

## Cold Pyramid Pete and Café Creatures Fun Box Lunches Variations (PS- 32) Revised 2005

	Package the Following Ingredients in #1 Size White Biopak Food Container (Bunzl Item #26089804)	<u>Nutrients</u>													Apply Special Product Identifying Label to Top of Food Container
Variation	(weigh or measure each ingredient carefully)	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)	Components	(Hubert Company Item Numbers are listed below)
A. Pete's Pizza Bagel Fun Lunch  <b>Food portion cost \$0.55</b>	Two (2) Mini Bagels, 1 oz. each 2 oz. (1/2 cup) Shredded Mozzarella Cheese, portioned into a 4 fl. oz. cup w/ lid 2 fl. oz. (1/4 cup) Pizza Sauce, portioned into a 2 fl. oz. cup w/ lid	341	33	880	1.3	2.14	408	181	16.2	21.1	35.9	11.3	5.9	2.2 servings of bread/grains, 2 oz. meat/meat alternate, 1/4 cup vegetables	#40401
B. Dairy- dactyl Fun Lunch  <b>Food portion cost \$0.62</b>	Three (3) packages of saltine crackers, 1/4 oz. each 4 fl. oz. yogurt cup 1 oz. (1/4 cup) Mozzarella Cheese, cut into flat squares, portioned into a 2 fl. oz. cup w/ lid 1.6 oz. bag fresh baby cut carrots	314	21	975	2.0	1.4	321	1326	4.2	11.5	47.6	8.6	4.5	1.0 servings of bread/grains, 2 oz. meat/meat alternate, 1/4 cup vegetables	#37233
C. Breadbeak Bagel Fun Lunch  <b>Food portion cost \$0.58</b>	One (1) Mini Bagel, 1 oz. each One (1) 0.75 oz. Light Cream Cheese p.c. One (1) Large Peeled Hard Boiled Egg, portioned into a 4 fl. oz. cup w/ lid 4 fl. oz. orange juice p.c.	257	227	286	0.9	1.9	62.2	118	41.0	11.6	29.7	10.0	4.5	1.0 servings of bread/grains, 2 oz. meat/meat alternate, 1/4 cup fruit	#43689
D. Nacho Fun Lunch with Vege- tarius Salsa  <b>Food portion cost \$0.49</b>	One (1) oz. tortilla shell rounds 2 oz. (1/2 cup) Shredded Cheddar Cheese, portioned into a 4 fl. oz. cup w/ lid 2 fl. oz. (1/4 cup) Salsa, portioned into a 2 fl. oz. cup w/ lid	393	59	725	2.8	2.5	473	191	2.6	17.0	25.1	24.6	12.9	1.1 servings of bread/grains, 2 oz. meat/meat alternate, 1/4 cup vegetables	#48792

## Cold Pyramid Pete and Café Creatures Fun Box Lunches Variations, continued (PS- 32)












	Package the Following Ingredients in #1 Size White Biopak Food Container (Bunzl Item #26089804)	<u>Nutrients</u>													Apply Special Product Identifying Label to Top of Food Container
Variation	(weigh or measure each ingredient carefully)	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)	Components	(Hubert Company Item Numbers are listed below)
E. PB & J Fun Lunch w/ Fruitus Freakus Punch  <b>Food portion cost \$0.38</b>	Three (3) packages of saltine crackers, ¼ oz. each Four (4) tbsp. (#16 scoop) smooth peanut butter, portioned into a 4 fl. oz. cup w/ lid 4 fl. oz. 100% fruit punch p.c. 2 tbsp. grape jelly, portioned into a 2 fl. oz. cup w/ lid	585	0	590	4.6	2.3	48.6	0	6.2	17.7	55.8	34.4	6.8	1.0 servings of bread/grains, 2 oz. meat/meat alternate, ½ cup fruit	#54866
F. PB & J Fun Lunch w/ Fruitus Freakus Punch variation #1  <b>Food portion cost \$0.48</b>	Two (2) packages of graham crackers, 1/2 oz. each Four (4) tbsp. (#16 scoop) smooth peanut butter, portioned into a 4 fl. oz. cup w/ lid 4 fl. oz. 100% fruit punch p.c. 2 tbsp. grape jelly, portioned into a 2 fl. oz. cup w/ lid	612	0	483	4.75	2.2	29.9	0	6.17	17.6	62.3	34.8	6.6	1.0 servings of bread/grains, 2 oz. meat/meat alternate, ½ cup fruit	#54866

**For a complete reimbursable meal**, offer each student a choice of ½ cup fruit or 1 piece whole fresh fruit AND a choice of ½ pint milk with each box lunch from the food serving line.

**Food product order item numbers, U.S. Foodservice**

<b>Food</b>	<b>If Commodity not available, order from U.S. Foodservice according to the following order item numbers:</b>
Bagel, mini	#593372
Carrots, fresh, baby cut	#044157
Cheddar cheese, shredded	#072409
Cream cheese, light, p.c.	#071747
Fruit punch, 100%, p.c.	#641041
Hard cooked egg, large, peeled	#080139
Jelly	#231842
Mozzarella cheese, block, to be cut into flat square cuts	#077135
Mozzarella cheese, shredded	#072361
Orange juice p.c.	#641075
Peanut butter, smooth	#231844
Pizza sauce	#209931
Salsa	#206494
Saltine crackers	#240094
Tortilla shell rounds	#243806
Yogurt cup	#091535

## Individual Components, Boxed Components, Finished Boxes

<p><b>Pete's Pizza Bagel Fun Lunch</b> Contains 3 Packaged Meal Components</p>   <p>(Fill 4 fl. oz. cup with 2 oz. cheese)</p>  <p>(Fill 2 fl. oz. cup with 1/4 cup sauce)</p> <ul style="list-style-type: none"> <li>• 2 mini bagels, 1 oz. ea. (2 servings B/G) US Foods #593372</li> <li>• 2 oz. shredded mozzarella (2 oz. MMA) Commodity or US Foods #072361</li> <li>• 2 fl. oz. pizza sauce (1/4 cup VEG) Commodity or US Foods #209931</li> </ul>	<p><b>Pete's Pizza Bagel Fun Lunch</b> Boxed Components</p>  <p><b>Positioning of Cheese, Pizza Sauce, and Mini Bagels</b></p>	<p><b>Pete's Pizza Bagel Fun Lunch</b> Finished Box</p>  <p>Seal box closed with Hubert label #40401</p>
<p><b>Dairydactyl Fun Lunch</b> Contains 3 Packaged Meal Components</p>  <p>4 fl. oz. Trix yogurt cup (1 oz. MMA) US Foods # 091535</p>  <p>(Place 1 oz. sliced cheese in 2 fl. oz. cup)</p>  <p>1.6 oz. bag baby cut carrots (1/4 cup VEG) US Foods # 044157</p>  <p>3/4 oz. saltine crackers (1 serving B/G) US Foods # 240094</p>	<p><b>Dairydactyl Fun Lunch</b> Boxed Components</p>  <p><b>Positioning of Yogurt, Cheese, Carrots, and Crackers</b></p>	<p><b>Dairydactyl Fun Lunch</b> Finished Box</p>  <p>Seal box closed with Hubert label #37233</p>

## Individual Components, Boxed Components, Finished Boxes

### Breadbeak Bagel Fun Lunch Contains 3 Packaged Meal Components



1 (1 oz.) mini bagel  
(1 serving B/G)  
US Foods # 693372



(Put egg  
in a 4 fl.  
oz. cup)

1 large precooked/peeled hard boiled egg  
(2 oz. MMA)  
US Foods # 080139



¾ oz. light cream cheese  
(non creditable food)  
US Foods # 071747



4 fl. oz. orange juice  
(1/2 cup FRT)  
US Foods # 641075

### Breadbeak Bagel Fun Lunch Boxed Components



Positioning of Hard Boiled Egg, Mini  
Bagel, Cream Cheese, and Orange Juice

### Breadbeak Bagel Fun Lunch Finished Box



Seal box closed with Hubert label #43689

### Nacho Fun Lunch with Vegetarius Salsa Contains 3 Packaged Meal Components

(Fill 2 fl.  
oz. cup  
with ¼  
cup  
salsa)



- 2 fl. oz. salsa  
(1/4 cup VEG)  
Commodity or US Foods #206494
- 2 oz. shredded cheddar cheese  
(2 oz. MMA)  
Commodity or US Foods #072409
- 1 oz. (1 cup) bulk tortilla rounds  
(1 serving B/G)  
US Foods #243806

(Fill 4 fl.  
oz. cup  
with 2 oz.  
cheese)



### Nacho Fun Lunch with Vegetarius Salsa Boxed Components



Positioning of Cheese, Salsa, and  
Tortilla Shell Rounds

### Nacho Fun Lunch with Vegetarius Salsa Finished Box



Seal box closed with Hubert label #48792

## Individual Components, Boxed Components, Finished Boxes

### PB & J Fun Lunch w/ Fruitus Freakus Punch Contains 3 Packaged Meal Components



4 fl. oz. 100% fruit punch  
(1/2 cup FRT)  
US Foods # 641041



3/4 oz. saltine crackers  
(1 serving B/G)  
US Foods # 240094

(Put #16  
scoop  
peanut  
butter in  
a 4 fl. oz.  
cup)



4 tbsp. peanut butter  
(2 oz. M/M/A)  
Commodity or US Foods # 231844



2 tbsp. grape jelly  
(non creditable food)  
US Foods #231842

(Put #30  
scoop  
jelly in a  
2 fl. oz.  
cup)

### PB & J Fun Lunch w/ Fruitus Freakus Punch Boxed Components



Positioning of Peanut Butter, Jelly,  
Crackers, and Fruit Punch

### PB & J Fun Lunch w/ Fruitus Freakus Punch Finished Box



Seal box closed with Hubert label #54866





## NEW LABELS

# CREATE EXCITEMENT AND BOOST ELEMENTARY SCHOOL LUNCH PARTICIPATION WITH CHARTWELLS PYRAMID PETE AND CAFÉ CREATURES FUN BOX LUNCHES

Identify Products with Meal Specific Creature Identifier Labels



Item	Stock No	Price	Qty	Total
(A) "Dairydactyl Fun Lunch" Label, roll of 500	37233	7.49		
(B) "Breadbeak Bagel Fun Lunch" Label, roll of 500	43689	7.49		
(C) "PB & J Fun Lunch with Fruitus Feakus Punch" Label, roll of 500	54866	7.49		
(D) "Nacho Fun Lunch with Vegetarius Salsa" Label, roll of 500	48792	7.49		
(E) "Pete's Pizza Bagel Fun Lunch" Label, roll of 500	40401	7.49		

Send To:

Company: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

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Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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**Chartwells Menu Management Recipe PS-32**  
**#1 Size White Biopak Food Container - Bunzl #26089804**

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## Cold Pyramid Pete and Café Creatures Fun Box Lunches Variations (PS- 32)

Variation	FOOD ITEMS (weigh or measure each ingredient carefully)	<u>Nutrients</u>												Components
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)	
A. Pete's Pizza Bagel Fun Lunch	Two (2) Mini Bagels, 1 oz. each 2 oz. (1/2 cup) Shredded Mozzarella Cheese, portioned into a 4 fl. oz. cup w/ lid 2 fl. oz. (1/4 cup) Pizza Sauce, portioned into a 2 fl. oz. cup w/ lid	341	33	880	1.3	2.14	408	181	16.2	21.1	35.9	11.3	5.9	2.2 servings of bread/grains, 2 oz. meat/meat alternate, 1/4 cup vegetables
B. Dairy-dactyl Fun Lunch	Three (3) packages of saltine crackers, 1/4 oz. each 4 fl. oz. yogurt cup 1 oz. (1/4 cup) Mozzarella Cheese, cut into flat squares, portioned into a 2 fl. oz. cup w/ lid 1.6 oz. bag fresh baby cut carrots	314	21	975	2.0	1.4	321	1326	4.2	11.5	47.6	8.6	4.5	1.0 servings of bread/grains, 2 oz. meat/meat alternate, 1/4 cup vegetables
C. Breadbeak Bagel Fun Lunch	One (1) Mini Bagel, 1 oz. each One (1) 0.75 oz. Light Cream Cheese p.c. One (1) Large Peeled Hard Boiled Egg, portioned into a 4 fl. oz. cup w/ lid 4 fl. oz. orange juice p.c.	257	227	286	0.9	1.9	62.2	118	41.0	11.6	29.7	10.0	4.5	1.0 servings of bread/grains, 2 oz. meat/meat alternate, 1/4 cup fruit
D. Nacho Fun Lunch with Vegetarius Salsa	One (1) oz. tortilla shell rounds 2 oz. (1/2 cup) Shredded Cheddar Cheese, portioned into a 4 fl. oz. cup w/ lid 2 fl. oz. (1/4 cup) Salsa, portioned into a 2 fl. oz. cup w/ lid	393	59	725	2.8	2.5	473	191	2.6	17.0	25.1	24.6	12.9	1.1 servings of bread/grains, 2 oz. meat/meat alternate, 1/4 cup vegetables



E. PB & J Fun Lunch w/ Fruitus Freakus Punch	Three (3) packages of saltine crackers, ¼ oz. each Four (4) tbsp. (#16 scoop) smooth peanut butter, portioned into a 4 fl. oz. cup w/ lid 4 fl. oz. 100% fruit punch p.c. 2 tbsp. grape jelly, portioned into a 2 fl. oz. cup w/ lid	585	0	590	4.6	2.3	48.6	0	6.2	17.7	55.8	34.4	6.8	1.0 servings of bread/grains, 2 oz. meat/meat alternate, ½ cup fruit
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**ANTIPASTO SALAD****(PS-03)****Portion Size – 1 Platter**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 cups	2 quarts + 2 cups	5 quarts	Lettuce, chopped
½ oz.	2 ½ oz.	5 oz.	Turkey ham
½ oz.	2 ½ oz.	5 oz.	Turkey salami
½ oz.	2 ½ oz.	5 oz.	American cheese
½ oz.	2 ½ oz.	5 oz.	Mozzarella cheese, part skim
8	40	80	Saltines
¼ cup	1 ¼ cup	2 ½ cups	Carrot sticks *
¼ cup	1 ¼ cup	2 ½ cups	Celery sticks *

**METHOD****STEP 1**

Wash, dry and cut all vegetables. Place lettuce bed on plate. Top with cut vegetables, meats and cheeses. Serve with crackers. Store under refrigeration at 40 degrees F or lower until ready to serve.

**For each salad:**

2 cups lettuce  
 ½ oz. each ham, salami, American cheese, mozzarella cheese  
 8 saltines  
 ¼ cup each celery and carrots

**COMPONENTS PER PORTION**

2 oz. meat/meat alternate, 2 ½ cup vegetables,  
 1 serving of bread/grains

\* ¼ cup carrot sticks = 4 sticks, 3 x ¾ inch

\* ¼ cup celery sticks = 6 sticks, 4 x ½ inch

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
<b>Calories</b>	278	
<b>Protein</b>	15.63 g	
<b>Carbohydrates</b>	26.03 g	
<b>Fat-total</b>	12.54 g	
<b>Saturated Fat</b>	5.59 g	
<b>Cholesterol</b>	41 mg	
<b>Vitamin A (RE)</b>	1343 RE	
<b>Vitamin C</b>	10.9 mg	
<b>Iron</b>	2.92 mg	
<b>Calcium</b>	259 mg	
<b>Sodium</b>	922 mg	
<b>Fiber</b>	4.20 g	
<b>% Protein</b>	22.45	
<b>% Carbohydrate</b>	37.39	
<b>% Total Fat</b>	40.53	
<b>% Saturated Fat</b>	18.08	

**BAGEL AND YOGURT BAG LUNCH****(PS-05)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Bagel 3 ½” diameter, 2.3 oz. ea.
2 tbsp.	10 tbsp.	20 tbsp.	Peanut butter, reduced fat
1 each	5 each	10 each	Trix yogurt (4-oz. container)
¼ cup	1 ¼ cup	2 ½ cups	Carrot sticks, ¼ cup
¼ cup	1 ¼ cup	2 ½ cups	Celery sticks, ¼ cup
2	10	20	Jelly, ½ oz. p.c.’s

**METHOD****STEP 1**

Package meal components in a Pyramid Pete bag, include straw and napkin in bag. Store under refrigeration at 41 degrees F or below until ready to serve.

**For each serving, provide:**

1 Bagel  
 2 tbsp. peanut butter  
 1 Yogurt  
 ¼ cup carrot sticks  
 ¼ cup celery sticks  
 2 jelly p.c.’s

**COMPONENTS PER PORTION**

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

**Notes:**

¼ cup carrot sticks = 6 sticks, 4 x ½”  
 ¼ cup celery sticks = 4 sticks, 3 x ¾”

*Offer an additional serving of fruit or vegetables and choice of milk with each bag lunch (not included in nutrient analysis).*

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
<b>Calories</b>	727	
<b>Protein</b>	23.54 g	
<b>Carbohydrates</b>	125.52 g	
<b>Fat-total</b>	14.35 g	
<b>Saturated Fat</b>	3.08 g	
<b>Cholesterol</b>	5 mg	
<b>Vitamin A (RE)</b>	862 RE	
<b>Vitamin C</b>	5.2 mg	
<b>Iron</b>	5.26 mg	
<b>Calcium</b>	221 mg	
<b>Sodium</b>	1411 mg	
<b>Fiber</b>	6.29g	
<b>% Protein</b>	12.95	
<b>% Carbohydrate</b>	69.05	
<b>% Total Fat</b>	17.76	
<b>% Saturated Fat</b>	3.82	

**BOUNTY SALAD****(PS-10)****Portion Size – 1 Each**

<b><u>QUANTITY/PORTIONS</u></b>			<b><u>INGREDIENTS</u></b>
<b><u>1</u></b>	<b><u>5</u></b>	<b><u>10</u></b>	
1 ½ cups	7 ½ cups	3 qt. + 3 cups	Mixed greens, chopped
¼ cup	1 ¼ cups	2 ½ cups	Dried apricots or trail mix (commodity)*
4 large	20 large	40 large	Fresh strawberries, sliced
½ each	2 ½ each	5 each	Fresh apple, sliced, dipped in lemon juice
2 fl. oz.	10 fl. oz.	20 fl. oz.	Poppy seed dressing
1 each	10 each	20 each	Soft breadstick, 1.5 oz. each
			*Packaging/point of sale sign should indicate this product may contain peanuts in order to warn customers with peanut allergy.
<b><u>COMPONENTS PER PORTION</u></b>			
2 ½ cups fruit/vegetables, 1.7 bread/grains			
			Portion cost = \$0.62
<b><u>NUTRIENT</u></b>	<b><u>Amount per Serving</u></b>		
<b>Calories</b>	608		
<b>Protein</b>	7.02 g		
<b>Carbohydrates</b>	78.36 g		
<b>Fat-total</b>	31.99 g		
<b>Saturated Fat</b>	4.67 g		
<b>Cholesterol</b>	0 mg		
<b>Vitamin A (RE)</b>	184		
<b>Vitamin C</b>	18.79 g		
<b>Iron</b>	2.78 mg		
<b>Calcium</b>	78.56 mg		
<b>Sodium</b>	769 mg		
<b>Fiber</b>	7.19 g		
<b>% Protein</b>	4.62		
<b>% Carbohydrate</b>	51.52		
<b>% Total Fat</b>	47.33		
<b>% Saturated Fat</b>	6.91		

**METHOD****STEP 1****Assemble each salad as follows:**

1. Mound 1 ½ cups lettuce in hinged container/platter.
2. Sprinkle ¼ cup trail mix over top.
3. Place ½ cup sliced strawberries around perimeter of lettuce and fan ½ cup sliced apples in the middle.
4. Place breadstick along one side of the container.
5. Place 2 fl. oz. portion cup of dressing along the other side of the salad in container.

**STEP 2**

Portion size = 1 each

# **BREAKFAST FOR LUNCH FUN LUNCH (PS-11)**

Portion Size – 1 Each

## **QUANTITY/PORTIONS**

## **INGREDIENTS**

## **METHOD**

**1**

**5**

**10**

1 each	5 each	10 each	Cereal bowl packs, 1 oz., assorted*
1 each	5 each	10 each	Hard boiled eggs, large
1 each	5 each	10 each	Orange juice, 4 fl. oz. cartons
1 each	5 each	10 each	Fresh fruit, whole, assorted**
1 each	5 each	10 each	Milk, 8 oz. cartons, variety***

## **STEP 1**

Package cereal bowl pack, hard boiled egg, and orange juice carton into a Pyramid Pete bag.

## **STEP 2**

Offer fresh fruit and milk choice with each bag lunch.

## **STEP 3**

Portion size = 1 each.

## **COMPONENTS PER PORTION**

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

\*\*\*Offer whole, skim, and 2% fat white and 1% chocolate milk

## **NUTRIENT**

## **Amount per Serving**

**Portion cost: \$0.71**

<b>Calories</b>	458	
<b>Protein</b>	17.56 g	
<b>Carbohydrates</b>	79.57 g	
<b>Fat-total</b>	9.12 g	
<b>Saturated Fat</b>	3.66 g	
<b>Cholesterol</b>	222 mg	
<b>Vitamin A (RE)</b>	418 RE	
<b>Vitamin C</b>	85.5 mg	
<b>Iron</b>	5.43 mg	
<b>Calcium</b>	349 mg	
<b>Sodium</b>	411 mg	
<b>Fiber</b>	5.37 g	
<b>% Protein</b>	15.35	
<b>% Carbohydrate</b>	69.56	
<b>% Total Fat</b>	17.94	
<b>% Saturated Fat</b>	7.21	

# CHEF SALAD PLATTER (PS-20)

Portion Size – 1 Platter

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>5</u>	<u>10</u>	<u>25</u>	
2 quarts + 2 cups	5 quarts	3 gallons + 2 cups	Lettuce or assorted greens
2 ½ oz.	5 oz.	12 ½ oz.	Smoked turkey ham, boneless, julienne
2 ½ oz.	5 oz.	12 ½ oz.	Chicken breast, cooked and julienne
1 ¼	5	12 ½	Tomatoes, quartered
1 ¼	5	12 ½	Egg, large, hard-cooked and quartered
1 ¼ cup	2 ½ cups	6 ¼ cups	Cucumber, sliced thinly
1 ¼ cup	2 ½ cups	6 ¼ cups	Carrot sticks 4” x ½”
2 ½ oz.	5oz.	12 ½ oz.	Salami, thinly sliced, rolled tightly
2 ½ oz.	5 oz.	12 ½ oz.	Cheddar cheese, julienne
2 ½ oz.	5 oz.	12 ½ oz.	Swiss cheese, julienne
2 ½ oz.	5 oz.	12 ½ oz.	Croutons
5 fl. oz.	10 fl. oz.	25 fl. oz.	Salad dressing, low fat
10 cracker(s)	20 cracker(s)	50 cracker(s)	Saltines
<u>COMPONENTS PER PORTION</u>			
3 oz. meat/meat alternate, 3 cups raw vegetables and ½ serving bread/grains			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	372		
Protein	24.11 g		
Carbohydrates	27.86 g		
Fat-total	18.37 g		
Saturated Fat	6.97 g		
Cholesterol	152 mg		
Vitamin A (RE)	14.03 RE		
Vitamin C	24.3 mg		
Iron	3.03 mg		
Calcium	269 mg		
Sodium	957 mg		
Fiber	24.11		
% Protein	25.88		
% Carbohydrate	29.91		
% Total Fat	44.37		
% Saturated Fat	16.85		

## METHOD

For each serving

### STEP 1

Arrange 2 cups greens on a platter or in a container.

### STEP 2

Arrange ½ oz. julienne ham, ½ oz. chicken, ½ oz. cheese and a ½ oz. rolled salami in the center of the lettuce.

### STEP 3

Place the 2 tomato quarters in one corner, shingle 6 carrots and 1 ¼ cups cucumbers down from the tomatoes.

### STEP 4

Place 2 hard-cooked egg quarters in a corner opposite the vegetables.

### STEP 5

Place 4 saltines in a free corner.

### STEP 6

Put a ½ oz. soufflé or PC of dressing in the corner.

**CHEESE PLATTER WITH FRESH FRUIT (PS-23)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 cups	2 quarts + 2 cups	5 quarts	Lettuce, chopped
¼ cup	1 ¼ cup	2 ½ cups	Peaches, canned light syrup
			American cheese cubes
			Cheddar cheese cubes
			Oranges, fresh, unpeeled, each
			Cut into 8 wedges
			Apples, unpeeled*, each cut into
			8 wedges
8 cracker(s)	40 cracker(s)	80 cracker(s)	Saltines
			*Toss cut apple slices in a small
			amount of orange or lemon
			juice to inhibit browning
<u>COMPONENTS PER PORTION</u>			
2 1/2 cup fruit/vegetables, 1 serving			
bread/grains, 2 oz. meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	409		
Protein	17.40 g		
Carbohydrates	38.49 g		
Fat-total	21.62 g		
Saturated Fat	12.34 g		
Cholesterol	57 mg		
Vitamin A (RE)	196 RE		
Vitamin C	43.07 mg		
Iron	2.34 mg		
Calcium	459 mg		
Sodium	904 mg		
Fiber	5.70 g		
% Protein	17.00		
% Carbohydrate	37.61		
% Total Fat	47.53		
% Saturated Fat	27.13		

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

Place 2 cups lettuce bed on a plate or in a hinged container.

**STEP 2**

Arrange 1 oz. American cheese cubes, 1 oz. cheddar cheese cubes over the lettuce.

**STEP 3**

Add 4 orange wedges and 4 apple wedges to each platter.

**STEP 4**

Add 8 saltine crackers to each platter.

**STEP 5**

Store under refrigeration at 40 degrees F or lower until ready to serve.

**STEP 6**

Portion size = 1 each.



## CHICKEN SALAD PLATTER (PS-25)

### Portion Size – 1 Platter

[illegible]

## **METHOD**

**For each serving**

## STEP 1

Drain peaches. Place 2 cups lettuce on plate. Place ½ cup scoop of chicken salad in center of lettuce bed. Place ½ cup peaches on plate. Serve with 8 saltines. Store under refrigeration at 40 degrees F or lower until ready to serve.

**CHICKEN CAESAR SALAD****(PS-27)****Portion Size – 1 Platter**

<b><u>QUANTITY/PORTIONS</u></b>			<b><u>INGREDIENTS</u></b>
<b><u>1</u></b>	<b><u>5</u></b>	<b><u>10</u></b>	
1 ½ cups	7 ½ cups	3 qt. + 3 cups	Romaine lettuce, chopped
2 Tbsp.	1/3 cup	2/3 cup	Parmesan cheese, shredded
2 Tbsp.	1/3 cup	2/3 cup	Caesar salad dressing
2 ½ oz.	12 ½ oz.	1 lb. + 9 oz.	Boneless, skinless chicken breast, cooked, cut in strips
2 wedges	10 wedges	20 wedges	Tomato wedges (1/4 medium tomato)
½ cup (0.75oz.)	2 ½ cups (2 oz.)	5 cups (10 oz.)	Croutons, seasoned
<b><u>COMPONENTS PER PORTION</u></b>			
2.5 oz. meat/meat alternate, 2 cups vegetables and 1 serving bread/grains			
<b><u>NUTRIENT</u></b>	<b><u>Amount per Serving</u></b>		
<b>Calories</b>	416		
<b>Protein</b>	29.83 g		
<b>Carbohydrates</b>	19.13 g		
<b>Fat-total</b>	23.28 g		
<b>Saturated Fat</b>	3.50 g		
<b>Cholesterol</b>	68 mg		
<b>Vitamin A (RE)</b>	279 RE		
<b>Vitamin C</b>	32 mg		
<b>Iron</b>	2.59 mg		
<b>Calcium</b>	188.47 mg		
<b>Sodium</b>	481 mg		
<b>Fiber</b>	3.11 g		
<b>% Protein</b>	28.67		
<b>% Carbohydrate</b>	19.13		
<b>% Total Fat</b>	50.36		
<b>% Saturated Fat</b>	7.58		

**METHOD****STEP 1**

Toss romaine lettuce, parmesan cheese, and Caesar salad dressing together.

**STEP 2**

**Assemble each salad as follows:**

- 1 1/2 cups tossed romaine lettuce mixture for base.
- Place 2 ½ oz. cut up chicken, 2 tomato wedges, ½ cup croutons over romaine lettuce mixture.

**STEP 3**

Portion size = 1 platter

**COBB SALAD****(PS-30)****Portion Size – 1 Platter**

<b><u>QUANTITY/PORTIONS</u></b>			<b><u>INGREDIENTS</u></b>
<b><u>5</u></b>	<b><u>10</u></b>	<b><u>50</u></b>	
½ cup + 2 tbsp.	1 ¼ cup	6 ¼ cups	Oil
¼ cup + 1 tbsp.	½ cup + 2 tbsp.	3 cups + 2 tbsp.	Cider vinegar
¼ cup + 1 tbsp.	½ cup + 2 tbsp.	3 cups + 2 tbsp.	Lemon juice
1 ¼ tsp.	2 ½ tsp.	¼ cups + ½ tsp.	Dijon mustard
1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.	1 cup + 2 tsp.	Parsley, chopped
2 quart + 2 cup	5 quarts	10 quarts	Romaine lettuce, torn into shreds
7 ½ oz.	15 oz.	4 lb. + 11 oz.	Turkey breast, cubed
2 ½ cups	5 cups	6 quarts + 1 cup	Tomatoes, peeled, seeded, diced
1 ¼ cup	2 ½ cups	3 quarts + ½ cup	Zucchini, sliced on the bias
½ cup + 2 tbsp.	1 ¼ cups	6 ¼ cup	Celery stalk, sliced on the bias
½ cup + 2 tbsp.	1 ¼ cups	6 ¼ cup	Scallions, sliced on the bias
5 slices	10 slices	50 slices	Bacon slices, cooked, diced
2 ½ oz.	5 oz.	1 lb. + 9 oz.	Cheddar cheese, crumbled
Dash, to taste	Dash, to taste	Dash, to taste	Salt and pepper
5 each	10 each	50 each	Dinner rolls, 1 oz. each
<b><u>COMPONENTS PER PORTION</u></b>			
3 oz. meat/meat alternate, 3 cups vegetables, 1 serving bread/grains			
<b><u>NUTRIENT</u></b>	<b><u>Amount per Serving</u></b>		
<b>Calories</b>	514		
<b>Protein</b>	23.50 g		
<b>Carbohydrates</b>	25.87 g		
<b>Fat-total</b>	36.48 g		
<b>Saturated Fat</b>	6.89 g		
<b>Cholesterol</b>	42 mg		
<b>Vitamin A (RE)</b>	378 RE		
<b>Vitamin C</b>	60.2 mg		
<b>Iron</b>	4.04 mg		
<b>Calcium</b>	171 mg		
<b>Sodium</b>	570 mg		
<b>Fiber</b>	4.71 g		
<b>% Protein</b>	18.25		
<b>% Carbohydrate</b>	20.10		
<b>% Total Fat</b>	63.76		
<b>% Saturated Fat</b>	12.04		

**METHOD****STEP 1**

Blend the oil, vinegar, lemon juice, mustard and parsley thoroughly in a large mixing bowl. Check seasonings for salt and pepper.

**STEP 2**

For each serving:

Add the lettuce and toss until combined. Place 2 cups romaine lettuce into bowls or on platters.

**STEP 3**

Arrange 1 ½ oz. turkey, ½ cup tomatoes, ¼ cup zucchini, 1/8-cup celery, 1/8-cup scallions and ½ oz. cheddar cheese in alternating strips. Drizzle the dressing remaining in the mixing bowl over the salad. Top with 1 slice diced bacon. Serve with a 1 oz. dinner roll.

**COLD SANDWICH BAG LUNCHES****(PS-35)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1 each	5 each	10 each	Triple decker peanut butter and jelly sandwich (recipe CSW-97-A-2)
1 each	5 each	10 each	Apple or orange, fresh, 138 count
1 box <i>or</i> ¼ cup	5 boxes <i>or</i> 1 ¼ cup	10 boxes <i>or</i> 2 ½ cups	Raisins, 3 oz. boxes, Commodity, or Trail mix, Commodity
1 each	5 each	10 each	Potato chips, ½ oz. bags

**METHOD****For each meal, package together in a lunch bag:**

- 1 sandwich
- 1 apple or 1 orange
- 1 box of raisins or ¼ cup trail mix in a 2 fl. oz. cup w/ lid
- 1 bag of potato chips
- 1 straw
- 1 napkin

*Offer a choice of milk with each bag lunch (not included in nutrient analysis).*

**COMPONENTS PER PORTION****Portion cost = \$0.57**

3 servings of bread/grains, 2 oz. meat/meat alternate, ¾ cup fruit

**Recipe variations are on the following page.**

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	682	
Protein	14.87 g	
Carbohydrates	108.71 g	
Fat-total	22.21 g	
Saturated Fat	3.87 g	
Cholesterol	0 mg	
Vitamin A (RE)	36 RE	
Vitamin C	33.81 mg	
Iron	4.32 mg	
Calcium	96.41 mg	
Sodium	548 mg	
Fiber	9.03 g	
% Protein	8.73	
% Carbohydrate	63.77	
% Total Fat	29.31	
% Saturated Fat	5.11	

# Cold Sandwich Bag Lunch Variations (PS- 35)

Variation	Ingredients (for 1 each)	Nutrients												Components
		Cal.	Chol (mg)	Sod- ium (mg)	Fiber (g)	Iron (mg)	Calc- -ium (mg)	Vit. A (RE)	Vit. C (mg)	Pro- tein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)	
<b>A. Italian hoagie bag lunch</b>  <i>Portion cost = \$0.817</i>	<b>Italian Hoagie (recipe CSW-87)</b> Apple or orange, fresh, 138 count Raisins, 3 oz. boxes, Commodity, or Trail mix, Commodity Potato chips, ½ oz. bags	576	32	941	8.4	3.2	152	131	38.3	16.3	82.6	21.8	7.1	2.75 bread/grains, 3 oz. meat/meat alternate, 1 cup fruit/vegetables
<b>B. Ham and cheese hoagie bag lunch</b>  <i>Portion cost = \$0.83</i>	<b>Ham and Cheese Hoagie (recipe CSW-75)</b> Apple or orange, fresh, 138 count Potato chips, ½ oz. bags	530	27	863	8.5	3.5	328	130	37.3	15.2	82.3	17.4	5.0	2.75 bread/grains, 3 oz. meat/meat alternate, 1 cup fruit/vegetables
<b>C. Turkey and cheese hoagie bag lunch</b>  <i>Portion cost = \$0.79</i>	<b>Turkey and Cheese Hoagie (recipe CSW-108)</b> Apple or orange, fresh, 138 count Potato chips, ½ oz. bags	527	26	769	8.6	3.3	154	131	37.3	14.5	83.1	17.0	4.8	2.75 bread/grains, 3 oz. meat/meat alternate, 1 cup fruit/vegetables

### **COTTAGE CHEESE AND FRUIT PLATTER (PS-40)**

### Portion Size – 1 Platter

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 cups	2 quarts + 2 cups	5 quarts	Lettuce, chopped
¼ cup	1 ¼ cup	2 ½ cups	Peaches, canned light syrup
½ cup	2 ½ cups	5 cups	Cottage cheese, 2% fat
¼ cup	1 ¼ cup	2 ½ cups	Pears, canned, light syrup
8 cracker(s)	40 cracker(s)	80 cracker(s)	Saltines

## **METHOD**

### For Each Serving

### STEP 1

Place 2 cups lettuce bed on plate. Place ½ cup scoop cottage cheese in center of lettuce bed. Drain peaches and pears and place over lettuce. Serve with saltines. Store under refrigeration at 40 degrees F or lower until ready to serve.

### COMPONENTS PER PORTION

2 ½ cup fruit/vegetables, 1 serving  
bread/grains, 2 oz. meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	289
Protein	19.25 g
Carbohydrates	42.13 g
Fat-total	5.26 g
Saturated Fat	1.91 g
Cholesterol	9 mg
Vitamin A (RE)	80 RE
Vitamin C	6.2 mg
Iron	2.42 mg
Calcium	131 mg
Sodium	787 mg
Fiber	4.07 g
% Protein	26.63
% Carbohydrate	58.28
% Total Fat	16.37
% Saturated Fat	5.96

## CRACKERS, HAM, AND CHEESE BAG LUNCH (PS-41)

**Portion Size – 1 Each**

	<u>QUANTITY/PORCTIONS</u>		<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>
8	40	80	Saltine crackers
1 oz.	5 oz	10 oz.	Ham, 95% fat free, cut into thin slices
1 oz.	5 oz.	10 oz.	Cheddar cheese, cut into thin slices
1 each	5 each	10 each	Apple, 3/lb.
2	10	20	Mustard, packet(s), ½ oz. each
<u>COMPONENTS PER PORTION</u>			
1 serving of bread/grains, 2 oz. meat/meat alternate, ½ cup fruit			
<u>NUTRIENT</u>			
<u>Amount per Serving</u>			
Calories	343		
Protein	15.44 g		
Carbohydrates	39.41 g		
Fat-total	14.53 g		
Saturated Fat	7.04 g		
Cholesterol	43 mg		
Vitamin A (RE)	85 RE		
Vitamin C	7.8 mg		
Iron	2.13 mg		
Calcium	252 mg		
Sodium	1006 mg		
Fiber	4.53		
% Protein	17.97		
% Carbohydrate	45.88		
% Total Fat	38.06		
% Saturated Fat	18.44		

## **METHOD**

## STEP 1

Portion ham and cheese slices into 4 oz. cups with lids.

## STEP 2

Package meal components in a Pyramid Pete bag. Store under refrigeration at 41 degrees F or below until ready to serve.

*Offer an additional serving of fruit or vegetables and choice of milk with each bag lunch (not included in nutrient analysis).*



**“FRIED” CHICKEN SALAD****(PS-47)****Portion Size – 1 Platter**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
¾ cup	3 ¾ cup	7 cups	Iceberg lettuce, chopped
¾ cup	3 ¾ cup	7 cups	Romaine lettuce, chopped
2 Tbsp.	2/3 cup	1 ¼ cup	Tomatoes, diced
¾ oz.	3 ¾ oz.	7 oz.	Mozzarella cheese, lowfat, shredded
¾ oz.	3 ¾ oz.	7 oz.	Cheddar cheese, shredded
¼ cup	1 ¼ cup	2 ½ cup	Ranch dressing
4 ea.	20 ea.	40 ea.	Breaded chicken tenders, baked until crispy
1 oz.	5 oz.	10 oz.	Corn chips

**COMPONENTS PER PORTION**

2.5 oz. meat/meat alternate, 1 2/3 cups vegetables and 1 serving bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
<b>Calories</b>	413	
<b>Protein</b>	22.04 g	
<b>Carbohydrates</b>	20.53 g	
<b>Fat-total</b>	27.20 g	
<b>Saturated Fat</b>	7.78 g	
<b>Cholesterol</b>	80 mg	
<b>Vitamin A (RE)</b>	237 RE	
<b>Vitamin C</b>	17 mg	
<b>Iron</b>	1.14 mg	
<b>Calcium</b>	409 mg	
<b>Sodium</b>	956 mg	
<b>Fiber</b>	1.95 g	
<b>% Protein</b>	21.35	
<b>% Carbohydrate</b>	19.88	
<b>% Total Fat</b>	59.27	
<b>% Saturated Fat</b>	16.96	

**METHOD****STEP 1**

Toss iceberg lettuce, romaine lettuce, tomatoes, mozzarella cheese, cheddar cheese, and ranch dressing together.

**STEP 2**

**Assemble each salad as follows:**

- 1 1/2 cups tossed romaine lettuce mixture for base.
- Place 4 chicken tenders and 1 oz. corn chips over lettuce mixture.

**STEP 3**

Portion size = 1 platter

# **MINI BAGELS AND CREAMY CHEESE SPREAD BAG LUNCH (PS-50)**

**Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2	10	20	Mini bagels, 2 ½” diameter, 1 oz. each
½ cup	2 ½ cups	5 cups	Creamy cheese spread ( <b>see recipe CS-57</b> )
4 fl oz.	20 fl oz.	40 fl oz.	Orange juice
<u>COMPONENTS PER PORTION</u>			
2 servings of bread/grains, 2 oz. meat/meat alternate, ½ cup fruit			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	336		
Protein	19.73 g		
Carbohydrates	51.31 g		
Fat-total	5.94 g		
Saturated Fat	3.14 g		
Cholesterol	15 mg		
Vitamin A (RE)	60 RE		
Vitamin C	53.9 mg		
Iron	2.39 mg		
Calcium	88 mg		
Sodium	704 mg		
Fiber	1.94 g		
% Protein	23.44		
% Carbohydrate	60.96		
% Total Fat	15.88		
% Saturated Fat	8.41		

## **METHOD**

### **For each meal, provide:**

2 Mini bagels  
 ½ cup cream cheese spread, packaged in a 4 oz. cup with a lid  
 4 oz. orange juice

### **STEP 2**

Package meal components in a Pyramid Pete bag; include straw and napkin in bag. Store under refrigeration at 41 degrees F or below until ready to serve.

*Offer an additional serving of fruit or vegetables and choice of milk with each bag lunch (not included in nutrient analysis).*

**NACHOS BAG LUNCH (PS-55)**

**Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1 7/8 oz.	9 oz.	1 lb. + 2 oz.	Tortilla chips, plain
4 oz.	1 lb. + 4 oz.	2 lb. + 8 oz.	Salsa
2 oz.	10 oz.	1 lb. + 4 oz.	Cheddar cheese, low fat, shredded
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, ½ cup			
fruit/vegetable, 2 servings bread/grains			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	512		
Protein	19.11 g		
Carbohydrates	39.24 g		
Fat-total	32.46 g		
Saturated Fat	14.56 g		
Cholesterol	59 mg		
Vitamin A (RE)	253 RE		
Vitamin C	26.0 mg		
Iron	2.09 mg		
Calcium	547 mg		
Sodium	956 mg		
Fiber	5.77 g		
% Protein	14.92		
% Carbohydrate	30.63		
% Total Fat	57.02		
% Saturated Fat	25.58		

## **METHOD**

**For each lunch**

### STEP 1

Portion ½ cup salsa, ½ cup (2 oz.) cheese each into separate 4 oz. cups with lids. Wrap 2 oz. tortilla chips in plastic wrap.

## STEP 2

Package meal components in a Pyramid Pete bag.  
Store under refrigeration at 40 degrees F or below  
until ready to serve.

*Offer an additional serving of fruit or vegetables and choice of milk with each bag lunch (not included in nutrient analysis).*

## GARDEN SALAD PLATTER (PS-58)

### Portion Size – 1 Platter

QUANTITY/PORTIONS			INGREDIENTS
1	5	10	
3 cups	3 ¾ qt.	7 ½ qt.	Lettuce, iceberg, chopped
1 each (2 halves)	5 each (10 halves)	10 each (20 halves)	Eggs, whole, hard boiled, cut in half
½ each (2 quarters)	2 ½ each (10 quarters)	5 each (20 quarters)	Tomatoes, 6 x 6, cut into quarters
¼ cup	1 ¼ cup	2 ½ cup	Sliced cucumbers
2 tbsp.	10 tbsp.	1 ¼ cup	Grated carrots
COMPONENTS PER PORTION			
2 oz. meat, 3 ½ cup vegetables			
NUTRIENT	Amount per Serving		
Calories	119		
Protein	8.80 g		
Carbohydrates	8.97 g		
Fat-total	5.87 g		
Saturated Fat	1.71 g		
Cholesterol	212 mg		
Vitamin A (RE)	568 RE		
Vitamin C	20.8 mg		
Iron	1.83 mg		
Calcium	66 mg		
Sodium	87 mg		
Fiber	3.60 g		
% Protein	29.45		
% Carbohydrate	30.02		
% Total Fat	44.21		
% Saturated Fat	12.91		

## **METHOD**

**For each serving**

## STEP 1

For each salad, assemble as follows into a large hinged container:

1. Begin with a bed of 3 cups of chopped iceberg lettuce.
2. Over the bed of lettuce, place 2 tomato quarters in opposite corners.
3. Place 2 cucumber slices in each of the remaining corners.
4. Top entire salad with 2 tbsp. grated carrots.

Portion size = 1 each

## STEP 2

To offer a complete student reimbursable meal, offer choice of bread component (8 saltine crackers, 1 cup croutons, or 1 oz. dinner roll) and choice of milk with each platter (not included in nutrient analysis).

**PIZZA BAGEL BAG LUNCH (PS-65)**
**Portion Size – 1 Each**
**METHOD**
**STEP 1**

Portion ½ cup pizza sauce, and ½ cup cheese each into separate 4 oz. cups with lids.

**STEP 2**

Package bagel, pizza sauce cup, and cheese cup into a Pyramid Pete bag.

*Offer an additional serving of fruit or vegetables and choice of milk with each bag lunch (not included in nutrient analysis).*

**QUANTITY/PORTIONS**
**INGREDIENTS**
**1**
**5**
**10**

1	5	10	
1	5	10	Bagel, 3 ½” diameter, 2.3 oz. each
½ cup	2 ½ cups	3/8 # 10 can	Pizza sauce
2 oz.	10 oz.	1 lb. + 4 oz.	Mozzarella cheese, part skim, shredded

**COMPONENTS PER PORTION**

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

**NUTRIENT**
**Amount per Serving**

Calories	423
Protein	23.60 g
Carbohydrates	48.39 g
Fat-total	14.07 g
Saturated Fat	6.37 g
Cholesterol	32 mg
Vitamin A (RE)	400 RE
Vitamin C	9.0 mg
Iron	3.88 mg
Calcium	397 mg
Sodium	1282 mg
Fiber	4.36 g
% Protein	22.29
% Carbohydrate	45.71
% Total Fat	29.90
% Saturated Fat	13.55

**PIZZA DUNKS BAG LUNCH** (PS-67)

**Portion Size – 1 Each**

QUANTITY/PORTIONS			INGREDIENTS
<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Soft breadstick, 1.5 oz. each
½ cup	2 ½ cups	3/8 # 10 can	Pizza sauce
2 oz.	10 oz.	1 lb. + 4 oz.	Mozzarella cheese, part skim, shredded
<u>COMPONENTS PER PORTION</u>			
1 ¾ serving of bread/grains, 2 oz.			
meat/meat alternate, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	359		
Protein	20.49 g		
Carbohydrates	34.83 g		
Fat-total	14.52 g		
Saturated Fat	6.59 g		
Cholesterol	32 mg		
Vitamin A (RE)	400 RE		
Vitamin C	9.0 mg		
Iron	2.81 mg		
Calcium	419 mg		
Sodium	1182 mg		
Fiber	4.14 g		
% Protein	22.81		
% Carbohydrate	38.77		
% Total Fat	36.36		
% Saturated Fat	16.52		

## METHOD

### STEP 1

Portion ½ cup pizza sauce, and ½ cup cheese each into separate 4 oz. cups with lids.

## STEP 2

Package breadstick, pizza sauce cup, and cheese cup into a Pyramid Pete bag.

*Offer an additional serving of fruit or vegetables and choice of milk with each bag lunch (not included in nutrient analysis).*

**SALAD CUPS (GARDEN SALAD CUP W/ CHEESE)****(PS-68)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>		<u>INGREDIENTS</u>
<u>1 Each</u>		
	¾ cup	Iceberg lettuce, chopped
	½ cup	Romaine lettuce, chopped
	2 tbsp.	Carrots, grated
	2 tbsp.	Cucumbers, peeled, sliced thin
	2 tbsp.	Celery, diced
	2 tbsp.	Tomatoes, diced
	¼ cup	Cheddar cheese, lowfat, shredded
	¼ cup	Mozzarella cheese, part skim, shredded
		To make multiple numbers of salads,
		Prepare each ingredient and place into
		small pans. Assemble salads in an
		“assembly line” fashion.

**COMPONENTS PER PORTION**

2 oz. meat/meat alternate, 2 cups vegetables

**Portion cost: \$0.51**

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
<b>Calories</b>	173	
<b>Protein</b>	18.16 g	
<b>Carbohydrates</b>	6.77 g	
<b>Fat-total</b>	10.12 g	
<b>Saturated Fat</b>	6.12 g	
<b>Cholesterol</b>	30 mg	
<b>Vitamin A (RE)</b>	622 RE	
<b>Vitamin C</b>	15.3 mg	
<b>Iron</b>	0.84 mg	
<b>Calcium</b>	487 mg	
<b>Sodium</b>	345 mg	
<b>Fiber</b>	2.07	
<b>% Protein</b>	42.04	
<b>% Carbohydrate</b>	15.67	
<b>% Total Fat</b>	52.70	
<b>% Saturated Fat</b>	31.86	

**METHOD****For each serving****STEP 1**

From bottom to top, layer salad ingredients in a 21 fluid oz. clear plastic cup:

Chopped iceberg lettuce

Chopped romaine lettuce

Grated carrots

Sliced, peeled cucumbers

Diced celery

Diced tomatoes

Shredded lowfat cheddar cheese

Shredded part skim mozzarella cheese

Measure ingredients carefully; overfilling cup will inhibit “shaking up” or stirring of salad in the cup.

**STEP 2**

Top cups with clear dome lids. Offer long-handled fork and choice of salad dressing on the side.

**NOTE**

For schools following a food based method of menu planning with offer-vs.-serve: Each salad alone qualifies as a reimbursable meal. However, a choice of milk (1/2 pint) and a choice of bread component (for example, 8 saltine crackers or a 1 oz. dinner roll) should be offered as meal accompaniments in order to offer all required meal components.

**Recipe variations are on the following 2 pages.**



## Salad Cups Variations (PS- 68)

Variation	Layer the ingredients below from bottom to top in a 21fl. oz. clear plastic cup  (measure carefully)	<u>Nutrients</u>												Components	Serving Suggestions
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)		
A. Chicken Caesar  Portion cost \$0.51	3/4 cup chopped iceberg lettuce 1 cup chopped romaine lettuce 2 oz. (1/2 cup) cooked diced chicken 1 tbsp. grated parmesan cheese 1/4 cup seasoned croutons	197	56	299	2.22	1.92	135	185	15.6	21.5	9.1	8.2	2.9	1 3/4 cups vegetables, 2 oz. meat/meat alternate, 2/3 bread/grains	Offer choice of milk and bread component (consider soft pretzel or crackers) on the side. Offer Caesar salad dressing.
B. Chef  Portion cost \$0.47	3/4 cup chopped iceberg lettuce 3/4 cup chopped romaine lettuce 2 tbsp. grated carrots 2 tbsp. sliced cucumbers 2 tbsp. diced celery 2 tbsp. diced tomatoes 1/4 cup American cheese* 1/2 oz. turkey breast, deli meat* 1/2 oz. ham, 95% fat free *sliced into thin strips	173	44	615	2.34	1.40	291	1158	18.8	13.8	6.2	10.7	6.0	2 cups vegetables, 2 oz. meat/meat alternate	Offer choice of milk and bread component (consider soft pretzel or crackers) on the side. Offer variety of salad dressings.
C. Turkey Club  Portion cost \$0.37	3/4 cup chopped iceberg lettuce 1/2 cup chopped romaine lettuce 3 tbsp. diced tomatoes 2 oz. turkey breast, sliced into thin strips (1/2 cup) 1 tbsp. bacon bits 1/4 cup seasoned croutons	192	30	943	1.92	0.95	29	215	14.8	12.2	12.4	10.1	3.5	1 3/8 cups vegetables, 2 oz. meat/meat alternate, 1/2 serving of bread/grains	Offer choice of milk and at least 1/2 bread component (consider soft pretzel or crackers) on the side. Offer Ranch, 1000 Island, and Miracle Whip salad dressings.
D. Antipasto  Portion cost \$0.37	3/4 cup chopped iceberg lettuce 3/4 cup chopped romaine lettuce 1/4 cup diced tomatoes 1/2 oz. sliced pepperoni (2 tbsp.) 1/2 oz. shredded part skim mozzarella cheese (2 tbsp.) Diced ham, 95% fat free (2 tbsp.) Sliced black olives (1 tbsp.)	206	41	799	2.06	1.70	124	325	20.4	13.3	4.9	15.1	6.2	1 3/4 cups vegetables, 2 oz. meat/meat alternate.	Offer choice of milk and bread component (consider soft pretzel, sliced Italian bread, or hard breadsticks) on the side. Offer creamy Italian, vinaigrette, and oil and vinegar as dressings.

## Salad Cups Variations (PS- 68), continued

Variation	Layer the ingredients below from bottom to top in a 21fl. oz. clear plastic cup  ( <i>measure carefully</i> )	<u>Nutrients</u>												Components	Serving Suggestions
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)		
E. Oriental  <b>Portion cost \$0.48</b>	½ cup chopped iceberg lettuce ½ cup chopped romaine lettuce ¼ canned drained bean sprouts 2 tbsp. chopped green onions 2 ½ oz. cooked diced chicken (1/2 cup + 2 tbsp.) ¼ cup chow mein noodles	200	51	108	1.82	2.22	47	182	12.8	20.5	10.3	9.1	1.9	1 3/8 cups vegetables, 2 ½ oz. meat/meat alternate, ½ serving of bread/grains.	Offer choice of milk and at least ½ bread component (consider soft pretzel, fortune cookie, or rice cake) on the side. Offer Oriental sesame or mandarin orange dressings.
F. Western  <b>Portion cost \$0.35</b>	¾ cup chopped iceberg lettuce ¾ cup chopped romaine lettuce 2 tbsp. diced tomatoes 1 tbsp. diced green peppers or jalapenos 1 tbsp. diced red onions 2 tbsp. drained canned red kidney beans 1 oz. shredded lowfat cheddar (1/4 cup) 1 tbsp. sliced black olives	125	14	353	4.20	1.51	278	330	25.4	11.7	10.8	6.0	3.0	2 cups vegetables, 2 oz. meat/meat alternate	Offer choice of milk and bread component (consider soft pretzel, corn bread, or corn muffin) on the side. Offer Ranch salad dressing.
G. Buffalo Chicken  <b>Portion cost \$0.62*</b>	¾ cup chopped iceberg lettuce ½ cup chopped romaine lettuce ¼ cup diced celery 1 ½ oz. cooked diced chicken (6 tbsp.) coated with 1 tbsp. hot pepper sauce 2 tbsp. shredded part skim mozzarella cheese 2 tbsp. crumbled blue cheese	191	59	502	1.62	1.26	217	244	14.2	20.4	3.5	10.6	5.5	1 ½ cups vegetables, 2 oz. meat/meat alternate	Offer choice of milk and bread component (consider soft pretzel, corn bread, or corn muffin) on the side. Offer blue cheese and Ranch salad dressing.
H. Greek Chicken  <b>Portion cost \$0.56*</b>	¾ cup chopped iceberg lettuce ½ cup chopped romaine lettuce 2 tbsp. diced red onions 2 tbsp. sliced cucumbers 1 oz. (¼ cup) cooked diced chicken 1 oz. (¼ cup) crumbled feta cheese 2 tbsp. sliced black olives	164	51	494	1.95	1.65	181	135	9.8	13.4	5.3	10.2	5.1	1 ½ cups vegetables, 2 oz. meat/meat alternate	Offer choice of milk and bread component (consider soft pretzel, pita bread) on the side. Offer Caesar salad dressing and oil and vinegar.

\*Recommended as an a la carte item.

## Salad Cups Variations (PS- 68), continued

Variation	Layer the ingredients below from bottom to top in a 21fl. oz. clear plastic cup  (measure carefully)	<u>Nutrients</u>												Components	Serving Suggestions
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)		
I. BBQ Chicken  Portion cost \$0.51	¾ cup chopped iceberg lettuce ½ cup chopped romaine lettuce ¼ cup diced celery 2 tbsp. diced onions 1 oz. cooked diced chicken (1/4 cup) coated with 1 tbsp. barbecue sauce ¼ cup shredded lowfat cheddar	211	55	399	2.01	1.34	246	187	13.4	16.7	10.5	11.8	6.6	1 ½ cups vegetables, 2 oz. meat/meat alternate	Offer choice of milk and bread component (consider soft pretzel, biscuit, corn bread, corn muffin) on the side. Offer Ranch salad dressing.
J. Garden Vegetable*  Portion cost \$0.41	¾ cup iceberg lettuce ½ romaine lettuce 3 tbsp. shredded carrots ¼ cup chopped broccoli 3 tbsp. sliced cucumbers 2 tbsp. diced celery 2 tbsp. diced tomatoes 2 tbsp. diced onions	34	0	35	3.25	1.04	47	1436	37.6	2.34	8.16	0.40	0.06	2 ½ cups vegetables	Offer as part of a meal package including yogurt and a soft pretzel.
K. Fruit #1*  Portion cost \$0.89	½ cup grapefruit sections ½ cup orange sections ½ cup red grapes ½ cup sliced unpeeled apples (coat with small amount of orange or lemon juice after slicing to prevent browning) ½ cup sliced strawberries	172	0	2	7.48	0.75	72	86	140	2.49	43.1	0.92	0.13	2 ½ cups fruit	Offer as part of a meal package including yogurt and a soft pretzel.
L. Fruit #2*  Portion cost \$0.88	½ cup cantaloupe cubes ½ cup watermelon cubes ½ cup red grapes ½ cup honeydew melon cubes ½ cup sliced strawberries	138	0	19	3.90	0.81	38	592	111	2.36	33.7	1.10	0.18	2 ½ cups fruit	Offer as part of a meal package including yogurt and a soft pretzel.
M. Ham and cheese  Portion cost \$0.52	¾ cup chopped iceberg lettuce ¾ cup chopped romaine lettuce 2 tbsp. grated carrots 2 tbsp. sliced cucumbers 2 tbsp. diced celery 2 tbsp. diced tomatoes ¼ cup American cheese* 1 oz. ham, 95% fat free *sliced into thin strips	161	40	779	2.34	1.40	375	684	18.8	12.1	6.3	10.2	5.78	2 cups vegetables, 2 oz. meat/meat alternate	Offer choice of milk and bread component (consider soft pretzel or crackers) on the side. Offer variety of salad dressings.

## Salad Cups Variations (PS- 68), continued

Variation	Layer the ingredients below from bottom to top in a 21fl. oz. clear plastic cup  ( <i>measure carefully</i> )	<u>Nutrients</u>												Components	Serving Suggestions
		Cal.	Chol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit. A (RE)	Vit. C (mg)	Protein (g)	Carb (g)	Fat (g)	Sat. Fat. (g)		
N. Three cheese  <b>Portion cost \$0.59</b>	Iceberg lettuce, chopped Romaine lettuce, chopped Carrots, grated Cucumbers, peeled, sliced thin Celery, diced Tomatoes, diced Cheddar cheese, lowfat, shredded Mozzarella cheese, part skim, shredded Parmesan cheese, grated	201	35	462	2.07	0.90	573	595	15.4	20.1	7.0	12.0	7.3	2 oz. meat/meat alternate, 2 cups vegetables	Offer choice of milk and bread component (consider soft pretzel or crackers) on the side. Offer variety of salad dressings.

\*Recommended as an a la carte item.

**SPICY CHICKEN TORTILLA SALAD****(PS-69)****Portion Size – 1 Each**

<b><u>QUANTITY/PORTIONS</u></b>			<b><u>INGREDIENTS</u></b>
<b><u>25</u></b>	<b><u>50</u></b>	<b><u>100</u></b>	
25 ea.	50 ea.	100 ea.	8" flour tortilla shells, 1.5 oz. each, fried into bowl shapes
5 heads	10 heads	20 heads	Iceburg lettuce, chopped
1 head	2 heads	4 heads	Romaine lettuce, chopped
8 med.	16 med.	32 med.	Tomatoes, fresh, diced
2 ea.	4 ea.	8 ea.	Cucumbers, peeled, diced
3 cups + 2 Tbsp.	6 ¼ cups	3 qt. + ½ cup	Black olives, sliced
12 ½ oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Cheddar cheese, shredded, lowfat
3 lb. + 2 oz.	6 lb. + 4 oz.	12 lb. + 8 oz.	Chicken sticks, Tyson #2220, baked
3 cups + 2 Tbsp.	6 ¼ cups	3 qt. + ½ cup	Hot pepper sauce
<b><u>COMPONENTS PER PORTION</u></b>			Portion cost = \$0.75
1.7 bread/grains, 2 ½ oz. meat/meat alternate, 1 ¾ cup vegetables			
<b><u>NUTRIENT</u></b>	<b><u>Amount per Serving</u></b>		
<b>Calories</b>	441		
<b>Protein</b>	21.38 g		
<b>Carbohydrates</b>	42.44 g		
<b>Fat-total</b>	20.77 g		
<b>Saturated Fat</b>	5.67 g		
<b>Cholesterol</b>	88 mg		
<b>Vitamin A (RE)</b>	150 RE		
<b>Vitamin C</b>	22.60 mg		
<b>Iron</b>	4.67 mg		
<b>Calcium</b>	244.85 mg		
<b>Sodium</b>	1147 mg		
<b>Fiber</b>	5.29 g		
<b>% Protein</b>	19.41		
<b>% Carbohydrate</b>	38.53		
<b>% Total Fat</b>	42.42		
<b>% Saturated Fat</b>	11.58		

**METHOD****To assemble each salad:****STEP 1**

Fill each tortilla bowl with 1 cup iceberg lettuce, ¼ cup romaine lettuce, ¼ cup tomatoes, 2 Tbsp. cucumbers, and 2 Tbsp. olives.

**STEP 2**

Add ½ oz. (2 Tbsp.) cheese.

**STEP 3**

Top with 8 chicken sticks.

**STEP 4**

Drizzle 1 fl. oz. of hot sauce over each salad.

**STEP 5**

Portion size = 1 each.

**SWISS SALAD SHAKE****(PS-70)****Portion Size –1 Each**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 14 oz.	4 lb. + 11 oz.	9 lb. + 6 oz.	Tomatoes, 6 x 6, diced
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Cucumbers, sliced thin
5	12.5	25	Eggs, large, hard cooked, chopped
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Green peppers, diced
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Swiss cheese, shredded
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 cups + 2 tbsp.	Black olives, sliced
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Onions, finely diced
1.25 qts.	3 qt. + 1 cup	6 qt. + 2 cups	Iceberg lettuce, chopped

**METHOD**

*Each salads should be portioned into a 21 fl. oz. cup:*

**STEP 1**

Combine first 7 ingredients in a bowl and mix well.

**STEP 2**

Portion 1 cup chopped lettuce into each cup.

**STEP 3**

Add 1 ½ cups of vegetable/egg/cheese mixture into each cup over lettuce.

**STEP 4**

Portion size = 1 each. Offer with a dinner roll or 1 oz. saltine crackers (not included in nutrient analysis).

**COMPONENTS PER PORTION**

2 oz. meat/meat alternate and 2 ¼ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
<b>Calories</b>	197	
<b>Protein</b>	12.89 g	
<b>Carbohydrates</b>	11.23 g	
<b>Fat-total</b>	11.79 g	
<b>Saturated Fat</b>	6.05 g	
<b>Cholesterol</b>	132 mg	
<b>Vitamin A (RE)</b>	235 RE	
<b>Vitamin C</b>	44.93 mg	
<b>Iron</b>	1.30 mg	
<b>Calcium</b>	312.17 mg	
<b>Sodium</b>	188 mg	
<b>Fiber</b>	2.62 g	
<b>% Protein</b>	22.76	
<b>% Carbohydrate</b>	26.14	
<b>% Total Fat</b>	53.79	
<b>% Saturated Fat</b>	27.59	

**TACO SALAD (BEEF AND BEAN)****(PS-75)****Portion Size**

<b><u>QUANTITY/PORTIONS</u></b>			<b><u>INGREDIENTS</u></b>
<b><u>10</u></b>	<b><u>25</u></b>	<b><u>50</u></b>	
10 ½ oz.	1 lb. + 9 ¾ oz.	3 lb. + 3 ½ oz.	Beef ground, 80/20 raw to cook
10 ½ oz.	1 lb. + 9 ¾ oz.	3 lb. + 3 ½ oz.	Kidney beans, red, canned, drained
¼ oz.	½ oz.	1 oz.	Onions, dehydrated flakes
7/8 tsp.	2 ¼ tsp.	1 tbsp. + 1 ½ tsp.	Garlic powder
3/8 tsp.	1 tsp.	2 tsp.	Black pepper
2 7/8 oz.	7 oz.	14 oz.	Tomato paste, canned with salt
¾ cup + 2 ½ tsp.	2 cups	1 quart	Water
1 ¼ tsp.	1 tbsp.	2 tbsp.	Chili powder
7/8 tsp.	2 ¼ tsp.	1 tbsp. + 1 ½ tsp.	Cumin, ground
3/8 tsp.	¾ tsp.	1 ½ tsp.	Paprika
3/8 tsp.	¾ tsp.	1 ½ tsp.	Onion powder
12 ¾ oz.	2 lb.	4 lb.	Lettuce
5 ¾ oz.	14 oz.	1 lb. + 12 oz.	Tomatoes
7 ¾ oz.	1 lb. + 3 oz.	2 lb. + 6 oz.	Taco shells, baked
5 ¼ oz.	13 oz.	1 lb. + 10 oz.	Cheese, Cheddar, American

**COMPONENTS PER PORTION**

2 oz. of meat, ¾ cup vegetable and 1 serving  
bread alternate

<b><u>NUTRIENT</u></b>	<b><u>Amount per Serving</u></b>	
<b>Calories</b>	252	
<b>Protein</b>	12.52 g	
<b>Carbohydrates</b>	22.23 g	
<b>Fat-total</b>	13.14 g	
<b>Saturated Fat</b>	5.06 g	
<b>Cholesterol</b>	32 mg	
<b>Vitamin A (RE)</b>	108 RE	
<b>Vitamin C</b>	8.8 mg	
<b>Iron</b>	2.14 mg	
<b>Calcium</b>	165 mg	
<b>Sodium</b>	356 mg	
<b>Fiber</b>	4.75 g	
<b>% Protein</b>	19.87	
<b>% Carbohydrate</b>	35.27	
<b>% Total Fat</b>	46.92	
<b>% Saturated Fat</b>	18.07	

**METHOD****STEP 1**

Brown ground beef. Drain.

**STEP 2**

Add beans, onions, garlic powder, tomato paste, water and seasonings. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.

**STEP 3**

Combine lettuce and tomatoes. Toss lightly.

**STEP 4****Serving suggestions:****A. Assemble each salad as follows:**

1<sup>st</sup> layer: about ¾ oz. ( ½ cup) taco shell pieces

2<sup>nd</sup> layer: 1 ¾ oz. ( ¾ cup) lettuce and tomato mixture

3<sup>rd</sup> layer: # 16 scoop ( ¼ cup) meat mixture

4<sup>th</sup> layer: ½ oz. ( 2 tbsp. 1 tsp.) shredded cheese

**B. (1)** Portion 1 ¾ oz. lettuce and tomato mixture and ½ oz. shredded cheese for each salad.

**STEP 5**

If desired serve with taco sauce.

**(PS-80)**

## **METHOD**

## STEP 1

## STEP 2

Store under refrigeration at 40 degrees F or lower until ready to serve.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 cup	2 quarts + 2 cups	5 quarts	Lettuce, chopped
½ each	2 ½ each	5 each	Tomatoes, wedges
¼ cup	¾ cup + 2 ½ tbsp.	1 ¾ cup + 2 ½ tsp.	Carrots, sticks
2 oz.	10 oz.	1 lb. + 4 oz.	American cheese, cubed
8 cracker(s)	40 cracker(s)	80 cracker(s)	Saltines
½ cup	2 ½ cup	5 cups	Tuna salad
<u>COMPONENTS PER PORTION</u>			
2 oz. meat, 1 serving bread/grains, 2 ¼ cup fruit/vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	603		
Protein	31.92 g		
Carbohydrates	27.96 g		
Fat-total	40.88 g		
Saturated Fat	13.97 g		
Cholesterol	85 mg		
Vitamin A (RE)	1161 RE		
Vitamin C	20.4 mg		
Iron	3.58 mg		
Calcium	428 mg		
Sodium	1499 mg		
Fiber	4.23 g		
% Protein	21.16		
% Carbohydrate	18.53		
% Total Fat	60.96		
% Saturated Fat	20.84		



**TURKEY CLUB SALAD****(PS-88)****Portion Size – 1 Platter**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
¾ cup	3 ¾ cup	7 cups	Iceberg lettuce, chopped
¾ cup	3 ¾ cup	7 cups	Romaine lettuce, chopped
2 Tbsp.	2/3 cup	1 ¼ cup	Tomatoes, diced
2 Tbsp.	2/3 cup	1 ¼ cup	Bacon, cooked, crushed into small pieces
1 oz.	5 oz.	10 oz.	Cheddar cheese, shredded
½ cup	2 ½ cups (5 oz.)	5 cups (10 oz.)	CROUTONS, seasoned
¼ cup	1 ¼ cup	2 ½ cups	Ranch dressing
2 ½ oz.	12 ½ oz.	1 lb. + 9 oz.	Cooked diced turkey

**COMPONENTS PER PORTION**

2.5 oz. meat/meat alternate, 1 2/3 cups vegetables and 1 serving bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
<b>Calories</b>	481	
<b>Protein</b>	36.66 g	
<b>Carbohydrates</b>	22.02 g	
<b>Fat-total</b>	27.19 g	
<b>Saturated Fat</b>	11.70 g	
<b>Cholesterol</b>	103 mg	
<b>Vitamin A (RE)</b>	232 RE	
<b>Vitamin C</b>	17.0 mg	
<b>Iron</b>	3.20 mg	
<b>Calcium</b>	335 mg	
<b>Sodium</b>	974 mg	
<b>Fiber</b>	2.67 g	
<b>% Protein</b>	30.44	
<b>% Carbohydrate</b>	18.29	
<b>% Total Fat</b>	50.80	
<b>% Saturated Fat</b>	21.87	

**METHOD****STEP 1**

Toss all ingredients except turkey and croutons together.

**STEP 2**

**Assemble each salad as follows:**

1. 2 cups tossed romaine lettuce mixture for base.
2. Place 2 ½ oz. turkey over lettuce mixture.
3. Top with ½ cup croutons

**STEP 3**

Portion size = 1 platter

**WESTERN SALAD PLATTER (PS-90)****Portion Size – 1 Platter**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 oz.	10 oz.	1 lb. + 4 oz.	Kidney beans
1 oz.	5 oz.	10 oz.	Ham, small dice
½ oz.	2 ½ oz.	5 oz.	Cheddar cheese, small dice
2 cups	2 quarts + 2 cups	5 quarts	Lettuce, chopped
1 oz.	5 oz.	10 oz.	Salad dressing, reduced calorie
1	5	10	Dinner Roll, 1 oz.
¼ cup	1 ¼ cup	2 ½ cup	Carrot sticks
¼ cup	1 ¼ cup	2 ½ cup	Celery sticks

**METHOD****STEP 1****Assemble each salad as follows:**

1. 2 cups lettuce for base.
2. Place 2 oz. beans, 1 oz. ham, ½ oz. cheese ¼ cup carrot sticks and ¼ cup celery sticks over lettuce

**STEP 2**

Serve each salad with 1 oz. dressing and 1 dinner roll.

**Notes:****¼ cup carrot sticks = 6 sticks, 4 x ½"****¼ cup celery sticks = 4 sticks, 3 x ¾"****COMPONENTS PER PORTION**

3.5 oz. meat/meat alternate, 2 ½ cups vegetables and 1 serving bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
<b>Calories</b>	331	
<b>Protein</b>	16.47 g	
<b>Carbohydrates</b>	36.44 g	
<b>Fat-total</b>	13.81 g	
<b>Saturated Fat</b>	4.83 g	
<b>Cholesterol</b>	39 mg	
<b>Vitamin A (RE)</b>	1325 RE	
<b>Vitamin C</b>	11.7 mg	
<b>Iron</b>	3.11 mg	
<b>Calcium</b>	220 mg	
<b>Sodium</b>	1095 mg	
<b>Fiber</b>	6.85 g	
<b>% Protein</b>	19.87	
<b>% Carbohydrate</b>	43.97	
<b>% Total Fat</b>	37.50	
<b>% Saturated Fat</b>	13.13	

## WILD GREENS PACKAGED SALADS: BASIC METHOD OF PREPARATION (PS-92)

### Packaged Wild Greens Salads Variations (PS-92)

Variation	Ingredients, per each salad:	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vitamin A (RE)	Vitamin C (mg)	Protein (g)	Total Carbs (g)	Total Fat (g)	Saturated Fat (g)	Components	Serving Suggestion
A. Caribbean Chicken  NK4852	LAYER: 1 ½ cup Iceberg/ Romaine lettuce mix 1 cup cooked pasta 4 tbsp. diced red onion 2 tbsp. diced green pepper 2 tbsp. diced canned peaches 3 oz. cooked diced chicken	405	76	224	5.08	4.02	58	473	40.2	33.1	50.3	7.7	2.0	2 cups F/V  2 servings of bread/grains  3 oz. meat/meat alternate	Offer with 2 fl. oz. cup of <b>Spicy Dressing (MD-28)</b>
B. Antipasto Salad  NK4869	LAYER: 1 ½ cup Iceberg/ Romaine Lettuce mix 1 cup cooked bowtie pasta 2 tbsp. diced fresh tomatoes 1 tbsp. diced red onion 1 tbsp. sliced olives 1 oz. diced ham ½ oz. diced salami 1 oz. diced mozzarella cheese 1 tsp. grated parmesan cheese	367	42	792	3.78	5.08	257	380	20.1	21.47	44.7	11.4	5.3	1 ¾ cups F/V  2 servings of bread/grains  2 ½ oz. meat/meat alternate	Offer with 2 fl. oz. LC Italian Dressing
C. Asian Six Treasure Chicken NK4877	LAYER: 1 cup iceberg lettuce ½ cup shredded coleslaw mix ½ cup (¾ oz.) chow mein noodles 2 tbsp. diced red onions 3 tbsp. sliced celery 3 tbsp. chopped fresh broccoli 2 oz. sliced grilled chicken breast 1 Tbsp sliced almonds	290	40	174	5.04	2.74	89	109	34.8	22.9	21.3	13.4	1.98	2 cups F/V  1 serving of bread/grains  2 oz. meat/meat alternate	Offer with 2 fl. oz. cup of <b>Sweet and Sour Dressing (MD-29)</b>

## Packaged Wild Greens Salads Variations (PS-92)

Variation	Ingredients, per each salad:	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vitamin A (RE)	Vitamin C (mg)	Protein (g)	Total Carbs (g)	Total Fat (g)	Saturated Fat (g)	Components	Serving Suggestion
D. Beef Taco Salad NK5139	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix 2 tbsp. sliced celery 2 tbsp. diced onions ¼ cup diced fresh tomatoes 1/3 cup (2 oz.) <b>Simple Taco Meat (recipe HE-223)</b> ¼ cup (1 oz.) shredded cheddar cheese	308	83	861	2.42	2.70	254	419	27.1	23.8	10.9	19.0	9.68	2 cups F/V  3 oz. meat/meat alternate	Offer with 2 fl. oz. LC Ranch Dressing
E. Breaded Chicken Caesar NK5506	LAYER: 1 1/2 cup Iceberg/romaine lettuce mix ½ cup (3/4 oz.) croutons ¼ cup diced tomatoes 3.2 oz. cut up chicken patty (1 whole) 1 tbsp. grated parmesan cheese	297	80	896	2.84	2.25	76	356	23.7	20.1	24.5	13.3	2.4	1 ¾ cups F/V  2 servings of bread/grains  2 oz. meat/meat alternate	Offer with 2 fl. oz. Low Calorie Caesar Dressing
F. Catalina Roast Turkey NK4871	LAYER: 1 ½ cup Iceberg/Romaine Lettuce mix ¼ cup diced fresh tomato 1 tbsp. diced onions 2 oz. sliced turkey 1 tsp. bacon bits	95	28	597	1.90	1.30	30	343	22.2	12.6	4.3	2.6	0.7	1 ¾ cups F/V  2 oz. meat/meat alternate	Offer with 2 fl. oz. FF Catalina Dressing

## Packaged Wild Greens Salads Variations (PS-92)

Variation	Ingredients, per each salad:	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vitamin A (RE)	Vitamin C (mg)	Protein (g)	Total Carbs (g)	Total Fat (g)	Saturated Fat (g)	Components	Serving Suggestion
G. Garden Salad with Cheese NK5501	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix 3 Tbsp. Diced Tomato 3 tbsp. sliced cucumber 1 tbsp. diced onions 1 oz. diced mozzarella 1 oz. diced provolone	196	36	391	2.05	1.20	430	455	23.2	15.9	6.3	12.4	7.8	1 7/8 cup F/V  2 oz. M/MA	Offer with 2 oz. LC Italian Dressing
H. Chicken& Glazed Walnuts NK4835	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix 2 tbsp. diced onions 2 tbsp. sliced celery 2 tbsp. diced fresh tomatoes 2 oz. cooked diced chicken 2 tbsp. <b>Glazed Walnut Pieces (recipe D-X)</b>	227	51	73	2.95	2.29	60	356	23.3	21.9	6.8	13.5	1.8	1 7/8 cups F/V  2 ¼ oz. meat/meat alternate	Offer with 2 oz. Blue Cheese Dressing
I. Chicken Taco Salad NK5140	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix 2 tbsp. sliced celery 2 tbsp. diced onions ¼ cup diced fresh tomatoes 1/3 cup (2 oz.) <b>Chicken Taco Meat (recipe HE- 74)</b> ¼ cup (1 oz.) shredded cheddar cheese	246	73	653	2.42	2.00	255	424	27.1	22.9	9.2	13.4	7.0	2 cups F/V  3 oz. meat/meat alternate	Offer with 2 oz. LC Ranch Dressing

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J. Chunky Tuna Salad  NK5142	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix 3 tbsp. sliced cucumber 3 tbsp. diced fresh tomatoes 1 tbsp. diced onions ½ cup Chunky Tuna Salad (recipe CS-47)	120	17	281	2.26	1.97	38	382	24.4	16.1	7.0	3.1	0.6	2 cups F/V  2 oz. meat/meat alternate	Offer with 2 oz. LC Italian Dressing
K. Cobb Salad NK4870	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix 2 tbsp. sliced celery 3 tbsp. diced fresh tomatoes 2 tbsp. diced peppers 1 oz. diced roast turkey ½ oz. diced cheddar cheese ½ oz. diced hard cooked egg 2 tsp. bacon bits	174	89	527	2.31	1.33	145	424	39.2	14.1	5.6	10.5	4.8	1 7/8 cup F/V  2 oz. M/MA	Offer with 2 oz. fat free Thousand Island Dressing
L. Crispy Chicken Popper NK4868	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix 2 tbsp. sliced celery 2 tbsp. diced onions ¼ cup diced tomatoes 2 oz. breaded popcorn chicken 1 oz. diced mozzarella cheese	252	28	606	2.99	1.89	238	534	27.1	17.9	16.4	13.4	4.6	2 cups F/V  2 oz. meat/meat alternate	Offer with 2 oz. fat free Thousand Island Dressing

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M. Deli Chef Salad NK4866	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix 3 tbsp. sliced cucumber 3 tbsp. diced tomatoes 1 tbsp. diced onions ½ oz. ham, strips ½ oz. turkey, strips ½ oz. American cheese, strips ½ oz. provolone cheese, strips 1 ½ oz sliced hard cooked egg	220	215	651	2.05	1.66	241	290	23.2	18.2	6.1	13.9	6.5	1 7/8 cup F/V  3 ½ oz. M/MA	Offer with 2 oz. cups of Italian Salad Dressing
N. Grilled Chicken Caesar NK4872	LAYER: 1 1/2 cup Iceberg/Romaine Lettuce mix ½ cup (3/4 oz.) croutons ¼ cup diced tomatoes 2 oz. sliced grilled chicken breast 1 tbsp. grated parmesan cheese	217	43	39	2.84	2.15	84	358	23.7	22.2	16.8	6.6	2.1	1 ¾ cups F/V  1 serving of bread/grains  2 oz. meat/meat alternate	Offer with 2 oz. LC Caesar Dressing
O. Mandarin Chicken NK4833	LAYER: 1 ½ cup Iceberg/Romaine lettuce blend ½ cup cabbage ¾ oz. (1/2 cup) chow mein noodles 2 tbsp. diced onions 2 tbsp. sliced celery 3 tbsp. mandarin oranges 2 oz. diced chicken 2 tbsp. almonds	379	51	180	5.51	3.65	119	393	43.9	24.4	26.5	21.2	3.1	2 3/8 cups F/V  1 serving of bread/grains  2 ¼ oz. meat/meat alternate	Offer with 2 oz. cup of <b>Sesame Soy Vinaigrette (recipe MD-27)</b>

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P. Monterey Ranch Chicken NK4865	LAYER: 1 ½ cup Iceberg/ Romaine Lettuce Mix 3 tbsp. sliced celery 3 tbsp. shredded carrots 3 tbsp. diced tomatoes 1 oz. diced grilled chicken 1 oz. diced provolone cheese	179	42	239	2.82	1.43	247	1760	25.3	17.7	6.7	9.4	4.3	2 cup F/V  2 oz. M/MA	Offer with 2 oz. LC Ranch Dressing
Q. Cool as a Cucumber Sesame Noodles with Beef NK4875	LAYER: 1 cup shredded cole slaw mix 1 cup cooked spaghetti mixed with 1 oz Sesame Soy Vinaigrette (MD-27) ½ cup shredded carrot ½ cup peeled, seeded cucumbers, thin slice 2 oz. roast beef, julienne	313	13	333	5.74	4.08	56	3621	21.9	18.3	51.1	4.3	1.2	2 cups F/V  2 servings of bread/grains  2 oz. meat/meat alternate	Offer with 2 oz. cup of <b>Sesame Soy Vinaigrette (recipe MD-27)</b>
R. Sicilian Pasta NK4830	MIX TOGETHER: 1 ½ cup Iceberg/Romaine Lettuce Mix 1 cup cooked rotini pasta 4 tbsp. diced onion 2 tbsp. diced tomatoes 1 oz. diced mozzarella cheese 1 oz. diced salami	397	41	613	4.06	3.26	227	369	21.9	21.1	45.2	14.7	6.5	1 7/8 cups F/V  2 servings of bread/grains  2 oz. meat/meat alternate	Offer with 2 oz. LC Italian Dressing



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S. Southwest Corn & Black Bean  NK5141	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix 1 tbsp. sliced celery 2 tbsp. diced onion 1 cup <b>Southwest Corn and Black Bean Salad</b> (recipe BAS-200)	396	0	1077	10.72	6.58	112	490	40.1	14.6	43.4	1.6	0.3	2 1/8 cups F/V  2 oz. meat/meat alternate	Offer with 2 oz. LC Ranch Dressing
T. Teriyaki Steak  NK5144	LAYER: 1 ½ cup Iceberg/Romaine Lettuce Mix ½ cup coleslaw cabbage mix ½ cup (3/4 oz.) chow mein noodles 2 tbsp. diced onions 3 tbsp. sliced celery 3 tbsp. chopped broccoli 2 oz julienne roast beef, marinated in teriyaki sauce 1 tbsp. almonds	285	13	526	5.54	4.11	94	391	47.2	16.0	25.3	15.0	2.5	2 ½ cups F/V  1 serving of bread/grains  2 oz. meat/meat alternate	Offer with 2 oz. cup of <b>Sesame Soy Vinaigrette</b> (recipe MD-27)
U. Tomato Bruschetta  NK4867	LAYER: 1 ½ cup chopped romaine lettuce ½ cup croutons 1 cup marinated diced tomatoes & diced onions (marinate tomatoes & onions with 1 Tbsp Oil & 2 Tbsp vinegar.) 2 oz. diced mozzarella cheese	547	34	532	4.55	2.33	428	474	43.4	18.7	27.7	41.7	11.7	2 ½ cups F/V  2 servings of bread/grains  2 oz. meat/meat alternate	Offer 2 oz. cup of oil and vinegar

**NOTES:** Salad Dressing cups or pc's and packages of crackers should *not* be put into or taped onto the salad bowls. Nutritional value of salad dressings and crackers are not included in the nutrient analyses of the Wild Greens salads.

**YOGURT PARFAIT****(PS-95)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>		<u>INGREDIENTS</u>
<u>1 Each</u>		
½ cup		Strawberries, fresh, sliced*
1 cup		Vanilla yogurt, low fat
½ cup		Blueberries, fresh, whole*
1 oz.		Granola cereal, purchased, portioned into 1 oz. soufflé cups with lids
		*May substitute frozen commodity fruit for fresh fruit. Thaw and drain fruit prior to assembling parfaits.
		To make multiple numbers of parfaits, prepare each ingredient and place into small pans. Assemble in an “assembly line” fashion.
<u>COMPONENTS PER PORTION</u>		
1 cup fruit, 2 oz. meat/meat alternate, 1 serving bread/grains		Portion cost = \$1.45

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	383	
Protein	15.54 g	
Carbohydrates	71.06 g	
Fat-total	5.58 g	
Saturated Fat	2.33 g	
Cholesterol	12 mg	
Vitamin A (RE)	48 RE	
Vitamin C	54.60 mg	
Iron	1.41 mg	
Calcium	449.32 mg	
Sodium	212 mg	
Fiber	5.52	
% Protein	16.22	
% Carbohydrate	74.15	
% Total Fat	13.11	
% Saturated Fat	5.48	

**METHOD****For each serving****STEP 1**

From bottom to top, layer salad ingredients in a 21 fluid oz. clear plastic cup (measure ingredients carefully):

Sliced strawberries, ½ cup  
 Lowfat vanilla yogurt, ½ cup  
 Whole fresh blueberries, ½ cup  
 Lowfat vanilla yogurt, ½ cup

**STEP 2**

Cover top of cup with tight fitting layer of plastic wrap.

**STEP 3**

Place 1 oz. cup of granola over top of saran wrap.

**STEP 4**

Top cups with clear dome lids.

**NOTE**

For schools following a food based method of menu planning with offer-vs.-serve: Each salad alone qualifies as a reimbursable meal. However, a choice of fluid milk (1/2 pint) should be offered as meal accompaniments in order to offer all required meal components.