shell. Spread out to within 1 inch of the edges.
2. Place cut up wafer steak over top of sauce.
3. Sprinkle ½ oz. (2 tbsp.) shredded cheese over top of wafer steak.
4. Fold tortillas wrap style and place on sheet pans.
5. Bake in a 450 degree F oven until cheese is melted, approximately 10 minutes.

STEP 2

1 portion = 1 wrap.

CHICKEN FAJITAS #2

(HS-36)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
3 lb. + 14 ½ oz.	7 lb. + 13 oz.	15 lb. + 10 oz.	Cooked diced chicken
3 qt.	1 ½ gal.	3 gal.	Onions, sliced
1 ½ qt.	3 qt.	1 ½ gal.	Green peppers, raw, cut into thin strips
1 ½ qt.	3 qt.	1 ½ gal.	Red peppers, raw, cut into thin strips
¼ cup	½ cup	1 cup	Fajita seasoning, dry mix, El Pasado
25 each	50 each	100 each	12” flour tortillas, 4.5 oz. each

METHOD

STEP 1

Combine cooked diced chicken, onions, green peppers, and red peppers in 2 ½ inch steamtable pans. Sprinkle with fajita seasoning. Stir together to combine.

STEP 2

Cover and steam seasoned chicken and vegetables for 10 minutes or until the peppers are tender and the mixture reaches an internal temperature of 145 degrees F.

STEP 3

For each fajita, use an 8 oz. spoodle to ladle 1 cup of cooked seasoned chicken and pepper mixture onto one 12” tortilla.

STEP 4

Portion size = 1 each.

Serving Suggestions: Offer with shredded lettuce and tomatoes, shredded lowfat cheddar cheese, salsa, and/or low fat sour cream (not included in nutrient analysis).

Recipe Variation: To make beef fajitas, substitute *cooked**, sliced USDA chuck rolled roast, top round roast, or round tip roast for cooked diced chicken. NUTRIENTS PER SERVING: 581 calories, 73 mg cholesterol, 688 mg sodium, 15.73 g fat, 3.57 g saturated fat, 37.25 g protein, 5.67 g fiber, 7.21 mg iron, 168.51 mg calcium, 280 RE vitamin A, 65.20 mg vitamin C.

To make 100 beef fajitas, use 15 lb. + 10 oz. cooked chuck roast (approximately 27 lb. raw chuck roast will yield 15 lb. + 10 oz. cooked).

COMPONENTS PER PORTION

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

Portion cost = \$0.76

NUTRIENT

Amount per Serving

Calories	548
Protein	31.62 g
Carbohydrates	72.66 g
Fat-total	13.89 g
Saturated Fat	2.81 g
Cholesterol	63 mg
Vitamin A (RE)	287 RE
Vitamin C	65.2 mg
Iron	5.05 mg
Calcium	171.9 mg
Sodium	667 mg
Fiber	5.69 g
% Protein	23.09
% Carbohydrate	53.05
% Total Fat	22.83
% Saturated Fat	4.61

Portion Size – 1 Each (1 whole filled tortilla)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 ea.	25 ea.	50 ea.	12" flour tortillas, 3.5 oz. ea.
10 tbsp.	1 ½ cups	3 cups	Dijon mustard
10 ea.	25 ea.	50 ea.	Breaded chicken patties, 3.2 oz. ea., sliced, heated (Pierce #110114)
5 oz.	12.5 oz.	1 lb. + 8 oz.	Swiss cheese, grated
5 oz.	12.5 oz.	1 lb. + 8 oz.	Ham, diced
			Seasoned oil, as needed*

COMPONENTS PER PORTION

5 bread/grains, 3 oz. meat/meat alternate

NUTRIENT **Amount per Serving**

Calories	590
Protein	32.14 g
Carbohydrates	65.03 g
Fat-total	21.91 g
Saturated Fat	5.60 g
Cholesterol	97 mg
Vitamin A (RE)	24 RE
Vitamin C	0.0 mg
Iron	4.70 mg
Calcium	383 mg
Sodium	1653 mg
Fiber	3.64 g
% Protein	21.79
% Carbohydrate	44.09
% Total Fat	33.43
% Saturated Fat	8.55

*Vegetable oil flavored with a combination of any/all of the following: granulated garlic, onion powder, salt, black pepper, oregano, basil, dry parsley

METHOD

STEP 1: Prepare the tortillas

Place 1 Tbsp mustard on each flour tortilla & spread it thinly over the entire tortilla. Place two flour tortillas together, mustard side together and set them aside. Continue preparing all of the necessary tortillas in this manner and set them aside until they are ready to be filled. This method will keep the tortillas soft & pliable.

STEP 2: Make the wraps

1. Place a prepared tortilla mayo side up on the table. Place 3 oz. of thinly sliced chicken patty in the center of the tortilla going across horizontally to within 1-inch of the edge. Place ½ oz each thinly sliced Swiss cheese and ham across the sliced chicken. Do not press down on the filling keeping it light and loose and evenly spread.
2. Fold the tortillas wrap style by bringing the top edge of the flour tortilla over the filling and tucking the edge under the filling to enclose it. Bring the two sides into the center over the enclosed filling. Continue to roll the flour tortilla until you have a long thin tube with both ends securely tucked in. See the Tortilla Wrap Graphic for more information
3. Place the filled tortillas seam side down on a sheet pan that has been sprayed with pan spray or brushed lightly with plain vegetable oil. Brush the tops of the filled tortillas with seasoned oil.

STEP 3

Bake in a 450 degree F oven until golden brown in color, approximately 10 minutes.

1 portion = 1 wrap.

CHICKEN GYROS**(HS-40)****Portion Size – ½ Filled Pita Pocket**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5	12 ½	25		Pita bread, 2 oz. each
1 lb. + 4 oz.	3 lb. + 2 oz.	100 oz.		Chicken, cooked, diced
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.		Tomatoes, diced
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.		Onions, diced
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.		Cucumber sauce (See recipe # MSR-17)
¼ cup	2/3 cup	1 1/3 cup		Greek spice rub (See recipe # MSR-35)
COMPONENTS PER PORTION				
2 oz. meat/meat alternate, ¼ cup vegetables and 1 serving of bread/grains				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	250			
Protein	21.07 g			
Carbohydrates	25.60 g			
Fat-total	7.01 g			
Saturated Fat	1.77 g			
Cholesterol	54 mg			
Vitamin A (RE)	52 RE			
Vitamin C	13.9 mg			
Iron	1.96 mg			
Calcium	82 mg			
Sodium	298 mg			
Fiber	2.08 g			
% Protein	33.66			
% Carbohydrate	40.90			
% Total Fat	25.18			
% Saturated Fat	6.36			

METHOD**STEP 1**

Cut pita pockets in half crosswise.

STEP 2

Combine spice rub and diced chicken.

STEP 3

Layer 2 oz. of chicken inside each half of the pita pockets.

STEP 4

Place filled pita pockets flat side down in steam table pans. Cover with lid or foil to prevent drying.

To Bake:

Conventional oven: 350 degrees F for 3-5 minutes

Convection oven: 325 degrees F for 3-5 minutes

STEP 5

Serve each pita sandwich half with 1-oz. tomatoes, 2 tbsp. onions and 2 tbsp. of cucumber sauce.

CHICKEN PARMIGIANA WRAP II (HS-45)

Portion Size – 1 Each (1 whole filled tortilla)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 ea.	25 ea.	50 ea.	12" flour tortillas, 3.5 oz. ea.
10 ea.	25 ea.	50 ea.	Breaded chicken patties, 3.2 oz. ea., sliced, heated
5 oz.	12.5 oz.	1 lb. + 8 oz.	Mozzarella cheese, part skim, grated or sliced thinly
2 ½ cups	1 ½ qt.	3 qt.	Tomato sauce, marinara style
			Seasoned oil, as needed*

*Vegetable oil flavored with a combination of any/all of the following: granulated garlic, onion powder, salt, black pepper, paprika, oregano, basil, dry parsley.

COMPONENTS PER PORTION

5 bread/grains, 2.5 oz. meat/meat alternate, ¼ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	646
Protein	26.39 g
Carbohydrates	70.06 g
Fat-total	28.29 g
Saturated Fat	7.26 g
Cholesterol	106 mg
Vitamin A (RE)	80 RE
Vitamin C	8 mg
Iron	3.82 mg
Calcium	268 mg
Sodium	1321 mg
Fiber	6.58 g
% Protein	16.38
% Carbohydrate	43.32
% Total Fat	39.40
% Saturated Fat	10.12

METHOD

STEP 1

To make each wrap:

1. Mix together the sliced chicken patty, mozzarella cheese & tomato sauce well. Place 1 cup of filling down the center of the flour tortilla horizontally to within 1 inch of the edges. Do not press down on the filling keeping it light and loose and evenly spread.
2. Fold the tortillas wrap style by bringing the top edge of the flour tortilla over the filling and tucking the edge under the filling to enclose it. Bring the two sides into the center over the enclosed filling. Continue to roll the flour tortilla until you have a long thin tube with both ends securely tucked in. See the Tortilla Wrap Graphic for more information
3. Place the filled tortillas seam side down on a sheet pan that has been sprayed with pan spray or brushed lightly with plain vegetable oil. Brush the tops of the filled tortillas with seasoned oil
4. Bake in a 450 degree F oven until golden brown in color, approximately 10 minutes.

STEP 2

1 portion = 1 wrap.

Serving suggestion: Serve with ½ cup tomato dipping sauce (not included in nutrient analysis).

CHICKEN TACOS**(HS-48)****R'04****Portion Size – 2 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 cups	3 qt. + 2 cups	7 qt.	Chicken taco meat, cooked (HE-74)	
6 ¼ oz.	12 ½ oz.	1 lb. + 9 oz.	Tomatoes, chopped	
6 ¾ oz.	1 lb. + 1 oz.	2 lbs. + 2 oz.	Lettuce, Shredded	
5 ¼ oz.	13 oz.	1 lb. + 10 oz.	Cheddar cheese, low fat, shredded	
20	50	100	Taco shells, 0.3 oz. each	
COMPONENTS PER PORTION				
2 1/2 oz. meat/meat alternate, 3/8 cup vegetables, 2/3 serving bread/grains				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	252			
Protein	21.18 g			
Carbohydrates	18.19 g			
Fat-total	10.02 g			
Saturated Fat	2.13 g			
Cholesterol	53 mg			
Vitamin A (RE)	34 RE			
Vitamin C	4.8 mg			
Iron	1.87 mg			
Calcium	84 mg			
Sodium	610 mg			
Fiber	1.77 g			
% Protein	33.67			
% Carbohydrate	28.92			
% Total Fat	35.85			
% Saturated Fat	7.64			

METHOD**STEP 1**

Prepare chicken taco meat.

STEP 2

Combine chopped tomatoes and shredded lettuce. Toss lightly. Set mixture aside for Step 3.

STEP 3

Fill a 4 oz. souffle cup ¾ of the way full with lettuce and tomato mixture (3/8 cup of lettuce and tomato). Fill the remainder of the cup to the top with shredded cheese (1/2 oz., or 2 tbsp. cheese).

STEP 5

On each student tray, serve 2 unfilled taco shells, No. 16 scoop (1/4 cup) simple taco meat mixture, 1 pre-portioned soufflé cup of lettuce, tomato, and cheese.

Variations:

- HOT TACO BOWLS:** Substitute edible taco bowl (0.6 oz./ea.) for taco shells; portion #8 scoop chicken taco meat into taco bowl on the serving line.
- TACO SCOOPS:** Substitute ¾ cup (6 oz. spoodle, or 0.6 oz.) of taco shell pieces for taco shells. Portion #8 scoop chicken taco meat over taco shells.

CUBAN CHICKEN, RICE AND BEAN WRAP

(HS- 50)

Portion Size – 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
3 Tbsp.	½ cup	1 cup	Olive oil	
2/3 cup	1 2/3 cups	3 ½ cups	Onions, chopped	
2/3 cup	1 2/3 cups	3 ½ cups	Green pepper, diced	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Cooked diced chicken	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Ham, 95% fat free	
1 ¼ cup	3 cups + 2 Tbsp.	6 ¼ cups	Tomatoes, chopped	
1 ½ tsp. cumin	1 Tbsp. + 1 tsp.	2 Tbsp. + 2 tsp.	Cumin, ground	
2/3 cup	1 2/3 cups	3 ½ cups	Cilantro, fresh, chopped	
10 fl. oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Hot sauce	
10 ea.	25 ea.	50 ea.	12” flour tortillas, 3.5 oz. ea.	
5 cups	3 qt. + ½ cup	6 qt. + 1 cup	Black beans, canned, drained	
5 cups	3 qt. + ½ cup	6 qt. + 1 cup	Cuban yellow rice	
COMPONENTS PER PORTION			(recipe HVG- 85)	
5 servings of bread/grains, 2 oz. meat/meat alternate, 1/2 cup vegetables			Seasoned oil, as needed*	
<u>NUTRIENT</u>			<u>Amount per Serving</u>	
Calories	805		*Vegetable oil flavored with any/all of the following: granulated garlic, onion powder, salt, black pepper, paprika, oregano, basil, dry parsley.	
Protein	34.12 g			
Carbohydrates	199.46 g			
Fat-total	20.89 g			
Saturated Fat	3.46 g			
Cholesterol	38 mg			
Vitamin A (RE)	67 RE			
Vitamin C	42.22 mg			
Iron	8.54 mg			
Calcium	356 mg			
Sodium	2112 mg			
Fiber	13.59 g			
% Protein	16.94			
% Carbohydrate	59.30			
% Total Fat	23.33			
% Saturated Fat	3.86			

METHOD

STEP 1

Heat oil in a saucepan over medium heat. Add onions and green peppers and cook, stirring occasionally, until the onions are translucent, about 5 minutes.

STEP 2

Add cooked diced chicken , ham, tomatoes, cumin, and cilantro and cook over medium heat, stirring occasionally, until the mixture is thoroughly heated and tomatoes are soft, about 5 minutes. Remove the mixture from the heat and stir in the drained black beans. Set this filling aside.

STEP 3

To make each wrap:

1. Place 1 fluid oz hot sauce on each flour tortilla and spread evenly over the tortilla to the edges. Place two tortillas together, hot sauce side facing and set them aside. Prepare all of the tortillas needed in this manner and set them aside until you are ready to fill them. Keeping the hot sauce sides together will keep the tortillas soft & pliable until you are ready to fill them.
2. Place a prepared tortilla on the counter with the hot sauce facing up. Ladle 1 cup of the prepared filling onto the center of the tortilla horizontally to within 1 inch of the edges. Do not press down on the filling keeping it light and loose and evenly spread.
3. Spoon ½ cup Cuban yellow rice over the filling.
4. Fold the tortillas wrap style by bringing the top edge of the flour tortilla over the filling and tucking the edge under the filling to enclose it. Bring the two sides into the center over the enclosed filling. Continue to roll the flour tortilla until you have a long thin tube with both ends securely tucked in. See the Tortilla Wrap Graphic for more information.
5. Place the filled tortillas seam side down on a sheet pan that has been sprayed with pan spray or brushed lightly with plain vegetable oil. Brush the tops of the filled tortillas with seasoned oil.
6. Bake in a 450 degree F oven until golden brown in color, approximately 10 minutes.

STEP 4

1 portion = 1 wrap

Chartwells School Dining Services

005170 - Cuban Pressed Sandwich

Source: HS- 55
 Number of Portions: 50
 Size of Portion: 1 Each

Meat/Alt 2 oz.
 Grain/Bread 2.7 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 002020 GARLIC POWDER..... 018349 ROLLS,FRENCH..... 360901 HAM,CKD,FROZEN,95% FAT FREE-COMMODIT 001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA 011937 PICKLES,CUCUMBER,DILL.....	1 CUP 1/2 CUP 50 Rolls, 2.5 oz. 3 LB + 2 OZ 3 LB + 2 OZ 3 QT, chop/dice + 2 CUP, cho	<p>STEP 1 Combine oil and garlic powder and heat over medium heat to make a seasoned oil.</p> <p>STEP 2 To make each sandwich:</p> <ol style="list-style-type: none"> 1. Using a pastry brush, pread the inside of each roll lightly with a bout 1 tsp. of seasoned oil. 2. Place 1 oz. ham and 1 oz. cheese inside each sandwich 3. Add ¼ cup pickle chips to to each sandwich. <p>STEP 3 Press each sandwich for 15 seconds in a heated sandwich press until bread is toasted.</p> <p>STEP 4 CCP: Serve immediately or hold for hot service at 140 degrees F.</p> <p>NOTE: Sandwiches should be batch-cooked for optimal product quality and freshness.</p>
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Calories	382	Iron	2.62 Mg	Protein	16.85 G	17.65%	Calories from Prot
Cholesterol	40 Mg	Calcium	227 Mg	Carbohydrates	38.66 G	40.50%	Calories from Carb
Sodium	1711 Mg	Vitamin A	346 IU	Total Fat	17.35 G	40.90%	Calories from T Fat
Dietary Fiber	2.88 G	Vitamin C	1.0 Mg	Saturated Fat	7.11 G	16.75%	Calories from S Fat
* - Denotes Missing Nutrient Values							

EGG SANDWICH WITH PEPPERS AND CHEESE (HS-60)

Portion Size – 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cup	3 cup + 2 tbsp.	6 ¼ cup	Green peppers, sliced	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Oil	
10	25	50	Pre-cooked egg patties (1.75 oz ea.)	
5 oz.	12 ½ oz.	1 lb. + 9 oz.	American cheese	
10	25	50	Kaiser rolls (3 oz.)	

METHOD

STEP 1

Sauté peppers in oil and set aside.

STEP 2

Place egg patties on sheet pan and bake at 350 degrees F until they reach a temperature of 165 degrees F.

STEP 3

Remove egg patties from oven. Place 2 tbsp. of peppers and ½ oz. slice of cheese over each patty.

STEP 4

Return patties to the oven and heat until cheese melts.

STEP 5

Place each egg patty with peppers and cheese in a roll. Hold at 141 degrees F until ready to serve.

COMPONENTS PER PORTION

3.33 servings bread/grains, 2.25 oz. meat/meat alternate, 1/8 cup vegetables

NUTRIENT

Amount per Serving

Calories	400
Protein	17.44 g
Carbohydrates	43.60 g
Fat-total	16.96 g
Saturated Fat	5.46 g
Cholesterol	224 mg
Vitamin A (RE)	143 RE
Vitamin C	10.2 mg
Iron	3.52 mg
Calcium	132 mg
Sodium	725 mg
Fiber	2.20 mg
% Protein	17.42
% Carbohydrate	43.54
% Total Fat	38.11
% Saturated Fat	12.28

GREEK CHICKEN PITA (HS-62)

Portion Size – 1 Each (2 filled pita halves)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
20 inner leaves 10 ea.	50 inner leaves 25 ea.	100 inner leaves 50 ea.	Romaine lettuce leaves Breaded chicken patties, 3.2 oz. ea., cut into strips, heated
5 cups	3 quarts + ½ cup	6 quarts + 1 cup	Greek Style Marinated Vegetables, heated (recipe CS-80)
10 ea.	25 ea.	50 ea.	Pita bread, whole, 2 oz. ea., sliced in half
<u>COMPONENTS PER PORTION</u>			
3 bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	506		
Protein	20.71 g		
Carbohydrates	51.76 g		
Fat-total	24.06 g		
Saturated Fat	5.55 g		
Cholesterol	101 mg		
Vitamin A (RE)	118 RE		
Vitamin C	42.3 mg		
Iron	3.13 mg		
Calcium	97 mg		
Sodium	723 mg		
Fiber	5.80 g		
% Protein	16.36		
% Carbohydrate	40.89		
% Total Fat	42.77		
% Saturated Fat	9.88		

METHOD

For each sandwich

Place 1 lettuce leaf, 1.5 oz. heated chicken patty slices, and ¼ cup heated Greek Style Marinated Vegetables in each pita bread half.

One serving = 2 filled pita halves.

HOMESTYLE MEAT LOAF SANDWICH WITH BROWN GRAVY (HS-63)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
12 ea.	24 ea.	48 ea.	Steak rolls, 2.75 oz. each
24 1-oz. slices	48 1-oz. slices	96 1-oz. slices	Meatloaf, prepared, heated (see recipe HE-140)
3 cups	6 cups	1 qt. + 4 cups	Prepared brown gravy, from mix
			Recipe tip: prepare meatloaf 1 day ahead. Refrigerate cooked whole loaves. Slice meatloaf cold before reheating on the day of service.
<u>COMPONENTS PER PORTION</u>			
3 servings of bread/grains, 2.0 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	394		
Protein	23.49 g		
Carbohydrates	49.38 g		
Fat-total	11.15 g		
Saturated Fat	3.24 g		
Cholesterol	62 mg		
Vitamin A (RE)	31 RE		
Vitamin C	5.6 mg		
Iron	4.88 mg		
Calcium	71 mg		
Sodium	786 mg		
Fiber	3.70 g		
% Protein	23.79		
% Carbohydrate	50.02		
% Total Fat	25.41		
% Saturated Fat	7.40		

METHOD

To prepare each sandwich:

STEP 1

Top bottom half of one steak roll with 2 (1 oz. ea.) slice of meatloaf and 2 fluid oz. of brown gravy.

STEP 2

Cover with roll top.

STEP 3

Cut in half and serve.

HOMESTYLE POT ROAST SANDWICH WITH CHEESE, CARROTS, ONIONS (HS-65)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
12 ea.	24 ea.	48 ea.	Steak rolls, 2.75 oz. each
24 1-oz. slices	48 1-oz. slices	96 1-oz. slices	Yankee pot roast, prepared (see recipe HE-305), heated
12 slices	24 slices	48 slices	American cheese, ½ oz. slices
6 cups	1 qt. + 4 cups	3 qt.	Roasted carrots and onions, heated
			Recipe tip: prepare pot roast and gravy 1 day ahead. Slice roasts cold before reheating in gravy on the day of service.
<u>COMPONENTS PER PORTION</u>			
3 servings of bread/grains, 2.5 oz. meat/meat alternate, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	508		
Protein	30.85 g		
Carbohydrates	50.84 g		
Fat-total	19.79 g		
Saturated Fat	7.42 g		
Cholesterol	67 mg		
Vitamin A (RE)	1002 RE		
Vitamin C	4.6 mg		
Iron	5.14 mg		
Calcium	139 mg		
Sodium	936 mg		
Fiber	4.00 mg		
% Protein	24.26		
% Carbohydrate	39.98		
% Total Fat	35.01		
% Saturated Fat	13.13		

METHOD

To prepare each sandwich:

STEP 2

Top bottom half of one steak roll with 2 (1 oz. ea.) slice of **Yankee Pot Roast** and 2 fluid oz. of brown gravy. Add ½ oz. slice of cheese and ½ cup (No. 8 scoop) of roasted vegetables.

STEP 4

Cover with roll top.

STEP 5

Cut in half and serve.

HOT ROAST BEEF ON A ROLL**(HS-70)****Portion Size – 1 Sandwich**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10	25	50	Kaiser Roll, 3 oz. each	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Roast beef, cooked	
2 ½ cups	6 ¼ cups	1 ½ qt. + ½ cup	Beef gravy, from dry mix	
			Beef Stock (Broth) ½ cup for Each steam table pan	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate and 3.33 servings of bread/grains.				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	370			
Protein	23.53 g			
Carbohydrates	42.91 g			
Fat-total	10.82 g			
Saturated Fat	3.49 g			
Cholesterol	47 mg			
Vitamin A (RE)	0 RE			
Vitamin C	0.0 mg			
Iron	4.26 mg			
Calcium	28 mg			
Sodium	717 mg			
Fiber	2.00 g			
% Protein	25.44			
% Carbohydrate	46.38			
% Total Fat	26.32			
% Saturated Fat	8.50			

METHOD**STEP 1**

Prepare beef according to roasting instructions in “Helpful Hints” section.

STEP 2

Next day, slice roasts into ½ oz slices. Preportion 2 oz (4 slices) in a 2-inch steam table pan that has been sprayed with pan spray or brushed with vegetable oil. Cover with saran wrap and return to refrigerator immediately to keep beef at 40 degrees F or below.

STEP 3

Serving day: Add ½ cup beef stock to each steam table pan, cover the pan tightly with saran and then with aluminum foil. Place in a 350 degree oven until the meat reaches an internal temperature of 165 degrees. To serve: Place 2-oz. (4 slices) roast beef on each Kaiser roll bottom and top with 2-oz gravy. Place Kaiser roll back on top and serve.

HOT TURKEY ON A ROLL (HS-75) R'04

Portion Size – 1 Sandwich

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10	25	50	Kaiser Roll, 3 oz.	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Roast turkey, cooked, sliced	
2 ½ cups	6 ¼ cups	1 ½ qt + ½ cup	Poultry gravy, from dry mix	
			Chicken Stock (Broth) ½ cup	
			For each steam table pan	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate and 3.33 servings of bread/grains.				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	358			
Protein	24.94 g			
Carbohydrates	45.61 g			
Fat-total	7.68 g			
Saturated Fat	1.82 g			
Cholesterol	43 mg			
Vitamin A (RE)	0 RE			
Vitamin C	0.65 mg			
Iron	3.56 mg			
Calcium	41.67 mg			
Sodium	779 mg			
Fiber	2.26 g			
% Protein	27.86			
% Carbohydrate	50.95			
% Total Fat	19.31			
% Saturated Fat	4.58			

METHOD

STEP 1

Prepare turkey roasts according to “Helpful Hints” section.

STEP 2

Next day, slice roasts into ½ oz slices. Return to refrigerator immediately to keep meat at 40 degrees F or below. Pre-portion 2 oz. (4 slices) turkey slices in 2” steam table pan that has been lightly sprayed with pan spray or brushed with vegetable oil. Cover tightly with saran wrap. Return to refrigerator to reach temperature of 40 degrees F or below.

STEP 3

Serving day, add ½ cup chicken stock to each steam table pan and then cover tightly first with saran wrap and then with aluminum foil. Heat in a 350 degree oven until the turkey reaches an internal temperature of 165 degrees. For each customer: Top the bottom of a Kaiser roll evenly with 2 oz. (4 slices) sliced turkey. Ladle on 2 oz. poultry gravy and serve.

INDONESIAN CHICKEN SATAY IN A PITA**(HS-80)**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
4 lb.	8 lb.	16 lb.	Chicken, diced or shredded
3 Tbsp.	6 Tbsp.	¾ cup	Curry powder
1 qt.	2 qt.	1 gal.	Coconut milk, unsweetened
2 cups	1 qt.	2 qt.	Milk, 2% fat
2 cups	1 qt.	2 qt.	Peanut butter, reduced fat*
¾ cup	1 ½ cups	3 cups	Peanuts, chopped*
¾ cup	1 ½ cups	3 cups	Light soy sauce
¾ cup	1 ½ cups	3 cups	Cider vinegar
1 tsp.	2 tsp.	4 tsp.	Cayenne pepper
6 cups	3 qt.	6 qt.	Cucumber, peeled, halved lengthwise, seeded & sliced
6 cups	3 qt.	6 qt.	Shredded romaine lettuce
25 ea.	50 ea.	100 ea	Pita pocket halves, 1 oz. each

COMPONENTS PER PORTION

Portion cost = \$1.12

3 oz. meat/meat alternate, ½ cup vegetables,
1 serving bread/grains**NUTRIENT****Amount per Serving**

Calories	476
Protein	31.54 g
Carbohydrates	30.62 g
Fat-total	25.57 g
Saturated Fat	12.23 g
Cholesterol	66 mg
Vitamin A (RE)	64 RE
Vitamin C	6.01 mg
Iron	3.09 mg
Calcium	108.44 mg
Sodium	584 mg
Fiber	4.03 g
% Protein	26.48
% Carbohydrate	25.70
% Total Fat	48.30
% Saturated Fat	23.09

***Important Note: Printed menu and station signage should indicate this food item contains peanuts and peanut butter to alert customers with peanut allergies.**

Portion Size – 1 Each (1 filled pita pocket half)
METHOD**STEP 1**

In a large pot, whisk together the curry powder, coconut milk, and 2% milk until the curry powder is well incorporated. Bring this mixture to a boil then reduce to a simmer. Add the peanut butter and beat until smooth and well blended. Stir in the peanuts, soy sauce, vinegar and cayenne. If the mixture is too thick, add small amounts of water incrementally, as needed, to create a smooth sauce.

STEP 2

Add the chicken to the sauce. Stir well to combine and remove it from the heat

STEP 3

Open the pita halves and fill each equally with ¼ cup sliced cucumbers and ¼ cup shredded lettuce.

STEP 4

Using a No. 8 scoop, add ½ cup chicken mixture to each pita half and serve.

STEP 5

Portion size = 1 each (1 filled pita pocket half).

INSIDE OUT SANDWICHES

(HS-85)

Portion Size – 2 Pieces

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
50 each	100 each	200 each	7” soft, plain breadstick, par baked, 1.5 oz. each
50 slices	100 slices	200 slices	Ham, 95 % fat free, sliced into ½ oz. slices
50 slices	100 slices	200 slices	American cheese, sliced into ½ oz. slices

METHOD

STEP 1

Wrap 1 slice of cheese and 1 slice of ham (ham on top) around each breadstick.

STEP 2

Place wrapped breadsticks on sheet pans. Place in a 350 degree F oven for about 8 minutes, until cheese is melted and breadsticks are thoroughly baked. Serve immediately.

STEP 3

Portion size = 2 pieces.

COMPONENTS PER PORTION

Portion cost = \$0.41

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

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	368
Protein	18.46 g
Carbohydrates	44.89 g
Fat-total	12.41 g
Saturated Fat	6.33 g
Cholesterol	40 mg
Vitamin A (RE)	82
Vitamin C	0 mg
Iron	2.66 mg
Calcium	413 mg
Sodium	1268 mg
Fiber	2.55 g
% Protein	20.04
% Carbohydrate	48.73
% Total Fat	30.31
% Saturated Fat	15.46

Chartwells School Dining Services

004585 - Italian Steak S/W

Source: Chartwells K-12
 Number of Portions: 100
 Size of Portion: 1 each

Meat/Alt 2.5 oz.
 Grain/Bread 2.7 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

105812 BEEF SANDWICH SLICES 100% 3 OZ..... 004044 OIL,SOYBN,SALAD OR COOKING..... 011282 ONIONS,RAW..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 993339 WATER..... 011549 TOMATO PRODUCTS,CND,SAU..... 019335 SUGARS,GRANULATED..... 002030 PEPPER,BLACK..... 000061 WORCHESTERSHIRE SAUCE..... 090019 OREGANO LEAVES,DRIED..... 011546 TOMATO PRODUCTS,CND,PASTE,WO/SALT.... 018349 ROLLS,FRENCH.....	16 LB 1/2 CUP 3 OZ 4 OZ 3 1/2 CUP 3 1/2 CUP 1 1/2 TBSP 1 TSP 1 TBSP 1 TBSP, leaves 2 CUP 100 Rolls, 2.5 oz.	<p><u>STEP 1</u> Brown wafer steaks, chopping up meat while cooking. Drain off fat and set aside.</p> <p><u>STEP 2</u> Make the sauce: Heat oil over medium heat. Add onions and cook over low heat until translucent. Slowly whisk in flour to make a roux. Using a wire whisk, stir water, tomato sauce, and seasonings into the rue. Bring to a boil, lower heat, and simmer for 20 minutes. Add tomato paste and stir together until sauce thickens.</p> <p><u>STEP 3</u> Add cooked wafer steak meat. Return mixture to a boil, then lower heat to a simmer and cook for 5 more minutes.</p> <p>CCP: Hold hot at 140 degrees or above until ready to serve.</p> <p><u>STEP 4</u> To assemble each sandwich, use a 3 oz. spoodle or #12 scoop to put saucy meat mixture inside each steak roll.</p>
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Calories	423	Iron	3.76 Mg	Protein	18.37 G	17.36%	Calories from Prot
Cholesterol	46 Mg	Calcium	69 Mg	Carbohydrates	39.53 G	37.37%	Calories from Carb
Sodium	542 Mg	Vitamin A	113 IU	Total Fat	21.27 G	45.24%	Calories from T Fat
Dietary Fiber	2.85 G	Vitamin C	1.8 Mg	Saturated Fat	6.65 G	14.15%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

007083 - Italian Steak S/W w/ Cheese

Source: HS- 90A
 Number of Portions: 100
 Size of Portion: 1 each

Meat/Alt 3 oz.
 Grain/Bread 2.7 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

105812 BEEF SANDWICH SLICES 100% 3 OZ..... 004044 OIL,SOYBN,SALAD OR COOKING..... 011282 ONIONS,RAW..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 993339 WATER..... 011549 TOMATO PRODUCTS,CND,SAU..... 019335 SUGARS,GRANULATED..... 002030 PEPPER,BLACK..... 000061 WORCHESTERSHIRE SAUCE..... 090019 OREGANO LEAVES,DRIED..... 011546 TOMATO PRODUCTS,CND,PASTE,WO/SALT.... 900002 CHEESE BLEND, AMERICAN AND SKIM MILK C 018349 ROLLS,FRENCH.....	16 LB 1/2 CUP 3 OZ 4 OZ 3 1/2 CUP 3 1/2 CUP 1 1/2 TBSP 1 TSP 1 TBSP 1 TBSP, leaves 2 CUP 50 OZ 100 Rolls, 2.5 oz.	<p><u>STEP 1</u> Brown wafer steaks, chopping up meat while cooking. Drain off fat and set aside.</p> <p><u>STEP 2</u> Make the sauce: Heat oil over medium heat. Add onions and cook over low heat until translucent. Slowly whisk in flour to make a roux. Using a wire whisk, stir water, tomato sauce, and seasonings into the rue. Bring to a boil, lower heat, and simmer for 20 minutes. Add tomato paste and stir together until sauce thickens.</p> <p><u>STEP 3</u> Add cooked wafer steak meat. Return mixture to a boil, then lower heat to a simmer and cook for 5 more minutes.</p> <p>CCP: Hold hot at 140 degrees or above until ready to serve.</p> <p><u>STEP 4</u> To assemble each sandwich, put 1/2 oz. of reduced fat American cheese inside each roll. Use a 3 oz. spoodle or #12 scoop to put saucy meat mixture inside each steak roll.</p>
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Calories	458	Iron	3.76 Mg	Protein	21.87 G	19.09%	Calories from Prot
Cholesterol	54 Mg	Calcium	169 Mg	Carbohydrates	40.53 G	35.38%	Calories from Carb
Sodium	747 Mg	Vitamin A	488 IU	Total Fat	23.27 G	45.71%	Calories from T Fat
Dietary Fiber	2.85 G	Vitamin C	1.8 Mg	Saturated Fat	8.15 G	16.02%	Calories from S Fat
* - Denotes Missing Nutrient Values							

MEATBALL SANDWICH ON A BUN (HS-95) R'04

Portion Size – 1 Sandwich

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 ½ cups	6 ¼ cups	12 ½ cups	Basic Tomato Sauce (See Recipe # MS-10)
50 meatballs (1 lb. + 9 oz.)	125 meatballs (3 lb. + 14 ½ oz.)	250 meatballs (7 lb. + 13 oz.)	Meatballs, ½ oz. each, Casa Di Berrotocchi
10	25	50	Hero roll, 2 oz. each
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, 1 ½ servings of bread/grains and 1/4 cup vegetables.			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	393		
Protein	16.04 g		
Carbohydrates	42.00 g		
Fat-total	16.97 g		
Saturated Fat	7.51 g		
Cholesterol	50 mg		
Vitamin A (RE)	60 RE		
Vitamin C	8.02 mg		
Iron	4.29 mg		
Calcium	23.50 mg		
Sodium	1149 mg		
Fiber	2.35 g		
% Protein	16.34		
% Carbohydrate	42.79		
% Total Fat	38.90		
% Saturated Fat	17.23		

METHOD

STEP 1

Heat tomato sauce in a steamer or kettle to 165 degrees F for 15 seconds.

STEP 2

Heat meatballs in steamer or oven to reach an internal temperature of 145 degrees F. Drain.

STEP 3

Put sauce over meatballs in 2-inch steam table pans.

STEP 4

Put 5 half-oz. meatballs and ¼ cup (2 oz. ladle) of sauce on each bun.

STEP 5

Place sandwiches in 2-inch steam table pans or sheet trays. Hold sandwiches in a warmer at a temperature of 141 degrees or above until ready to serve.

Recipe variations are listed on the following page.

Meatball Sandwich Variations (HS- 95)

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. Meatball parmesan sandwich on a bun	2.5 oz. meatballs, CASA ¼ cup tomato sauce ¼ oz. mozzarella cheese Hero roll, 2.0 oz. each	460	54	1120	3.61	4.23	78	89	7.0	18.1	47.7	21/0	8.6	1.5 bread/grains, 2 ¼ oz. meat/meat alternate, ¼ cup vegetables
B. Large size meatball sandwich on a roll	3 oz. meatballs, CASA 3/8 cup tomato sauce Hero roll, 2.75 oz. ea.	503	60	1547	3.34	5.64	33	90	12.0	20.4	56.6	20.7	9.0	3 bread/grains, 2.25 oz. meat/meat alternate, 3/8 cup vegetables
C. Large size meatball parmesan sandwich on a roll	3 oz. meatballs, CASA 3/8 cup tomato sauce ¼ oz. mozzarella cheese Hero roll, 2.75 oz. ea.	521	64	1580	3.34	5.65	79	103	12.0	22.1	56.8	21.9	9.7	3 bread/grains, 2.5 oz. meat/meat alternate, 3/8 cup vegetables
D. "Flying Saucer"	2.5 oz. meatballs, CASA 1/2 oz. Swiss cheese ¼ cup tomato sauce 2 oz. pita pocket bread	477	63	1184	3.56	3.81	196	96	8.0	20.2	48.4	21.7	10.4	2.0 bread/grains, 2.5 oz. meat/meat alternate, ¼ cup vegetables

MEATLOAF BACON CHEDDAR ‘BURGER’ (HS-96)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
12 ea.	24 ea.	48 ea.	Seeded hamburger buns, 1.75 oz. each
24 1-oz. slices	48 1-oz. slices	96 1-oz. slices	Meatloaf, prepared (see recipe BC/HE-140), heated, sliced into 1 oz. slices
12 each (2 ½ lb.)	24 each (5 lb.)	48 each (10 lb.)	Pre-cooked bacon sandwich slices, 0.21 oz. ea. (Hormel #03729)
6 oz. (12 slices)	12 oz. (24 slices)	1 ½ lb. (48 slices)	Cheddar cheese, Commodity, sliced into ½ oz. slices
6 oz. (3 cups)	12 oz. (6 cups)	1 ½ lb. (3 qt.)	Lettuce, shredded
1 lb. + 2 oz. (3 cups)	2 lb. + 4 oz. (6 cups)	4 ½ lb. (3 qt.)	Tomatoes, sliced into ½ oz. slices
<u>COMPONENTS PER PORTION</u>			
1.9 servings of bread/grains, 2 1/2 oz. meat/meat alternate, ½ cup vegetables			Portion cost = \$0.71
<u>NUTRIENT</u>			Recipe tip: prepare meatloaf 1 day ahead. Refrigerate cooked whole loaves. Slice meatloaf cold before reheating on the day of service.
	<u>Amount per Serving</u>		
Calories	630		
Protein	46.36 g		
Carbohydrates	72.77 g		
Fat-total	27.09 g		
Saturated Fat	8.98 g		
Cholesterol	169 mg		
Vitamin A (RE)	121 RE		
Vitamin C	20.09 mg		
Iron	6.13 mg		
Calcium	304 mg		
Sodium	790 mg		
Fiber	4.14 g		
% Protein	29.45		
% Carbohydrate	57.99		
% Total Fat	38.73		
% Saturated Fat	12.84		

METHOD

To prepare each sandwich:

STEP 1

Place groups of 1 oz. meatloaf slices stacked 2-high on sheet pans to make individual 2 oz. portions. Top each portion with 1 bacon slice, and 1 slice of cheese.

STEP 2

Oven heat until meatloaf has reached an internal temperature of 160 degrees F and cheese has melted.

STEP 3

Place each topped meatloaf portion on the bottom half of a hamburger bun.

STEP 4

Add ¼ cup shredded lettuce and 3 tomato slices to each sandwich.

STEP 5

Top with remaining hamburger bun half.

STEP 6

Portion size = 1 each.

MEDITERRANEAN BEEF WRAP

(HS- 96A)

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	Beef wafer steaks, raw, 3.0 oz. ea (Commodity or S/SPR #10030)
1 ¼ cups	3 cups + 2 tbsp.	6 ¼ cups	Ranch dressing, fat free (Ken’s #680)
10 each	25 each	50 each	12” pressed flour tortilla, 3.5 oz. ea. (PSADO #6574)
1 ¼ cup (7 oz.)	3 cups + 2 tbsp. (17 ½ oz.)	6 ¼ cups (2 lb. + 3 ¼ oz. oz.)	Red onions, diced
1 ¼ cup (6 oz.)	3 cups + 2 tbsp. (15 oz.)	6 ¼ cups 1 lb. + 14 oz.	Cucumbers, raw, peeled, diced
30 slices (15 oz.)	75 slices (2 lb. + 5 ½ oz.)	150 slices (4 lb. + 11 oz.)	Fresh tomatoes, sliced, ½ oz. ea.
<u>COMPONENTS PER PORTION</u>			Cost per portion \$0.71
3.9 servings of bread/grains, 2.25 oz. meat/meat alternate, 1/2 cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	588		
Protein	22.56 g		
Carbohydrates	64.81 g		
Fat-total	26.76 g		
Saturated Fat	8.45 g		
Cholesterol	54 mg		
Vitamin A (RE)	29 RE		
Vitamin C	10.33 mg		
Iron	5.09 mg		
Calcium	124 mg		
Sodium	903 mg		
Fiber	4.19 g		
% Protein	15.34		
% Carbohydrate	44.05		
% Total Fat	40.93		
% Saturated Fat	12.92		

METHOD

STEP 1

Cook wafer steak on sheet pans in oven to 145 degrees F internal temperature.

STEP 2

To make each wrap:

- Ladle 2 tbsp. ranch dressing into center of a tortilla shell. Spread out to within 1 inch of the edges.
- Place one wafer steak over top of dressing.
- Spread 2 tbsp. diced onions and 2 tbsp. diced cucumbers over wafer steak. Top with 3 tomato slices.
- Fold tortillas wrap style.

STEP 3

Put each sandwich in “Fresh Grille Special” container and keep warm at 140 degrees F on the heated sandwich slide.

STEP 4

Portion size = 1 each.

NOTE: Sandwiches should be batch-cooked for optimal product quality and freshness.

MILE HIGH MEATLOAF SANDWICH

(HS-97)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
12 ea.	24 ea.	48 ea.	Kaiser rolls, 2.75 oz. each
24 1-oz. slices	48 1-oz. slices	96 1-oz. slices	Meatloaf, prepared (see recipe HE-140), heated
3 cups	6 cups	1 qt. + 4 cups	Barbecued gravy (see recipe MGR- 5)
6 cups	1 ½ qt.	3 qt.	Mashed potatoes, Trio Complete, prepared
6 oz.	12 oz.	1 ½ lb.	Onions, French fried, Durkee
<u>COMPONENTS PER PORTION</u>			
3 servings of bread/grains, 2.0 oz. meat/meat alternate, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	501		Recipe tip: prepare meatloaf 1 day ahead. Refrigerate cooked whole loaves. Slice meatloaf cold before reheating on the day of service.
Protein	24.63 g		
Carbohydrates	72.77 g		
Fat-total	12.05 g		
Saturated Fat	3.45 g		
Cholesterol	62 mg		
Vitamin A (RE)	53 RE		
Vitamin C	39.2 mg		
Iron	5.46 mg		
Calcium	73 mg		
Sodium	997 mg		
Fiber	4.91 g		
% Protein	19.63		
% Carbohydrate	57.99		
% Total Fat	21.61		
% Saturated Fat	6.19		

METHOD

To prepare each sandwich:

STEP 1

Top bottom half of one Kaiser roll with 2 (1 oz. ea.) slice of meatloaf, ½ cup (No. 8 scoop) of mashed potatoes, 2 fluid oz. of brown gravy, and 1 oz. of onions.

STEP 2

Cover with roll top.

OPEN FACE HOT FRESH HAM SANDWICH (HS-98)

Portion Size 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 slices	25 slices	50 slices	White bread, 0.9 oz. per slice
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Fresh ham, Commodity, roasted according to guidelines in the "Helpful Hints" section, sliced into 1 oz. slices*
10 fl. oz.	25 fl. oz.	50 fl. oz.	Pork gravy, from mix, heated
			Portion cost = \$0.12

METHOD

STEP 1

Reheat fresh ham slices to 165 degrees F.

STEP 2

To make each sandwich, place 2 slices (2 oz.) ham roast over one slice of bread. Ladle 1 fl. oz. gravy over each sandwich.

STEP 3

Portion size = 1 each.

COMPONENTS PER PORTION

1 serving of bread/grains, 2 oz.meat/meat alternate

*Roast hams before the day of service. Slice into 1 oz. slices on the day of service when roasts are cool.

NUTRIENT

Amount per Serving

Calories	264
Protein	15.38 g
Carbohydrates	15.59 g
Fat-total	14.81 g
Saturated Fat	5.26 g
Cholesterol	53 mg
Vitamin A (RE)	1 RE
Vitamin C	0.2 mg
Iron	1.49 mg
Calcium	22 mg
Sodium	305 mg
Fiber	0.53 g
% Protein	23.30
% Carbohydrate	23.62
% Total Fat	50.50
% Saturated Fat	17.94