ALL AMERICAN BURGER BAR

(M-01)	
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APPROX	IMATE QUANTI	FY/PORTIONS	<u>"INGREDIENTS"</u>
<u>10</u>	<u>25</u>	<u>50</u>	
			Offer at least 2 (total 1 choice /student)
5 portions	12 portions	25 portions	Hamburger buns, 1.9 oz. each
5 portions	12 portions	25 portions	Seeded hamburger buns, 2 oz. each
5 portions	12 portions	25 portions	Small kaiser rolls, 2.25 oz. each
5 portions	12 portions	25 portions	Multigrain rolls, 2.5oz. each
5 portions	12 portions	25 portions	Pretzel buns, 2.5 oz. each
			Offer at least 1 (total 1 choice /student)
10 portions	25 portions	50 portions	Hamburger patties, 80/20, cooked, 2 oz. ckd wt
10 portions	25 portions	50 portions	Reprocessed pork rib shaped patties, 2.25 oz. ea
10 portions	25 portions	50 portions	Veggie burgers
•	•	•	Offer at least 2 (1/2 cup portions allow 2 per student)
10 portions	25 portions	50 portions	Mashed potatoes, prepared
10 portions	25 portions	50 portions	Boston Baked Beans
10 portions	25 portions	50 portions	Baked French fries
5 portions	10 portions	25 portions	Steamed or sauteed mushrooms
5 portions	10 portions	25 portions	Steamed or sauteed onions
10 portions	25 portions	50 portions	Fresh lettuce, shredded
10 portions	25 portions	50 portions	Fresh tomatoes, sliced
10 portions	25 portions	50 portions	Offer at least 5 (portions/customer listed below)
10 portions	25 portions	50 portions	Shredded mozzarella cheese, part skim, $\frac{1}{2}$ oz.
5 portions	10 portions	25 portions	Sliced Monterey Jack cheese, ½ oz.
5 portions	10 portions	25 portions 25 portions	Cheddar cheese sauce, 1 oz.
5 portions	10 portions	25 portions	Sliced American cheese, ¹ / ₂ oz.
5 portions	10 portions	25 portions 25 portions	Sliced cheddar cheese, $\frac{1}{2}$ oz.
5 portions	10 portions	25 portions	Sliced bacon, cooked, 1 slice
5 portions	10 portions	25 portions 25 portions	Relish, sweet, 1 oz.
5 portions	10 portions	25 portions	Dill pickle chips, 1 oz.
5 portions	10 portions	25 portions	Offer All (1 oz. ea/student)
10 portions	25 portions	50 portions	Mustard, 1 oz.
10 portions	25 portions	50 portions	Ketchup, 1 oz.
5 portions	10 portions	25 portions	Pizza sauce, 1 oz.
5 portions	10 portions	25 portions	

METHOD

STEP 1

Select food items ("ingredients") to be offered on the theme bar. Offer at least the minimum number of required food components or meal subunits.

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

Record the amounts of each food item offered, leftover, and served on the corresponding theme bar production record on the following page. Completing the theme bar record is required for subsequent menu nutritional analysis.

Food specifications and food components contributed by each ingredient that may be offered on the theme bar are also specified on the corresponding theme bar production record on the following page.

* Schools following Traditional or Enhanced Food Based Method of menu planning must plan to offer all required meal components at the theme bar.

Menutainment Theme Bar Food Production Record: All American Burger Bar

Total Number of Customers Served _____

(Reimbursable Meals

Adult/A La Carte Meals _____)

FOOD AMOUNTS									
		Enter amounts in units of weight, such as lbs./oz., <i>and/or</i> units of volume measurement, such as qts., cups.							
Food Item	Recipe/Product	Amount to Prepare	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served			
Offer at least 2 (total 1 choice /student)									
Hamburger buns, 1.9 oz. each									
Seeded hamburger buns, 2 oz. each									
Small kaiser rolls, 2.25 oz. each									
Multigrain rolls, 2.5oz. each									
Pretzel buns, 2.5 oz. each	J&J								
Offer at least 1 (total 1 choice /student)									
Hamburger patties, 80/20, cooked,	USDA								
2 oz. ckd wt	CDDT								
Reprocessed pork rib shaped patties, 2.25 oz. ea	USDA or Pierre								
Veggie burgers	BOCA								
Offer at least 2 (1/2 cup portions	2001								
allow 2 per student)									
Mashed potatoes, prepared	Trio Complete								
Boston Baked Beans	HVG-40								
Baked French fries	Carnation 3/8" CC								
Steamed or sauteed mushrooms									
Steamed or sauteed onions									
Fresh lettuce, shredded									
Fresh tomatoes, sliced									
Offer at least 5 (portions/customer listed below)									
Shredded mozzarella cheese, part skim, ½ oz.	USDA or Shrieber								
Sliced Monterey Jack cheese, ¹ / ₂ oz.	USDA or Shrieber								
Cheddar cheese sauce, 1 oz.	Harvest Pride								
Sliced American cheese, ¹ / ₂ oz.	USDA or Shrieber								
Sliced cheddar cheese, $\frac{1}{2}$ oz.	USDA or Shrieber								
Sliced bacon, cooked, 1 slice	Hormel								
Relish, sweet, 1 oz.									
Dill pickle chips, 1 oz.									
Offer All (1 oz. ea/student)									
Mustard, 1 oz.									
Ketchup, 1 oz.									
Pizza sauce, 1 oz.	Don Pepino								

ALL AMERICAN HOT DOG BAR (M-03)

-	MATE QUANTI		<u>"INGREDIENTS"</u>
<u>10</u>	<u>25</u>	<u>50</u>	
			Offer at least 2 (allow 1/customer)
5 portions	12 portions	25 portions	Hot dog buns, 1.4 oz. each
5 portions	12 portions	25 portions	Foot long hot dog buns, 2.25 oz. each
5 portions	12 portions	25 portions	8" tortilla wraps, 1.5 oz. each
5 portions	12 portions	25 portions	6" hero rolls, 2.25 oz. each
o portions	12 portions	25 portions	Pretzel buns, 2.5 oz. each
•	•	•	Offer at least 1 (allow 1/customer)
0 portions	25 portions	50 portions	Hot dogs, all meat
0 portions	25 portions	50 portions	Hot dogs, all beef
0 portions	25 portions	50 portions	Hot dogs, turkey franks
10 portions	25 portions	50 portions	¹ / ₄ lb. all beef hot dogs
10 portions	25 portions	50 portions	Foot long all beef franks
1	1	1	Offer at least 1 (1/2 cup portions; 2 choices/customer)
10 portions	25 portions	50 portions	Mashed potatoes, prepared
0 portions	25 portions	50 portions	Boston Baked Beans
10 portions	25 portions	50 portions	Baked French fries
portions	10 portions	25 portions	Sauerkraut
0 portions	25 portions	50 portions	Fresh lettuce, shredded
10 portions	25 portions	50 portions	Fresh tomatoes, diced
10 portions	25 portions	50 portions	Steamed or sauteed red and green bell peppers
1	1	1	Offer at least 5 (portions/customer listed below)
5 portions	10 portions	25 portions	Cheddar cheese sauce, 1 oz.
5 portions	10 portions	25 portions	Sliced American cheese, ¹ / ₂ oz.
5 portions	10 portions	25 portions	Beef and Bean Chile, ¹ / ₄ cup
5 portions	10 portions	25 portions	Steamed or sauteed onions, 1 oz.
5 portions	10 portions	25 portions	Relish, sweet, 1 oz.
5 portions	10 portions	25 portions	Dill pickle chips, 1 oz.
1	1	1	Offer All (portions/customer listed below)
10 portions	25 portions	50 portions	Mustard, 1 oz.
10 portions	25 portions	50 portions	Ketchup, 1 oz.
5 portions	10 portions	25 portions	Hot pepper sauce, 1 oz.
5 portions	10 portions	25 portions	Pizza sauce, 1 oz.

METHOD

<u>STEP 1</u>

Select food items ("ingredients") to be offered on the theme bar. Offer at least the minimum number of required food components or meal subunits.

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

Record the amounts of each food item offered, leftover, and served on the corresponding theme bar production record on the following page. Completing the theme bar record is required for subsequent menu nutritional analysis.

Food specifications and food components contributed by each ingredient that may be offered on the theme bar are also specified on the corresponding theme bar production record on the following page.

* Schools following Traditional or Enhanced Food Based Method of menu planning must plan to offer all required meal components at the theme bar.

Menutainment Theme Bar Food Production Record: All American Hot Dog Bar

Total Number of Customers Served _____

(Reimbursable Meals

Adult/A La Carte Meals _____)

		Enter amounts in u	FOOD AMOUNTS Enter amounts in units of weight, such as lbs./oz., <i>and/or</i> units of volume measurement, such as qts., cups.					
Food Item	Recipe/Product	Amount to Prepare	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served		
Offer at least 2 (allow								
1/customer)								
Hot dog buns, 1.4 oz. each								
Foot long hot dog buns, 2.25 oz.								
each								
8" tortilla wraps, 1.5 oz. each	PSADO							
6" hero rolls, 2.25 oz. each								
Pretzel buns, 2.5 oz. each	J&J							
<u>Offer at least 1 (allow</u>								
1/customer)								
Hot dogs, all meat	Hormel							
Hot dogs, all beef	Hormel							
Hot dogs, turkey franks	Carolina							
¹ / ₄ lb. all beef hot dogs	Hormel							
Foot long all beef franks	Hormel							
Offer at least 1 (1/2 cup portions; 2 choices/customer)								
Mashed potatoes, prepared	Trio Complete							
Boston Baked Beans	HVG-40							
Baked French fries	Carnation 3/8" CC							
Sauerkraut								
Fresh lettuce, shredded								
Fresh tomatoes, diced								
Steamed or sauteed red and green								
bell peppers								
Offer at least 5								
(portions/customer listed below)								
Cheddar cheese sauce, 1 oz.	Harvest Pride							
Sliced American cheese, ¹ / ₂ oz.	USDA or Shrieber							
Beef and Bean Chile, ¹ / ₄ cup	HE-35							
Steamed or sauteed onions, 1 oz.								
Relish, sweet, 1 oz.								
Dill pickle chips, 1 oz.								
Offer All (portions/customer listed below)								
Mustard, 1 oz.								
Ketchup, 1 oz.								
Hot pepper sauce, 1 oz.								
Pizza sauce, 1 oz.	Don Pepino					1		
	· r							
	1							

ANGELHAIR PASTA PRIMAVERA WITH CHICKEN (M-05)

(<u>S</u>	
<u>1</u>	<u>5</u>	<u>10</u>
1 cup	5 cups	10 cups
¹ / ₂ OZ.	2 ½ oz.	5 oz.
¹ / ₂ OZ.	2 ½ oz.	5 oz.
1 oz.	5 oz.	10 oz.
1 oz.	2 ½ oz.	5 oz.
2 tbsp.	$\frac{1}{2} \operatorname{cup} + 2 \operatorname{tbsp.}$	1 ¼ cup
1 oz.	5 oz.	10 oz.
1 tsp.	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.
1 ½ tsp.	2 tbsp. + 1 $\frac{1}{2}$ tsp.	$\frac{1}{4} \operatorname{cup} + 1 \operatorname{tbsp.}$
1 ½ tsp.	2 tbsp. + 1 $\frac{1}{2}$ tsp.	$\frac{1}{4} \operatorname{cup} + 1 \operatorname{tbsp.}$
1 tbsp.	$\frac{1}{4} \operatorname{cup} + 1 \operatorname{tbsp.}$	$\frac{1}{2} \operatorname{cup} + 2 \operatorname{tbsp.}$
³ / ₄ cup	3 ³ / ₄ cups	7 ¹ / ₂ cups
³ ⁄ ₄ tsp.	1 tbsp. $+ \frac{3}{4}$ tsp.	2 tbsp. $+ 1 \frac{1}{2}$ tsp.
COMPONENTS PER	R PORTION	

See following page

Amount per Serving	
See following page	

INGREDIENTS Angel hair pasta, cooked Carrot thin slice diagonal String beans Broccoli florets Red bell pepper ½" dice Zucchini thin slice diagonal Button mushrooms thin slice Olive oil Chopped garlic Scallions thin sliced

Scallions thin sliced Red onion small diced Chicken stock Cornstarch **METHOD**

<u>STEP 1</u> Prepare the pasta "al dente".

<u>STEP 2</u>

Prepare the Tarragon Marinated Chicken (see recipe # HE-260). Thin slice diagonally.

<u>STEP 3</u>

Blanch the carrot, string beans and broccoli separately until they are crisp tender. Shock in cold water and set aside.

STEP 4

Mix together the cold chicken stock with the cornstarch until well blended.

Set Up Station:

Cook anglehair pasta with a little water to keep it well separated; carrots, string beans, broccoli, red bell pepper, zucchini, mushrooms, Tarragon Marinated Chicken, olive oil, chopped garlic, scallions, red onion, chicken stock mixed with cornstarch, dried parsley, dried basil, black pepper, diced tomatoes, parmesan cheese.

For Each Serving:

Using an induction burner with a skillet: Heat 1-teaspoon olive oil over medium-high heat. Add ½ tablespoon chopped garlic, ½ thin slice scallions and 1 tablespoon diced red onion. Sauté until the garlic is a pale golden brown and the onion is translucent. Add ½ oz. each diagonal slice carrots and string beans; sauté for 1 minute. Add 1 oz. sliced **Continued on next page**

Portion Size – 2 ¹/₄ Cups

ANGELHAIR PASTA PRIMAVERA WITH CHICKEN (M-05)

7.79

% Saturated Fat

ANGELHAIR PA	STA PRIMAVERA W	VITH CHICKEN	(M-05)	
				Portion Size – 2 ¼ Cups
	QUANTITY/PORTION	IS	INGREDIENTS	METHOD
10	25	50		Continued from previous page
1 tsp.	1 tbsp. $+ 2$ tsp.	3 tbsp. + 1 tsp.	Dried parsley	
1 tsp.	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.	Dried basil	mushrooms, sauté for a few seconds. Stir the chicken
			Cracked black pepper, dash	stock-cornstarch well and add ³ / ₄ cup to the vegetable
3 oz.	15 oz.	1 lb. + 14 oz.	Tarragon Marinated Chicken (See Recipe # HE-260)	mixture. Stir until the sauce starts to thicken. Add 1 teaspoon each dried parsley and basil. Add 1 cup
1 oz.	5 oz.	10 oz.	Tomatoes, small dice	cooked angel hair pasta. Toss well to combine and
¹ / ₂ OZ.	2 ½ oz.	5 oz.	Parmesan cheese	coat the pasta with the sauce. Add 3-oz. julienne
				sliced Tarragon Marinated Chicken and 1 oz. diced
				fresh tomatoes. Continue to toss and cook until the
				chicken is heated through. Transfer to a serving plate.
				Sprinkle with ¹ / ₂ oz. parmesan cheese and serve.
COMPONENTS PI				
<u> </u>	ns, ³ / ₄ cup vegetables, 3			
oz. meat/meat alterna	ate			
<u>NUTRIENT</u>	Amount per Serving			
Calories	572			
Protein	46.76 g			
Carbohydrates	61.07 g			
Fat-total	15.43 g			
Saturated Fat	7.79 g			
Cholesterol	88 mg			
Vitamin A (RE)	615 RE			
Vitamin C	71.9 mg			
Iron	5.62 mg			
Calcium	302 mg			
Sodium	607 mg			
Fiber	6.21 g			
% Protein	32.67			
% Carbohydrate	42.67			
% Total Fat	24.26			
0/ C-44-1 E-4	7 70			

BREAKFAST FOR LUNCH BAR (M-10)

		ΓΥ/ΒΟΒΤΙΟΝΟ		METHOD
	MATE QUANTI		<u>"INGREDIENTS"</u>	METHOD
<u>10</u>	<u>25</u>	<u>50</u>		COED 1
~ .:	10	25	Offer at least 3	<u>STEP 1</u>
5 portions	12 portions	25 portions	Pancakes	Select food items ("ingredients") to be offered on the
5 portions	12 portions	25 portions	Waffles	theme bar. Offer at least the minimum number of
5 portions	12 portions	25 portions	French toast slices	required food components or meal subunits.
5 each	12 each	25 each	Biscuits (warm), commercially prepared, 2.0 oz.	
5 portions	12 portions	25 portions	Cheesy grits	STEP 2
5 each	12 each	25 each	Assorted bagels, commercially prepared, 4.0 oz.	Prepare food items according to standardized recipes
5 each	12 each	25 each	Assorted Danish (warm)	as needed.
5 each	12 each	25 each	Donut varieties	
5 each	12 each	25 each	Assorted muffins, commercially prep, 2.5 oz.	<u>STEP 3</u>
5 each	12 each	25 each	Funnel cakes, commercially prepared, 5"	Record the amounts of each food item offered,
				leftover, and served on the corresponding theme bar
			Offer at least 1	production record on the following page. Completing
10 portions	25 portions	50 portions	Scrambled eggs*	the theme bar record is required for subsequent menu
10 portions	25 portions	50 portions	Ham slices, 1 oz. slices (allow 2 slices/portion)*	nutritional analysis.
10 portions	25 portions	50 portions	Sausage patties or links, 2 oz. portions*	
10 portions	25 portions	50 portions	Pork roll sausage, 2 oz. portions*	Food specifications and food components contributed
	1	1		by each ingredient that may be offered on the theme
			Offer at least 2	bar are also specified on the corresponding theme bar
5	12	25	Variety of chilled fruit juice, 4 oz. p.c.	production record on the following page.
2 cups	1 qt.	2 qt.	Spiced fruit topping (hot)	
$\frac{1}{2}$ pan	1 pan	2 pans	Cherry crisp or Apple crisp	* Schools following Traditional or Enhanced Food
1 qt.	2 qt.	1 gal.	Hot apple cider	Based Method of menu planning must offer at
1 90	- q	i guii		least one of these food choices which provide 2
			Offer Both	oz. meat/meat alternate per standard serving
10	25	50	Whipped spread, zero trans fat, 5 g portion cups	size.
1 qt.	2.5 2 qt.	1 gal.	Syrup (optional: warmed)	
1 q.	2 qt.	i gui.	Syrup (optional: warmed)	
			Optional	
5 each	12 each	25 each	Breakfast Burritos with Salsa* (B-50)	
5 each	12 each	25 each	Country Skillet Breakfast Wraps* (B-63)	
5 each	12 each	25 each	Assorted Breakfast Sandwiches* (B-55)	
			Hot chocolate milk	
1 qt.	2 qt.	1 gal.		

Menutainment Theme Bar Food Production Record: Breakfast for Lunch Bar

Total Number of Customers Served _____

(Reimbursable Meals

Adult/A La Carte Meals _____)

		FOOD AMOUNTS Enter amounts in units of weight, such as lbs./oz., <i>and/or</i> units of volume measurement, such as qts., cups.					
Food Item	Recipe/Product	Amount to Prepare	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served	
Offer at least 3	Allow combined total of 2 each :						
Pancakes	Aunt Jemima						
Waffles	Aunt Jemima						
Biscuits (warm), commercially	Ridgefield						
prepared, 2.0 oz. par baked							
Cheesy grits	B-60						
Assorted bagels, commercially prepared, 4.0 oz.	Local						
Assorted Danish (warm)	B-10						
Donut varieties	B-70						
Assorted muffins, commercially	Local						
prepared, 2.5 oz. ea. Funnel cakes, commercially	J&J						
prepared, 5"	121						
French toast slices	Aunt Jemima						
Offer at least 1	Offer total of 2 oz. M/MA						
Scrambled eggs, ¹ / ₄ cup/serving	B-110						
Ham slices, 1 oz. slices (allow 2	USDA Commodity or Hormel 95%						
slices/portion)	fat free						
Sausage patties or links, 2 oz.	USDA Commodity or Hormel 95%						
portions	fat free						
Pork roll sausage	Hatfield						
¥							
Offer at least 2	Offer one of the following:						
Variety of chilled fruit juice, ¹ / ₂ cup	USDA commodity or Ardmore						
Spiced fruit topping (hot)	B-115, or variation:						
Cherry crisp or Apple crisp	Cherry crisp: D-45						
Hot opple eider	Apple crisp: D-5						
Hot apple cider							
Offer Both						ľ	
Whipped spread, zero trans fat, pc	Unilever #1111518200						
Syrup (optional: warmed)							
Optional	Allow 1/customer <u>in place of bread</u>						
* · ····	and meat components above:						
Breakfast Burritos with Salsa	B-50						
Country Skillet Breakfast Wraps	B-63						
Assorted Breakfast Sandwiches	B-55						
Hot chocolate milk	1% fat chocolate milk, heated						

WILD GREENS: COOL AS A CUCUMBER SESAME NOODLES (M-100)

	COOL AS A COCOM			Portion Size – 1 Each
	QUANTITY/PORTION	<u>15</u>	INGREDIENTS	METHOD
<u>1</u>	<u>5</u>	<u>10</u>		
2 cup	2 ½ qt.	5 qt.	Thin spaghetti, cooked	<u>STEP 1</u>
¹ /2 cup	2 ¹ / ₂ cups	5 cups	Cabbage, shred	Set up the station:
¹∕₂ cup	2 ¹ / ₂ cups	5 cups	Cucumber, julienne (thin strips)	Using a refrigerated cold unit: Place each ingredient in
¹∕₂ cup	2 ¹ / ₂ cups	5 cups	Carrots, shredded	shallow serving bowls set into ice (if available). Place
2 oz.	10 oz.	1 lb. + 4 oz.	Roast Beef, julienne (thin strips)	only enough ingredients that will be used during that
¹ /4 cup	1 ¼ cups	2 ¹ / ₂ cups	Sesame Soy Vinaigrette (recipe	lunch period. Back up of each ingredient should be
			MD-27)	readily available.
				STEP 2
				For each serving:
				 Pre-portion cooked spaghetti in specified serving
COMPONENTS P	ER PORTION		Cost per serving: .78	containers
2 oz. meat/meat alter			* .52 without meat	 Add shredded cabbage
vegetables, 4 serving				 Top with cucumbers & carrots
				 Top with beef (optional)
NUTRIENT	Amount per Serving			 Add dressing
				 Serve
Calories	804			
Protein	27.39 g			
Carbohydrates	101.92 g			Recipe Variation: Substitute four (0.7 oz. each)
Fat-total	39.16 g			USDA reprocessed beef teriyaki dippers for roast
Saturated Fat	3.67 g			beef in recipe. Nutrients per serving: 914 calories, 41
Cholesterol	13 mg			mg cholesterol, 1146 mg sodium, 9.58 g fiber, 7.00
Vitamin A (RE)	1810 RE			mg iron, 101 mg iron, 1820 RE Vitamin A, 22.6 mg
Vitamin C	22.6 mg			Vitamin C, 33.79 g protein (14.79%), 107.32 g
Iron	6.28 mg			carbohydrates (46.99%), 39.16 g fat (38.57%), 6.26 g
Calcium	74 mg			saturated fat (6.17%). Components per serving: 2.25
Sodium	942 mg			oz. meat/meat alternate, 1 ½ cup vegetables.
Fiber	8.54 g			
% Protein	13.63			
% Carbohydrate	50.73			
% Total Fat	36.46			
% Saturated Fat	4.10			

WILD GREENS: CRISPY CHICKEN POPPER (M-105) R'04

WILD GREENS:	<u>CRISPY CHICKEN P</u>	<u>UPPER (MI-105)</u>	R 04	
				Portion Size – 1 Each
	QUANTITY/PORTION		INGREDIENTS	METHOD
<u>1</u>	<u>5</u>	<u>10</u>		
2 oz.	10 oz.	1 lb. + 4 oz.	Breaded chicken poppers	STEP 1
1 oz.	5 oz.	10 ox.	Mozzarella cheese, small dice *	Set up the station:
1 cup	5 cups	10 cups	Iceberg salad mix	Using a refrigerated cold unit: Place each ingredient in
2 Tbsp.	2/3 cup	1 1/3 cups	Celery, sliced	shallow serving bowls set into ice (if available). Place
2 Tbsp.	2/3 cup	1 1/3 cups	Red Onion, small dice	only enough ingredients that will be used during that
¹ / ₄ cup	1 ¼ cups	2 ¹ / ₂ cups	Tomato, diced	lunch period. Back up of each ingredient should be
1 oz.	5 oz.	10 oz.	Light Ranch Dressing	readily available.
				<u>STEP 2</u>
				For each serving:
COMPONENTS P			Cost per serving: .79	 Pre-portion salad greens (iceberg salad mix) in
2 oz. meat/meat alter	rnate, 1 ¹ ⁄ ₂ cups vegetables		* .67 using commodity	specified serving containersAdd celery, red onion & tomatoTop with chicken & cheese
NUTRIENT	Amount per Serving			Add dressing
Calories	310			 Serve
Protein				
	17.23 g			
Carbohydrates Fat-total	21.90 g			
Saturated Fat	17.30 g			
Cholesterol	5.05 g			
Vitamin A (RE)	37 mg 245 RE			
Vitamin C				
Iron	14.1 mg 1.40 mg			
Calcium	•			
Sodium	222 mg			
Fiber	932 mg			
% Protein	2.41 g 22.26			
	22.20			
% Carbohydrate % Total Fat				
	50.29			
% Saturated Fat	14.69			

	QUANTITY/PO	RTIONS
<u>1</u>	<u>5</u>	<u>10</u>
¹ / ₂ OZ.	2 ½ oz.	5 oz.
¹ / ₂ OZ.	2 ½ oz.	5 oz.
¹ / ₂ OZ.	2 ½ oz.	5 oz.
¹ / ₂ OZ.	2 ½ oz.	5 oz.
1 each	5 each	10 each
1 cup	5 cups	10 cups
2 tbsp.	2/3 cup	1 1/3 cup
¹ / ₄ cup	1 ¼ cup	2 ¹ / ₂ cup
1 tbsp.	1/3 cup	2/3 cup
1 oz.	5 oz.	10 oz.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 1 3/8 cup vegetables

NUTRIENT	Amount per Serving	
Calories	228	
Protein	18.52 g	
Carbohydrates	5.72 g	
Fat-total	14.62 g	
Saturated Fat	6.71 g	
Cholesterol	246 mg	
Vitamin A (RE)	198 RE	
Vitamin C	10.3 mg	
Iron	1.25 mg	
Calcium	229 mg	
Sodium	667 mg	
Fiber	1.48 g	
% Protein	32.43	
% Carbohydrate	10.01	
% Total Fat	57.57	
% Saturated Fat	26.44	

INGREDIENTS

Ham, julienne (thin strips)
Turkey, julienne *
American cheese, julienne *
Provolone cheese, julienne
Hard cooked egg, cut into 8ths
Iceberg salad mix
Cucumber, thinly sliced
Tomatoes, diced
Red onion, thinly sliced
Thousand Island Dressing, fat free

Cost per serving: .68 * .56 using commodity

METHOD

<u>STEP 1</u>

Set up the station:

Using a refrigerated cold unit: Place each ingredient in shallow serving bowls set into ice (if available). Place only enough ingredients that will be used during that lunch period. Back up of each ingredient should be readily available.

<u>STEP 2</u>

For each serving:

- Pre-portion salad greens (iceberg salad mix) in specified serving containers
- Add cucumbers, tomatoes, & onion
- Top with meats, cheeses, & egg
- Add dressing
- Serve

WILD GREENS: GARDEN SALAD WITH CHEESE (M-112)

WILD GREENS:	GARDEN SALAD W	IIII CHEESE	(IVI-112)	
				Portion Size – 1 Each
	QUANTITY/PORTION		INGREDIENTS	METHOD
<u>1</u>	<u>5</u>	<u>10</u>		
1 oz.	1 cup	2 cups	Mozzarella Cheese, small dice	STEP 1
1 oz.	5 oz.	10 oz.	Provolone cheese, small dice	Set up the station:
1 cup	5 cups	10 cups	Iceberg salad mix	Using a refrigerated cold unit: Place each ingredient in
1⁄2 cup	2 ¹ / ₂ cups	5 cups	Romaine, large dice	shallow serving bowls set into ice (if available). Place
3 Tbsp.	1 cup	2 cups	Sliced celery	only enough ingredients that will be used during that
3 Tbsp.	1 cup	2 cups	Shredded carrots	lunch period. Back up of each ingredient should be
3 Tbsp.	1 cup	2 cups	Diced Tomatoes	readily available.
1 oz.	1 cup	2 cups	Light Ranch Dressing	
	-			STEP 2
				For each serving:
COMPONENTS P	ER PORTION		Cost per serving: .75	 Pre-portion salad greens (iceberg salad mix and
	rnate, 2 cups vegetables			romaine) in specified serving containers
				 Add vegetables
				 Top with cheeses
NUTRIENT	Amount per Serving			 Add dressing
				 Serve
Calories	240			
Protein	17.51 g			
Carbohydrates	12.84 g			
Fat-total	13.35 g			
Saturated Fat	4.78 g			
Cholesterol	51 mg			
Vitamin A (RE)	851 RE			
Vitamin C	19.1 mg			
Iron	1.24 mg			
Calcium	242 mg			
Sodium	567 mg			
Fiber	2.72 g			
% Protein	29.14			
% Carbohydrate	21.36			
% Total Fat	49.99			
% Saturated Fat	17.91			
/ · · · · · · · · · · · · · · · · · · ·	17.71			

WILD GREENS: GRILLED MONTEREY RANCH CHICKEN (M-115)

				Portion Size – 1 Each
	QUANTITY/PORTION	VS	INGREDIENTS	METHOD
1	5	<u>10</u>		
1 oz.	1 cup	2 cups	Herb Grilled Chicken Breast, julienne (cut into thin strips)	<u>STEP 1</u>
1 oz.	5 oz.	10 oz.	Provolone cheese, julienne	Set up the station:
1 cup	5 cups	10 cups	Iceberg salad mix	Using a refrigerated cold unit: Place each ingredient in
¹ /2 cup	2 ¹ / ₂ cups	5 cups	Romaine, large dice	shallow serving bowls set into ice (if available). Place
3 Tbsp.	1 cup	2 cups	Sliced celery	only enough ingredients that will be used during that
3 Tbsp.	1 cup	2 cups	Shredded carrots	lunch period. Back up of each ingredient should be
3 Tbsp.	1 cup	2 cups	Diced Tomatoes	readily available.
1 oz.	1 cup	2 cups	Light Ranch Dressing	
				STEP 2
				For each serving:
COMPONENTS P	ER PORTION		Cost per serving: .75	 Pre-portion salad greens (iceberg salad mix and
2 oz. meat/meat alter	rnate, 2 cups vegetables			romaine) in specified serving containers
				 Add vegetables
				 Top with meat & cheese
<u>NUTRIENT</u>	Amount per Serving			 Add dressing
				 Serve
Calories	240			
Protein	17.51 g			
Carbohydrates	12.84 g			
Fat-total	13.35 g			
Saturated Fat	4.78 g			
Cholesterol	51 mg			
Vitamin A (RE)	851 RE			
Vitamin C	19.1 mg			
Iron	1.24 mg			
Calcium	242 mg			
Sodium	567 mg			
Fiber	2.72 g			
% Protein	29.14			
% Carbohydrate	21.36			
% Total Fat	49.99			
% Saturated Fat	17.91			

WILD GREENS: MANDARIN ORANGE CHICKEN (M-116)

QUANTITY/PORTIONS					
$1 \frac{5}{10}$					
2 oz.	10 oz.	1 lb. + 4 oz.			
1 cup	5 cups	10 cups			
¹ ∕2 cup	2 ¹ / ₂ cups	5 cups			
2 Tbsp.	2/3 cup	1 1/3 cups			
3 Tbsp.	1 cup	2 cups			
3 Tbsp.	1 cup	2 cups			
1 Tbsp.	1/3 cup	2/3 cup			
¹ /2 cup	2 ¹ / ₂ cups	5 cups			
¹ /4 cup	1 ¼ cups	2 ¹ / ₂ cups			

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 1 1/2 cup fruit/vegetables, 1 serving bread/grains

<u>NUTRIENT</u>	Amount per Serving	
Calories	496	
Protein	24.47 g	
Carbohydrates	35.51 g	
Fat-total	29.71 g	
Saturated Fat	3.14 g	
Cholesterol	40 mg	
Vitamin A (RE)	84 RE	
Vitamin C	32 mg	
Iron	2.99 mg	
Calcium	95 mg	
Sodium	654 mg	
Fiber	5.37 g	
% Protein	19.73	
% Carbohydrate	28.63	
% Total Fat	53.89	
% Saturated Fat	5.69	

INGREDIENTS

Grilled Chicken Breast, diced *
Iceberg Salad Mix
Cabbage, shredded
Red onion, diced
Celery, diced
Canned Mandarin oranges
Almonds *
Chow Mein Noodles
Sweet & Sour Soy Vinaigrette
(Recipe MD-29)

Cost per serving: \$0.82 *\$0.57 using commodity

METHOD

<u>STEP 1</u> Set up the station:

Using a refrigerated cold unit: Place each ingredient in shallow serving bowls set into ice (if available). Place only enough ingredients that will be used during that lunch period. Back up of each ingredient should be readily available.

STEP 2

For each serving:

- Pre-portion salad greens (iceberg salad mix & shredded cabbage) in specified serving containers
- Add red onion, celery & oranges
- Top with almonds & chow mein noodles
- Top with chicken
- Add dressing
- Serve

WILD GREENS: SOUTHWEST CORN AND BLACK BEAN SALAD (M-117)

				Portion Size – 1 Each
	QUANTITY/PORTION	S	INGREDIENTS	METHOD
1	5	<u>10</u>		
1 ½ cups	$7 \frac{1}{2}$ cups	15 cups	Southwest Corn and Black Bean	STEP 1
•	•	Ŷ	Salad* (recipe HE-223)	Set up the station:
1 cup	5 cups	10 cups	Iceberg salad mix	Using a refrigerated cold unit: Place each ingredient in
1 Tbsp.	1/3 cup	2/3 cups	Celery, sliced	shallow serving bowls set into ice (if available). Place
1 Tbsp.	1/3 cup	2/3 cups	Red Onion, small dice	only enough ingredients that will be used during that
2 Tbsp.	2/3 cup	1 1/3 cups	Tomato, diced	lunch period. Back up of each ingredient should be
1 oz.	5 oz.	10 oz.	Light Ranch Dressing	readily available.
				<u>STEP 2</u>
				For each serving:
COMPONENTS PE			Cost per serving: \$0.80	 Pre-portion salad greens (iceberg salad mix) in
$\frac{1}{2}$ cup beans, 1 $\frac{1}{4}$ cup	vegetables		*\$0 .75 using commodity corn	specified serving containers
				• Add celery, red onion & tomato
				 Top with Southwest Corn and Black Bean Salad*
<u>NUTRIENT</u>	Amount per Serving			• Add dressing
	(2)			 Serve
Calories	634			*For each saled provide three (2) level #9 second of
Protein	20.32 g			*For each salad, provide three (3) level #8 scoops of corn and black bean salad.
Carbohydrates	66.76 g			com and black bean salad.
Fat-total	6.17 g			
Saturated Fat Cholesterol	0.86 g			
Vitamin A (RE)	9 mg 169 RE			
Vitamin C	37 mg			
Iron	8.96 mg			
Calcium	136 mg			
Calcium				
Sodium	Ū.			
Sodium Fiber	1934 mg			
Fiber	1934 mg 14.26 g			
Fiber % Protein	1934 mg 14.26 g 12.82			
Fiber % Protein % Carbohydrate	1934 mg 14.26 g 12.82 42.13			
Fiber % Protein	1934 mg 14.26 g 12.82			

WILD GREENS: TACO SALAD (M-118)

WILD GREENS.	IACO SALAD	(141-110)		Portion Size – 1 Each
	QUANTITY/PORTION	IS	INGREDIENTS	METHOD
<u>1</u>	5	<u>10</u>		
2 oz.	10 oz.	1 lb. + 4 oz.	Simple Taco Meat*	<u>STEP 1</u>
			(recipe HE-223)	Set up the station:
1 oz.	5 oz.	10 oz.	Cheddar cheese, shredded *	Using a refrigerated cold unit: Place each ingredient in
1 cup	5 cups	10 cups	Iceberg salad mix	shallow serving bowls set into ice (if available). Place
2 Tbsp.	2/3 cup	1 1/3 cups	Celery, sliced	only enough ingredients that will be used during that
2 Tbsp.	2/3 cup	1 1/3 cups	Red Onion, small dice	lunch period. Back up of each ingredient should be
¹ /4 cup	1 ¼ cups	2 ¹ / ₂ cups	Tomato, diced	readily available.
1 oz.	5 oz.	10 oz.	Light Ranch Dressing	
				STEP 2
				For each serving:
COMPONENTS PE			Cost per serving: \$0.94	 Pre-portion salad greens (iceberg salad mix) in
3 oz. meat/meat alterr	nate, 1 ¹ / ₂ cups vegetables		* \$0.59 using commodity	specified serving containers
			ground beef	 Add celery, red onion & tomato
				• Top with taco meat & cheese*
<u>NUTRIENT</u>	Amount per Serving			Add dressing
	265			 Serve
Calories	365			*For each soled nortion a #12 secon of teas most (2
Protein	23.17 g			*For each salad, portion a #12 scoop of taco meat (2
Carbohydrates	16.37 g			oz.) and #16 scoop (1 oz.) of shredded cheese.
Fat-total	22.96 g			Recipe variation: For Chicken Taco Salad,
Saturated Fat	10.11 g			substitute Chicken Taco Meat (recipe HE-74) for
Cholesterol	92 mg			Simple Taco Meat in recipe. <i>Nutrients per portion:</i>
Vitamin A (RE)	132 RE			303 calories, 82 mg cholesterol, 978 mg sodium, 1.85
Vitamin C	14.1 mg			g fiber, 1.51 mg iron, 240 mg calcium, 140 RE
Iron	2.20mg			Vitamin A, 14.1 mg Vitamin C, 22.27 g protein
Calcium	238 mg			(29.37%), 14.67 g carbohydrates (19.35%), 17.38 g fat
Sodium Fiber	1187 mg			(29.57%), 14.07 g carbonydrates (19.55%), 17.58 g rat (51.56%), 7.48 g saturated fat (22.21%). <i>Components</i>
% Protein	1.82 g 25.39			<i>per portion:</i> 3 oz. meat/meat alternate, 1 ½ cups
% Carbohydrate	17.94			vegetables. Cost per portion = \$0.93 (\$0.59 if
% Total Fat	56.61			commodity cooked diced chicken is used).
% Saturated Fat	24.93			commonly cooked dieed emeken is used).
70 Saturateu rat	24.93			

WILD GREENS: TERIYAKI STEAK SALAD (M-119)

55.33

7.36

% Total Fat

% Saturated Fat

		· · · · ·		Portion Size – 1 Each
	QUANTITY/PORTION	<u>IS</u>	INGREDIENTS	METHOD
<u>1</u>	<u>5</u>	<u>10</u>		
2 oz.	10 oz.	1 lb. + 4 oz.	Cooked beef chuck*, sliced thin	<u>STEP 1</u>
			marinated overnight in	Set up the station:
			Teriyaki Sauce (recipe MS-60)	Using a refrigerated cold unit: Place each ingredient in
1 cup	5 cups	10 cups	Iceberg Salad Mix	shallow serving bowls set into ice (if available). Place
¹∕₂ cup	2 ¹ / ₂ cups	5 cups	Cabbage, shredded	only enough ingredients that will be used during that
2 Tbsp.	2/3 cup	1 1/3 cups	Red onion, diced	lunch period. Back up of each ingredient should be
3 Tbsp.	1 cup	2 cups	Celery, diced	readily available.
3 Tbsp.	1 cup	2 cups	Broccoli florets	
1 Tbsp.	1/3 cup	2/3 cup	Almonds *	<u>STEP 2</u>
¹ ∕₂ cup	2 ¹ / ₂ cups	5 cups	Chow Mein Noodles	
¹ /4 cup	1 ¼ cups	2 ¹ / ₂ cups	Sweet & Sour Soy Vinaigrette	For each serving:
			(recipe MD-29)	 Pre-portion salad greens (iceberg salad mix &
COMPONENTS PI				shredded cabbage) in specified serving containers
2 oz. meat/meat alter			Cost per serving: .75	 Add red onion, celery & broccoli
vegetables, 1 serving	g bread/grains		* .45 using commodity	 Top with almonds & chow mein noodles
				 Top with marinated beef
<u>NUTRIENT</u>	Amount per Serving			 Add dressing
				 Serve
Calories	531			
Protein	24.89 g			
Carbohydrates	37.76 g			
Fat-total	32.69 g			
Saturated Fat	4.35 g			
Cholesterol	53 mg			
Vitamin A (RE)	72 RE			
Vitamin C	37 mg			
Iron	4.56 mg			
Calcium	99 mg			
Sodium	870 mg			
Fiber	5.60 g			
% Protein	18.73			
% Carbohydrate	28.42			

CHICKEN STIR FRY

(M-12)

	QUANTITY/PORTIONS			
<u>25</u>	<u>50</u>	<u>100</u>		
5 lb.	10 lb.	20 lb.		
1 ¼ lb.	2 ¼ lb.	5 lb.		
1 ¼ lb.	2 ½ lb.	5 lb.		
1 ¼ lb.	2 ½ lb.	5 lb.		
1 ¼ lb.	2 ½ lb.	5 lb.		
1 ¼ lb.	2 ½ lb.	5 lb.		
2 cups	1 qt.	2 qt.		
2 cups	1 qt.	2 qt.		
		_		
25 ea.	50 ea.	100 ea.		

COMPONENTS PER PORTION

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

NUTRIENT	Amount per Serving	
Calories	531	
Protein	31.58 g	
Carbohydrates	51.97 g	
Fat-total	21.21 g	
Saturated Fat	3.86 g	
Cholesterol	81 mg	
Vitamin A (RE)	159 RE	
Vitamin C	66.72 mg	
Iron	3.48 mg	
Calcium	43.24 mg	
Sodium	685 mg	
Fiber	2.47 g	
% Protein	23.79	
% Carbohydrate	39.14	
% Total Fat	35.95	
% Saturated Fat	6.54	

INGREDIENTSCooked diced chickenSliced green peppersSliced spanish onionsSliced bermuda onionsSliced red peppersSliced medium mushroomsGarlic & OilSir fry sauce, commercially
preparedGrinder rolls, 2 oz. each or 1 cup
portions of steamed, white rice

METHOD

For setup mix all vegetables together in large bowl for easy access while cooking:

Portion Size – 1 serving

<u>STEP 1</u> Pre heat sauté pan with 1 Tbsp. Garlic & Oil.

STEP 2

Add 3 oz. of diced chicken. Toss until almost heated through.

<u>STEP 3</u> Add 1 cup of fresh sliced mixed vegetables.

STEP 4

Finish with $1 \frac{1}{2}$ fl. oz. of stir fry sauce. Toss until evenly coated.

STEP 5

Serve in a fresh baked grinder roll or over 1 cup steamed white rice.

Preparation tip:

Use 3-4 butane to prepare 3-4 servings of stir fry at one time, in order to maximize speed of service.

WILD GREENS: TOMATO BRUSCHETTA (M-120)

THE ONEEDS, 1	IOMATO DRUSCIL	1 1 4 A A A A A A A A A A A A A A A A A		Portion Size – 1 Each
	QUANTITY/PORTION	IS	INGREDIENTS	METHOD
<u>1</u>	5	<u>10</u>		
³ /4 cup	3 ³ / ₄ cups	7 ¹ / ₂ cups	Marinated tomatoes, diced	<u>STEP 1</u>
2 oz.	10 oz.	1 lb. + 4 oz.	Mozzarella, diced *	Set up the station:
3 tbsp.	1 cup	2 cups	Red Onion, diced	Using a refrigerated cold unit: Place each ingredient in
1/2 cup	2 ¹ / ₂ cups	5 cups	Garlic Bread Croutons	shallow serving bowls set into ice (if available). Place
¹ /2 cup	2 ¹ / ₂ cups	5 cups	Romaine, small dice	only enough ingredients that will be used during that
3 tbsp.	1 cup	2 cups	Seasoned Oil & Vinegar (1/3	lunch period. Back up of each ingredient should be
			canola salad oil, 2/3 vinegar)	readily available.
				STEP 2
				For each serving:
COMPONENTS PE			Cost per serving: .73	 Pre-portion romaine in specified serving
2 oz. meat/meat altern	ate, 1 3/8 cups		* .51 without commodity	containers
vegetables				Add croutons
				• Add marinated tomatoes along with some of their
<u>NUTRIENT</u>	Amount per Serving			juice
C 1 ·	407			 Add cheese Top with red onion
Calories	405			Top with red onionAdd dressing
Protein	17.86			 Add diessing Serve
Carbohydrates	25.56			- Serve
Fat-total	26.86 7.83			
Saturated Fat				
Cholesterol	34 mg 259 RE			
Vitamin A (RE) Vitamin C	34.4 mg			
Iron	1.85 m			
Calcium	410 mg			
Sodium	527 mg			
Fiber	3.50 g			
% Protein	17.62			
% Carbohydrate	25.21			
% Total Fat	59.62			
% Saturated Fat	17.37			
v Saturattu Fat	17.57			

CAJUN CHICKEN WILD GREENS

	QUANTITY/PORT	TIONS	INGREDIENTS
<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Cajun chicken breast, cooked
			(See recipe # HE-53)
4	20	40	Romaine lettuce
1 oz.	5 oz.	10 oz.	Red cabbage
1 oz.	5 oz.	10 oz.	Carrot
1 oz.	5 oz.	10 oz.	Cucumber
¹ ∕2 OZ.	2 ½ oz.	5 oz.	Green bell pepper
1 oz.	5 oz.	10 oz.	Tomatoes
1 oz.	5 oz.	10 oz.	Red onion
1 oz.	5 oz.	10 oz.	Creamy Smoked Bacon Dressing
			(See recipe # MD-03)
1 oz.	5 oz.	10 oz.	Mozzarella cheese, part skim, shredded
COMPONENTS	PER PORTION		

2 cups vegetables, 3 oz. meat/meat alternate

NUTRIENT	Amount per Serving	
	Amount per Serving	
Calories	360	
	• • • •	
Protein	38.84 g	
Carbohydrates	17.22 g	
Fat-total	15.17 g	
Saturated Fat	4.73 g	
Cholesterol	95 mg	
Vitamin A (RE)	1005 RE	
Vitamin C	52.5 mg	
Iron	2.47 mg	
Calcium	286 mg	
Sodium	430 mg	
Fiber	3.65 g	
% Protein	43.13	
% Carbohydrate	19.12	
% Total Fat	37.91	
% Saturated Fat	11.83	

METHOD

STEP 1

Slice the chicken breast on the diagonally into long, thin strips. Set aside.

STEP 2

Prepare the vegetables: Tear the washed and dried romaine leaves into 1-inch pieces. Cut the red cabbage into ¹/₄ inch julienne. Shred the carrot into fine julienne on a box grater. Peel and seed the cucumber and cut into ¹/₄ inch dice. Seed and devein the green pepper and cut into 1/4 inch dice. Peel and seed the tomato and cut into 1/4 inch dice. Cut the red onion into ¹/₄ inch dice. Slice the scallion including the green tops into 1/4 inch slices.

STEP 3

Place the creamy Smoked Bacon Dressing in a large bowl. Add the diced vegetables and stir well to coat them. Add the shredded carrot, julienne red cabbage and torn romaine. Toss well to lightly coat all of the greens with the dressing.

STEP 4

Pile the salad in a large mound on the plate. Carefully transfer the sliced chicken breast on top of the salad; try to keep the chicken looking like one whole piece rather than strips. Sprinkle the top with the shredded mozzarella. Serve.

(M-14) R '04

DELI BAR (**M-17**)

	IMATE QUANTI		<u>"INGREDIENTS"</u>	METHOD
<u>10</u>	<u>25</u>	<u>50</u>	Offer at least 2	
10 each	25 each	50 each	Kaiser rolls, 2.75 oz. each	<u>STEP 1</u>
¹∕₂ loaf	1 loaf	2 loaves	Wheat bread, sliced, 0.9 oz./slice	Select food items ("in
¹∕₂ loaf	1 loaf	2 loaves	White bread, sliced, 0.9 oz./slice	theme bar. Offer at le
¹∕₂ loaf	1 loaf	2 loaves	Rye bread, sliced, 0.9 oz./slice	required food compor
5 each	10 each	20 each	12" flour tortilla wraps, 3.5 oz. each	
5 each	10 each	20 each	Pita pocket bread, whole, 2.0 oz. each	<u>STEP 2</u>
5 each	10 each	20 each	Italian flatbread (Panino), 2oz. each	Prepare food items ac
5 portions	10 portions	20 portions	One other type of bread or roll (specify which on production record)	as needed.
			Offer All (½ oz. slices)	STEP 3
1 lb.	3 lb.	6 lb.	Ham, Hormel, 95% fat free	Record the amounts of
1 lb.	3 lb.	6 lb.	Turkey Breast, Carolina	leftover, and served o
½ lb.	1 lb.	2 lb.	At least one other kind of deli meat (specify	production record on
			which on production record)	the theme bar record
1 lb.	3 lb.	6 lb.	American cheese, USDA or Shrieber	nutritional analysis.
¹∕₂ lb.	1 lb.	2 lb.	At least one other kind of cheese (specify	
			which on production record)	Food specifications a
			Offer At Least 1	by each ingredient that
¹ ∕2 qt.	1 qt.	2 qt.	Tuna Salad (CS-165)	bar are also specified
2 cups each	¹ / ₂ qt. each	1 qt. each	One other meat/meat alternate salad (specify	production record on
			which on production record):	
			Buffalo style chicken salad (CS- 30), Chicken	For each sandwich,
			salad (CS- 45), Chunky tuna salad (CS- 47),	
			Egg salad (CS- 65), or Ham salad (CS- 95)	1 roll, wrap, or pita p
			<u>Offer At Least 1</u>	
1 qt.	2 qt.	1 gal.	Macaroni salad, (CS-105)	3 oz. total sliced mean
1 qt.	2 qt.	1 gal.	Pasta salad (CS-125)	alternate composed sa
1 qt.	2 qt.	1 gal.	Pretzels, bulk	
			<u>Offer All</u>	1/2 cup (No. 8 scoop)
1 qt.	2 ½ qt.	5 qt.	Lettuce leaves, large OR shredded lettuce	cup (3/4 oz.) bulk pre
1 qt.	2 ½ qt.	5 qt.	Thin fresh tomato slices	
¹⁄₂ qt.	1 qt.	2 qt.	Sliced Onions	Equivalent of ¹ / ₂ cup v
¹⁄₂ qt.	1 qt.	2 qt.	Dill pickle spears or chips	2 large lettuc
			Offer Both	2 large lettuc
2 cups	¹∕2 qt.	1 qt.	Mustard	2 large lettuc
¹⁄₂ qt.	1 qt.	2 qt.	Mayonnaise	

Portion Size – 1 Each

ingredients") to be offered on the least the minimum number of onents or meal subunits.

according to standardized recipes

of each food item offered. on the corresponding theme bar n the following page. Completing d is required for subsequent menu

and food components contributed hat may be offered on the theme ed on the corresponding theme bar n the following page.

, allow:

pocket **OR** 2 slices of bread

eat or cheese **OR**¹/₂ cup meat/meat salad + 1 oz. cheese

p) macaroni or pasta salad **OR** 1/2 retzels

vegetables, for example: ce leaves + 2 thin tomato slices ice leaves + 2 tbsp. sliced onions ice leaves + 1 pickle spear

Menutainment Theme Bar Food Production Record: Deli BarTotal Number of Customers Served(Reim)

(Reimbursable Meals

Adult/A La Carte Meals _____)

		FOOD AMOUNTS Enter amounts in units of weight, such as lbs./oz., <i>and/or</i> units of volume measurement, such as qts., cups.									
Food Item	Recipe/Product	Amount to Prepare	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served					
Offer at least 2											
Kaiser rolls, 2.75 oz. each											
Wheat bread, sliced, 0.9 oz./slice											
White bread, sliced, 0.9 oz./slice											
Rye bread, sliced, 0.9 oz./slice											
12" flour tortilla wraps, 3.5 oz.											
each											
Italian flatbread (Panino), 2 oz. ea.											
Other type of bread or roll :											
Offer All (½ oz. slices)											
Ham, 95% fat free	Hormel										
Turkey Breast	Carolina										
Other deli meat:											
American cheese	USDA or Shrieber										
Other cheese:											
Offer At Least 1	Fresh										
Tuna Salad	CS-165										
Other meat salad:											
Buffalo style chicken salad	CS-30										
Chicken salad	CS-45										
Chunky tuna salad	CS-47										
Egg salad	CS-65										
Ham salad	CS-95										
Offer At Least 1											
Macaroni salad	CS-105										
Pasta salad	CS-125										
Pretzels, bulk											
Offer All											
Lettuce leaves, large											
Thin fresh tomato slices											
Sliced Onions											
Dill pickle spears or chips											
Offer Both											
Mustard											
Mayonnaise											

FIESTA BAR

APPROXIM	ATE QUANTITY	/PORTIONS	<u>"INGREDIENTS"</u>
<u>10</u>	<u>25</u>	<u>50</u>	Offer at least 1
10 ea.	25 ea.	50 ea.	Soft shell flour tortillas, 12" 3.5 oz ea.
10 ea.	25 ea.	50 ea.	Hard taco shells, 0.3 oz. ea.
10 ea.	25 ea.	50 ea.	Taco boats/edible bowls, 0.5 oz. ea.
			Offer at least 2*
3 cups	2 qt.	4 qt.	Shredded cheese, such as cheddar or mozzarella
¹ / ₄ recipe	¹ / ₂ recipe	1 recipe	Simple taco meat (HE-223)
Recipe for 10	Recipe for 25	Recipe for 50	Sloppy Joe meat (HS- 120)
3 cups	2 qt.	4 qt.	Cooked diced chicken, seasoned w/ Fajita marinade (MM- 5)
10	25	50	Cheese Quesedillas (HS-25)
10	25	50	Chicken and Cheese Quesedillas (HS-30)
¹ / ₂ Recipe for 25	Recipe for 25	Recipe for 50	White Chile (BAS-250)
Recipe for 10	Recipe for 25	Recipe for 50	Beef and Bean Chile (HE-35)
Recipe for 25	Recipe for 50	Recipe for 100	Chicken Enchiladas (BAS-65)
Recipe for 25	Recipe for 50	Recipe for 100	Nachos with Spicy Meat and Cheese (BAS-140)
Recipe for 10	Recipe for 25	Recipe for 50	Mexican Lasagna (HE-145)
Recipe for 10	Recipe for 25	Recipe for 50	Mexicali Tamales (HE-150)
			<u>Offer at least 4</u>
1 ½ cups	1 qt.	2 qt.	Refried beans (HVG- 175)
1 ¹ / ₂ cups	1 qt.	2 qt.	Fiesta rice (HVG- 86)
1 ½ cups	1 qt.	2 qt.	Mexicali corn (HVG- 125)
1 ½ cups	1 qt.	2 qt.	Diced green or red pepper
1 ¹ / ₂ cups	1 qt.	2 qt.	Diced tomatoes
1 ¹ / ₂ cups	1 qt.	2 qt.	Diced green onions
1 ¹ / ₂ cups	1 qt.	2 qt.	Black olives, chopped or sliced
1/3 cup	³ ⁄ ₄ cup	¹⁄₂ qt.	Chopped jalepeno peppers
			Offer at least 1
5 ea.	12 ea.	25 ea.	Dinner rolls, commercially prepared
5 ea.	12 ea.	25 ea.	Breadsticks, commercially prepared
5 ea.	12 ea.	25 ea.	Corn muffins, commercially prepared, 2.5 oz.
			Offer at least 2
1 ¹ / ₂ cups	1 qt.	2 qt.	Yogurt salsa (MS- 70)
1 ½ cups	1 qt.	2 qt.	Sour cream or Ranch dressing
½ #10 can	1 #10 cans	2 #10 cans	Cheese sauce, commercially prepared
1 ½ cups	1 qt.	2 qt.	Nacho cheese sauce (MS- 23)
³ ⁄4 cup	¹⁄₂ qt.	1 qt.	Salsa, commodity

Portion Size – 1 Each

STEP 1

METHOD

Select food items ("ingredients") to be offered on the theme bar. Offer at least the minimum number of required food components or meal subunits.

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

Record the amounts of each food item offered, leftover, and served on the corresponding theme bar production record on the following page. Completing the theme bar record is required for subsequent menu nutritional analysis.

Food specifications and food components contributed by each ingredient that may be offered on the theme bar are also specified on the corresponding theme bar production record on the following page.

Schools following Traditional or Enhanced Food Based Method of menu planning must offer at least one of these food choices which provide 2 oz. meat/meat alternate per standard serving size.

Menutainment Theme Bar Food Production Record: Fiesta Bar

Total Number of Custome	ers Served	(Reimbursable Meals Adult/A La Carte Meals							
		FOOD AMOUNTS							
			<u> </u>	lbs./oz., and/or units of v					
Food Item	Recipe/Product	Amount to Prepare	Amount Added	Total Amt. Prep.	Amount Leftover	Amount Served			
Offer at least 1	Offer combined total of 2 oz. or $\frac{1}{2}$ cup of the following:								
Soft flour tortillas, 12", 3.5 oz.	Pasado								
Hard taco shells, 0.3 oz. ea.	Ortega								
Taco boats/edible bowls, 0.5 oz. ea.	CORBN								
<i>Offer at least 2*</i>									
Shredded cheese, such as cheddar or mozzarella	USDA commodity or Shrieber								
Simple taco meat	HE-223								
Sloppy Joe meat	HS-20								
Cooked diced chicken, seasoned w/ Fajita marinade	Commodity chicken Fajita marinade: MM-5								
White chile	BAS-250								
Beef and bean chile	HE-35					1			
	Portion size = one each:								
Chicken and cheese quesedillas	HS-30								
Chicken enchiladas	BAS-65								
Cheese quesedillas	HS-25								
Nachos/spicy meat/cheese	BAS-140								
Mexican lasagna	HE-145								
Mexicali tamales	HE-150								
Offer at least 4	Portion with a 2 oz. spoodle:								
Refried beans	HVG- 175								
Spanish rice	HVG- 190								
Mexicali corn	HVG- 125								
Diced green or red pepper									
Diced tomatoes									
Diced green onions									
Black olives, chopped or sliced									
Chopped jalepeno peppers									
Offer at least 1	Allow one per customer:								
Dinner roll, 1.25 oz.	Stroehman								
Breadstick, 1.5 oz.	Rudis								
Corn muffin, commercially	Purchase or Bake w/ Pillsbury Mix								
prepared, 2.5 oz.	according to Package directions								
Offer at least 2	Portion with 2 fl. oz. ladle:								
Yogurt salsa	MS-70								
Sour cream or Ranch dressing	Ranch dressing: Ken's								
Cheese sauce	Harvest								
Nacho cheese sauce	MS-23								
Salsa	USDA commodity								

ITALIAN PASTA BAR (M-30)

	MATE QUANTIT		<u>"INGREDIENTS"</u>	METHOD
<u>11/ at</u>	<u>25</u>	<u>50</u>	Offer at least 2	STED 1
$1 \frac{1}{2}$ qt.	4 qt.	8 qt.	Spaghetti pasta, cooked	STEP 1
$1 \frac{1}{2}$ qt.	4 qt.	8 qt.	Rotini pasta, cooked	Select food i
1 ½ qt.	4 qt.	8 qt.	Another pasta variety, cooked	theme bar. Or required food
			Offer at least 3	required 1000
¹⁄₂ gal.	1 gal.	2 gal.	MS- 5 Basic meat sauce*	STEP 2
¹ /2 gal.	1 gal.	2 gal.	MS-10 Basic tomato sauce	Prepare food
¹ /2 gal.	1 gal.	2 gal.	MS-15 Cheese sauce	as needed.
¹ /2 gal.	1 gal.	2 gal.	MS-23 Nacho cheese sauce	us needed.
¹ /2 gal.	1 gal.	2 gal.	MS- 25 Red primavera sauce	STEP 3
¹ /2 gal.	1 gal.	2 gal.	MS- 30 Roasted garlic crème sauce	Record the a
¹ /2 gal.	1 gal.	2 gal.	MS- 35 Roasted garlic tomato sauce	leftover, and
¹ /2 gal.	1 gal.	2 gal.	MS-43 Rosa sauce	production re
¹ ∕2 gal.	1 gal.	2 gal.	Meatballs, commercially prepared, ¹ / ₂ oz.	-
0	0	0	in red marinara sauce*	nutritional ar
			Offer at least 1	
Recipe for 10	Recipe for 25	Recipe for 50	HE-63 Chicken broccoli alfredo*	Food specific
Recipe for 10	Recipe for 25	Recipe for 50	HE- 300 Vegetarian lasagna*	by each ingre
Recipe for 10	Recipe for 25	Recipe for 50	HE-270 Three cheese lasagna*	bar are also s
Recipe for 10	Recipe for 25	Recipe for 50	HE- 20 Baked ziti*	production re
Recipe for 10	Recipe for 25	Recipe for 50	HE-30 Beefaroni*	
Recipe for 10	Recipe for 25	Recipe for 50	HE-70 Penne rigati with chicken*	
Recipe for 10	Recipe for 25	Recipe for 50	HE- 220 Rotini with chicken, lemon and	l dill*
10 portions	25 portions	50 portions	Ravioli, commercially prepared	
10 portions	25 portions	50 portions	Stuffed shells, commercially prepared	
			Offer at least 1	
5 ea.	12 ea.	25 ea.	Dinner roll, commercially prepared	
5 ea.	12 ea.	25 ea.	Breadstick, commercially prepared	
5 ea.	12 ea.	25 ea.	Italian bread, commercially prepared	
5 ea.	12 ea.	25 ea.	HVG- 88 Garlic bread	
. /			Offer at least 1	
¹ ⁄ ₂ qt.	1 qt.	2 qt.	Shredded mozzarella cheese	
¼ ea.	1⁄2 ea.	1 ea.	Grated parmesan cheese, 1 lb. can	

Portion Size – 1 Each

ГЕР 1

elect food items ("ingredients") to be offered on the eme bar. Offer at least the minimum number of quired food components or meal subunits.

ГЕР 2

repare food items according to standardized recipes needed.

TEP 3

ecord the amounts of each food item offered, ftover, and served on the corresponding theme bar oduction record on the following page. Completing e theme bar record is required for subsequent menu tritional analysis.

ood specifications and food components contributed each ingredient that may be offered on the theme are also specified on the corresponding theme bar oduction record on the following page.

* Schools following Traditional or Enhanced Food Based Method of menu planning must offer at least one of these food choices which provide 2 oz. meat/meat alternate per standard serving size.

Total Number of Customers Served (Reimbursable Meals Adult/A La Carte Meals FOOD AMOUNTS Enter amounts in units of weight, such as lbs./oz., and/or units of volume measurement, such as qts., cups. Food Item **Recipe/Product** Amount to Prepare Amount Added Amount Leftover Total Amt. Prep. Amount Served Allow 2 cups (2 8-oz. spoodles) per Offer at least 1 customer: Prepare according to package Spaghetti pasta, cooked directions Rotini pasta, cooked Prepare according to package directions Prepare according to package Another pasta variety, cooked directions Offer combined total of 1/2 cup Offer at least 3 sauce: MS- 5 Basic meat sauce MS-10 Basic tomato sauce Cheese sauce MS-15 Nacho cheese sauce MS- 23 Red primavera sauce MS- 25 Roasted garlic crème sauce MS- 30 Roasted garlic tomato sauce MS- 35 Rosa sauce MS- 43 USDA reprocessed or CASA Meatballs, 1/2 oz. ea. in red marinara sauce HARVEST Offer at least 1 *Portion as specified on recipe:* Chicken broccoli alfredo HE- 63 HE- 300 Vegetarian lasagna HE- 270 Three cheese lasagna* Baked ziti* HE- 20 Beefaroni* HE-30 HE-70 Penne rigati with chicken* Rotini with chicken, lemon and HE- 220 dill* Ravioli, commercially prepared Stuffed shells, comm. prepared Offer at least 1 Allow 1 each per customer: Dinner roll, 1.25 oz. ea. Stroehman Breadstick, 1.5 oz. Rudis Italian bread, 1.5 oz. slices Garlic bread HVG- 88 Offer at least 1 *Portion with 1 oz. ladle:* Shredded mozzarella cheese USDA Commodity or Shrieber Grated parmesan cheese, 1 lb. can Shrieber

Menutainment Theme Bar Food Production Record: Italian Pasta Bar

(M-35) JADE SHREDDED CHICKEN SALAD

QUANTITY/PORTIONS									
<u>10</u>	<u>25</u>	<u>50</u>							
1 lb. + 4 oz.	3 lbs. + 2 oz.	6 lbs. + 4 oz.							
6 ¾ oz.	$1 \text{ lb.} + \frac{3}{4} \text{ oz.}$	2 lbs. + $1\frac{1}{2}$ oz.							
2 ¹ / ₂ each	6 ¼ each	12 ½ each							
3/8	1 1/8	2 1/8							
3/8 tsp.	1 tsp.	2 1/8 tsp.							
$\frac{1}{4} \exp + 2 \frac{1}{2} \text{ tbsp.}$	$1 \operatorname{cup} + 2 \operatorname{tsp.}$	2 cups + 1 tbsp.							
1 tbsp. + ³ ⁄ ₄ tsp.	3 tbsp. $+ \frac{1}{2}$ tsp.	$\frac{1}{4} \operatorname{cup} + 2 \operatorname{tbsp.}$							
1 ¼ tsp.	1 tbsp. $+ \frac{1}{4}$ tsp.	2 tbsp. $+ \frac{1}{4}$ tsp.							
1 ¼ tsp.	1 tbsp. $+ \frac{1}{4}$ tsp.	2 tbsp. $+ \frac{1}{4}$ tsp.							
2 tbsp. $+ \frac{1}{4}$ tsp.	$\frac{1}{4} \operatorname{cup} + 1 \operatorname{tbsp.}$	$\frac{1}{2} cup + 2 \frac{1}{2} tbsp$							
1 ¼ tsp.	1 tbsp. $+ \frac{1}{4}$ tsp.	2 tbsp. $+ \frac{1}{4}$ tsp.							

COMPONENTS PER PORTION

2 oz. poultry, ³/₄ serving of bread/grains, ¹/₄ cup vegetables

NUTRIENT	Amount per Serving	
Calories	214	
Protein	20.05 g	
Carbohydrates	17.71 g	
Fat-total	6.69 g	
Saturated Fat	1.45 g	
Cholesterol	50 mg	
Vitamin A (RE)	27 RE	
Vitamin C	2.3 mg	
Iron	1.90 mg	
Calcium	33 mg	
Sodium	273 mg	
Fiber	1.37 g	
% Protein	37.46	
% Carbohydrate	22.09	
% Total Fat	28.11	
% Saturated Fat	6.10	

INGREDIENTS

Cooked diced chicken Angle hair pasta **Scallions** Iceberg lettuce, head, 6" Dry mustard **BBQ** sauce Soy Sauce Sugar Vinegar Almonds Sesame seed Salt & pepper, to taste

tbsp.

METHOD

In the back of the house, prepare all ingredients:

Portion Size – 1 Cup

STEP 1

Prepare chicken: Shred the cooked chicken into 2inch pieces using a fork lengthwise or a sharp knife.

STEP 2

Prepare pasta: Break the raw pasta into 2-inch pieces. Cook the pasta in salted water until barely tender. Drain well. Place in cold water to stop the cooking and chill quickly.

STEP 3

Prepare the vegetables:

- 1. Cut the scallions including all of the green tops into thin rings and set aside.
- 2. Cut the lettuce into thin strips about 2 inches long. Place the lettuce in ICE water and keep chilled and crisp until ready to use.

STEP 3

Prepare the dressing: Beat together the dry mustard, BBQ sauce, soy sauce, sugar and vinegar. Check for seasonings. Add salt and pepper if necessary.

STEP 4

Drain the shredded lettuce well.

STEP 5

Place all prepared ingredients in individual white bowls or small white pans.

At the point of service: STEP 6

Drain Combine the lettuce, pasta, chicken and scallions. Pour the dressing over the salad and mix well. Sprinkle the top with almonds and sesame seeds and serve. Portion with 8- oz. spoodle.

OMELET BAR

(**M-37**)

				Portion Size – 1 Each
APPROX	IMATE QUANTIT	Y/PORTIONS	"INGREDIENTS"	METHOD
<u>10</u>	<u>25</u>	<u>50</u>		
			<u>Offer at least 3 (1 per customer)</u>	STEP 1
10 portions	25 portions	50 portions	Plain omelet	Select food items ("ingredients") to be offered on the theme bar. Offer at least the minimum number of required food
10 portions	25 portions	50 portions	Broccoli cheese omelet	components or meal subunits.
10 portions	25 portions	50 portions	Western omelet	components of mean subunits.
10 portions	25 portions	50 portions	South of the border omelet	STEP 2
10 portions	25 portions	50 portions	Denver omelet	Assemble all ingredients to make omelets as needed.
10 portions	25 portions	50 portions	Country ham omelet	Omelet fillings should be prepared in bulk, in advance, to
				speed service.
			Offer at least 3, 1 per customer	<u>STEP 3</u>
10 portions	25 portions	50 portions	Toast slice, white	Omelets should be made to order, one at a time as follows.
10 portions	25 portions	50 portions	Toast slice, whole wheat	Filling specifications are on the following page.
10 portions	25 portions	50 portions	Bagel half, 2.0 oz. each	A Dept 21/ or area 1 ten water 1/ ten calt and perper
10 portions	25 portions	50 portions	Corn muffin, commercially prepared, 0.9 oz. each	A. Beat 3 ¹ / ₄ oz. eggs, 1 tsp. water, ¹ / ₄ tsp. salt, and pepper to taste until well blended.
10 portions	25 portions	50 portions	Blueberry muffin, commercially prepared, 0.9 oz.	B. Heat 1 tbsp. liquid butter alternative in an induction
			each	skillet at 300 – 325 degrees F.
				C. Pour egg mixture into skillet. Using a spatula, lift egg
10	25		Offer All, 1 cup portion per customer	so the uncooked portions can run off onto skillet.
10 portions	25 portions	50 portions	Whole white milk	D. While eggs are still moist, place $1/2$ cup filling over
10 portions	25 portions	50 portions	Lowfat white milk, 2%	omelet, if applicable.
10 portions	25 portions	50 portions	Skim white milk	E. Using a spatula, fold omelet (over filling if applicable) and serve.
10 portions	25 portions	50 portions	1% fat chocolate milk	and serve.
			Offer at least 2, ½ cup portion per customer	STEP 4
10 portions	25 portions	50 portions	Assorted fresh fruit	Record the amounts of each food item offered, leftover, and
10 portions	25 portions	50 portions	Assorted chilled fruit	served on the corresponding theme bar production record attached. Completing the theme bar record is required for
10 portions	25 portions	50 portions	Assorted fruit juice (recipe B-15)	subsequent detailed menu nutritional analysis.
10 each	25 each	50 each	Hash brown potato patties	subsequent detaned menu nutritonal analysis.
2 lb.	4 lb. + 11 oz.	9 lb. + 6 oz.	Potato rounds	* Schools following Traditional or Enhanced Food
				Based Method of menu planning must plan to offer all
				required meal components at the theme bar.

Omelet Specifications (M-37)

		Nutrients						Components						
Variation	Ingredients (for each omelet)	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)	
M-37 Plain Omelet Portion cost = \$0.16	3 ¼ oz. (1/3 cup) whole liquid eggs, pasteurized 1 tsp. water ¼ tsp. salt Pepper to taste 1 tbsp. liquid butter	239	392	839	0.1	1.4	51.0	289	0.1	11.7	1.4	20.6	5.0	2 large eggs
M- 37 A Broccoli Cheese Omelet Portion cost = \$0.35	alternative Prepare plain omelet as above Add ½ cup broccoli cheese filling	368	422	1031	1.3	1.9	286	455	23.0	20.1	3.8	30.5	11.2	2 large eggs, 1 oz. cheese, ¹ / ₄ cup vegetables
M- 37 B Western Omelet Portion cost = \$0.35	Prepare plain omelet as above Add ¹ / ₂ cup Western omelet filling	381	428	1183	0.5	1.8	268	378	12.0	21.4	3.9	31.0	11.4	2 large eggs, 1 oz. cheese, ¹ / ₄ cup vegetables
M- 37 C South of the Border Omelet Portion cost = \$0.27	Prepare plain omelet as above Add ¹ / ₂ cup South of the Border filling	372	418	1188	1.0	2.6	289	395	2.6	19.4	4.4	30.8	10.8	2 large eggs, 1 oz. cheese, ¹ / ₄ cup vegetables
M- 37- E- Denver Omelet Portion cost = \$0.37	Prepare plain omelet as above Add ½ cup Denver Omelet filling	368	422	1078	0.8	1.9	267	389	14.1	19.5	4.0	30.5	11.2	2 large eggs, 1 oz. cheese, ¹ / ₄ cup vegetables
M- 37- F- Country Ham Omelet Portion cost = \$0.30	Prepare plain omelet as above Add ½ cup Country Ham filling	297	408	1343	0.7	1.8	58	306	14.9	18.6	4.4	22.4	5.6	2 large eggs, 1 oz. meat, ¼ cup vegetables

Specifications for Omelet Fillings (for 24 portions)									
Broccoli Cheese	Western	South of the Border	Denver	Country Ham					
6 ¹ / ₄ cups cheddar cheese,	6 ¹ / ₄ cups cheddar cheese,	6 ¹ / ₄ cups Monterey Jack	6 ¹ / ₄ cups cheddar cheese,	6 ¹ / ₄ cups commodity					
shredded	shredded	cheese, shredded	shredded	ham, julienne sliced					
6 ¹ / ₄ cups broccoli,	2 cups ham, chopped	2 black olives, sliced	2 cups mushrooms, sliced	2 cups tomatoes,					
chopped	2 cups green pepper,	2 cups green onions, sliced	2 cups green pepper,	chopped					
	chopped	2 cups commodity salsa	chopped	2 cups green pepper,					
	2 cups onion, chopped		2 cups tomatoes chopped	cut into strips					
			¹ / ₄ cup fresh basil, chopped	2 cups onion, sliced					

Menutainment Theme Bar Food Production Record: Omelet Bar

B-15

USDA or Yorkmont Valley

USDA or Yorkmont Valley

Chilled fruit 1: Chilled fruit 2:

Assorted fruit juice Hash brown potato patty

Potato rounds (tots)

(Reimbursable Meals _____ Total Number of Customers Served Adult/A La Carte Meals _____) FOOD AMOUNTS Enter amounts in units of weight, such as lbs./oz., and/or units of volume measurement, such as qts., cups. The number of omelets prepared can be included in units of "servings." **Recipe/Product** Food Item **Amount Prepared** Amount Added **Total Amount** Amount Leftover Amount Served Prepared Offer at least 3 (1 per customer) Plain omelet M-37 Broccoli cheese omelet M-37 A Western omelet M- 37B M- 37 C South of the border omelet Denver omelet M- 37 D Country ham omelet M- 37 E Offer at least 3, 1 per customer Toast slice, white B-120 Toast slice, whole wheat B-120 Bagel half, 2.0 oz. each Corn muffin, commercially Pillsbury prepared, 0.9 oz. each Blueberry muffin, commercially Pillsbury prepared, 0.9 oz. each **Offer All, 1 cup portions** Whole white milk Lowfat white milk, 2% Skim white milk 1% fat chocolate milk Offer at least 2, $\frac{1}{2}$ cup portions Apple Orange Petite banana

ORECCHIETTE (LITTLE EARS) PASTA WITH BROCCOLI (M-40)

QUANTITY/PORTIONS					
<u>10</u>	<u>25</u>	<u></u>			
1 lb. + 14 oz.	$3 \text{ lbs.} + 2 \overline{\text{ oz.}}$	6 lbs. + 4 oz.			
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups			
2 lbs. + 8 oz.	6 lbs. + 4 oz.	12 lbs. + 8 oz.			
$\frac{1}{2} \operatorname{cup} + 2 \operatorname{tbsp.}$	$1 \frac{1}{2} \text{ cups} + 1 \text{ tbsp.}$	3 cups + 2 tbsp.			
2 1/2	6 1/4	12 1/2			
1/3	7/8	1 5/8			
10	25	50			
$\frac{1}{4}$ cup + 1 tbsp.	$\frac{3}{4}$ cups + 1 $\frac{1}{2}$ tbsp.	$1 \frac{1}{2} \text{ cups} + 1 \text{ tbsp.}$			
$\frac{1}{4} \exp + 2 \frac{1}{2} \text{ tbsp.}$	$1 \operatorname{cup} + 2 \operatorname{tsp}$.	2 cups + 1 tbsp.			
	- · ·	-			

COMPONENTS PER PORTION

2.4 servings bread/grains, ³/₄ cup cooked vegetables.

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	458	
Protein	16.27 g	
Carbohydrates	60.59 g	
Fat-total	18.36 g	
Saturated Fat	4.06 g	
Cholesterol	7 mg	
Vitamin A (RE)	256 RE	
Vitamin C	105.1 mg	
Iron	3.83 mg	
Calcium	206 mg	
Sodium	241 mg	
Fiber	6.51 g	
% Protein	14.19	
% Carbohydrate	52.83	
% Total Fat	36.02	
% Saturated Fat	7.96	

INGREDIENTS

Orecchiette Pasta, cooked
Parmesan cheese, grated
Broccoli, florets, blanched
Vegetable oil
Salt, dash
Garlic cloves, whole
Red hot chili pepper
Tomatoes, seeded, diced, medium
Finely chopped onion
Raisins
Black pepper, dash

METHOD

<u>STEP 1</u>

Set up station: Place each portioned ingredient in separate bowls.

<u>STEP 2</u>

Using an induction burner with a skillet: put half of the oil into a skillet. Add half the garlic cloves and the chili. Fry fairly briskly until the garlic turns golden. Then remove and discard the garlic clove(s), and add the chopped tomatoes. Season with a little salt. Bring to a boil and cook for 15 minutes. If at the end the sauce seems to be thin, boil briskly for a few minutes until you reach the desired consistency.

<u>STEP 3</u>

Put the rest of the oil into a second skillet. Add the chopped onion and the balance of the garlic cloves. Cook over medium heat until the garlic turns golden. Discard the garlic. Then add the cooked broccoli, the raisins and pine nuts. Season with a very little salt and a fair amount of black pepper. Cook for about 2 minutes over medium heat, stirring with two forks to lessen the risk of breaking the florets. Then add the contents of the skillet to that with the tomatoes. Mix gently and keep the sauce hot.

<u>STEP 4</u>

Arrange pasta and sauce in alternating layers with grated cheese in a 2 ¹/₂" hotel pan.

Portion Size – 2 Cup

ORIENTAL RICE OR NOODLE BOWL BAR (M-43)

				Portion Size – 1 Each
		JUANTITY/PO	ORTIONS <u>"INGREDIENTS"</u>	METHOD
<u>10</u>	<u>25</u>	<u>50</u>		
			<u>Offer at least 2</u>	<u>STEP 1</u>
1 ¼ gal.	3 gal.	6 gal.	Cooked white or brown rice	Select food items ("ingredients") to be offered on the
1 ¼ gal.	3 gal.	6 gal.	Cooked spaghetti or lo mein noodles	theme bar. Offer at least the minimum number of
1 ¼ gal.	3 gal.	6 gal.	Oriental fried rice (HVG- 153)	required food components or meal subunits.
1 ¼ gal.	3 gal.	6 gal.	Chow mein noodles	
				<u>STEP 2</u>
			Offer at least 2*	Prepare food items according to standardized recipes
3 cups	2 qt.	4 qt.	Cooked diced chicken or cooked chicken breast slices,	as needed.
			seasoned w/ Fajita marinade (MM- 5) or Stir fry sauce	
			(MS-45), heated	<u>STEP 3</u>
3 cups	2 qt.	4 qt.	Cooked roast beef, thinly sliced, seasoned w/ Fajita marinade	Record the amounts of each food item offered,
			(MM- 5) or Stir fry sauce (MS-45), heated	leftover, and served on the corresponding theme bar
3 cups	2 qt.	4 qt.	Roast pork, cooked, julienne slices, heated	production record on the following page. Completing
				the theme bar record is required for subsequent menu
			Offer at least 5	nutritional analysis.
1 ½ cups	1 qt.	2 qt.	Blanched green, red, and/or yellow peppers	
1 ½ cups	1 qt.	2 qt.	Steamed broccoli	Food specifications and food components contributed
1 ½ cups	1 qt.	2 qt.	Steamed mushrooms	by each ingredient that may be offered on the theme
1 ½ cups	1 qt.	2 qt.	Steamed onions	bar are also specified on the corresponding theme bar
1 ½ cups	1 qt.	2 qt.	Steamed snow peas	production record on the following page.
1 ¹ / ₂ cups	1 qt.	2 qt.	Steamed julienne carrots	
1 ½ cups	1 qt.	2 qt.	Steamed onions	
1 ½ cups	1 qt.	2 qt.	Steamed bean sprouts	
1 ¹ / ₂ cups	1 qt.	2 qt.	Water chestnuts	
1 ½ cups	1 qt.	2 qt.	Bamboo shoots	
			Offer at least 2	
2 cups	1 qt.	2 qt.	Soy sauce	
2 cups	1 qt.	2 qt.	Pineapple sweet and sour glaze (MGL- 17)	
2 cups	1 qt.	2 qt.	1 type of commercially prepared Oriental sauces, such as	
-		-	ginger lime, peanut, or sesame	
			Optional	
10 ea.	25 ea.	50 ea.	Fortune Cookie, commercially prepared	

* Schools following Traditional or Enhanced Food Based Method of menu planning must offer at least one of these food choices which provide 2 oz. meat/meat alternate per standard serving size.

Menutainment Theme Bar Food Production Record: Oriental Rice or Noodle Bar

Total Number of Customers Served		(Reimbursable	e Meals		La Carte Meals	s)	
		FOOD AMOUNTS					
Food Item	Recipe/Product	Enter amounts in units of weight, such as lbs./oz., and/or units of volume measurement, such as qts., cups.Amount to PrepareAmount AddedTotal Amt. Prep.Amount LeftoverAmount Served					
Offer at least 2	Allow 2 cup combined /customer (2		Amount Muucu			Annount Berveu	
55	8-oz. spoodles)						
Cooked white or brown rice	Steamed						
Cooked spaghetti or lo mein	Prepare according to package						
noodles	directions						
Oriental fried rice	HVG-153						
Chow mein noodles	La Choy						
Offer at least 2	Allow 2 oz. (1/2 cup) combined/customer						
Cooked diced chicken or cooked	USDA commodity or Tyson						
chicken breast slices, seasoned	Fajita marinade: MM-5						
w/ Fajita marinade or Stir fry sauce, heated	Stir fry sauce: MS-45						
Cooked roast beef, thinly sliced,	USDA commodity or OLD/N						
seasoned w/ Fajita marinade or	Fajita marinade: MM-5						
Stir fry sauce, heated	Stir fry sauce: MS-45						
Roast pork, cooked, julienne slices,	USDA commodity						
heated							
Offer at least 5	Allow 1 cup combined total per						
	customer:						
Sliced green, red, and/or yellow peppers	Blanched						
Broccoli florettes	Steamed						
Sliced mushrooms	Steamed						
Onion slices	Steamed						
Snow peas	Steamed						
Julienne carrots	Steamed						
Sliced onions	Steamed						
Bean sprouts	Steamed						
Water chestnuts	Canned						
Bamboo shoots	Canned						
Offer at least 2	Portion with 1 oz. ladles:						
Soy sauce	La Choy						
Pineapple sweet and sour glaze	MGL-17						
Oriental sauces, such as ginger lime, peanut, or sesame	Minor's						
mile, peanut, or sesame							
Optional	One per customer:						
Fortune Cookie	La Choy						

PANINI FRESCA: ARIZONA CHICKEN

(M-44 A)

Portion Size – 1 Each

<u>QUANTITY/PORTIO</u> <u>1</u>	<u>NS</u> <u>INGREDIENTS</u>	METHOD
1 each	Prepared <i>Spicy</i> Foccacia Bread (recipe HVG-107)	<u>STEP 1</u> Cut the prepared SPICY Foccacia bread in half
1 oz. 1 ½ oz.	Monterey Jack cheese, thinly sliced Grilled chicken breast, thin strips *	keeping the side with the dimples face up.
1 slice 4 each	Bacon Tomato slices	<u>STEP 2</u> .Place half of the Monterey jack cheese on top of the
2 tsp.	Basic Seasoned Oil	dimpled bread on one half only. Top the cheese with
	(recipe MSR-12)	chicken, bacon, & tomato slices, then the remaining cheese. Place the other half of the Focaccia bread
	Cost per portion: .64	DIMPLED side down on the last layer of cheese. You will now have a large, half moon sandwich of cheese,
	*. 43 using commodity diced chicken	chicken, bacon. tomato, & cheese.

COMPONENTS PER PORTION

6.1 servings of bread/grains, 2 ¹/₂ oz. meat/meat alternate, $\frac{1}{2}$ cup vegetables

NUTRIENT	Amount per Serving	
Calories	679	
Protein	30.26 g	
Carbohydrates	83.83 g	
Fat-total	25.18 g	
Saturated Fat	9.49 g	
Cholesterol	49 mg	
Vitamin A (RE)	143 RE	
Vitamin C	9.9 mg	
Iron	5.79 mg	
Calcium	265 mg	
Sodium	1347 mg	
Fiber	4.74 g	
% Protein	17.82	
% Carbohydrate	49.36	
% Total Fat	33.36	
% Saturated Fat	12.57	

STEP 3

Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.

STEP 4

Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.

PANINI FRESCA: COBB

34.3 mg 5.67 mg

240 mg

1267 mg 4.61 g

17.62

48.88 34.01

13.18

Vitamin C

% Protein

% Carbohydrate % Total Fat

% Saturated Fat

Calcium Sodium

Iron

Fiber

(M-44 B)

				Portion Size – I Each
	QUANTITY/PORTION	<u>s</u>	INGREDIENTS	METHOD
	1 each		Prepared Foccacia Bread (recipe HVG-107)	<u>STEP 1</u> Cut the prepared Foccacia bread in half keeping the
	1 oz.		Cheddar cheese, shredded	side with the dimples face up.
	1 oz.		Grilled chicken breast, thin strips *	<u>STEP 2</u>
	1 slice		Bacon, diced	Place half of the Provolone cheese on top of the
	¹ /4 cup		Cooked green peppers, strips	dimpled bread on one half only. Top the cheese with
	2 slices		Tomato	the chicken strips, bacon, green peppers & tomato,
	2 tsp.		Basic Seasoned Oil (MSR-12)	then the remaining cheese. Top with the other half of the Focaccia bread DIMPLED side down. You will
			Cost per serving: .67	now have a large, half moon sandwich of cheese,
COMPONENTS P	ER PORTION		*. 42 using commodity diced	chicken, bacon, green peppers tomatoes & cheese.
6.1 servings of bread	d/grains, 2 ½ oz.		chicken & commodity cheddar	
meat/meat alternate,	, ¹ ⁄2 cup vegetables		cheese	STEP 3
				Brush both the top and the bottom of the prepared
				sandwich with the seasoned oil. These sides will be
				the flat sides of the prepared Foccacia bread.
<u>NUTRIENT</u>	Amount per Serving			
				STEP 4
Calories	687			Place the finished PANINI sandwich in the grill and
Protein	30.24 g			press down on the top to secure the sandwich. Allow
Carbohydrates	83.92 g			the sandwich to grill until the top and bottom are
Fat-total	25.95 g			golden in color and well marked by the grill. The
Saturated Fat	10.05 g			cheese should be well melted.
Cholesterol	54 mg			
Vitamin A (RE)	133 RE			

PANINI FRESCA: CORDON BLEU

(M-44 C)

111eachPrender1 eachPrender1 oz.Swiss cheese, thinly sliced1 oz.Swiss cheese, thinly sliced1 oz.Grilled chicken breast, thin strips1 oz.Ya oz.4 TablespoonsSauteed Onions4 TablespoonsSauteed Onions2 tsp.Basic Seasoned Oil (recipeMSR-12)MSR-12)COMPONENTS PER PORTIONCost per portion: .575.1 servings of bread/grains, 2 ½ oz.*.44 using commodity dicedmeat/meat alternate, ½ cup vegetables*.44 using commodity dicedColories653Protein29.68 gCalories653Protein29.68 gCalories673Protein29.68 gCalories673Protein29.68 gCalories673Protein29.68 gCalories673Protein29.68 gCalories673Protein29.68 gCalories673Protein29.68 gCalories673Protein29.68 gCalories673Protein29.68 gCalories673Protein29.74 gSturated Fat8.00 gChoisterol45 mgVitamin A (RE)77 REVitamin A (RE)77 REVitamin C3.2 mg					r ortion Size – 1 Each
(HY(c-107) Cut the prepared Foccacia bread in half keeping the side with the dimples face up. 1 oz. Swiss cheese, thinly sliced 0 oz. Filed chicken breast, thin sty sliced V toz. Ham, thinly sliced 4 Tablespoons Sauteed Mushrooms 4 Tablespoons Sauteed Mushrooms 2 tsp. Dijon Mustard Dijon Mustard Foccacia bread in half keeping the side with the dimples face up. Strept Switeed Onions COMPONENTS PER PORTION Cost per portion: .57 5.1 servings of bread/grains, 24 oz. *.44 using commodity diced thicken ham, mushrooms, onions, cheese & Dijon mustard. NTTRIENT Amount per Serving Calorics 653 Frotein 20.68 g Carbolydrate 8.00 g Cholesterol 45 mg Vitamin A (RE) 77 RE Vitamin A (RE) 77 RE Soliam 1334 mg Fiber 5.23 g % Protein 13.8 of % Protein 13.8 of % Protein 13.8 of % Protein 13.8 of % Protetin 18.19 <		QUANTITY/PORTION 1	<u>S</u>	<u>INGREDIENTS</u>	METHOD
1 oz. 1 oz. 1 oz.Swiss cheese, thinly sliced Grilled chicken breast, thin strips *side with the dimples face up.1 oz.Ya oz.Ham, thinly sliced Grilled chicken breast, thin strips *side with the dimples face up.1 oz.Ya oz.Ham, thinly sliced or one half only. Top the cheese with the chicken strips, ham, mushrooms & onions, then the remaining cheese. Spread the other half of the Focacia bread the other half of the Poacia and and place it down on the last layer of cheese. You will now have a large, half moon snadvich of cheese, chicken, ham, mushrooms, onions, cheese & Dijon mustard.COMPONENTS PER PORTION 5.1 servings of bread/grains, 2 ½ oz.Cost per portion: .57 * .44 using commodity diced chicken5.1 servings of bread/grains, 2 ½ oz.Cost per portion: .57 * .44 using commodity diced chickenCalories653 ProteinProtein20.68 gCarlos653 ProteinCalories653 ProteinChoesterol45 ngVitamin A (RE)77 REVitamin C (RE)3.2 mg rronCalories5.23 g% Ortel Fat8.19 % Carobydrate% Ortel fat8.99% Total Fat8.95		1 each			
Vac.Ham, thinly slicedPlace half of the Swise cheese on top of the dimpled bread on one half only. Top the cheese with the chiese strips, ham, mushrooms & onions, then the remaining cheese. Spread the other half of the Scateed Onions Scateed OnionsPlace half of the Swise cheese on top of the dimpled bread on one half only. Top the cheese with the chiese strips, ham, mushrooms & onions, then the remaining cheese. Spread the other half of the Scates bread DIMPLED side with the Dijon Mustard Procein bread/grains, 2 ½ oz.Place half of the Swise cheese on top of the dimpled bread on one half only. Top the cheese with the chiese strips, ham, mushrooms, onions, cheese & Dijon mustard.COMPONENTS PER PORTION C. 1 servings of bread/grains, 2 ½ oz.Cost per portion: .57 * .44 using commodity diced chickenPlace half of the bottom of the prepared sandwich of the seasoned oil. These sides will be the first sides of the prepared Foccacia bread.NUTRIENT CaloriesAmount per ServingCost per portion: .57 * .44 using commodity diced chickenSTEP 4 Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich of grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.VITRIENT trainin C3.2 mg mg77 REPlace the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.VITRIENT trainin C3.2 mg mg77 REPlace the finished PANINI sandwich in the grill and press down on the top to secure the sandwich top <b< td=""><td></td><td></td><td></td><td>Grilled chicken breast, thin strips</td><td>side with the dimples face up.</td></b<>				Grilled chicken breast, thin strips	side with the dimples face up.
4 Tablespoons 4 Tablespoons 4 Tablespoons 2 tsp.Sauteed Onions Sauteed Onions Sauteed Onions Dijon Mustard Basic Seasoned Oil (recipe MSR-12)bread on one half only. Top the cheese with the chicken strips, ham, mushrooms & onions, then the renaining cheeses. Spread the other half of the Coaccia bread DIMPLED side with the Dijon Mustard and place it down on the last layer of cheese. You will now have a large, half moon sandwich of cheese, chicken, ham, mushrooms, onions, cheese & Dijon mustardCOMPONENTS PER PORTION 5.1 servings of bread/grains, 2 ½ oz. meat/meat alternate, ½ cup vegetablesCost per portion: .57 * .44 using commodity diced chickenBrite Moon and the bottom of the prepared sandwich of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.VITRIENTAmount per ServingSTEP 4 ProteinProtein 4 5.3 kgCalories653 653 Frat-total20.74 g 20.74 g Saturated Fat 8 0.00 gSTEP 4 Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.Vitamin A (RE)77 RE 5.23 g W Protein18.19 28.59% Carbohydrate5.3.86 5.3.66		1/			
4 TablespoonsSauted Onionschicken strips, harn, mushrooms & onions, then the remaining cheese. Spread the other half of the Potacia Torad DIMPLED side with the Dijon Mustard and place it down on the last layer of cheese. You will now have a large, half moon sandwich of cheese, chicken, ham, mushrooms, onions, cheese & Dijon mustard.COMPONENTS PER PORTIONCost per portion: 57 *.44 using commodity diced chickenSTEP 3 Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared forcacia bread.NUTRIENTAmount per ServingSTEP 3 Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared forcacia bread.Calories653 Protein20.68 g 20.74 gCatroles terd57.87 g Saturated Fat Solon gSTEP 4 Place the finished PANINI sandwich in the grill and press down on the top rol to bottom are golden in color and well marked by the grill. The cheese should be well melted.Vitamin C Solom32.2 mg 317 mg317 mg SodiumSolum313 4mg Calcium317 mg 3.86 4.53 86% Total Fat Solum8.19 3.86 4.59					
1 tsp.Dijon Mustard Basic Seasoned Dil (recipe MSR-12)remaining cheese. Spread the other half of the Focacia bread DIMPLED side with the Dijon Mustard and place it down on the last layer of cheese. You will now have a large, half moon sandwich of cheese, chicken, ham, mushrooms, onions, cheese & Dijon mustard.COMPONENTS PER PORTIONCost per portion: 57Dijon mustard6.1 servings of bread/grains, 2 ½ oz. meat/meat alternate, ½ cup vegetables*.44 using commodity diced chickenSTEP 3NUTRIENTAmount per Serving*.44 using commodity diced chickenSTEP 4Calories653\$37 gProtein20.68 g\$37 gEat-total20.74 g\$300 gSaturated Fat Solog80.0 gCholesterol45 mgVitamin A (RE)77 REVitamin A (RE)77 RESodium317 mgSodium317 mgSodium1314 mg* Carobnydrate 5 .3.86* Arobity frate S .3.86* Arobity frate S .3.86					
2 tsp.Basic Seasoned Oil (recipe MSR-12)Focaccia bread DIMPLED side with the Dijon Mustard and place it down on the last layer of cheese. You will now have a large, half moon sandwich of cheese, chicken, ham, musbrooms, onions, cheese & Dijon mustard.COMPONENTS PER PORTION meat/meat alternate, ½ cup vegetablesCost per portion: .57 *.44 using commodity diced chickenFocaccia bread JDMPLED side with the Dijon Mustard and place it down on the last layer of cheese. You will now have a large, half moon sandwich of cheese, chicken, ham, musbrooms, onions, cheese & Dijon mustard.VUTRIENTAmount per ServingCost per portion: .57 *.44 using commodity diced chickenSTEP 3 Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Focacia bread.VUTRIENTAmount per ServingSTEP 4 Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well marked.Staturated Fat8.00 gCalcium317 mgCodium1334 mgFiber5.23 g% Carbohydrate33.86 33.86		•			
MSR-12)Mustard and place it down on the last layer of cheese. You will now have a large, half moon sandwich of cheese, chicken, ham, musbrooms, onions, cheese & Dijon mustard.COMPONENTS PER PORTION 5.1 servings of bread/grains, 2 ½ oz. meat/meat alternate, ½ cup vegetablesCost per portion: .57 *.44 using commodity diced chickenMustard and place it down on the last layer of cheese. You will now have a large, half moon sandwich of cheese, chicken, ham, musbrooms, onions, cheese & Dijon mustard.NUTRIENTAmount per ServingSTEP 3 Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.Calories653 653 654 654 CarbohydratesS7 g 654 75 87 g 674-totalSTEP 4 Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.Vitamin C 1003.2 mg 17 mg Sodium317 mg 3.2 mg 17 mg SodiumS1.2 mg 17 mg 3.2 mg 17 mg SodiumS1.2 mg 17 mg 3.2 mg 17 mgSodium3134 mg Fiber51.8 s.9S1.8 s.9					
COMPONENTS PER PORTION 5.1 servings of bread/grains, 2 ½ oz. meat/meat alternate, ½ cup vegetablesCost per portion: .57 *.44 using commodity diced chickenYou will now have a large, half moon sandwich of cheese, chicken, ham, mushrooms, onions, cheese & Dijon mustard.NUTRIENTAmount per Serving*.44 using commodity diced chickenSTEP 3 Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.NUTRIENTAmount per ServingSTEP 4 Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.Calories653 Protein20.74 g Saturated Fat S.00 gSTEP 4 Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.Vitamin C3.2 mgIron5.54 mg CalciumCalcium317 mg SodiumSodium133.4 mgFiber5.23 g S.38 6 % Totat Fat % Carbohydrate% Carbohydrate % Total Fat % Carbohydrate		2 tsp.			
COMPONENTS PER PORTIONCost per portion: .57cheese, chicken, ham, mushrooms, onions, cheese & Dijon mustard.6.1 servings of bread/grains, 2 ½ oz.*.44 using commodity diced chickenSTEP 36.1 servings of bread/grains, 2 ½ oz.*.44 using commodity diced chickenSTEP 3Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.STEP 4Calories653STEP 4Protein29.68 gProteinCarbohydrates87.87 gFat-total20.74 gSaturated Fat8.00 gCholesterol45 mgVitamin C3.2 mg(ron5.54 mgCalcium317 mgSodium1134 mgFiber5.23 g% Carbohydrate53.86% Total Fat28.59				WISK-12)	
COMPONENTS PER PORTION 5.1 servings of bread/grains, 2 ½ oz. meat/meat alternate, ½ cup vegetablesCost per portion: .57 *.44 using commodity diced chickenDijon mustard.NUTRIENTAmount per ServingSileSTEP 3 Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.NUTRIENTAmount per ServingSTEP 4 Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.Vitamin A (RE)77 REVitamin A (RE)3.2 mg FloerFortein5.23 g % ProteinGalcium317 mg SodiumSodium18.19 SaseWe Carbohydrate Sase53.86 Sase					
5.1 servings of bread/grains, 2 ½ oz. *.44 using commodity diced meat/meat alternate, ½ cup vegetables *.44 using commodity diced chicken SrEP 3 Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread. NUTRIENT Amount per Serving Calories 653 Protein 29.68 g Carbohydrates 87.87 g Fat-total 20.74 g Saturated Fat 8.00 g Cholesterol 45 mg Vitamin C 3.2 mg Iron 5.54 mg Calcium 317 mg Sodium 1334 mg Fiber 5.23 g % Carbohydrate 53.86 % Total Fat 28.59	COMPONENTS PE	CR PORTION		Cost per portion: .57	
meat/meat alternate, ½ cup vegetableschickenSTEP 3 Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.NUTRIENTAmount per Servingthe flat sides of the prepared Foccacia bread.Calories653 Protein29.68 g 20.68 gCarbohydrates87.87 g Baturated Fat8.00 gSaturated Fat8.00 g900 on the top to secure the sandwich. Allow the sandwich to top the grill. The cholesterolVitamin C3.2 mg Iron5.54 mgCalcium317 mgSodium1334 mgFiber5.23 g % Carbohydrate% Carbohydrate53.86% Total Fat28.59					5
NUTRIENTAmount per ServingBrush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.NUTRIENTAmount per Servingthe flat sides of the prepared Foccacia bread.Calories65353Protein29.68 gSTEP 4Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.Saturated Fat8.00 gCarbohydrateCholesterol4.5 mgCheese should be well melted.Vitamin C3.2 mgSodiumCalcium317 mgSodium1334 mgFiber5.23 g% Protein18.19% Carbohydrate53.86% Total Fat28.59					<u>STEP 3</u>
NUTRIENTAmount per Servingthe flat sides of the prepared Foccacia bread.Calories653Protein29.68 gCarbohydrates87.87 gFat-total20.74 gSaturated Fat8.00 gCholesterol45 mgVitamin A (RE)77 REVitamin C3.2 mgCalcium317 mgSodium1334 mgFiber5.23 g% Protein18.19% Carbohydrate53.86% Total Fat28.59	·····,·	1 8			
Calories653Protein29.68 gCarbohydrates87.87 gFat-total20.74 gSaturated Fat8.00 gCholesterol45 mgVitamin A (RE)77 REVitamin C3.2 mgIron5.54 mgCalcium317 mgSodium1334 mgFiber5.23 g% Carbohydrate53.86% Total Fat28.59					sandwich with the seasoned oil. These sides will be
Protein29.68 gCarbohydrates87.87 gFat-total20.74 gFat-total20.74 gSaturated Fat8.00 gCholesterol45 mgVitamin A (RE)77 REVitamin C3.2 mgIron5.54 mgCalcium317 mgSodium1334 mgFiber5.23 g% Protein18.19% Carbohydrate53.86% Total Fat28.59	NUTRIENT	Amount per Serving			the flat sides of the prepared Foccacia bread.
Protein29.68 gCarbohydrates87.87 gFat-total20.74 gFat-total20.74 gSaturated Fat8.00 gCholesterol45 mgVitamin A (RE)77 REVitamin C3.2 mgIron5.54 mgCalcium317 mgSodium1334 mgFiber5.23 g% Protein18.19% Carbohydrate53.86% Total Fat28.59					
Carbohydrates87.87 gFat-total20.74 gFat-total20.74 gSaturated Fat8.00 gCholesterol45 mgVitamin A (RE)77 REVitamin C3.2 mgCalcium317 mgCalcium317 mgSodium1334 mgFiber5.23 gV Protein18.19% Carbohydrate53.86% Total Fat28.59	Calories				
Fat-total20.74 gSaturated Fat8.00 gSaturated Fat8.00 gCholesterol45 mgVitamin A (RE)77 REVitamin C3.2 mgIron5.54 mgCalcium317 mgSodium1334 mgFiber5.23 g% Protein18.19% Carbohydrate53.86% Total Fat28.59	Protein	Ū.			
Saturated Fat8.00 ggolden in color and well marked by the grill. The cheese should be well melted.Cholesterol45 mggolden in color and well marked by the grill. The cheese should be well melted.Vitamin C3.2 mggolden in color and well marked by the grill. The cheese should be well melted.Vitamin C3.2 mggolden in color and well marked by the grill. The cheese should be well melted.Vitamin C3.2 mggolden in color and well marked by the grill. The cheese should be well melted.Calcium3.17 mgSodium1334 mgFiber5.23 g% Protein18.19% Carbohydrate53.86% Total Fat28.59	Carbohydrates				
Cholesterol45 mgCholesterol45 mgVitamin A (RE)77 REVitamin C3.2 mgIron5.54 mgCalcium317 mgSodium1334 mgFiber5.23 gFiber5.23 gVortein18.19% Carbohydrate53.86% Total Fat28.59	Fat-total				the sandwich to grill until the top and bottom are
Vitamin A (RE) 77 RE Vitamin C 3.2 mg Iron 5.54 mg Calcium 317 mg Sodium 1334 mg Fiber 5.23 g % Protein 18.19 % Carbohydrate 53.86 % Total Fat 28.59	Saturated Fat				
Vitamin C 3.2 mg Iron 5.54 mg Calcium 317 mg Sodium 1334 mg Fiber 5.23 g % Protein 18.19 % Carbohydrate 53.86 % Total Fat 28.59	Cholesterol				cheese should be well melted.
Iron 5.54 mg Calcium 317 mg Sodium 1334 mg Fiber 5.23 g % Protein 18.19 % Carbohydrate 53.86 % Total Fat 28.59					
Calcium 317 mg Sodium 1334 mg Fiber 5.23 g % Protein 18.19 % Carbohydrate 53.86 % Total Fat 28.59					
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% Protein 18.19 % Carbohydrate 53.86 % Total Fat 28.59		Ū			
% Carbohydrate 53.86 % Total Fat 28.59					
% Total Fat 28.59					
70 Saturateu rat 11.05					
	% Saturated Fat	11.03			

PANINI FRESCA: CROQUE MADAME (M-44 D)

11.21

% Saturated Fat

			Portion Size – 1 Each
	QUANTITY/PORTION	<u>INGREDIENTS</u>	METHOD
	<u>1</u>		
	1 each	Prepared Foccacia Bread	<u>STEP 1</u>
		(HVG-107)	Cut the prepared Foccacia bread in half keeping the
	1 oz.	Swiss cheese, thinly sliced	side with the dimples face up.
	1 ½ oz.	Grilled chicken breast, thin strips	
		*	STEP 2
	4 each	Tomato slices	.Place half of the Swiss cheese on top of the dimpled
	2 tsp.	Basic Seasoned Oil (recipe	bread on one half only. Top the cheese with the strips
		MSR-12)	of chicken and tomato slices and then the remaining
			cheese. Place the other half of the Focaccia on top of
		Cost per serving: .62	the last layer of cheese, DIMPLED side down (facing
		* .41 using commodity diced	the cheese). You will now have a large, half moon
		chicken	sandwich of cheese, chicken, tomato and cheese.
			STEP 3
			Brush both the top and the bottom of the prepared
			sandwich with the seasoned oil. These sides will be
COMPONENTS PI			the flat sides of the prepared Foccacia bread.
6.1 servings of bread			стрр Л
meat/meat alternate,	¹ / ₂ cup vegetables		STEP 4 Diago the finished DA NUNU conducies in the grill and
	A		Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow
<u>NUTRIENT</u>	Amount per Serving		the sandwich to grill until the top and bottom are
Calories	644		golden in color and well marked by the grill. The
Protein	29.45 g		cheese should be well melted.
Carbohydrates	84.56 g		cheese should be wen mented.
Fat-total	21.26 g		
Saturated Fat	8.02 g		
Cholesterol	45 mg		
Vitamin A (RE)	143 RE		
Vitamin C	9.9 mg		
Iron	5.53 mg		
Calcium	325 mg		
Sodium	1167 mg		
Fiber	4.74 g		
% Protein	18.31		
% Carbohydrate	52.56		
% Total Fat	29.74		
	11.01		

PANINI FRESCA: CROQUE MONSIEUR

(M-44 E)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u> 1	INGREDIENTS	METHOD
1 each	Prepared Foccacia Bread (HVG-107)	<u>STEP 1</u> Cut the prepared Foccacia bread in half keeping the
1 oz.	Swiss cheese, thinly sliced	side with the dimples face up.
1 ½ oz. 4 each	Ham, thinly sliced Tomato slices	<u>STEP 2</u>
2 tsp.	Basic Seasoned Oil (recipe MSR-12)	Place half of the Swiss cheese on top of the dimpled bread on one half only. Top the cheese with the ham and tomato slices and then the remaining cheese.
	Cost per serving: .53	Place the other half of the Focaccia on top of the last layer of cheese, DIMPLED side down (facing the cheese). You will now have a large, half moon sandwich of cheese, ham, tomato and cheese.
		STEP 3 Brush both the top and the bottom of the prepared
COMPONENTS PER PORTION		sandwich with the seasoned oil. These sides will be
6.1 servings of bread/grains, 2 ¹ / ₂ oz.		the flat sides of the prepared Foccacia bread.

meat/meat alternate, ¹/₂ cup vegetables

NUTRIENT	Amount per Serving	
Calories	632	
Protein	28.22 g	
Carbohydrates	85.76 g	
Fat-total	19.85 g	
Saturated Fat	7.99 g	
Cholesterol	45 mg	
Vitamin A (RE)	129 RE	
Vitamin C	17.4 mg	
Iron	5.59 mg	
Calcium	306 mg	
Sodium	1389 mg	
Fiber	4.25 g	
% Protein	17.86	
% Carbohydrate	54.27	
% Total Fat	28.27	
% Saturated Fat	11.38	

STEP 4

Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.

PANINI FRESCA: JEAN RANDOLPHE (M-44 F)

	QUANTITY/PORTION	<u>s</u>	INGREDIENTS	METHOD
	1 each		Prepared <i>ROSEMARY</i> Foccacia Bread (recipe HVG-107)	<u>STEP 1</u> Cut the prepared Rosemary Foccacia bread in half
	2 oz.		Swiss cheese, thinly sliced *	keeping the side with the dimples face up.
	4 each		Tomato slices	
	2 each		Onion, thinly sliced	STEP 2
	2 tsp.		Dijon mustard	.Place half of the Swiss cheese on top of the dimpled
	2 tsp.		Basic Seasoned Oil (recipe MSR-12)	bread on one half only. Top the cheese with the tomato slices and onion, then the remaining cheese.
				Spread the Dijon mustard on the dimpled side of the
			Cost per portion: .62	other half of the Focaccia bread and place it,
			* 32 using commodity	DIMPLED side down (facing the cheese) on top of the
			mozzarella and or white	last layer of cheese You will now have a large, half
			cheddar	moon sandwich of cheese, tomato, onion, cheese &
				Dijon mustard.
COMPONENTS PI	ER PORTION			<u>STEP 3</u>
6.1 servings of bread	/grains, 2 oz. meat/meat			Brush both the top and the bottom of the prepared
alternate, ½ cup vege	etables			sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.
<u>NUTRIENT</u>	Amount per Serving			
~				STEP 4
Calories	716			Place the finished PANINI sandwich in the grill and
Protein	31.17 g			press down on the top to secure the sandwich. Allow
Carbohydrates	88.96 g			the sandwich to grill until the top and bottom are
Fat-total	26.68 g			golden in color and well marked by the grill. The cheese should be well melted.
Saturated Fat	12.37 g			cheese should be well melled.
Cholesterol	52 mg			
Vitamin A (RE)	173 RE			
Vitamin C	11.5 mg			
Iron Calcium	5.43 mg			
Sodium	599 mg			
Fiber	1036 mg			
% Protein	4.62 g 17.42			
% Carbohydrate	49.71			
% Total Fat	33.55			
% Saturated Fat	15.56			
70 Saturateu Fal	15.50			

PANINI FRESCA: MONTE CRISTO

(M-44 G)

Portion Size – 1 Each

QUANTITY/PORTION	<u>S</u> <u>INGREDIENTS</u>	METHOD
1 each	Prepared Foccacia Bread (recipe HVG-107)	<u>STEP 1</u> Cut the prepared Foccacia bread in half keeping the
1 oz. 1/2 oz.	Swiss cheese, thinly sliced Ham, thinly sliced	side with the dimples face up.
1 oz.	Turkey, thinly sliced *	STEP 2
4 each	Tomato slices	.Place half of the Swiss cheese on top of the dimpled
1 tsp.	Cranberry sauce or berry jelly (mixed berry, strawberry or raspberry – NOT grape)	bread on one half only. Top the cheese with the ham, turkey & tomato slices, then the remaining cheese. Spread the cranberry sauce (or berry jelly) on the
2 tsp.	Basic Seasoned Oil (recipe MSR-12)	other half of the Focaccia bread on the DIMPLED side and then place it on the last layer of cheese. You
		will now have a large, half moon sandwich of cheese,
	Cost per portion: .67	ham, turkey, tomato, cheese & berry jelly.
	* .55 using commodity roast	
	turkey	STEP 3
		Brush both the top and the bottom of the prepared

COMPONENTS PER PORTION

6.1 servings of bread/grains, 2 ¹/₂ oz. meat/meat alternate, $\frac{1}{2}$ cup vegetables

NUTRIENT	Amount per Serving	
Calories	682	
Protein	32.14 g	
Carbohydrates	87.00 g	
Fat-total	21.44 g	
Saturated Fat	8.24 g	
Cholesterol	58 mg	
Vitamin A (RE)	129 RE	
Vitamin C	17.5 mg	
Iron	5.91 mg	
Calcium	313 mg	
Sodium	1066 mg	
Fiber	4.31 g	
% Protein	18.85	
% Carbohydrate	51.01	
% Total Fat	28.29	
% Saturated Fat	10.87	

Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.

STEP 4

Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.

PANINI FRESCA: PESTO CHICKEN

Fiber % Protein

% Carbohydrate % Total Fat

% Saturated Fat

18.56

55.42 26.59

8.64

(M-44 H)

			I OI HOIL DIZC - I LACH
	QUANTITY/PORTION	<u>S</u> <u>INGREDIENTS</u>	METHOD
	1 each	Prepared <i>Pesto</i> Foccacia Bread (recipe HVG-107)	<u>STEP 1</u> Cut the prepared Pesto Foccacia bread in half keeping
	1 oz. 1 ½ oz.	Mozzarella cheese, thinly sliced * Grilled chicken breast, cut into strips *	the side with the dimples face up.
	¹ /2 cup	Diced Tomatoes, roasted (see method)	.Place half of the Mozzarella cheese on top of the dimpled bread on one half only. Top the cheese with
	2 tsp.	Basic Seasoned Oil (recipe	the grilled chicken and roasted tomatoes (See Note), then the remaining cheese. Then place the other half
		MSR-12)	of the Focaccia bread DIMPLED side down (facing
			the cheese) on top of the last layer of cheese. You
			will now have a large, half moon sandwich of cheese,
		Cost per portion: .67	chicken, tomato, and cheese.
		* .35 using commodity diced	
		chicken & mozzarella	STEP 3
			Brush both the top and the bottom of the prepared
COMPONENTS P			sandwich with the seasoned oil. These sides will be
6.1 servings of bread			the flat sides of the prepared Foccacia bread.
meat/meat alternate,	¹ / ₂ cup vegetables		STEP 4
NUTRIENT	Amount per Serving		Place the finished PANINI sandwich in the grill and
	Amount per berving		press down on the top to secure the sandwich. Allow
Calories	609		the sandwich to grill until the top and bottom are
Protein	28.27 g		golden in color and well marked by the grill. The
Carbohydrates	84.39 g		cheese should be well melted.
Fat-total	17.99 g		
Saturated Fat	5.85 g		NOTE:
Cholesterol	35 mg		To roast the tomatoes place the diced tomatoes in a 2-
Vitamin A (RE)	121 RE		inch hotel pan. Place in a 350-degree oven until the
Vitamin C	9.9 mg		tomatoes have released some of their liquid and have
Iron	5.55 mg		changed from a bright red color to a larker, deep red
Calcium	236 mg		color. Allow to cool.)
Sodium	1226 mg		
Fiber	4.74 g		
0/ Ductoin	1956		

PANINI FRESCA: SICILIAN

(M-44 I)

	<u>QUANTITY/PORTIONS</u> 1	INGREDIENTS	METHOD
	1 each	Prepared <i>Tomato</i> Foccacia Bread (recipe HVG-107)	<u>STEP 1</u> Cut the prepared Tomato Foccacia bread in half
	1 ½ oz.	Provolone cheese, thinly sliced *	keeping the side with the dimples face up.
	¹ / ₄ OZ.	Pepperoni slices	STEP 2
	$\frac{1}{2}$ OZ.	Ham, thinly sliced Sautéed mushrooms, thinly sliced	<u>SIEF 2</u> .Place half of the Provolone cheese on top of the
	2 Tablespoons 2 Tablespoons	Sautéed musificiality sheed Sautéed green bell peppers, thinly sliced	dimpled bread on one half only. Top the cheese with the pepperoni, ham, and sautéed vegetables (see note),
	4 Tablespoons	Sautéed onions, thinly sliced	then the remaining cheese. Top with the other half of
	2 tsp.	Basic Seasoned Oil (recipe	the Focaccia bread DIMPLED side down. You will
		MSR-12)	now have a large, half moon sandwich of cheese,
			pepperoni, ham, sautéed vegetables & cheese.
COMPONENTS PE			
6.1 servings of bread/		Cost per serving: .65	STEP 3
meat/meat alternate, ¹ /	2 cup vegetables	* .41 using commodity	Brush both the top and the bottom of the prepared
		mozzarella	sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.
ΝΗΙΤΡΟΙΕΝΙΤ	Amount non Soming		the flat sides of the prepared Poccacia bread.
<u>NUTRIENT</u>	Amount per Serving		STEP 4
Calories	666		Place the finished PANINI sandwich in the grill and
Protein	28.40 g		press down on the top to secure the sandwich. Allow
Carbohydrates	88.14 g		the sandwich to grill until the top and bottom are
Fat-total	22.54 g		golden in color and well marked by the grill. The
Saturated Fat	8.99 g		cheese should be well melted.
Cholesterol	40 mg		
Vitamin A (RE)	99 RE		NOTE: The mushrooms, green bell peppers and
Vitamin C	15.5 mg		onions can be mixed together either before or after
Iron	5.61 mg		cooking and placed on the Foccacia as a mixture. For
Calcium	334 mg		each serving measure 1/2 cup of the mixture.
Sodium	1407 mg		
Fiber	4.67 g		
% Protein	17.05		
% Carbohydrate	52.90		
% Total Fat	30.44		
% Saturated Fat	12.14		

PANINI FRESCA: TURKEY REUBEN (M-44 J)

QUANTITY/PORTIONS INGREDIENTS METHOD	
<u>1 Sandwich</u>	
1 each Prepared Foccacia Bread (recipe HVG-107) STEP 1 Cut the prepared Foccacia bread in half	f kee
1 oz.Swiss cheese, thinly slicedthe side with the dimples face up.2 oz.Turkey breast, thinly sliced *the side with the dimples face up.2 eachTomato slices, ½ oz. eachcmmp a	
1/4 cup Sauerkraut, rinsed & drained well Strep 2 1 tsp. Fat free Russian or 1,000 Isl. Place half of the Swiss cheese on top of dimpled bread on one half only. Top the	
2 tsp. Basic Seasoned Oil for Foccacia (recipe MSR-12) with the turkey, tomato slices and sauerly then the remaining cheese. Spread the R dressing on the dimpled side of the other	Russ
Cost per portion: \$0.69the Focaccia bread and place it, DIMPL* \$0.45 using commodity roast turkeydown (facing the cheese) on top of the la of cheese You will now have a large, h sandwich of cheese, turkey, tomato, saudo	LED last , half

COMPONENTS PER PORTION

6.1 servings of bread/grains, 3 oz. meat/ meat alternate, $\frac{1}{2}$ cup vegetables

NUTRIENT	Amount per Serving	
Calories	732	
Protein	37.85 g	
Carbohydrates	84.66	
Fat-total	23.36 g	
Saturated Fat	8.72 g	
Cholesterol	77 mg	
Vitamin A (RE)	93 RE	
Vitamin C	11.12 mg	
Iron	6.56 mg	
Calcium	328 mg	
Sodium	1194 mg	
Fiber	4.48 g	
% Protein	20.68	
% Carbohydrate	46.26	
% Total Fat	28.72	
% Saturated Fat	10.72	

eeping

the cheese aut, ssian half of D side st layer alf moon sandwich of cheese, turkey, tomato, sauerkraut, cheese & fat free Russian dressing.

STEP 3

Brush both the top and the bottom of the prepared sandwich with the seasoned oil. These sides will be the flat sides of the prepared Foccacia bread.

STEP 4

Place the finished PANINI sandwich in the grill and press down on the top to secure the sandwich. Allow the sandwich to grill until the top and bottom are golden in color and well marked by the grill. The cheese should be well melted.

PHILADELPHIA CHEESESTEAK BAR

(**M-47**)

APPROX	IMATE QUANTI	TY/PORTIONS	"INGREDIENTS"	METHOD
<u>10</u>	<u>25</u>	<u>50</u>		
			Offer at least 1 (1/customer)	<u>STEP 1</u>
5 portions	12 portions	25 portions	Reprocessed beef wafer steaks, 2.5 oz. each	Select food items ("ingredients") to be offered on the
5 portions	12 portions	25 portions	Reprocessed chicken wafer steaks, 2.5 oz. each	theme bar. Offer at least the minimum number of
				required food components or meal subunits.
			<u>Offer at least 2 (1/customer)</u>	
10 portions	25 portions	50 portions	Steak rolls, 2.75 oz. each	<u>STEP 2</u>
10 portions	25 portions	50 portions	12" Plain tortilla wraps, 3.25 oz. each	Prepare food items according to standardized recipes
10 portions	25 portions	50 portions	12" Flavored tortilla wraps, 3.5 oz. each	as needed.
10 portions	25 portions	50 portions	Soft Kaiser rolls, 2.5 oz. each	
				<u>STEP 3</u>
				Record the amounts of each food item offered,
			Offer at least 1 (1/2 c./customer)	leftover, and served on the corresponding theme bar
10 portions	25 portions	50 portions	Mashed potatoes, prepared	production record on the following page. Completing
10 portions	25 portions	50 portions	Boston Baked Beans	the theme bar record is required for subsequent menu
10 portions	25 portions	50 portions	Baked French fries	nutritional analysis.
5 portions	10 portions	25 portions	Steamed or sauteed red and green bell peppers, $\frac{1}{4}$ c.	
5 portions	10 portions	25 portions	Fresh lettuce, shredded, ¼ c.	Food specifications and food components contributed
			Fresh tomatoes, sliced, ¹ / ₄ c.	by each ingredient that may be offered on the theme
10 portions	25 portions	50 portions	Steamed or sauteed onions, 1/4 c.	bar are also specified on the corresponding theme bar
10 portions	25 portions	50 portions	Steamed or sauteed mushrooms, ¹ / ₄ c.	production record on the following page.
5 portions	10 portions	25 portions		
			Offer at least 5 (portions/customer listed below)	* Schools following Traditional or Enhanced Food
5 portions	10 portions	25 portions	Cheddar cheese sauce, 1 oz.	Based Method of menu planning must plan to
5 portions	10 portions	25 portions	Sliced American cheese, ¹ / ₂ oz.	offer all required meal components at the theme
5 portions	10 portions	25 portions	Relish, sweet, 1 oz.	bar.
5 portions	10 portions	25 portions	Dill pickle chips, 1 oz.	
			Offer All	
5 montions	10 montions	25 montions	(portions/customer listed below) Mustard, 1 oz.	
5 portions	10 portions	25 portions	Ketchup, 1 oz.	
10 portions	25 portions	50 portions	Hot pepper sauce, 1 oz.	
10 portions	25 portions	50 portions		
5 portions	10 portions	25 portions	Pizza sauce, 1 oz.	

Menutainment Theme Bar Food Production Record: Philadelphia Cheesesteak Bar

Total Number of Customers Served _____

(Reimbursable Meals

Adult/A La Carte Meals _____)

		FOOD AMOUNTS Enter amounts in units of weight, such as lbs./oz., <i>and/or</i> units of volume measurement, such as qt				
Food Item	Recipe/Product	Amount to Prepare	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served
Offer at least 1 (1/customer)						
Reprocessed beef wafer steaks, 3 oz. each						
Reprocessed chicken wafer steaks, 3 oz. each						
Offer at least 2 (1/customer)						
Steak rolls, 2.75 oz. each						
12" Plain tortilla wraps, 3.25 oz. each	PSADO					
12" Flavored tortilla wraps, 3.5 oz. each	TYSON					
Soft Kaiser rolls, 2.5 oz. each						
Offer at least 1 (1/2 c./customer)						
Mashed potatoes, prepared	Trio Complete					
Boston Baked Beans	HVG-40					
Baked French fries	Carnation 3/8" CC					
Steamed or sauteed red and green bell						
peppers, ¹ / ₄ c.						
Fresh lettuce, shredded, ¹ / ₄ c.						
Fresh tomatoes, sliced, ¹ / ₄ c.						
Steamed or sauteed onions, ¹ / ₄ c.						
Steamed or sauteed mushrooms, ¹ / ₄ c.						
Offer at least 5 (portions/customer listed below)						
Cheddar cheese sauce, 1 oz.	Harvest Pride					
Sliced American cheese, ¹ / ₂ oz.	USDA or Shrieber					
Relish, sweet, 1 oz.						
Dill pickle chips, 1 oz.						
• •						
Offer All (portions/customer listed below)						
Mustard, 1 oz.						
Ketchup, 1 oz.						
Hot pepper sauce, 1 oz.						
Pizza sauce, 1 oz.	Don Pepino					

QUANTITY/PORTIONS					
<u>10</u>	25	<u> </u>			
1 lb. + 8 oz.	3 lb. + 12 oz.	7 lbs. $+ 8 \text{oz}.$			
1 lb. + 8 oz.	3 lb. + 12 oz.	7 lbs. + 8 oz.			
6 oz.	15 oz.	1 lb. + 14 oz.			
1 lb. + 8 oz.	3 lb. + 12 oz.	7 lbs. + 8 oz.			
12 oz.	1 lb. + 14 oz.	3 lb. + 12 oz.			
1 lb. + 8 oz.	3 lb. + 12 oz.	7 lbs. + 8 oz.			
$\frac{1}{4} \exp + 1 \frac{1}{2} \text{ tsp.}$	$\frac{1}{2} \operatorname{cup} + 3 \operatorname{tbsp.}$	$1 \frac{1}{4} cups + 2 \frac{1}{2} tbsp.$			
1 tbsp.	2 tbsp. + 1 $\frac{1}{2}$ tsp.	$\frac{1}{2}$ cup + 1 tbsp.			
$\frac{1}{4} \exp + 1 \frac{1}{2} \text{ tsp.}$	$\frac{1}{2} \operatorname{cup} + 3 \operatorname{tbsp.}$	$1 \frac{1}{4} cup + 2 \frac{1}{2} tbsp.$			
1 tbsp. $+ 1 \frac{1}{2}$ tsp.	3 tbsp. $+ 2 \frac{1}{4}$ tsp.	$\frac{1}{4} cup + 3 \frac{1}{2} tbsp.$			
1 ½ tsp.	1 tbsp. + ³ ⁄ ₄ tsp.	2 tbsp. + 1 $\frac{1}{2}$ tsp.			
3/8 tsp.	1 tsp.	2 tsp.			
1 tbsp.	2 tbsp. $+\frac{1}{2}$ tsp.	$\frac{1}{2} \operatorname{cup} + 1$ tbsp.			
COMPONENTS PER	RPORTION				

1¹/₂ cup vegetables

<u>NUTRIENT</u>	Amount per Serving	
Calories	153	
Protein	13.08 g	
Carbohydrates	21.32 g	
Fat-total	7.10 g	
Saturated Fat	1.01 g	
Cholesterol	0 mg	
Vitamin A (RE)	2049 RE	
Vitamin C	112.7 mg	
Iron	1.90 mg	
Calcium	122 mg	
Sodium	292 mg	
Fiber	7.49 g	
% Protein	1308	
% Carbohydrate	55.54	
% Total Fat	41.62	
% Saturated Fat	5.93	

INGREDIENTS

Carrots Celery Green pepper Broccoli Cucumbers Green cabbage Vegetable oil Sugar White vinegar Soy Sauce Dry mustard Ground ginger Garlic powder

METHOD

STEP 1

Peel the carrots and cut on the diagonal into 1/8-inch thick slices. Cook in salted boiling water until tender. Shock in cold water. Drain well and set them aside.

STEP 2

Cut and blanch the celery as the carrots.

STEP 3

Julienne the pepper into 1/8 inch slices.

STEP 4

Trim the broccoli florets from the stems. Cut the broccoli florets into bite size pieces. Blanch until they turn a bright green. Shock in cold water. Drain and set aside. Trim the broccoli stems with a peeler to remove tough skin. Cut into 1/8-inch slices diagonally. Cook like the carrots, shock, drain.

STEP 5

Peel, seed and slice the cucumber into 1/8-inch slices.

STEP 6

Slice the cabbage in half and remove the core. Cut the cabbage across the head into 1/8-inch slices. Cut the strips again into 2-inch long pieces.

STEP 7

Heat 1-tablespoon vegetable oil in a large skillet. When the pan is hot add the cabbage and sauté until just slightly wilted but still crisp and bright. Transfer the cabbage to a bowl and add the carrots, celery, green pepper, broccoli florets, broccoli stems and cucumbers.

Continued on next page

SIX TREASURE ASIAN MEDLEY (M-60)

% Saturated Fat

5.93

<u>SIX I KEASUKE</u>	ASIAN MEDLEI	(141-00)		Portion Size – 1 ½ Cup
	QUANTITY/PORTION	IS	INGREDIENTS	METHOD
<u>10</u>	25	<u>50</u>		
		_	Salt, dash	STEP 8
			Pepper, dash	In a small bowl, mix the sugar, vinegar, soy, dry
1 ½ tsp.	1 tbsp. + ¾ tsp.	2 tbsp. + 1 ½ tsp.	Sesame seeds	mustard, ground ginger and garlic powder until all dry ingredients are dissolved. Beat in the remaining oil. Pour the dressing over the salad. Mix well to coat. Adjust the seasonings if necessary. Sprinkle with sesame seeds. Portion with 12-oz. spoodle. Serve with cooked white rice.
COMPONENTS P ¹ / ₂ cup vegetables	ER PORTION			
NUTRIENT	Amount per Serving			
Calories	51			
Protein	1.67 g			
Carbohydrates	7.11 g			
Fat-total	2.37 g			
Saturated Fat	0.33 g			
Cholesterol	0 mg			
Vitamin A (RE)	683 RE			
Vitamin C	37.5 mg			
Iron	0.63 mg			
Calcium	40 mg			
Sodium	97 mg			
Fiber	2.49 g			
% Protein	13.08			
% Carbohydrate	55.54			
% Total Fat	41.62			
	5.00			

SPUDS BAR (M-70)

APPROXI	MATE QUANTIT	Y/PORTIONS	"INGREDIENTS"	METHOD
<u>10</u>	<u>25</u>	<u>50</u>	<u>Offer at least 1</u>	
10 ea.	25 ea.	50 ea.	Large baked potatoes (80 count)	<u>STEP 1</u>
6 lb.	15 lb.	30 lb.	Baked potato wedges, oven heated	Select food items ("ingredients") to be offered on the
6 lb.	15 lb.	30 lb.	Potato wedges, oven heated	theme bar. Offer at least the minimum number of
30 each	75 each	150 each	Pierogies, boiled or steamed	required food components or meal subunits.
			<u>Offer at least 2*</u>	
1 ¹ / ₂ cups	1 qt.	2 qt.	Diced ham	<u>STEP 2</u>
3 cups	2 qt.	4 qt.	Shredded cheese, such as cheddar or mozzarella	Prepare food items according to standardized recipes
¹ / ₄ recipe	¹ / ₂ recipe	1 recipe	Simple taco meat (recipe: 10 lb. raw ground	as needed.
			beef, cooked and drained, seasoned with 9 oz.	
			package of taco seasoning mix)	<u>STEP 3</u>
Recipe for 10	Recipe for 25	Recipe for 50	Sloppy Joe meat (HS- 120)	Record the amounts of each food item offered,
Recipe for 10	Recipe for 25	Recipe for 50	Vegetable Chili (HE-295)	leftover, and served on the corresponding theme bar
			<u>Offer at least 4</u>	production record on the following page. Completing
1 ¹ / ₂ cups	1 qt.	2 qt.	Boston baked beans (HVG- 40)	the theme bar record is required for subsequent menu
1 ¹ / ₂ cups	1 qt.	2 qt.	Cajun barbecue beans (HVG-55)	nutritional analysis.
1 ¹ / ₂ cups	1 qt.	2 qt.	Diced tomatoes	
1 ¹ / ₂ cups	1 qt.	2 qt.	Diced green onions	Food specifications and food components contributed
1 ¹ / ₂ cups	1 qt.	2 qt.	Diced green and/or red pepper	by each ingredient that may be offered on the theme
1 ¹ / ₂ cups	1 qt.	2 qt.	Chopped chives	bar are also specified on the corresponding theme bar
1 ¹ / ₂ cups	1 qt.	2 qt.	Steamed cauliflower, chopped	production record on the following page.
3 cups	2 qt.	4 qt.	Steamed broccoli, chopped	
1 ¹ / ₂ cups	1 qt.	2 qt.	Black olives, chopped	
2/3 cup	1 ½ cups	1 qt.	Salsa, commodity	
			<u>Offer at least 1</u>	
5 ea.	12 ea.	25 ea.	Dinner roll, commercially prepared	
5 ea.	12 ea.	25 ea.	Breadstick, commercially prepared	
1⁄2 lb.	1 lb.	2 lb.	Corn chips, commercially prepared	
			Offer	
10	25	50	Whipped spread, zero trans fat, 5 g portion cups	
2 cups	1 qt.	2 qt.	Sour cream or Ranch dressing	
1 cup	¹ /2 qt.	1 qt.	Bacon bits, imitation	
¹ ∕₂ #10 can	1 #10 cans	2 #10 cans	Cheese sauce, commercially prepared	

 ½ #10 can
 1 #10 cans
 2 #10 cans
 Cheese sauce, commercially prepared

 * Schools following Traditional or Enhanced Food Based Method of menu planning must offer at least one of these food choices which provide 2 oz. meat/meat alternate per standard serving size.

Menutainment Theme Bar Food Production Record: Spuds Bar

Total Number of Customers Served

(Reimbursable Meals

Adult/A La Carte Meals _____)

		FOOD AMOUNTS Enter amounts in units of weight, such as lbs./oz., <i>and/or</i> units of volume measurement, such as qts., cups.				
Food Item	Recipe/Product	Amount to Prepare	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served
Offer at least 1						
Large baked potatoes	80 count, 1 each/customer					
Baked potato wedges	Simplot, 1 cup/customer					
Potato Wedges	USDA or Yorkmont Valley					
Pierogies, potato/cheese	Mrs. T's, 3 per customer					
Offer at least 2	Combined total of 1/2 cup per					
	$customer = approx. 2 \ oz. M/MA$					
Diced ham	95% Fat free commodity or FDBuy					
Shredded cheese, such as cheddar	USDA commodity or G/Lakes					
or mozzarella	-					
Simple taco meat	HE-223					
Sloppy Joe meat	BC/HE-370					
Vegetable chili	HE-295					
Offer at least 4	Allow up to 1 cup combined					
	total/customer:					
Boston baked beans	HVG- 40					
Cajun barbecue beans	HVG-55					
Diced tomatoes	Fresh					
Diced green onions	Fresh					
Diced green and/or red pepper	Fresh					
Chopped chives	Fresh or dried					
Steamed cauliflower, chopped	Fresh or frozen					
Steamed broccoli, chopped	Fresh or frozen					
Black olives, chopped	Canned					
Salsa	USDA commodity					
Offer at least 1	Choice of one per customer:					
Dinner roll	Stroehman 1.25 oz. ea.(1 each)					
Breadstick	Rudi's 1.5 oz. ea. (1/each)					
Corn chips	Frito Lay (1 oz./each)					
▲						
Offer	Portion with 1 oz. scoop or ladle:					
Whipped spread, zero trans fat, pc	Unilever #1111518200					
Sour cream						
Ranch dressing	Ken's					
Bacon bits, imitation						
Cheese sauce, zero trans fat	Ghels #05107 or #03214; Nestle					
······	Trio #38262; or Campbell's #5234					

WILD GREENS: ANTIPASTO SALAD (M-75)

	QUANTITY/PORTI	ONS
<u>1</u>	5	<u>10</u>
1 oz.	5 oz.	10 oz.
¹ / ₂ OZ.	2 ½ oz.	5 oz.
1 oz.	5 oz.	10 oz.
1 cup	5 cups	2 ½ qt.
1 cup	5 cups	2 ½ qt.
2 Tbsp.	2/3 cup	1 1/3 cup
1 Tbsp.	1/3 cup	2/3 cup
1 Tbsp.	1/3 cup	2/3 cup
1 tsp.	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.
1 oz.	5 oz.	10 oz.

COMPONENTS PER PORTION

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

NUTRIENT	Amount per Serving	
Calories	399	
Protein	21.17 g	
Carbohydrates	46.76 g	
Fat-total	14.04 g	
Saturated Fat	5.73 g	
Cholesterol	42 mg	
Vitamin A (RE)	217 RE	
Vitamin C	18.5 mg	
Iron	4.92 mg	
Calcium	252 mg	
Sodium	1029 mg	
Fiber	3.39 g	
% Protein	21.20	
% Carbohydrate	46.82.	
% Total Fat	31.64	
% Saturated Fat	12.91	

INGREDIENTS

Ham, small diced Salami, small diced Mozzarella cheese, small dice* Romaine, large dice Cooked Bow Tie Pasta Diced Tomatoes Diced Tomatoes Diced Red Onion Sliced Black Olives Parmesan cheese Light Italian Dressing

Cost per serving: .79 * .66 using commodity

METHOD

<u>STEP 1</u> Set up the station:

Using a refrigerated cold unit: Place each ingredient in shallow serving bowls set into ice (if available). Place only enough ingredients that will be used during that lunch period. Back up of each ingredient should be readily available.

<u>STEP 2</u>

For each serving:

- Pre-portion salad greens (romaine) in specified serving containers
- Add cooked pasta
- Add tomatoes, onion & black olives
- Sprinkle with Parmesan cheese
- Top with meats & cheese
- Add dressing
- Serve

WILD GREENS: ASIAN SIX TREASURE CHICKEN (M-80)

				Portion Size – 1 Each
1	QUANTITY/PORTION		INGREDIENTS	METHOD
<u>1</u> 2 oz.	<u>5</u> 10 oz.	<u>10</u> 1 lb. + 4 oz.	Grilled Chicken Breast, diced *	<u>STEP 1</u>
1 cup	5 cups	10. + 402. 10 cups	Iceberg Salad Mix	Ster 1 Set up the station:
¹ / ₂ cup	$2 \frac{1}{2}$ cups	5 cups	Cabbage, shredded	Using a refrigerated cold unit: Place each ingredient in
2 Tbsp.	2/3 cup	1 1/3 cups	Red onion, diced	shallow serving bowls set into ice (if available). Place
3 Tbsp.	1 cup	2 cups	Celery, diced	only enough ingredients that will be used during that
3 Tbsp.	1 cup	2 cups	Broccoli florets	lunch period. Back up of each ingredient should be
1 Tbsp.	1/3 cup	2/3 cup	Almonds *	readily available.
1 10sp. 1⁄2 cup	$2\frac{1}{2}$ cups	5 cups	Chow Mein Noodles	readily available.
4 cup	$1 \frac{1}{4} \text{ cups}$	$2 \frac{1}{2}$ cups	Sweet & Sour Soy Vinaigrette	<u>STEP 2</u>
74 cup	1 % cups	2 72 cups	(Recipe MD-29)	<u>51EI 2</u>
			(Recipe MD-29)	For each serving:
				 Pre-portion salad greens (iceberg salad mix &
COMPONENTS P	PED PORTION		Cost per serving: .79	shredded cabbage) in specified serving containers
	ERIORIION		* .53 using commodity	 Add red onion, celery & broccoli
			.55 using commounty	 Top with almonds & chow mein noodles
				 Top with animoles & chow ment hoodies Top with chicken
NUTRIENT	Amount per Serving			 Add dressing
<u>INUT KIENT</u>	Amount per Serving			 Serve
Calories	487			Serve
Protein	24.68 g			
Carbohydrates	33.05 g			
Fat-total	29.76 g			
Saturated Fat	3.14 g			
Cholesterol	40 mg			
Vitamin A (RE)	57 RE			
Vitamin C	35.4 mg			
Iron	3.04 mg			
Calcium	99 mg			
Sodium	657 mg			
Fiber	5.44 g			
% Protein	20.26			
% Carbohydrate	27.12			
% Total Fat	54.85			
% Saturated Fat	5.80			
/ Baturattu Fat	5.00			

WILD GREENS: CATALINA ROAST TURKEY CLUB (M-85)

17.01

% Saturated Fat

				Portion Size – 1 Each
	QUANTITY/PORTION	IS	INGREDIENTS	METHOD
<u>1</u>	<u>5</u>	<u>10</u>		
2 oz.	10 oz.	1 lb. + 4 oz.	Roast turkey cut into thin strips (julienne) *	<u>STEP 1</u>
¹ / ₂ OZ.	2 ½ oz.	5 oz.	Provolone cheese, julienne	Set up the station:
1 cup	5 cups	2 ½ qt.	Iceberg Salad Mix	Using a refrigerated cold unit: Place each ingredient in
¹∕₂ tomato	$2\frac{1}{2}$ tomatoes	5 tomatoes	Tomatoes, cut into wedges	shallow serving bowls set into ice (if available). Place
(4 wedges)	(20 wedges)	(40 wedges)	(each tomato cut into 8 wedges)	only enough ingredients that will be used during that
1 Tbsp	1/3 cup	2/3 cup	Diced Red Onion	lunch period. Back up of each ingredient should be
1 tsp	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.	Bacon bits	readily available.
1 oz.	5 oz.	10 oz.	Catalina Dressing, fat free	
				<u>STEP 2</u>
				 For each serving: Pre-portion salad greens (iceberg salad mix) in specified conving containers.
COMPONENTS PI			Cost per serving: .76	specified serving containersAdd tomatoes & diced onion
2 ¹ / ₂ oz. meat/meat al vegetables	ternate, 1 ¹ / ₂ cups		* .50 using commodity	 Add tomatoes & diced onion Sprinkle with bacon bits Top with meat & cheese
NUTRIENT	Amount per Serving			• Add dressing
				 Serve
Calories	143			
Protein	15.69 g			
Carbohydrates	5.26 g			
Fat-total	6.68 g			
Saturated Fat	2.71 g			
Cholesterol	29 mg			
Vitamin A (RE)	86 RE			
Vitamin C	14.53 mg			
Iron	0.57 mg			
Calcium	115 mg			
Sodium	650 mg			
Fiber	1.63 g			
% Protein	43.77			
% Carbohydrate	14.67			
% Total Fat	41.89			
0/ Cotumoted Fot	17.01			

WILD GREENS: CHICKEN CAESAR SALAD (M-90)

	CHICKEN CAESAK	SALAD (M-90)		Portion Size – 1 Each
	QUANTITY/PORTION	S	INGREDIENTS	METHOD
1	5	<u>10</u>		
2 oz.	10 oz.	1 lb. + 4 oz.	Seasoned Diced Chicken *	STEP 1
1 ¼ cup	$6 \frac{1}{4} \text{ cups}$	12 ¹ / ₂ cups	Romaine, large dice	Set up the station:
¹ / ₄ cup	1 ¼ cups	2 ¹ / ₂ cups	Diced Tomatoes	Using a refrigerated cold unit: Place each ingredient in
¹ / ₂ cup	2 ¹ / ₂ cups	5 cups	Seasoned Croutons	shallow serving bowls set into ice (if available). Place
1 tsp.	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.	Parmesan cheese	only enough ingredients that will be used during that
1 oz .	5 oz.	10 oz.	Light (Lo Cal) Caesar Dressing	lunch period. Back up of each ingredient should be
				readily available.
				<u>STEP 2</u>
				For each serving:
COMPONENTS PE			Cost per serving: .77	 Pre-portion salad greens (romaine) in specified
2 oz. meat/meat alter	nate, 1 ¹ / ₂ cup vegetables		* .51 using commodity	serving containers
				 Add tomatoes
				Add croutons
<u>NUTRIENT</u>	Amount per Serving			 Sprinkle with parmesan cheese
				• Top with meat
Calories	285			Add dressing
Protein	23.13 g			Serve
Carbohydrates	19.53 g			
Fat-total	12.60 g			
Saturated Fat	3.06 g			
Cholesterol	43 mg			
Vitamin A (RE)	218 RE			
Vitamin C	25.4 mg			
Iron	2.15 mg			
Calcium	84 mg			
Sodium	888 mg			
Fiber	2.69 g			
% Protein	32.43			
% Carbohydrate	27.37			
% Total Fat	39.74			
% Saturated Fat	9.65			

WILD GREENS: CHUNKY TUNA SALAD (M-92)

				Portion Size – 1 Each
	QUANTITY/PORTION		INGREDIENTS	METHOD
<u>1</u>	<u>5</u>	<u>10</u>		
¹ / ₂ cup	2 ¹ / ₂ cups	5 cups	Chunky Tuna* Salad	STEP 1
			(recipe CS-47)	Set up the station:
1 each	5 each	10 each	Hard cooked egg, cut into 8ths	Using a refrigerated cold unit: Place each ingredient in
1 cup	5 cups	10 cups	Iceberg salad mix	shallow serving bowls set into ice (if available). Place
2 tbsp.	2/3 cup	1 1/3 cup	Cucumber, thinly sliced	only enough ingredients that will be used during that
¹ / ₄ cup	1 ¼ cup	2 ½ cup	Tomatoes, diced	lunch period. Back up of each ingredient should be
1 tbsp.	1/3 cup	2/3 cup	Red onion, thinly sliced	readily available.
1 oz.	5 oz.	10 oz.	Thousand Island Dressing, fat	
			free	STEP 2
				For each serving:
COMPONENTS PI				 Pre-portion salad greens (iceberg salad mix) in
3 oz. meat/meat alter	mate, 1 1/2 cup		Cost per serving:\$0.74	specified serving containers
vegetables			*\$0.57 using commodity	 Add cucumbers, tomatoes, & onion
				 Top with Chunky Tuna Salad & egg
<u>NUTRIENT</u>	Amount per Serving			 Add dressing
				 Serve
Calories	199			
Protein	22.36 g			
Carbohydrates	7.88 g			
Fat-total	8.43 g			
Saturated Fat	2.28 g			
Cholesterol	229 mg			
Vitamin A (RE)	308 RE			
Vitamin C	24 mg			
Iron	2.56 mg			
Calcium	63 mg			
Sodium	351 mg			
Fiber	2.26 g			
% Protein	44.97			
% Carbohydrate	15.84			
% Total Fat	38.16			
% Saturated Fat	10.32			

Cost per serving: .73

* .68 with commodity

	QUANTITY/PORTI	ONS	INGREDIENTS	MET
<u>1</u>	5	<u>10</u>		
1 oz.	5 oz.	10 oz.	Roast Turkey, small diced *	STEF
¹ ∕2 OZ.	2 ½ oz.	5 oz.	Cheddar cheese, dice *	Set u
¹∕2 OZ.	2 ½ oz.	5 oz.	Hard cooked Egg, diced	Using
1 cup	5 cups	2 ½ qt.	Iceberg salad mix	shallo
¹∕₂ cup	2 ¹ / ₂ cups	5 cups	Romaine, large dice	only e
2 Tbsp.	2/3 cup	1 1/3 cup	Celery, sliced	lunch
3 Tbsp.	1 cup	2 cups	Tomatoes, diced	readil
1 Tbsp.	2/3 cup	1 1/3 cup	Red Onion, sliced	
2 Tbsp.	2/3 cup	1 1/3 cup	Green Pepper, diced	<u>STEI</u>
2 tsp.	3 tbsp. + 1 tsp.	6 tbsp. + 2 tsp.	Bacon bits	
1 oz.	5 oz.	10 oz.	Honey Dijon Dressing, fat free	For e
COMPONENT	NOTTON OF BODTION			D

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 2 cups vegetables

NUTRIENT	Amount per Serving	
Calories	211	
Protein	14.21 g	
Carbohydrates	14.26 g	
Fat-total	10.5 g	
Saturated Fat	4.84 g	
Cholesterol	89 mg	
Vitamin A (RE)	182 RE	
Vitamin C	34.3 mg	
Iron	1.38 mg	
Calcium	149 mg	
Sodium	638 mg	
Fiber	2.51 g	
% Protein	27.01	
% Carbohydrate	27.10	
% Total Fat	44.88	
% Saturated Fat	20.67	

THOD

P1

up the station:

ng a refrigerated cold unit: Place each ingredient in low serving bowls set into ice (if available). Place enough ingredients that will be used during that h period. Back up of each ingredient should be ily available.

Portion Size – 1 Each

EP 2

each serving:

- Pre-portion salad greens (ice berg salad mix & romaine) in specified serving containers
- Add vegetables (celery, tomatoes, scallions & • green peppers)
- Sprinkle with bacon bits
- Top with meat, cheese & eggs
- Add dressing
- Serve

M	EAT/EQUIVALENT	INGREDIENTS ALL SMALL DICE EXCEPT WHERE NOTED										
		CHICKEN		HAM	SALAMI	MOZZARELLA	PROVOLONE	CHEDDAR	AMERICAN	ROAST	HC	
	RECIPE									BEEF	EGG	
1	ANTIPASTO			X	Х	X						
2	ASIAN 6 TREASURE	X										
3	CATALINA TURKEY		X JULIENNE				X JULIENNE					
4	CHIX CAESAR	X										
5	COBB		X					X			Х	
6	COOL AS A CUCUMBER									X JULIENNE		
7	CHIX POPPERS	X POPPERS				×						
8	DELI CHEF		X JULIENNE	X JULIENNE			X JULIENNE		X JULIENNE		X WEDGE	
9	GRILLED MONTEREY	X JULIENNE					X JULIENNE					
10	TOMATO BRUSHETTA					×						

VEGETABLE							INGREDIE	NTS					
			ALL SMALL DICE EXCEPT WHERE NOTED - HIGHLIGHTED ITEMS CAN BE PURCHASED AS SPEC'D										
	RECIPE	ΤΟΜΑΤΟ	CABBAGE SHRED	RED ONION	CELERY	BROCCOLI FLORET		GREEN PEPPER	CUKES	CARROT SHRED	ICEBERG MIX	ROMAINE	
1	ANTIPASTO	X		Х								×	
2	ASIAN 6 TREASURE		×	×	×	×					×		
3	CATALINA TURKEY	X WEDGE		×							x		
4	CHIX CAESAR	×										X	
5	COBB	X			Х			X			X	X	
6	COOL AS A CUCUMBER		×						X JULIENNE	X			
7	CHIX POPPERS	X			Х						X		
8	DELI CHEF	x		X SLICE					X SLICE		x		
9	GRILLED MONTEREY	x			×					x	×	×	
10	TOMATO BRUSHETTA	x		×								×	

	BREAD QUIVALENT/ XTRA ITEMS					INGREDIEN	ITS			
RECIPE		BOW TIE PASTA	SPAGHETTI	CHINESE NOODLES	CROUTONS	BACON BITS	BLACK OLIVES	ALMONDS	PARMESAN	
1	ANTIPASTO	Х					X		X	
2	ASIAN 6 TREASURE			x				X		
3	CATALINA TURKEY					Х				
4	CHIX CAESAR				Х				X	
5	COBB					Х				
6	COOL AS A CUCUMBER		×							
7	CHIX POPPERS									
8	DELI CHEF									
9	GRILLED MONTEREY									
10	TOMATO BRUSHETTA				×					