

FUSILLI ESTEVI – SUMMER CORKSCREW PASTA

(HE-100)

Portion Size – 2 Cups

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 10 ¾ oz.	4 lbs. + 2 ¾ oz.	8 lbs. + 6 oz.	Fusilli pasta	
3 1/3	8 ½	16 ¾	Zucchini, medium	
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Minced garlic	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Olive oil	
¼ cup + 2 ½ tbsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	Italian parsley chopped	
15 oz.	2 lb. + 5.5 oz.	4 lb. + 11 oz.	Mozzarella cheese, diced	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Lemon juice	
1 ½ cup + 2 ½ tbsp.	4 cups + 2 ½ tbsp.	2 quarts + ½ cup	Tomatoes, diced	
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Cracked black pepper, dash	
¼ cup + 2 ½ tbsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	Parmesan cheese	
			Fresh basil, chopped	

METHOD

STEP 1

Scrub the zucchini clean and trim the ends. Slice the zucchini in half lengthwise and then again into quarter rounds. Slice into ¼ inch slices.

STEP 2

In a heavy skillet sauté the zucchini and garlic in olive oil until the garlic is golden and the zucchini is barely tender.

STEP 3

Put the cooked zucchini in a 2-½ inch hotel pan. Add the parsley, basil, mozzarella, lemon juice and tomatoes. Season with black pepper and mix well.

STEP 4

Cook the fusilli pasta in boiling salted water until just tender, ‘al dente’. Drain through a colander set over a bowl to save the ‘pasta water’. Transfer the hot cooked pasta to the hotel pan with the vegetables and cheese and toss well. Add some of the reserved ‘pasta water’ to the pan to help in keeping the pasta from sticking and to moisten the dish. Top with parmesan cheese, toss well and serve. For each portion, provide 2 8-oz. ladles.

COMPONENTS PER PORTION

2.8 servings of bread/grains, 2 oz. meat/meat alternate, ¼ cup cooked vegetables

NUTRIENT

Amount per Serving

Calories	504
Protein	28.49 g
Carbohydrates	63.72 g
Fat-total	14.82 g
Saturated Fat	6.45 g
Cholesterol	26 mg
Vitamin A (RE)	137 RE
Vitamin C	21.83 mg
Iron	3.85 mg
Calcium	543.20 mg
Sodium	499 mg
Fiber	3.59 g
% Protein	22.60
% Carbohydrate	50.54
% Total Fat	26.44
% Saturated Fat	11.51

GERMAN PORK SCHNITZEL**(HE-103)****Portion Size – 2 oz.**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
5 ½ lb.	11 lb.	22 lb.	Pork Roast, commodity, raw	
1 cup	2 cups	1 qt.	Flour	
3 ea.	6 ea.	12 ea.	Eggs, beaten well	
¼ cup	½ cup	1 cup	Apple Juice	
2 cups	1 qt.	2 qt.	Bread crumbs	
To taste	To taste	To taste	Black pepper	
1 tsp.	2 tsp.	4 tsp.	Paprika	
2 Tbsp.	¼ cup	½ cup	Parsley, dry	
1 tsp.	2 tsp.	4 tsp.	Onion powder	

METHOD**STEP 1**

Remove the string from the defrosted pork roast and separate it into two pieces. Using a slicer, slice each roast half into 3 ½ oz. portions. Place the sliced pieces on a piece of saran wrap in a single layer. Cover the pieces with another piece of saran wrap. Using a rolling pin or the bottom of a small pot or pan pound the pieces to flatten them. This will make the pork more tender and appear larger.

STEP 2

Put the flour in a plastic bag. Place all of the pounded pork pieces in the bag. Secure the end of the bag and shake to coat all of the pieces evenly. If you are doing a large batch of cutlets start out with a fresh bag and fresh flour for each smaller batch. Remove the meat from the bag, shake off the excess and place the pieces on a parchment lined sheet pan.

STEP 3

In a shallow hotel pan beat together the eggs and apple juice well. Set it aside. In another shallow hotel pan mix together the breadcrumbs, salt, pepper, paprika, parsley and onion powder. Mix well to combine.

STEP 4

Dip the floured pork cutlets into the egg mixture. Allow all excess egg to drip off before placing it in the breadcrumb mixture. Lay the cutlet flat on the breadcrumbs and give the pan a shake. This will coat the top of the cutlet with crumbs.

STEP 5

Transfer the breaded cutlets to a fresh sheet pan that has been sprayed well with vegetable spray. Continue to bread the cutlets in this manner. Keep the cutlets in a single layer with some space between each cutlet. Do not over crowd the pan.

STEP 6

Spray the tops of the cutlet with pan spray and transfer to a 350 degree F oven for 30 minutes or until they are golden brown with an internal temperature of 145 degrees F.

COMPONENTS PER PORTION

Portion cost = \$.68

2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	236
Protein	21.31 g
Carbohydrates	6.15 g
Fat-total	13.35 g
Saturated Fat	4.58 g
Cholesterol	88 mg
Vitamin A (RE)	21 RE
Vitamin C	0.83 mg
Iron	1.36 mg
Calcium	27.87 mg
Sodium	78 mg
Fiber	0.29 g
% Protein	36.06
% Carbohydrate	10.40
% Total Fat	50.84
% Saturated Fat	17.42

NOTE: To make any breading process go smoothly with minimal mess:

- ◆ Do all of the flouring first. Shake off all excess and set the pieces aside.
- ◆ When dipping an item into egg and/or milk and then crumbs use only one hand to put the item in and take the item out of the liquid
- ◆ Allow any excess egg mixture to drip off before placing it in the crumbs
- ◆ Keep the other one dry to take the item out of the crumbs.
- ◆ Shake the pan to allow the crumbs to stick.
- ◆ Press down on the item after coating to insure that it is well coated

HOISIN CHICKEN**(HE-105A)****Portion Size – ½ cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
2 Tbsp.	¼ cup	½ cup	Vegetable oil	
2 tsp.	4 tsp.	2-2/3 Tbsp.	Ginger, fresh, finely minced	
2 Tbsp.	¼ cup	½ cup	Garlic, fresh, minced	
2 cups	1 qt.	2 qt.	Green peppers, diced	
1 cup	2 cups	1 qt.	Onion, diced	
4 lb.	8 lb.	16 lb.	Cooked diced chicken	
6 Tbsp.	¾ cup	1 ½ cups	Hoisin sauce	
1 tsp.	2 tsp.	4 tsp.	Salt	
1 Tbsp.	2 Tbsp.	¼ cup	Sugar	
1 Tbsp.	2 Tbsp.	¼ cup	Cider vinegar	
½ cup	1 cup	2 cups	Water, boiling	
1 tsp.	2 tsp.	4 tsp.	Sesame oil	
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.48	
2 ½ oz. meat/meat alternate				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	170			
Protein	21.13 g			
Carbohydrates	4.58 g			
Fat-total	6.86 g			
Saturated Fat	1.70 g			
Cholesterol	65 mg			
Vitamin A (RE)	20 RE			
Vitamin C	11.28 mg			
Iron	0.99 mg			
Calcium	14.83 mg			
Sodium	258 mg			
Fiber	0.36 g			
% Protein	49.63			
% Carbohydrate	10.76			
% Total Fat	36.26			
% Saturated Fat	9.01			

METHOD**STEP 1**

In a large skillet heat the oil. When it is hot add the ginger and garlic. Brown slightly. Add the onions and green pepper. Saute until the vegetables are crisp tender.

STEP 2

In a bowl, mix together the hoisin sauce, salt, sugar, and vinegar. Stir this mixture into the skillet with the sauteed items. When the sauce begins to boil add the chicken. Stir to coat the chicken with the sauce. Pour in the water. Cover and simmer for 10 minutes.

STEP 3

Transfer the chicken to a shallow steamtable pan. Drizzle with sesame oil. Serve with white rice.

STEP 4

Portion with a 4 oz. spoodle.

Serving Suggestion: Serve over 1 cup portion of hot white steamed rice (not included in nutrient analysis).

Chartwells School Dining Services

003701 - Honey Baked Chicken

Source: HE-108
 Number of Portions: 25
 Size of Portion: 1 Serving

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

005013 CHICKEN,BROILERS OR FRYERS,MEAT ONLY, 002030 PEPPER,BLACK..... 004044 OIL,SOYBN,SALAD OR COOKING..... 090159 HONEY,PEAR..... 009153 LEMON JUC,CND OR BTLD.....	6 1/4 LB,ckd wgt,e/p 1 TSP 3/4 CUP 1/2 CUP 2/3 CUP	<p><u>STEP 1</u> Place chicken on sheet pans, sprinkle with pepper.</p> <p><u>STEP 2</u> Brush lightly with 1/2 of the oil.</p> <p><u>STEP 3</u> Bake at 350 degrees F for 30 minutes.</p> <p><u>STEP 4</u> Combine remaining oil, honey and lemon juice. Brush generously on chicken.</p> <p><u>STEP 5</u> CCP: Reduce heat to 325 degrees F, continue baking for one hour longer or until chicken reaches an internal temperature of 165 degrees F.</p> <p><u>STEP 6</u> Repan in 2 1/2"steamtable pans for service.</p> <p>CCP: Hold for hot service at 140 degrees F.</p> <p><u>USDA Buying Guide Information</u></p> <p>A 40-lb. box of commodity cut up chicken contains approximately 83 servings of cooked chicken, 2 oz. each.</p> <p>A 2 oz. portion of cooked chicken is equal to: 1 breast piece OR 1 drumstick + 1 wing OR 1 thigh w/ back</p>
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Calories	295	Iron	1.43 Mg	Protein	32.86 G	44.49% Calories from Prot
Cholesterol	101 Mg	Calcium	18 Mg	Carbohydrates	6.06 G	8.21% Calories from Carb
Sodium	99 Mg	Vitamin A	61 IU	Total Fat	14.96 G	45.58% Calories from T Fat
Dietary Fiber	0.06 G	Vitamin C	1.7 Mg	Saturated Fat	3.26 G	9.92% Calories from S Fat

* - Denotes Missing Nutrient Values

Chartwells School Dining Services

005555 - Hot & Spicy Chicken, Oriental

Source: HE- 109
 Number of Portions: 100.0000
 Size of Portion: 1 Serving

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

Alternate Menu Name: Hot & Spicy Chicken,
 Oriental Style

005013 CHICKEN,BROILERS OR FRYERS,MEAT ONLY, 004044 OIL,SOYBN,SALAD OR COOKING..... 000705 VINEGAR,CIDER..... 080655 SOY SAUCE,LIGHT, LA CHOY..... 006168 SAUCE,RTS,PEPPER OR HOT..... 090018 MUSTARD,POWDER/DRY..... 011215 GARLIC,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 012023 SESAME SEEDS,WHOLE,DRIED.....	6 LB,ckd wgt,e/p + 4 OZ,ckd 1 CUP 1 1/2 CUP 1 1/2 CUP 3/4 CUP 3/4 CUP 1 CUP 7 LB 1 CUP	<p><u>STEP 1</u> Preheat oven to 325 degrees F. Place chicken pieces and fresh bell peppers, cut into thin strips, into 2" deep hotel pans.</p> <p><u>STEP 2</u> In a sauce pan mix oil, vinegar, soy sauce, hot sauce, dry mustard & minced garlic. Cook over medium heat. Stir until well blended.</p> <p><u>STEP 3</u> Coat chicken and peppers with sauce mixture. Bake uncovered 30 minutes. CCP: Sprinkle with sesame seeds, bake 20 minutes longer, or until chicken reaches an internal temperature of 165 degrees F.</p> <p>CCP: Hold for hot service at 140 degrees F.</p> <p><u>USDA Buying Guide Information</u> A 40-lb. box of commodity cut up chicken contains approximately 83 servings of cooked chicken, 2 oz. each. A 2 oz. portion of cooked chicken is equal to: 1 breast piece OR 1 drumstick + 1 wing OR 1 thigh w/ back</p>
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Calories	100	Iron	0.82 Mg	Protein	9.47 G	37.97% Calories from Prot
Cholesterol	25 Mg	Calcium	31 Mg	Carbohydrates	3.42 G	13.69% Calories from Carb
Sodium	193 Mg	Vitamin A	136 IU	Total Fat	5.41 G	48.77% Calories from T Fat
Dietary Fiber	0.92 G	Vitamin C	27.3 Mg	Saturated Fat	1.03 G	9.26% Calories from S Fat

* - Denotes Missing Nutrient Values

ASIAN SPICY CHICKEN W/ ORIENTAL FRIED RICE

(HE-11)

Portion Size – 2 oz. cooked chicken & 1 cup rice

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
12 lb.	24 lb.	48 lb.	Chicken, cut up, frozen, thawed under refrigeration or under 70 degree F running water
¼ cup	½ cup	1 cup	Vegetable oil
3/8 cup	¾ cup	1 ½ cups	Cider vinegar
3/8 cup	¾ cup	1 ½ cups	Soy sauce, light
3 Tbsp.	3/8 cup	¾ cup	Hot pepper sauce
3Tbsp.	3/8 cup	¾ cup	Dry mustard
¼ cup	½ cup	1 cup	Minced garlic
¼ cup	½ cup	1 cup	Vegetable oil
¼ cup	½ cup	1 cup	Sesame seeds, toasted

METHOD

STEP 1

Remove skin from chicken. Place chicken pieces in 2” deep hotel pans. Cover and hold in refrigerator until step #3.

STEP 2

Heat oil, vinegar, soy sauce, hot pepper sauce, mustard & garlic in a saucepan. Stir until well blended. Bring mixture to a boil, then simmer for 5 minutes.

STEP 3

Coat chicken with sauce mixture. Bake uncovered 30 minutes in a 325 degree F oven. Sprinkle with sesame seeds, and bake 20 minutes longer, or until chicken reaches an internal temperature of 165 degrees F.

STEP 4

Hold hot at 140 degrees F or higher until served. Portion size = 2 oz. = 1 breast half with back or 1 thigh with back or 1 drumstick and 1 wing. Plate with 1 cup (a #4 scoop or an 8oz spoodle) of Oriental Fried Rice (recipe BC/GB-90).

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 3/8 cup vegetables
1 ½ servings bread/grain

Portion cost if all ingredients are purchased \$0.73

NUTRIENT

Amount per Serving

Calories	369	
Protein	26.2 g	
Carbohydrates	39.6 g	
Fat-total	11.2 g	
Saturated Fat	2.3 g	
Cholesterol	99 mg	
Vitamin A	34 RE	
Vitamin C	4.6 mg	
Iron	3.4 mg	
Calcium	60 mg	
Sodium	357 mg	
Fiber	2.4 g	
% Protein	28.4	
% Carbohydrate	42.9	
% Total Fat	27.3	
% Saturated Fat	5.5	NK5555

Chartwells School Dining Services

001996 - Jamaican Beef Patties

Source: HE- 110
 Number of Portions: 25
 Size of Portion: 1 Each

Meat/Alt 2.5 oz.
 Grain/Bread 5.5 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

000711 BEEF GROUND ,80/20 Raw-to Cook & Drain..... 011215 GARLIC,RAW..... 011979 PEPPERS,JALAPENO,RAW..... 011282 ONIONS,RAW..... 090020 THYME LEAF,DRIED..... 002015 CURRY POWDER..... 002028 PAPRIKA..... 018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BR 002030 PEPPER,BLACK..... 004044 OIL,SOYBN,SALAD OR COOKING..... 002028 PAPRIKA..... 990398 tumeric..... 993378 Pizza crust, Schwan's Proof Perfect 7" sheete.....	5 LB,raw weight 1/4 CUP 2 TBSP, sliced 2 CUP, chopped 1 TBSP 3 TBSP 1 TBSP 1 CUP, crumbs 1 TSP 1 CUP 2 TBSP 6 tsp. 25 (1 crust)	<p>STEP 1 Combine the ground beef, garlic, jalapeno peppers and onion in a shallow steamtable pan. Mix well. Cover and place in a 350 degree F oven for 1-1 ½ hours or until the meat is cooked and at a temperature of 158 degrees F.</p> <p>STEP 2 Remove the meat from the oven and allow it to cool somewhat. Then drain off all of the excess liquid. Stir in the thyme, half of the curry powder, paprika and breadcrumbs. Season with salt and pepper. Adjust seasoning if necessary. It should be very well flavored. Allow the mixture to cool and tighten up in the refrigerator.</p> <p>STEP 3 Prepare the seasoning for the dough. In a small saucepan heat the oil with the balance of the curry powder, paprika, and turmeric. Heat over low heat until the spices are well absorbed. This mixture should be very deep in color with no traces of loose spices. If there is any residue of spices, strain the margarine through cheesecloth or a coffee filter. Keep this seasoned margarine warm.</p> <p>STEP 4 Make sure that the dough is completely thawed and pliable before starting. Place a 3 fl. oz. spoonful of filling in the center of each pizza crust. Bring the center edge of the top of the dough over the filling to the center edge of the bottom. Press well to seal. Continue to seal the dough along the edges. Place each filled patty on a sheet pan that has been lined with parchment paper. Using a fork press the tines into the dough edges to seal well and to leave a decorative mark.</p> <p>STEP 5 Brush the tops and sides and bottoms of all of the patties well with the seasoned oil. Make sure that all of the dough has been colored. Put a small slit in the top of the dough, to allow air to escape. Bake in a 350 degree F oven for 8-10 minutes or until the dough is golden. CCP: Hold for hot service at 140 degrees F.</p>
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Calories	615	Iron	6.93 Mg	Protein	28.55 G	18.59%	Calories from Prot
Cholesterol	68 Mg	Calcium	25 Mg	Carbohydrates	67.02 G	43.63%	Calories from Carb
Sodium	734 Mg	Vitamin A	416 IU	Total Fat	25.90 G	37.93%	Calories from T Fat
Dietary Fiber	3.92 G	Vitamin C	2.4 Mg	Saturated Fat	5.96 G	8.73%	Calories from S Fat

* - Denotes Missing Nutrient Values

JAMAICAN FRICASSEE CHICKEN (HE-115)

Portion Size – *2 oz.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 lbs.	13 lbs.	25 lbs.	Raw cut up chicken	
1 ¼ cup	3 ¼ cup	¼ cups	Onion sliced	
1 ¼ cup	3 ¼ cup	6 ¼ cups	Tomatoes diced	
1 tbsp. + ¾ tsp.	3 tbsp. + ¾ tsp.	¼ cup + 2 tbsp.	Garlic chopped	
3 ¾	9 ¾	18 ¾	Scallions chopped	
¼ cup + 2 ½ tsp.	¾ cup + 1 ½ tsp.	1 /14 cup + 4 tbsp.	Dried thyme	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Salt	
5/8 tsp.	1 5/8 tsp.	1 tbsp. + ¼ tsp.	Cracked black pepper	
2 tbsp. + 1 ½ tsp.	¼ cup + 2 ½ tbsp.	¾ cups + 1 ½ tsp.	Vegetable oil	
½ cup + 2 tbsp.	1 ½ cup + 2 tbsp.	3 cups + 2 tbsp.	Water	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate				
<u>NUTRIENT</u>				
	<u>Amount per Serving</u>			
Calories	158			
Protein	17.20 g			
Carbohydrates	4.69 g			
Fat-total	7.88 g			
Saturated Fat	1.70 g			
Cholesterol	50 mg			
Vitamin A (RE)	34 RE			
Vitamin C	8.3 mg			
Iron	3.50 mg			
Calcium	60 mg			
Sodium	345 mg			
Fiber	1.55 g			
% Protein	43.40			
% Carbohydrate	11.84			
% Total Fat	44.75			
% Saturated Fat	9.68			

METHOD

STEP 1

In a large bowl, combine the chicken, onion, tomatoes, garlic, scallions, thyme, salt and black pepper. Toss to coat the chicken well. Cover with plastic wrap and refrigerate for ½ hour.

STEP 2

Lift the chicken out of the bowl with tongs to reserve the marinade and the vegetables. Pat the chicken dry. Place the chicken in a large bowl. Pour the vegetable oil over the chicken. Stir to coat the chicken well. Transfer the chicken to a 2 ½ inch hotel pan. Do not over crowd the pan. Bake in a 350 degree oven until golden brown; about 25 minutes.

STEP 3

Remove the chicken from the oven. Pour the reserved marinade and vegetables over the chicken along with the water. Cover the pan with foil and simmer for one hour or until the chicken is tender. Adjust seasoning if necessary.

Note:

A 2 oz. serving consists of 1 breast with back OR 1 thigh with back OR 1 drumstick and 1 wing

JAPANESE GRILLED MARINATED CHICKEN (Tori Teriyaki)**(HE-120)****Portion Size – 2 oz. (see below)**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
12 lb.	24 lb.	48 lb.	Chicken, raw, cut up	
1 ½ cup	3 cups	6 cups	Light soy sauce	
1 ½ cup	¼ cup	½ cup	Cider vinegar	
2 Tbsp.	¾ cup	1 ½ cup	Brown sugar	
3 Tbsp.	2 Tbsp.	¼ cup	Garlic, granulated	
1 Tbsp.	2 Tbsp.	¼ cup	Ginger, ground	
1 Tbsp.	2 Tbsp.	¼ cup	Sesame oil	

METHOD**STEP 1**

Wash the chicken pieces well, removing any excess fat. Pat dry with a paper towel and place them in a shallow hotel pan in one layer.

STEP 2

Mix together the soy sauce, vinegar, sugar, garlic, ginger and sesame oil. Mix until the brown sugar has dissolved. Pour this marinade over the chicken, turning them so that they are well coated. Refrigerate for at least one hour (or overnight) turning them two-three times.

STEP 3

Preheat the oven to 400 degrees F. Spray a sheet pan with vegetable spray and place the chicken in a single layer. Save any remaining marinade. Roast in the hot oven for 15 minutes, then turn each piece over with tongs and roast for 10 minutes longer.

STEP 4

Turn the oven down to 350 degrees F. Pour off any fat that has accumulated in the pan. Spoon some of the reserved marinade over the chicken.

STEP 5

Return the chicken to the oven for a further 20-25 minutes, basting with the marinade every 10 minutes, or until the chicken is tender, well glazed and browned and has reached an internal temperature of 165 degrees. Discard any unused marinade.

STEP 6

Portion size = 2 oz. = 1 breast half with back or 1 thigh with back or 1 drumstick and 1 wing.

COMPONENTS PER PORTION

Portion cost = \$0.57

2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	247
Protein	29.92 g
Carbohydrates	4.5 g
Fat-total	11.56 g
Saturated Fat	3.12 g
Cholesterol	91 mg
Vitamin A (RE)	33 RE
Vitamin C	0.20 mg
Iron	1.47 mg
Calcium	18.70 mg
Sodium	570 mg
Fiber	0.13 g
% Protein	48.37
% Carbohydrate	7.27
% Total Fat	42.07
% Saturated Fat	11.35

JAPANESE PORK CUTLET (Tonkatsu)**(HE-122)****Portion Size – 2 oz.**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
5 ½ lb.	11 lb.	22 lb.	Pork Roast, raw, commodity
2 cup	1 qt.	2 qt.	Soy sauce, light
2 cup	1 qt.	2 qt.	Cider vinegar
¼ cup	½ cup	1 cup	Brown sugar, packed
1 Tbsp.	2 Tbsp.	¼ cup	Garlic, granulated
1 tsp.	2 tsp.	4 tsp.	Black pepper
4 ea.	8 ea.	16 ea.	Eggs
¼ cup	½ cup	1 cup	Scallion, finely chopped
1 qt.	2 qt.	1 gal.	Fresh white Japanese breadcrumbs (see NOTE)*
¼ cup	½ cup	1 cup	Vegetable oil

COMPONENTS PER PORTION

Portion cost = \$0.74

2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	279
Protein	23.22 g
Carbohydrates	9.92 g
Fat-total	15.83 g
Saturated Fat	4.95 g
Cholesterol	97 mg
Vitamin A (RE)	17 RE
Vitamin C	0.91 mg
Iron	1.39 mg
Calcium	38.61 mg
Sodium	746 mg
Fiber	0.22 g
% Protein	33.33
% Carbohydrate	14.23
% Total Fat	51.11
% Saturated Fat	15.97

***NOTE:**

Fresh white breadcrumbs can be purchased as *Crumbs, bread Japanese* or you can make your own from fresh white bread without the crust that has been chopped up in a food processor or blender. DO NOT substitute dry breadcrumbs, the taste & texture are not the same.

METHOD**STEP 1**

Remove the string from the defrosted pork roast and separate it into two pieces. Using a slicer, slice each roast half into 3 ½ oz. portions. Place the sliced pieces on a piece of saran wrap in a single layer. Cover the pieces with another piece of saran wrap. Using a rolling pin or the bottom of a small pot or pan pound the pieces to flatten them. This will make the pork more tender and appear larger

STEP 2

Prepare the marinade: Mix together the soy sauce, vinegar, sugar, garlic & black pepper. Stir until sugar and garlic have dissolved. Place the prepared pork cutlets in the marinade and refrigerate for 30 minutes.

STEP 3

Mix together the egg and scallions. Dip the marinated pork into the egg mixture and then into the breadcrumbs, pressing them on firmly. Chill for one hour or longer.

STEP 4

Brush a sheet pan well with vegetable oil and place the breaded cutlets on the pan, press cutlets into the oil to coat them evenly. Brush another sheet pan with vegetable oil and place the cutlets dry side down onto this pan. Press well to coat the other side of the cutlet. Both sides of the cutlet will now be well oiled. Do not use vegetable pan spray to do this: you need to use a lot of spray to get an even coat and too much vegetable spray has an off taste.

STEP 5

Place the completed pans in a 350 degree F oven for 15-20 minutes or until golden brown with an internal temperature of 145 degrees F.

TO SERVE: Slice each cutlet into thin strips on the diagonal but keep it in the shape of the cutlet. Serve over white rice with Teriyaki sauce (purchased or **recipe MS-60**), BBQ sauce, or a mixture of equal proportions of BBQ sauce and ketchup. NOTE: Sauces should be served warm, not cold.

KOREAN RIBS BRAISED WITH SESAME SAUCE (Galbi Jim)**(HE-123)****Portion Size – 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
25 ea.	50 ea.	100 ea.	Reprocessed pork rib shaped patties, 2.25 oz. each	
½ cup	1 cup	2 cups	Light soy sauce	
3 Tbsp.	6 Tbsp.	¾ cup	Sesame oil	
½ cup	1 cup	2 cups	Scallions, finely chopped	
¼ cup	½ cup	1 cup	Fresh garlic, finely chopped	
2 Tbsp.	¼ cup	½ cup	Fresh ginger, grated	
½ cup	1 cup	2 cups	Brown sugar, packed	
½ cup	1 cup	2 cups	Cider vinegar	
3 Tbsp.	6 Tbsp.	¾ cup	Toasted sesame seeds	
3 cups	6 cups	3 qt.	Hot water	
1 Tbsp.	2 Tbsp.	¾ cup	Cornstarch	
¼ cup	½ cup	1 cup	Cold water	

COMPONENTS PER PORTION

Portion cost = \$0.53

2 oz. meat/meat alternate

NUTRIENT**Amount per Serving**

Calories	220
Protein	11.09 g
Carbohydrates	9.92 g
Fat-total	14.99 g
Saturated Fat	4.71 g
Cholesterol	37 mg
Vitamin A (RE)	5 RE
Vitamin C	1.92 mg
Iron	1.05 mg
Calcium	40.88 mg
Sodium	595 mg
Fiber	0.75 g
% Protein	20.17
% Carbohydrate	18.03
% Total Fat	61.32
% Saturated Fat	19.26

METHOD**STEP 1**

Cut each of the pork rib patties lengthwise into 4 pieces. Place the cut pieces on a sheet pan that has been sprayed with vegetable spray in one layer. Do not overcrowd. Cook the rib patties until they turn a light golden brown and have reached an internal temp. of 145 degrees F.

STEP 2

While the ribs are cooking, combine the sesame oil, scallions, garlic, ginger, brown sugar, vinegar, sesame seeds and hot water in a sauce pan. Bring to a boil, then cover and simmer 40-45 minutes.

STEP 3

Combine the cornstarch and water to form a smooth thin paste. Add the cornstarch slurry to the simmering liquid stirring constantly over medium heat until it begins to boil, turns clear, and thickens.

STEP 4

Combine the cooked ribbie pieces and the sauce and stir well to coat and heat until the ribs reach an internal temperature of 160 degrees F.

STEP 5

Portion size = 1 Each.

Serving suggestion: Serve with 1 cup portion of steamed white rice (not included in nutrient analysis).

Chartwells School Dining Services

002115 - Latin American Roast Pork

Source: HE-123A
 Number of Portions: 16.0000
 Size of Portion: 3 oz.

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

010026 PORK,FRSH,LOIN,WHL,LN,CKD,BRLD..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 090019 OREGANO LEAVES, DRIED..... 002003 SPICES, BASIL, DRIED..... 090016 CUMIN, GROUND..... 011215 GARLIC, RAW..... 000001 WATER, BOILING..... 011282 ONIONS, RAW..... 002048 VINEGAR, CIDER..... 002031 PEPPER, RED OR CAYENNE..... 011297 PARSLEY, RAW..... 075010 WATER, COLD.....	6 LB, raw wgt 1 TSP 1 TSP 1/2 TSP 1/2 TSP 1/2 TSP 3 TBSP 1 CUP 3 TBSP, chopped 2 TBSP 1/4 TSP 2 TBSP, chopped 1/2 CUP	<p>STEP 1 Combine the salt, pepper, oregano, basil, cumin and garlic. Mix into a paste and rub into the pork. Wrap the roast in wax paper and refrigerate it overnight.</p> <p>STEP 2 Place the pork in a roasting pan and roast in a preheated 400 degree F oven for 30 minutes.</p> <p>CCP: Reduce the heat to 350 degrees F, then pour the boiling water over the pork and continue to roast for a total of 25 minutes a pound, until the meat reaches a minimum internal temperature of 145 degrees F. Baste frequently with the pan juices.</p> <p>STEP 3 Transfer the pork to a platter. Degrease the roasting juices and combine 1/4 cup of the pan gravy in a saucepan with the onion, vinegar, cayenne pepper, parsley and cold water. Bring to a boil and cook over low heat for two minutes. Carve the pork thinly and serve with the gravy.</p> <p>CCP: Hold at 140 degrees F for hot service.</p>
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Calories	198	Iron	1.03 Mg	Protein	26.42 G	53.49%	Calories from Prot
Cholesterol	73 Mg	Calcium	23 Mg	Carbohydrates	0.95 G	1.93%	Calories from Carb
Sodium	208 Mg	Vitamin A	67 IU	Total Fat	9.05 G	41.21%	Calories from T Fat
Dietary Fiber	0.16 G	Vitamin C	2.0 Mg	Saturated Fat	3.35 G	15.26%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

004608 - Lazy Lasagna

Source: HE- 124
 Number of Portions: 40
 Size of Portion: 3/4 cup

Meat/Alt 2 oz.
 Grain/Bread 1 SRV.
 F/V/J 0.5 Cup
 Milk 0 FLOZ

Alternate Menu Name: Cheesy Italian Beef & Macaroni

020100 MACARONI,COOKED,ENRICHED.....	2 1/2 LB,dry wgt	<p>NOTES:</p> <p>Elbow macaroni is recommended for this recipe. The amount of macaroni specified in the ingredient list is for RAW (uncooked) macaroni.</p> <p>The amount of ground beef specified in the ingredient list is for RAW ground beef. The amount of beef specified in the method of this recipe is for COOKED meat.</p> <p>STEP 1 Cook elbow macaroni until <i>al dente</i>. Rinse and drain.</p>
000711 BEEF GROUND ,80/20 Raw-to Cook & Drain.....	3 LB,raw weight + 6 1/2 OZ,ra	<p>STEP 2 Brown ground beef. Drain.</p>
001028 CHEESE,MOZZARELLA,PART SKIM MILK..... 001032 CHEESE,PARMESAN,GRATED..... 011455 SPAGHETTI SAUCE,CND..... 050151 Italian Seasoning Mix.....	2 LB + 8 OZ 2/3 CUP 1 2/3 #10 CAN 2 TBSP	<p>STEP 3 Recipe for 40 portions will make 1 pan, 12" x 20" x 2 1/2". To assemble each pan, layer ingredients as follows:</p> <ul style="list-style-type: none"> - 10 cups of sauce - 12 cups of cooked elbow macaroni - 1 pound + 4 oz. cooked ground beef - 1 pound + 4 oz. shredded mozzarella cheese - 1/3 cup grated parmesan cheese - 10 cups of sauce - 12 cups of cooked elbow macaroni - 1 pound + 4 oz. cooked ground beef - 1 pound + 4 oz. shredded mozzarella cheese - 1/3 cup grated parmesan cheese - 2 tbsp. Italian seasoning <p>STEP 4 CCP: Cover pans, and bake in a 350 degree F oven until casserole reaches 165 degrees F, for about 1 hour. Let stand for 10 minutes before serving.</p> <p>CCP: Hold for hot service at 140 degrees F or higher.</p> <p>Portion size = 3/4 cup (6 oz. spoodle).</p>

Calories	427	Iron	2.78 Mg	Protein	22.76 G	21.32%	Calories from Prot
Cholesterol	48 Mg	Calcium	286 Mg	Carbohydrates	46.65 G	43.70%	Calories from Carb
Sodium	831 Mg	Vitamin A	1647 IU	Total Fat	16.64 G	35.07%	Calories from T Fat
Dietary Fiber	5.73 G	Vitamin C	13.7 Mg	Saturated Fat	6.11 G	12.89%	Calories from S Fat

* - Denotes Missing Nutrient Values

LULEH KEBAB (HE-125)

Portion Size –2 – 1 oz. Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
14 ½ oz.	2 lb. + 3 ¾ oz.	4 lb. + 7 ½ oz.	Ground beef 80/20	
14 ½ oz.	2 lb. + 2 ¾ oz.	4 lb. + 7 ½ oz.	Ground turkey, raw	
2 1/8 tsp.	1 tbsp. + 2 ½ tsp.	3 tbsp. + 1 ¾ tsp.	Tomato paste	
½ cup + 1 ½ tbsp.	¾ cup + 2 tbsp.	1 ¾ cup + 1 ¾ tsp.	Basic Tomato Sauce (See recipe # MS-10)	
½ cup + 3 ½ tbsp.	1 ¾ cup + 1 ¾ tsp.	3 ½ cups + 1 tbsp.	Toasted bread crumbs	
2 tbsp. + 2 ¾ tsp.	¼ cup 3 tbsp.	¾ cup + 2 tbsp.	Whole milk	
¾ tsp.	1 2/4 tsp.	1 tbsp. + ¾ tsp.	Ground cumin	
2 tbsp. + 2 ¾ tsp.	¼ cup + 3 tbsp.	¾ cup + 2 tbsp.	Dried parsley	
¾ tsp.	1 ¼ tsp.	2 ½ tbsp.	Onion flakes	
¾ tsp.	1 ¾ tsp.	1 tbsp. + ¾ tsp.	Salt	
½ cup + 3 ½ tbsp.	1 ¾ cup + 1 3.4 tsp.	3 ½ cup + 1 tbsp.	Onion minced	
¼ cup + 1 ½ tbsp.	¾ cup + 2 tbsp.	1 ¾ cup + 1 ¾ tsp.	Italian parsley minced	
<u>COMPONENTS PER PORTION</u>			Cracked black pepper, dash	
2 oz. meat/meat alternate				
<u>NUTRIENT</u>				
	<u>Amount per Serving</u>			
Calories	178			
Protein	16.19 g			
Carbohydrates	8.11 g			
Fat-total	8.68 g			
Saturated Fat	2.82 g			
Cholesterol	54 mg			
Vitamin A (RE)	29 RE			
Vitamin C	6.86 mg			
Iron	2.04 mg			
Calcium	43.38 mg			
Sodium	342 mg			
Fiber	0.68 g			
% Protein	36.28			
% Carbohydrate	18.18			
% Total Fat	43.77			
% Saturated Fat	14.24			

METHOD

STEP 1

In a large bowl, mix together the ground beef, ground turkey, tomato paste, tomato sauce, breadcrumbs, milk, cumin, dried parsley, onion flakes, salt and black pepper. Beat with a spoon to blend well. This mixture can also be mixed with an electric mixer using the paddle attachment.

STEP 2

Portion the mixture into balls weighting 1-½ ounces each. Moisten your hand with water and shape these balls into sausage shapes about 1 inch by 2 inches. Place the lulah kebabs on a sheet pan that has been sprayed with pan spray.

STEP 3

Bake in a preheated 400-degree F oven for 20 minutes or until cooked through. Transfer to a 2-½ inch hotel pan for service. Pour the juices from the sheet pan into a small pan and bring to a boil. Add the minced onion and fresh parsley. Stir well to combine. Pour this sauce over the lulah kebab and serve.

Chartwells School Dining Services

007063 - Macaroni & Cheese (Numerus)

Source: HE- 130
 Number of Portions: 50
 Size of Portion: 1 Piece

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

014429 WATER,MUNICIPAL..... 5 GAL 002047 SALT, TABLE..... 2 TBSP + 2 TSP 020099 MACARONI, DRY, ENR..... 2 LB + 10 OZ 004044 OIL, SOYBN, SALAD OR COOKING..... 1 1/2 CUP 020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEA 12 OZ 002047 SALT, TABLE..... 1 TBSP + 1 TSP 090018 MUSTARD, POWDER/ DRY..... 1 TBSP 002030 PEPPER, BLACK..... 1 TSP 002028 PAPRIKA..... 1 TBSP	001155 MILK, DRY, NONFAT, INST, WO/ VIT A..... 1 GAL + 1 QT 043374 SAUCE, WORCESTERSHIRE..... 2 TSP 001032 CHEESE, PARMESAN, GRATED..... 4 OZ 001168 CHEESE, LOFAT, CHEDDAR OR COLBY..... 2 LB + 8 OZ	1. Add salt to boiling water. 2. Slowly add macaroni until water boils again. Cook uncovered until tender-firm, about 10 minutes. DO NOT OVERCOOK. Drain and rinse in cold water. 3. Heat oil in a stock pot or steam-jacketed kettle over medium heat. 4. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the heated oil. Cook for 2 minutes over medium heat, stirring continuously. Do not brown. 5. Heat milk in a stock pot to a simmer. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened. 6. Add Worcestershire sauce, shredded Parmesan and Cheddar cheeses, to the white sauce. Stir over low heat until cheese melts.
018069 BREAD, WHITE, COMMLY PREP (INCL SOFT BR 001168 CHEESE, LOFAT, CHEDDAR OR COLBY.....	2 CUP, crumbs 1 QT, shredded	7. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 14 oz (1 gal 2 ¼ qt) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with a lid or foil. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 25 minutes CCP: Heat to 140° F or higher. 8. Combine the bread crumbs and Cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan. 9. Bake an additional 5 minutes, uncovered, until lightly browned. 10. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces).
		Serving
		1 portion provides 1 oz equivalent meat/meat alternate and 1 serving of grains/breads.

Calories	340	Iron	1.58 Mg	Protein	22.18 G	26.11% Calories from Prot
Cholesterol	14 Mg	Calcium	509 Mg	Carbohydrates	39.08 G	46.01% Calories from Carb

Chartwells School Dining Services

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Recipe Master List

Aug 24, 2007

Sodium	971 Mg	Vitamin A	147 IU	Total Fat	10.17 G	26.93%	Calories from T Fat
Dietary Fiber	1.08 G	Vitamin C	1.7 Mg	Saturated Fat	2.93 G	7.77%	Calories from S Fat
* - Denotes Missing Nutrient Values							

MEAT LOVER'S LASAGNA (HE-135)

Portion Size – 1 Piece (1/10 half pan, or 12 oz.)

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
8 each	20 each	40 each	8 x 10" precooked lasagna sheets	
1 tsp.	2 ½ tsp.	1 Tbsp. + 2 tsp.	Vegetable oil	
2 cup	5 cup	2 qt. + 2 cup	Spanish onion, small diced	
1 Tbsp.	2 1/2 Tbsp.	¼ cup + 1 Tbsp.	Garlic, chopped	
1 cup	2 ½ cup	5 cup	Green pepper, small diced	
1 cup	2 ½ cup	5 cup	Carrot, small diced	
5 oz.	12 ½ oz.	1 lb. + 8 oz.	Italian sausage	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Ground turkey	
4 oz.	10 oz.	1 lb. + 4 oz.	Basic meat sauce (see MS-5)	
8 oz.	1 lb. + 4 oz.	2 lb. + 8 oz.	Basic tomato sauce (see MS-10)	
6 oz.	15 oz.	1 lb. + 14 oz.	Mozzarella, part skim, shred.	
1 Tbsp.	2 Tbsp. + ½ tsp.	¼ cup + 1 Tbsp.	Grated parmesan cheese	
1 tsp.	2 ½ tsp.	1 Tbsp. + 2 tsp.	Dried Parsley	

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 1.3 bread/grains, 3/8 cup vegetable

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	334
Protein	20.27 g
Carbohydrates	36.76 g
Fat-total	11.40 g
Saturated Fat	4.35 g
Cholesterol	47 mg
Vitamin A (RE)	465
Vitamin C	32.5 mg
Iron	2.90 mg
Calcium	154 mg
Sodium	354 mg
Fiber	4.00 g
% Protein	24.22
% Carbohydrate	43.96
% Total Fat	38.84
% Saturated Fat	11.80

METHOD

STEP 1

Defrost lasagna sheets, loosely covered with plastic wrap to prevent drying out.

STEP 2

Heat oil over low heat in large saute pan. Saute diced onion, garlic, green pepper, and carrots until onions are transparent and other vegetables are soft.

STEP 3

Remove casing from sausage and break apart meat. Add to vegetables in saute pan. Continue to saute until sausage is slightly brown.

STEP 4

Add ground turkey to pan. Increase heat to medium high and continue to cook until all meat has thoroughly browned. Stir meat to break up to a uniform texture.

STEP 5

Remove meat from pan and allow to cool slightly.

STEP 6

Assemble lasagna in 4-inch deep half hotel pans. For each pan, layer ingredients from bottom to top as follows:

- | | | |
|-----------------------------|-----------------------------|------------------------------|
| 1. 2 oz. Basic tomato sauce | 7. 2 oz. mozzarella | 13. 1 Lasagna sheet |
| 2. 1 Lasagna sheet | 8. 1 Lasagna sheet | 14. 1 oz. Basic tomato sauce |
| 3. 1 oz. Basic tomato sauce | 9. 1 oz. Basic tomato sauce | 15. 1 Lasagna sheet |
| 4. 1 Lasagna sheet | 10. 3 cups meat mixture | 16. 3 oz. Basic tomato sauce |
| 5. 3 cups meat mixture | 11. 2 oz. Basic meat sauce | 17. 2 oz. mozzarella |
| 6. 2 oz. Basic meat sauce | 12. 2 oz. mozzarella | 18. 1 T. parmesan cheese |
| | | 19. 1 tsp. parsley |

STEP 8

Bake at 350 degrees F for one hour or until cheese has melted and the internal temperature has reached 145 degrees.

STEP 9

Remove lasagna from oven and let it sit for 10 minutes. Cut each half pan into 10 portions. Serve.

MEATBALLS, HOMEMADE**(HE-137)****Portion Size – 5 Meatballs**

QUANTITY/PORTIONS			INGREDIENTS
25	50	100	
4 lb.	8 lb.	16 lb.	Beef, ground, 80/20, raw
10 ea.	20 ea.	40 ea.	Eggs
10 slices	20 slices	40 slices	White bread
¼ cup	½ cup	1 cup	Water
½ tsp.	1 tsp.	2 tsp.	Salt
1 tsp.	2 tsp.	4 tsp.	Black pepper
½ cup	1 cup	2 cups	Parsley, dry
2 Tbsp.	¼ cup	½ cup	Garlic, fresh chopped
1 cup	2 cups	1 qt.	Onion, chopped fine
As needed	As needed	As needed	Vegetable cooking spray

COMPONENTS PER PORTION

2 oz. meat/meat alternate

Portion cost = \$0.29

NUTRIENT **Amount per Serving**

Calories	180
Protein	15.44 g
Carbohydrates	6.44 g
Fat-total	9.84 g
Saturated Fat	3.62 g
Cholesterol	128 mg
Vitamin A (RE)	48 RE
Vitamin C	1.15 mg
Iron	2.09 mg
Calcium	35.15 mg
Sodium	168 mg
Fiber	0.52 mg
% Protein	34.27
% Carbohydrate	14.29
% Total Fat	49.13
% Saturated Fat	18.10

METHOD**STEP 1**

Place the ground beef in a large mixing bowl. Make a well in the center of the meat. Beat the eggs well and add them to the center of the meat. Soak the bread in the water. Squeeze out any excess and add the bread to the meat. Add the salt, pepper, parsley, garlic and onions.

STEP 2

Using gloves use your hands, bring the sides of the meat into the center. Continue to bring meat into the center until you have mixed all of the ingredients well into the meat and the meat is smooth and can be rolled into a ball. If you are using a mixer to accomplish this fit the mixer with a paddle. Beat until the meat comes away from the sides of the bowl in a smooth mass.

STEP 3

Take a small piece of meat and roll it into a ball. In a small skillet fry this test meatball to check for seasonings. Adjust seasonings if necessary.

STEP 4

Using a ½ oz. scoop, drop scoops of the meat mixture onto a sheet pan that has been sprayed with vegetable spray. DO NOT overload the pan, keeping the rows evenly spaced.

STEP 5

Bake the meatballs in a 350 degree F pre-heated oven until they are firm and have reached an internal temperature of 155 degrees F. Remove from the oven and allow the meatballs to cool before transferring them to another pan or storing them for later use.

Serving Suggestions: Serve with one of the sauces below-

For Swedish meatballs, serve with Swedish cream sauce (MS-44).

For Jewish sweet n sour meatballs, serve with Sweet and Sour Sauce, Jewish Style (MS-53).

For Hungarian goulash style meatballs, serve with Hungarian Goulash Sauce (MS-20).

For traditional Italian style spaghetti and meatballs, serve with Basic Tomato Sauce (MS-10).

MEXICAN LASAGNA (HE-145)

Portion Size – 1 Piece (1/10 half pan, or 12 oz.)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
½ cup	1 ¼ cup	2 ½ cup	Red onion, small dice
2 Tbsp.	½ cup + 1 Tbsp.	1 + 2 tsp.	Chopped garlic
1 cup	2 ½ cup	5 cups	Green bell pepper
1 Tbsp.	2 ½ Tbsp.	5 Tbsp.	Vegetable oil
5 oz.	12.5 oz.	25 oz.	Mozzarella, part skim, shrd.
5 oz.	12.5 oz.	25 oz.	Cheddar cheese, low fat, shrd.
4 oz.	10 oz.	20 oz.	Basic tomato sauce (see MS-10)
10 oz.	25 oz.	50 oz.	Salsa
20 each	50 each	100 each	Taco shells
20 oz.	50 oz.	100 oz.	Cooked ground beef, 85/15
4 oz.	10 oz.	20 oz.	Nonfat sour cream
½ cup	1 ¼ cup	2 ½ cup	Black olives, sliced

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 2.6 bread/grains,
3/8 cup vegetable

NUTRIENT **Amount per Serving**

Calories	596
Protein	29.91 g
Carbohydrates	50.78 g
Fat-total	31.35 g
Saturated Fat	9.17 g
Cholesterol	73 mg
Vitamin A (RE)	465
Vitamin C	32.5 mg
Iron	2.90 mg
Calcium	154 mg
Sodium	666 mg
Fiber	6.73 g
% Protein	29.92
% Carbohydrate	34.04
% Total Fat	47.27
% Saturated Fat	13.83

METHOD

STEP 1

Saute onion, garlic, and pepper until onions are transparent and other vegetables are soft. **DO NOT BROWN.** Remove from heat. Transfer to a bowl and allow to cool.

STEP 2

Combine mozzarella and cheddar in a bowl. Mix well to combine. Set aside.

STEP 3

Combine Basic tomato sauce and salsa in a bowl. Mix well. Set aside.

STEP 4

Assemble lasagna in 4-inch deep half hotel pans. For each pan, layer ingredients from bottom to top as follows:

- | | |
|------------------------------|------------------------------|
| 1. 3 oz. sauce | 7. 6 taco shells (broken up) |
| 2. 8 taco shells (broken up) | 8. 4 oz. sauce |
| 3. 4 oz. sauce | 9. ½ cup sour cream |
| 4. 10 oz. cooked beef | 10. 4 oz. cheese mixture |
| 5. 4 oz. cheese mixture | 11. ½ cup vegetables |
| 6. ½ cup vegetables | 12. ½ cup olives |

STEP 5

Bake at 350 degrees F for one hour or until cheese has melted and the internal temperature has reached 145 degrees.

Chartwells School Dining Services

007059 - Baked Cajun Fish

Source: HE- 15
 Number of Portions: 50
 Size of Portion: 1 Piece

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

002028 PAPRIKA..... 090017 GARLIC, GRANULATED..... 002026 ONION POWDER..... 002031 PEPPER, RED OR CAYENNE..... 002030 PEPPER, BLACK..... 090019 OREGANO LEAVES, DRIED..... 090020 THYME LEAF, DRIED.....	2 TSP 2 TSP 2 TSP 3/4 TSP 3/4 TSP 1 tsp, ground 1 tsp, ground	1. Mix paprika, granulated garlic, onion powder, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.
015027 FISH PORTIONS&STKS,FRZ,PREHTD..... 009153 LEMON JUC,CND OR BTLD..... 004044 OIL,SOYBN,SALAD OR COOKING.....	50 piece (4"x2"x1/2") 1/2 CUP 6 OZ	2. Place 25 fish portions into each ungreased steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Sprinkle 1/4 cup of lemon juice and 1 Tbsp 2 tsp of seasoning mix over the top of each pan. 4. Drizzle oil over the seasonings.
		5. Bake: Conventional oven: 350° F for 20 minutes Convection oven: 350° F for 15 minutes Fish should flake easily with a fork. CCP: Heat to 145° F or higher for at least 15 seconds.
		6. CCP: Hold for hot service at 140° F or higher. <p style="text-align: center;">Special Tips:</p> 1) For best results, batch-cook fish throughout the meal. 2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish. CCP: Bake chicken to 165° F or higher for at least 15 seconds.
		<p style="text-align: center;">Serving</p> 1 portion provides 2 oz equivalent meat/meat alternate.

Calories	174	Iron	0.67 Mg	Protein	6.36 G	14.63% Calories from Prot
Cholesterol	18 Mg	Calcium	17 Mg	Carbohydrates	12.51 G	28.80% Calories from Carb
Sodium	241 Mg	Vitamin A	121 IU	Total Fat	10.99 G	56.88% Calories from T Fat
Dietary Fiber	0.90 G	Vitamin C	0.8 Mg	Saturated Fat	1.63 G	8.44% Calories from S Fat

* - Denotes Missing Nutrient Values

MEXICALI TAMALES

(HE-150)

Portion Size – 1 Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10 ½ oz.	1 lb. + 10 oz.	3 lb. + 4 oz.	Ground beef 85/15	
¼ # 10 can	½ # 10 can	1 # 10 can	Pinto beans	
1 tbsp. + 2 tsp.	¼ cup	½ cup	Onions, chopped	
1 ¼ tsp.	1 tbsp.	2 tbsp.	Garlic powder	
3/8 tsp.	¾ tsp.	1 ½ tsp.	Pepper	
½ cup + 1 ½ tbsp.	1 ½ cup + ¼ tsp.	3 cups + ½ tsp.	Tomato paste	
¾ cup + 1 ½ tsp.	7 ½ cup + 5 tbsp.	15 cups + 10 tbsp.	Tomatoes, crushed	
1 cup	2 ½ cups	1 ¼ quart	Water	
2 3/8 tsp.	2 tbsp.	¼ cup	Chili powder	
1 7/8 tsp.	1 tbsp. + 1 ½ tsp.	3 tbsp.	Cumin	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Paprika	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Onion powder	
Continued next page				
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate, 3/8 cup vegetable, 1 serving of bread/grains				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	265			
Protein	16.83 g			
Carbohydrates	31.38 g			
Fat-total	8.96 g			
Saturated Fat	3.35 g			
Cholesterol	38 mg			
Vitamin A (RE)	128 RE			
Vitamin C	11.3 mg			
Iron	3.44 mg			
Calcium	249 mg			
Sodium	658 mg			
Fiber	4.05 g			
% Protein	24.42			
% Carbohydrate	47.21			
% Total Fat	30.33			
% Saturated Fat	11.36			

METHOD

STEP 1

Brown ground beef. Drain. Add coarsely chopped and drained pinto beans, onions, garlic powder, black pepper, tomato paste, crushed tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes. (Ground beef mixture may be prepared ahead and refrigerated overnight. In step 4, bake an additional 10 minutes in conventional or convection oven.) Pour mixture into steam table pans.

STEP 2

For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt for 1 minute in mixer on low speed. Mix eggs, milk, and oil. Add to dry ingredients. Blend on medium speed only until dry ingredients are moistened, 2-3 minutes. Batter will be lumpy.

STEP 3

Pour batter over meat mixture in each pan and spread into corners of pan.

STEP 4

Bake until lightly browned:
 Conventional oven: 400 degrees F for 30-35 minutes
 Convection oven : 350 degrees F for 25-30 minutes.

STEP 5

Sprinkle 13 oz. (3 ¾ cups) cheese over cornbread in each pan. Return to oven for 5 minutes to melt cheese.

STEP 6

Cut each pan 5x5 (25 portions per pan). If desired, serve with taco sauce.

MEXICALI TAMALES

(HE-150)

Portion Size – 1 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>	<u>METHOD</u>
<u>10</u>	<u>25</u>	<u>50</u>		
			Continued from previous page	
3 ¼ oz.	8 oz.	1 lb.	Flour	
3 ¼ oz.	8 oz.	1 lb.	Cornmeal	
¾ oz.	1 ¾ oz.	3 ½ oz.	Sugar	
1 5/8 tsp.	1 tbsp. + 1 tsp.	2 tbsp. + 2 tsp.	Baking powder	
1/8 tsp.	3/8 tsp.	¾ tsp.	Salt	
1	2	3	Eggs, large	
¾ cup	1 ¾ cup + 2 tbsp.	3 ¾ cups	Milk (skim)	
1 tbsp. + 2 tsp.	¼ cup	½ cup	Oil	
5 ¼ oz.	13 oz.	1 lb. + 10 oz.	Cheddar cheese, reduced fat	

COMPONENTS PER PORTION

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	
Protein	
Carbohydrates	
Fat-total	
Saturated Fat	
Cholesterol	
Vitamin A (RE)	
Vitamin C	
Iron	
Calcium	
Sodium	
Fiber	
% Protein	
% Carbohydrate	
% Total Fat	
% Saturated Fat	

MOROCCAN CHICKEN TAGINE WITH 7 VEGETABLES

(HE-153)

Portion Size – Servings (See below)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
12 lb.	24 lb.	48 lb.	Chicken, raw, cut up
½ cup	1 cup	2 cups	Vegetable oil
3 lb.	6 lb.	12 lb.	Onions, diced
2 Tbsp.	¼ cup	½ cup	Garlic cloves, finely chopped
4 lb.	8 lb.	16 lb.	Eggplant, cut into 1-inch cubes
2 ¼ qt.	5 qt.	10 qt.	Chicken stock
2 ea.	4 ea.	8 ea.	Cinnamon sticks
1 Tbsp.	2 Tbsp.	¼ cup	Curry powder
1 Tbsp.	2 Tbsp.	¼ cup	Cumin
1 tsp.	2 tsp.	4 tsp.	Tumeric
1 tsp.	2 tsp.	4 tsp.	Black pepper
2 lb.	4 lb.	8 lb.	Carrots, ½ inch dice
2 lb.	4 lb.	8 lb.	Zucchini
2 lb.	4 lb.	8 lb.	White Turnip, ½ inch dice
3 ea.	6 ea.	12 ea.	Green pepper, cored, seeded, ½ inch dice
6 cups	12 cups	24 cups	Canned diced tomatoes, drained
1 ½ cup	3 cups	6 cups	Golden raisins
¼ cup	½ cup	1 cup	Parsley, chopped

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 1 cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	368	Serving suggestion: Serve over 1 cup portions of steamed white rice, noodles, or couscous (not included in nutrient analysis).
Protein	31.76 g	
Carbohydrates	25.44 g	
Fat-total	16.08 g	
Saturated Fat	3.72 g	
Cholesterol	91 mg	
Vitamin A (RE)	1101 RE	
Vitamin C	21.48 g	
Iron	2.74 mg	
Calcium	72.08 mg	
Sodium	671 mg	
Fiber	5.98 g	
% Protein	34.55	
% Carbohydrate	27.67	
% Total Fat	39.34	
% Saturated Fat	9.11	

METHOD

STEP 1

Remove all the skin from the chicken and discard any extra pieces of fat. Drizzle oil evenly on enough sheet pans that will hold the chicken without crowding them. Place the chicken on the sheet pans and roll them around to coat with some of the oil. Place in a 350 degree F oven for 25 minutes or until the chicken has turned a light golden brown on all sides. Set them aside.

STEP 2

In a large pot, skillet or tilting skillet: heat the remaining oil. Add the onions, garlic and eggplant. Saute over low heat until the onion is just tender (about 5-10 minutes). Add the chicken stock, cinnamon sticks, curry powder, cumin, tumeric, and black pepper. Stir. Bring to a boil, reduce the heat and simmer for 10 minutes.

STEP 3

Divide the chicken evenly into 2-inch full hotel pans. Pour any remaining liquid into the pot with the simmering stock. Divide the carrots, zucchini, turnips, green pepper, tomatoes and raisins evenly over the chicken.

STEP 4

Pour the stock, eggplant mixture evenly over the chicken and vegetables. Sprinkle the tops with half of the chopped parsley. Shake the pan slightly to allow all the ingredients to settle. Cover the pan tightly with foil and place in a 350 degree F oven for 20 minutes or until the chicken has reached a internal temperature of 165 degrees F.

STEP 5

Garnish the top with remaining parsley.

STEP 6

For each portion, provide 2 oz. chicken (1 breast half with back or 1 thigh with back or 1 drumstick and 1 wing) plus 1 cup (8 oz. spoodle) of vegetables.

MOZZARELLA STICKS WITH SAUCE (HE-154)

Portion Size – 1 Each (see portion specifications below)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
60 each	150 each	300 each	Breaded mozzarella sticks, Farm Rich, CN
2 ½ lb.	6 ¼ lb.	12 ½ lb.	(product code: 65215, U.S. Foodservice code: 625646)
1 qt. + 1 cup	3 qt. + ½ cup	6 qt. + 1 cup	Pizza sauce, Don Pepino (product code #1005, U.S. Foodservice code: 209931)
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.96
2 servings of bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables			For lower portion cost, use of mozzarella sticks that have been made w/ Commodity reprocessed cheese is recommended.
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	541		
Protein	30.70		
Carbohydrates	36.09 g		
Fat-total	28.70 g		
Saturated Fat	10.00 g		
Cholesterol	30 mg		
Vitamin A (RE)	242 RE		
Vitamin C	32.37 mg		
Iron	1.44 mg		
Calcium	500 mg		
Sodium	1496 mg		
Fiber	0.00 g		
% Protein	22.70		
% Carbohydrate	26.69		
% Total Fat	47.75		
% Saturated Fat	16.64		

METHOD

STEP 1

Oven heat mozzarella sticks to 160 degrees F. Heat pizza sauce to 160 degrees F on stovetop, in steamer, or in steam kettle.

STEP 2

Portion pizza sauce into 4 fl. oz. styrofoam cups. Place lids on cups.

STEP 3

For each portion, place 6 heated mozzarella sticks and 4 fl. oz. cup pizza sauce in a 3.5 oz. French fry cup (place cup of sauce in the bottom of the French fry cup, place dippers on top). Close French fry cup.

Alternative packaging option: For each portion, place 6 heated mozzarella sticks and 4 fl. oz. cup pizza sauce in a 2 lb. paper boat.

***NOTE:** For a complete reimbursable meal in schools following food based menu planning options, offer an additional serving of fruit or vegetables and choice of milk with this entree (not included in nutrient analysis).*

MURGH CHICKEN IN A GREEN SAUCE

(HE-155)

Portion Size – *2 oz.

QUANTITY/PORTIONS			INGREDIENTS
10	25	50	
4.7 lb.	11.75 lbs.	23.5 lbs.	Raw chicken, cut up
3/8 oz.	1 oz.	2 oz.	Fresh ginger coarsely chopped
1 1/2 oz.	3 3/4 oz.	7 1/2 oz.	Garlic, chopped
1 5/8 tsp.	1 tbsp. + 1 tsp.	2 tbsp. + 2 tsp.	Turmeric
3/4 cup + 1 3/4 tsp.	1 3/4 cup + 3 1/2 tbsp.	3 3/4 cups + 2 1/2 tbsp.	Vegetable oil
1 lb. + 2 3/4 oz.	2 lbs. + 15 oz.	5 lbs. + 15 oz.	Onion thin slice
1 3/4 cup + 3 1/2 tbsp.	4 3/4 cups + 2 tbsp.	2 quarts + 2 cups	Yogurt low fat
2 tsp.	1 tbsp. + 2 tsp.	3 tbsp. + 3/4 tsp.	Salt
1 1/2 cup + 1 tbsp.	3 3/4 cup + 2 1/2 tbsp.	7 3/4 cup = 1 tbsp.	Italian parsley chopped
2	4	8	Med green bell pepper chopped
1 1/2 cup + 1 tbsp.	3 3/4 cup + s 1/2 tbsp.	7 3/4 cup + 1 tbsp.	Fresh dill chopped

METHOD

STEP 1

Remove all of the skin and any extra pieces of fat from the chicken. Place the chicken in a 2-1/2 inch hotel pan; do not crowd the pan. Place the pan in a 350-degree F oven for 25 minutes or until the chicken has turned a light golden brown on all sides; turning the chicken often.

STEP 2

In the meantime: put the ginger, garlic and enough water to cover in a food processor or blender. Blend until you have a smooth paste. Add the turmeric and blend again to mix. Set this mixture aside.

STEP 3

Heat the oil in a pan over medium-high heat. Sauté the onions until they turn light brown. Add the ginger-garlic-turmeric mixture. Cook until the mixture has browned lightly. Add the yogurt and salt. Stir. Scrape up anything that might have stuck to the bottom of the pan. Bring to a simmer. Remove from the heat.

STEP 4

Pour this mixture over the chicken in the oven. Stir well to blend and coat all of the chicken pieces. Cover the pan and continue to bake until the chicken reaches an internal temperature of 180 degrees.

STEP 5

While the chicken cooks put the parsley, green pepper and enough water to cover in a food processor or blender and blend until smooth. Transfer this mixture to a saucepan.

COMPONENTS PER PORTION

2 oz. poultry

***NOTE:**

Each 2 oz. portion consists f 1 breast half with back OR 1 thigh with back OR 1 drumstick and 1 wing.

NUTRIENT

Amount per Serving

Calories	324
Protein	20.28 g
Carbohydrates	11.21 g
Fat-total	22.29 g
Saturated Fat	4.06 g
Cholesterol	53 mg
Vitamin A (RE)	83 RE
Vitamin C	29.3 mg
Iron	1.79 mg
Calcium	132 mg
Sodium	546 mg
Fiber	1.69 g
% Protein	24.98
% Carbohydrate	13.81
% Total Fat	61.77
% Saturated Fat	11.26

Continued on next page

NACHO BEEF CASSEROLE

(HE-156)

Portion Size – 1 cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
3 lb.	6 lb.	12 lb.	Ground Beef, 80/20, raw
1 lb. + 4 oz.	2 lb. + 8 oz.	5 lb.	Elbow macaroni, raw
1 oz.	2 oz.	4 oz.	Onions, chopped
2 oz.	4 oz.	8 oz.	Green peppers, chopped
½ can	1 can	2 cans	Nacho cheese sauce, #10 cans
2 cups	1 qt.	2 qt.	Milk, skim
4 oz.	8 oz.	1 lb.	Tomatoes, chopped

METHOD

STEP 1

Brown ground beef, drain. Cook elbow macaroni for 6 minutes, drain.

STEP 2

Saute onions and peppers.

STEP 3

Heat cheese sauce and milk.

STEP 4

Combine all ingredients except chopped tomatoes. Pour into 2” deep serving pans. Bake at 350 degree F oven for 30 minutes or until the casserole reaches 155 degrees F.

STEP 5

Hold at 141 degrees until serving time.

STEP 6

Garnish with chopped tomatoes.

STEP 7

Portion with an 8 oz. spoodle.

COMPONENTS PER PORTION

Portion cost = \$0.30

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

NUTRIENT

Amount per Serving

Calories	278
Protein	15.43 g
Carbohydrates	25.25 g
Fat-total	12.70 g
Saturated Fat	5.14 g
Cholesterol	37 mg
Vitamin A (RE)	16 RE
Vitamin C	3.16 mg
Iron	1.69 mg
Calcium	109.54 mg
Sodium	520 mg
Fiber	1.62 g
% Protein	22.22
% Carbohydrate	36.22
% Total Fat	41.16
% Saturated Fat	16.67

Chartwells School Dining Services

007062 - Nachos w/ Beef & Cheese

Source: HE- 157
 Number of Portions: 50
 Size of Portion: 1 Serving

Meat/Alt 2 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

023502 USDA COMMODITY,BF,GROUND BULK/COARS 002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 002028 PAPRIKA..... 002026 ONION POWDER.....	4 LB + 8 OZ 2 TBSP 1 TBSP + 1 1/2 TSP 1 1/2 TSP 1 1/2 TSP	1. Brown ground beef. Drain. Continue immediately. 2. Add seasonings and mix.						
001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA 018448 TACO SHELLS,BKD,WO/ SALT.....	1 QT 3 LB + 2 OZ 2 LB + 13 OZ	3. Add milk to ground beef mixture. Stir frequently over medium heat. When simmering add cheese. Stir frequently over medium heat, approximately 15 minutes. CCP: Heat to 158° F or higher for at least 15 seconds.						
		4. Add green chili peppers (optional) and stir to combine. 5. To maintain best consistency, serve immediately or hold hot. CCP: Hold for hot service at 140°F or higher.						
		Portion with No. 16 scoop (1/4 cup) over 0.9 oz (approximately 2/3 cup) taco shell pieces. 6. If desired, garnish with chopped green peppers, chopped tomatoes, and chopped green chili peppers.						
		Seasonings: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.						
		Food as Purchased <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Green chili peppers</td> <td style="text-align: center;">3 oz</td> <td style="text-align: center;">6 oz</td> </tr> </table>		50 Servings	100 Servings	Green chili peppers	3 oz	6 oz
	50 Servings	100 Servings						
Green chili peppers	3 oz	6 oz						
		Serving 1 portion provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.						

Calories	353	Iron	2.12 Mg	Protein	20.75 G	23.51%	Calories from Prot
Cholesterol	64 Mg	Calcium	271 Mg	Carbohydrates	19.56 G	22.16%	Calories from Carb
Sodium	498 Mg	Vitamin A	418 IU	Total Fat	21.44 G	54.65%	Calories from T Fat
Dietary Fiber	2.07 G	Vitamin C	0.6 Mg	Saturated Fat	8.79 G	22.41%	Calories from S Fat

* - Denotes Missing Nutrient Values

NACHOS WITH EASY CHEESE SAUCE AND SALSA

(HE-158)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
3 lb. + 2 oz.	6 lb. + 4 oz.	12 lb. + 8 oz.	Tortilla chips, Tostitos, Frito Lay, baked
3 qt. + ½ cup	6 qt. + 1 cup	12 qt. + 2 cups	Easy Creamy Cheese Sauce (recipe MS-18)
3 qt. + ½ cup	6 qt. + 1 cup	12 qt. + 2 cups	Salsa, commodity (or recipe CS-141), heated
COMPONENTS PER PORTION			Portion cost = \$0.80
2 oz. meat/meat alternate, 2.2 servings bread/grains, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	528		
Protein	20.45 g		
Carbohydrates	64.28 g		
Fat-total	21.68 g		
Saturated Fat	11.89 g		
Cholesterol	57 mg		
Vitamin A (RE)	303 RE		
Vitamin C	5.18 mg		
Iron	3.97 mg		
Calcium	470.04 mg		
Sodium	2163 mg		
Fiber	5.81 g		
% Protein	15.49		
% Carbohydrate	48.71		
% Total Fat	36.96		
% Saturated Fat	20.27		

METHOD

For each portion:

STEP 1

Place 2 oz. (2 cups) tortilla chips on a plate.

STEP 2

Spoon ½ cup Easy Creamy Cheese Sauce over chips using a 4 fl. oz. ladle or spoodle.

STEP 3

Serve with a 4 fl. oz. cup of salsa on the side.

ALTERNATIVE METHOD OF PLATING/SERVICE:

Portion Easy Creamy Cheese Sauce into 4 fl. oz. styofoam cups with lids. Portion heated salsa into 4 fl. oz. styofoam cups with lids. For each serving, place 2 cups tortilla chips and 4 fl. oz. cups of cheese sauce and salsa in a 3 lb. paper boat. Place filled boats on heated sandwich slide for self-service.

NOTE: For a complete reimbursable meal, offer an additional serving of fruit/vegetables and a choice of milk with this entrée (not included in the nutrient analysis).

Chartwells School Dining Services

001952 - Pasta Broccoli Souffle

Source: HE- 160
 Number of Portions: 50
 Size of Portion: 1 1/2 cups

Meat/Alt 3 oz.
 Grain/Bread 1 SRV.
 F/V/J 0.125 Cup
 Milk 0 FLOZ

000154 vegetable cooking spray..... 001032 CHEESE,PARMESAN,GRATED..... 004044 OIL,SOYBN,SALAD OR COOKING..... 011090 BROCCOLI,RAW..... 020099 MACARONI,DRY,ENR..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 001168 CHEESE,LOFAT,CHEDDAR OR COLBY..... 002031 PEPPER,RED OR CAYENNE..... 000088 MUSTARD ,DRY..... 990561 EGGS,WHOLE,FRESH & FROZEN..... 001079 MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED	1 light coating 3 CUP 1 CUP 6 QT, flowerets + 1 CUP, flow 3 LB + 2 OZ 1 1/2 CUP 3 QT, shredded + 1 CUP, shr 1 TBSP 1 TBSP 3 QT 3 QT + 3 3/4 CUP	<p>STEP 1 Spray the bottoms and sides of a 4-inch hotel pan evenly with vegetable cooking spray. Sprinkle the parmesan cheese into the prepared pan ; shake the pan so that the cheese sticks to the sides as well as th e bottom. Set the pan aside.</p> <p>STEP 2 Cook the broccoli florets until tender. Drain well. Mash to a pu ree. Meanwhile cook the pasta until still firm - 'al dente". Drain well.</p> <p>STEP 3 Heat oil in a pan over medium heat, and stir in the flour. Remove from the heat and add the milk. Return to the heat and cook, stirring cons tantly for 2-3 minutes or until thickened and smooth. Remove from the heat and stir in the grated cheddar and season with cayenne pepper. Add the egg yolks, one at a time, beating well after each one. Mix in the pasta and the broccoli puree.</p> <p>STEP 4 Beat the egg whites until they are stiff but not dry. Add a spoon ful of egg whites to the pasta-broccoli base and mix thoroughly to lighten the mixture. Gently fold in the remaining egg whites. Do not over mix or fold too rapidly or the mixture will loose its lightness.</p> <p>STEP 5 CCP: Pour the mixture into the prepared pan and place in a 375 degree F oven for approximately 30-35 minutes or until golden brown and the mixture reaches 145 degrees F for 15 seconds.</p> <p>CCP: Hold for hot service at 140 degrees F.</p> <p>For each portion, give three (3) #8 scoops.</p>
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Calories	372	Iron	2.71 Mg	Protein	24.49 G	26.34%	Calories from Prot
Cholesterol	264 Mg	Calcium	332 Mg	Carbohydrates	31.47 G	33.85%	Calories from Carb
Sodium	398 Mg	Vitamin A	783 IU	Total Fat	16.06 G	38.87%	Calories from T Fat
Dietary Fiber	1.97 G	Vitamin C	31.9 Mg	Saturated Fat	5.80 G	14.04%	Calories from S Fat

* - Denotes Missing Nutrient Values

PASTA CHICKEN AND TOMATO CASSEROLE

(HE-163)

Portion Size – 1 piece

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25 (1 pan)</u>	<u>50 (2 pans)</u>	<u>100 (4 pans)</u>	
3 lb.	6 lb.	12 lb.	Elbow macaroni, raw	
3 lb. + 2 oz.	6 lb. + 2 oz.	12 lb. + 8 oz.	Cooked diced chicken	
12 oz.	1 ½ lb.	3 lb.	Tomato paste	
4 lb.	8 lb.	16 lb.	Tomato sauce	
2 cups	1 qt.	2 qt.	Water	
6 oz.	12 oz.	24 oz.	Cheddar cheese, shredded	
1 tsp.	2 tsp.	4 tsp.	Salt	
2 oz.	4 oz.	8 oz.	Breadcrumbs	
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.50	
2 oz. meat/meat alternate, 2 servings of bread/grains, ¼ cup vegetables				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	377			
Protein	26.66 g			
Carbohydrates	49.92 g			
Fat-total	7.73 g			
Saturated Fat	2.80 g			
Cholesterol	58 mg			
Vitamin A (RE)	133 RE			
Vitamin C	15.28 mg			
Iron	3.74 mg			
Calcium	85.24 mg			
Sodium	653 mg			
Fiber	2.94 g			
% Protein	28.28			
% Carbohydrate	52.95			
% Total Fat	18.45			
% Saturated Fat	6.68			

METHOD

STEP 1

Cook elbow macaroni until *al dente* – about 8 minutes. DO NOT OVERCOOK.

STEP 2

Combine all ingredients in a large bowl and mix well.

STEP 3

Place into 12 x 20 x 2 inch steamtable pans.

STEP 4

Top each pan with breadcrumbs and cover with foil.

STEP 5

Bake: convection oven 350 degrees F for 30 minutes or until casserole reaches an internal temperature of 165 degrees F.

STEP 6

Cut each pan 5 x 5 with spatula. Portion size = 1 piece.

PASTA WITH SAUSAGE AND TOMATO SAUCE

(HE-164)

Portion Size – ¾ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1 ½ lb.	3 lb.	6 lb.	Pasta (rotini, penne, or ziti), <i>uncooked</i>
5 lb.	10 lb.	20 lb.	Pork sausage, <i>raw</i> , cut into 1” pieces
1/2 #10 can	1 #10 cans	2 #10 cans	Tomato sauce, canned, commodity
1 ½ tbsp.	3 tbsp.	6 tbsp.	Garlic powder
1 ½ tbsp.	3 tbsp.	6 tbsp.	Italian seasoning
			Portion cost = 0.18 if If commodity sausage and tomato sauce are used
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, 1 serving of bread/grains, 1/8 cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	471		
Protein	18.74 g		
Carbohydrates	34.31 g		
Fat-total	29.06 g		
Saturated Fat	10.32 g		
Cholesterol	69 mg		
Vitamin A (RE)	158 RE		
Vitamin C	38.09 mg		
Iron	3.59 mg		
Calcium	46.66 mg		
Sodium	688 mg		
Fiber	3.57 g		
% Protein	15.93		
% Carbohydrate	29.16		
% Total Fat	55.59		
% Saturated Fat	19.74		

METHOD

STEP 1

Cook pasta until just ‘al dente’. Rinse, drain, and set aside.

STEP 2

While pasta is cooking, cook sausage until browned and it has reached an internal temperature of 155 degrees F. Drain.

STEP 3

Combine cooked pasta, cooked sausage, tomato sauce, garlic powder, and Italian seasoning. Transfer to serving pans.

STEP 4

Reheat pans to 165 degrees F for 15 seconds. Hold at 140 degrees F or higher until ready to serve.

STEP 5

Portion size = ¾ cup (6 oz. spoodle).

Chartwells School Dining Services

007060 - Baked Macaroni & Cheese

Source: HE- 17
 Number of Portions: 50
 Size of Portion: 2/3 CUP

Meat/Alt 2 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

014429 WATER,MUNICIPAL..... 3 GAL 020100 MACARONI,COOKED,ENRICHED..... 2 LB + 10 OZ 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 3 QT 993368 Liquid butter alternative, Elite Golden Award..... 1 CUP 090018 MUSTARD,POWDER/DRY..... 1 TBSP 002030 PEPPER,BLACK..... 1/4 TSP 001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA 6 LB + 4 OZ	1. Heat water to rolling boil. 2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. 3. Quickly stir milk into macaroni. Add liquid butter alternative and seasonings. 4. Add the cheese and stir until the cheese is melted and the mixture is smooth. The mixture is quite liquid at this stage. CCP: Heat to 145°F or higher. 5. Pour macaroni and cheese mixture into steamtable pans (12" x 20" x 2 1/2") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Hold for 30 minutes on a 180-190°F steamtable to allow sufficient time for mixture to set up properly. 6. CCP: Hold for hot service at 140°F or higher. Portion with No. 6 scoop (2/3 cup).
	<p style="text-align: center;">Variation</p> <p>Macaroni, Cheese, and Ham</p> <p>50 servings: Follow steps 1-3. In step 4, use 5 lb 12 oz (1 gal 1 ¾ qt) shredded cheese and 1 lb (3 cups) diced cooked ham water added. Continue with steps 5 and 6.</p> <p>100 servings: Follow steps 1-3. In step 4, use 11 lb 8 oz (2 gal 3 ½ qt) shredded cheese and 2 lb (1 qt 2 ¼ cups) diced cooked ham water added. Continue with steps 5 and 6.</p> <p>CCP heat to 165° F or higher for at least 15 seconds.</p> <p>Serving: 2/3 cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and ¾ serving of grains/breads.</p>

Chartwells School Dining Services

	Serving
	? cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

Calories	351	Iron	0.52 Mg	Protein	19.72 G	22.46%	Calories from Prot
Cholesterol	56 Mg	Calcium	521 Mg	Carbohydrates	16.85 G	19.19%	Calories from Carb
Sodium	973 Mg	Vitamin A	547 IU	Total Fat	22.60 G	57.90%	Calories from T Fat
Dietary Fiber	0.46 G	Vitamin C	0.9 Mg	Saturated Fat	12.09 G	30.97%	Calories from S Fat
* - Denotes Missing Nutrient Values							

PENNE RIGATI WITH CHICKEN, MUSHROOMS AND TARRAGON (HE-170)

Portion Size – 1 ½ Cups

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10 oz.	1 lb. + 9 oz.	3 lbs. + 2 oz.	Penne Rigati pasta	
2 tbsp. + 1 ½ tsp.	¼ cup + 2 tbsp.	¾ cup + 1 ½ tsp.	Olive oil	
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 cups + 2 tbsp.	Onion finely chopped	
10 oz.	1 lb. + 9 oz.	3 lbs. + 2 oz.	Button mushrooms ¾ inch dice	
3/8 tsp.	¾ tsp.	1 5/8 tsp.	Salt	
			Cracked black pepper, dash	
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	¼ cups + 2 tbsp.	Garlic chopped	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Chicken stock	
2 ½ cups	6 ¼ cup	3 quarts + ½ cup	Tomatoes seeded and diced	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Cooked diced chicken	
¼ cup + 2 ½ tbsp.	1 cup + 2 tbsp.	2 cups + 1 tbsp.	Italian parsley	
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cups + ½ tsp.	Dried tarragon	
<u>COMPONENTS PER PORTION</u>				
2 serving of bread/grains, 2 oz. meat/meat alternate, ¼ cup vegetables				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	277			
Protein	22.02 g			
Carbohydrates	27.22 g			
Fat-total	8.86 g			
Saturated Fat	6.03 g			
Cholesterol	51 mg			
Vitamin A (RE)	52 RE			
Vitamin C	14.1 mg			
Iron	2.74 mg			
Calcium	30 mg			
Sodium	173 mg			
Fiber	1.83 g			
% Protein	31.74			
% Carbohydrate	39.22			
% Total Fat	28.70			
% Saturated Fat	6.02			

METHOD

STEP 1

Cook the penne rigati in salted boiling water until ‘al dente’. Drain, cool, and stir to prevent sticking and set it aside.

STEP 2

Heat the oil in a large, heavy bottom skillet over medium heat. Add the onion and sauté until it turns translucent; about 4 minutes. Add the mushrooms, salt and pepper. Cook until the mushrooms brown; about 5 minutes. Add the garlic and chicken stock; cook until the liquid is reduced by half.

STEP 3

Stir the tomatoes and diced chicken into the mixture and continue to cook until heated through; about 5 minutes. Add the drained pasta to the skillet along with the chopped parsley and tarragon. Toss well to coat; make sure that the pasta has been heated through and serve. Portion with a 12-oz. spoodle.

Chartwells School Dining Services

004566 - Pennsylvania Dutch Boiled Pot

Source: HE- 171
 Number of Portions: 100
 Size of Portion: 1 Cup

Meat/Alt 2 oz.
 Grain/Bread 0.75 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

Alternate Menu Name: PA Dutch Chicken Pot
 Pie w/ Noodles

<p>004044 OIL,SOYBN,SALAD OR COOKING..... 1 3/4 CUP 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 1 LB + 6 OZ 014429 WATER,MUNICIPAL..... 5 1/2 GAL 000065 BASE,CHICKEN,Dry..... 12 1/2 OZ 011143 CELERY,RAW..... 2 LB + 4 OZ 005360 CHICK,DICED,CKD,FROZEN-COMMOD..... 12 LB + 13 OZ 011374 POTATOES,CND,SOL&LIQUIDS..... 25 CUP, whole 011284 ONIONS,DEHYDRATED FLAKES..... 1/3 CUP 020109 NOODLES,EGG,DRY,ENRICHED..... 5 LB 002030 PEPPER,BLACK..... 1 TBSP 002029 PARSLEY,DRIED..... 1/3 CUP</p>	<p><u>STEP 1</u> Heat oil in large kettle or tilt skillet. Wisk in flour to make a roux.</p> <p><u>STEP 2</u> Mix chicken base into water to make a chicken broth.</p> <p><u>STEP 3</u> Slowly add chicken broth to roux, whisking while adding so mixture becomes well blended.</p> <p><u>STEP 4</u> Add celery and dehydrated onions and bring to a rolling boil.</p> <p><u>STEP 5</u> Add noodles. Reduce heat to a slow boil. Stir occasionally while cooking to keep noodles from sticking together. Cook for approximately 15 minutes, until noodles are cooked <i>al dente</i>.</p> <p><u>STEP 5</u> Add chicken, potatoes, and spices. Cook about 5 minutes more, stirring occasionally, until all ingredients are thoroughly heated.</p> <p>CCP: Heat to 165 degrees F for 15 seconds. CCP: Hold for hot service at 140 degrees F.</p> <p>Portion with an 8 oz. spoodle or ladle.</p>
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Chartwells School Dining Services

Calories	298	Iron	2.58 Mg	Protein	22.03 G	29.56%	Calories from Prot
Cholesterol	73 Mg	Calcium	60 Mg	Carbohydrates	29.64 G	39.78%	Calories from Carb
Sodium	647 Mg	Vitamin A	98 IU	Total Fat	9.86 G	29.76%	Calories from T Fat
Dietary Fiber	2.18 G	Vitamin C	7.5 Mg	Saturated Fat	2.20 G	6.64%	Calories from S Fat
* - Denotes Missing Nutrient Values							

PHILIPPINE SIMMERED PORK (Umba)

(HE-173)

Portion Size – ½ cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
6 lb.	12 lb.	24 lb.	Pork roast, commodity, raw
3 Tbsp.	6 Tbsp.	¾ cup	Fresh garlic, finely chopped
3 cups	6 cups	3 qt.	Water
6 Tbsp.	¾ cup	1 ½ cup	Light soy sauce
6 Tbsp.	¾ cup	1 ½ cup	Brown sugar
½ Tbsp.	1 Tbsp.	1 Tbsp.	Salt
1 ½ cup	3 cups	6 cups	Cider vinegar
1 ea.	2 ea.	4 ea.	Bay leaf, whole
COMPONENTS PER PORTION			Portion cost = \$0.74
2 ¼ oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	231		
Protein	21.91 g		
Carbohydrates	3.85 g		
Fat-total	13.71 g		
Saturated Fat	4.75 g		
Cholesterol	69 mg		
Vitamin A (RE)	2 RE		
Vitamin C	0.99 mg		
Iron	1.04 mg		
Calcium	25.94 mg		
Sodium	319 mg		
Fiber	0.03 g		
% Protein	37.96		
% Carbohydrate	6.66		
% Total Fat	53.43		
% Saturated Fat	18.51		

METHOD

STEP 1

Remove the string from the defrosted pork roast. You will have two pieces. Cut these pieces into ½ oz. cubes.

STEP 2

Place the pork cubes in a heavy saucepan with the garlic, water, soy sauce, brown sugar, salt, vinegar & bay leaf.

STEP 3

Bring to a boil, then lower the heat, cover and simmer until the pork is tender.

STEP 4

Portion with a 4 oz. spoodle.

Serving suggestion: Serve over 1 cup portions of steamed white rice (not included in nutrient analysis).

PORK STIR FRY**(HE-175)****Portion Size – 1 Cup**

QUANTITY/PORTIONS			INGREDIENTS
10	25	50	
3 tbsp. + ¾ tsp.	½ cup	1 cup	Light Soy sauce
7/8 oz.	2 oz.	4 oz.	Cornstarch
1/8 tsp.	¼ tsp.	½ tsp.	Ginger, ground
1 7/8 tsp.	1 tbsp. + 1 ½ tsp.	3 tbsp.	Garlic powder
3/8 tsp.	1 tsp.	2 tsp.	Pepper, black
6 ½ oz.	1 lb.	2 lbs.	Chicken stock
1 lb. + 2 oz.	2 lbs. + 13 oz.	5 lbs. + 10 oz.	Broccoli, florets
1 lb. + 2 oz.	2 lbs. + 13 oz.	5 lbs. + 10 oz.	Carrots, sliced
4 oz.	10 oz.	1 lb. + 4 oz.	Onions, diced
1 tbsp. + 2 tsp.	¼ cup	½ cup	Oil
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Cantonese Barbecued Pork (See recipe # HE-57)
3 tbsp. + ¾ tsp.	½ cup	1 cup	Oil
COMPONENTS PER PORTION			
2 oz. meat/meat alternate, ½ cup of vegetables			
NUTRIENT	Amount per Serving		
Calories	239		
Protein	19.39 g		
Carbohydrates	12.67 g		
Fat-total	12.62 g		
Saturated Fat	3.03 g		
Cholesterol	45 mg		
Vitamin A (RE)	1515 RE		
Vitamin C	53.5 mg		
Iron	1.33 mg		
Calcium	52 mg		
Sodium	256 mg		
Fiber	3.36 g		
% Protein	32.43		
% Carbohydrate	21.19		
% Total Fat	47.48		
% Saturated Fat	11.04		

METHOD**STEP 1**

Dissolve cornstarch in soy sauce. Add spices.

STEP 2

Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.

Cook for 3-5 minutes, until thickened. Remove from heat.

STEP 3

Sauté sliced (1/4") carrots in oil for 4 minutes. Add diced onions; cook for 1 more minute. Add chopped broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.

STEP 4

Slice Cantonese BBQ Pork into long thin strips and add it to vegetables in steam table pan. Add sauce and mix to coat pork and vegetables with sauce. Heat to serving temperature of 165 degrees F. Portion with an 8-oz. ladle.

PUERTO RICAN CHICKEN ASOPAO

(HE-180)

Portion Size – *1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 lbs.	13 lbs.	25 lbs.	Cut up chicken	
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + ½ tsp.	Dried oregano	
3/8 tsp.	¾ tsp.	1 5/8 tsp.	Cracked black pepper	
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + ½ tsp.	Paprika	
5/8 tsp.	1 5/8 tsp.	1 tbsp. + ¼ tsp.	Salt	
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Vegetable oil	
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	¼ cup + 2 tbsp.	Garlic chopped	
1 ¼ slices	3 1/8 slices	6 ¼ slices	Bacon diced	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Ham diced	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Onion diced	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Green bell pepper diced	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Tomatoes diced	
10 oz.	1 lb. + 9 oz.	3 lbs. + 2 oz.	Italian sausage cut into ½ “ pieces	

COMPONENTS PER PORTION

2 oz. cooked poultry, 1 serving bread/grains,
¼ cup vegetables

NUTRIENT

Amount per Serving

Calories	524
Protein	29.18 g
Carbohydrates	45.51 g
Fat-total	24.44 g
Saturated Fat	6.22 g
Cholesterol	82 mg
Vitamin A (RE)	86 RE
Vitamin C	26.1 mg
Iron	4.80 mg
Calcium	60 mg
Sodium	704 mg
Fiber	3.28 g
% Protein	22.28
% Carbohydrate	34.74
% Total Fat	41.97
% Saturated Fat	10.69

NOTE:

**A serving consists of 1 breast
With back OR 1 thigh with back
OR 1 drumstick and 1 wing.**

METHOD

STEP 1

Place the rice in a bowl. Rinse the rice in cold running water until the water turns clear. Drain well and set it aside. Place the chicken in a bowl. Add the oregano, black pepper, paprika, salt and half of the vegetable oil. Toss the chicken to coat evenly. Place the chicken on a sheet pan sprayed with pan spray (do not use parchment paper) in one layer and place in a 350 degree F oven for 1 hour or until well browned.

STEP 2

In a large frying pan add the remaining oil and sauté the bacon until it starts to crisp, add the garlic and ham and sauté for 2 minutes. Add the onion and bell pepper and sauté for 5 minutes or until the onion starts to turn golden in color. Add the tomato. Cover and simmer for 10 minutes or until the tomato softens. Add the sausage and simmer an additional 5 minutes. Add the olives, annatto oil, drained rice and water. Stir well. Cover and simmer for 5 minutes.

STEP 3

Transfer the chicken to a 2-½ inch hotel pan; do not crowd the chicken. Pour the contents of the frying pan over the chicken and stir well to combine. Add the frozen peas and cover the pan well with foil. Place the pan into a 350 degree F oven for ½ hour or until the chicken is done and the rice is tender. Season with salt and pepper. Portion with an 8-oz. spoodle.

Note:

The dish should be a bit soupy but if you prefer it drier leave it in the oven, uncovered, until the liquid has been absorbed to desired consistency.

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PUERTO RICAN CITRUS PORK

(HE-185)

Portion Size – 2 oz.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 10 ¾ oz.	4 lbs. + 2 ¾ oz.	8 lbs. + 6 oz.	Raw pork roast
¾ cup + 1 ½ tbsp.	2 cups + 1 tbsp.	4 cups + 2 ½ tbsp.	Cider vinegar
7/8 – 1 tbsp.	2 1/8 – 1 tbsp.	4 ¼ - 1 tbsp.	Annatto Oil (See recipe # MSR-05)
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + ½ tsp.	Ground cumin
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + ½ tsp.	Garlic chopped
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Salt
3/8 tsp.	1 tsp.	2 1/8 tsp.	Cracked black pepper
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Vegetable oil
2 ½ cups	6 ¼ cups	3 quarts + ½ cup	Chicken stock
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Orange juice
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Lemon juice
			Continued on next page
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	232		
Protein	23.50 g		
Carbohydrates	7.54 g		
Fat-total	11.74 g		
Saturated Fat	3.43 g		
Cholesterol	61 mg		
Vitamin A (RE)	7 RE		
Vitamin C	12.8 mg		
Iron	1.55 mg		
Calcium	27 mg		
Sodium	433 mg		
Fiber	0.20 g		
% Protein	40.45		
% Carbohydrate	12.98		
% Total Fat	45.49		
% Saturated Fat	13.30		

METHOD

STEP 1

Cut the pork by hand or slicer into strips ½ inch x 2 inches long. In a bowl beat together the cider vinegar, annatto oil, cumin, garlic, salt and pepper. Place the pork strips in the marinade, cover and refrigerate overnight.

STEP 2

Strain the pork strips through a colander set over a bowl. Make sure that most of the marinade has drained off. Pat the pork strips dry.

STEP 3

Heat the oil in a heavy skillet. Add the pork strips and cook them until they have browned. **Do not overcrowd the pan.** It is better to use a small amount of oil and a small amount of pork so that the meat browns properly. Add more oil if necessary and batch cook the pork. As the meat becomes brown remove them to a bowl.

STEP 4

When all of the pork has been cooked pour off any excess oil from the pan. Return the pork to the pan, add the reserved marinade and chicken stock. Stir well to scrap up the little bits that might have stuck to the bottom of the pan. Simmer the meat over low heat until it is tender

STEP 5

Add the orange and lemon juices and bring the mixture to a simmer. Cook for another 3 minutes. Blend the cornstarch with the water until it is smooth and the consistency of milk. As the liquid simmers

Continued on next page

QUICHE**(HE-190)****Portion Size – 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10 (1/2 pan)</u>	<u>25 (1 pan)</u>	<u>50 (2 pans)</u>	
5 1/4 oz.	13 oz.	1 lb. + 10 oz.	American cheese	
8	20	40	Eggs, large	
2 1/4 cups + 2 tbsp.	6 cups	3 quarts	Milk (skim)	
2 7/8 oz.	7 oz.	14 oz.	Flour	
1/8 tsp.	1/4 tsp.	1/2 tsp.	Baking Powder	
5/8 tsp.	1 1/2 tsp.	1 tbsp.	Salt	
1/4 tsp.	1/2 tsp.	1 tsp.	Pepper	
3/8 oz.	1 1/8 oz.	2 1/4 oz.	Onions, chopped	
2 1/4 oz.	5 1/2 oz.	11 oz.	American Cheese	
			Vegetable cooking spray	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate				
<u>NUTRIENT</u>				
	<u>Amount per Serving</u>			
Calories	192			
Protein	12.59 g			
Carbohydrates	10.84 g			
Fat-total	10.75 g			
Saturated Fat	5.45 g			
Cholesterol	190 mg			
Vitamin A (RE)	173 RE			
Vitamin C	1.5 mg			
Iron	1.08 mg			
Calcium	228 mg			
Sodium	525 mg			
Fiber	0.34 g			
% Protein	26.22			
% Carbohydrate	22.57			
% Total Fat	50.40			
% Saturated Fat	25.56			

METHOD**STEP 1**

Sprinkle first measure of shredded cheese into each steam table pan which has been sprayed with vegetable cooking spray.

STEP 2

Beat eggs in mixer on medium speed for 2 minutes. Add milk, flour, baking powder, salt, pepper, and onions. Mix for 4 minutes on low speed.

STEP 3

Slowly pour mixture evenly over cheese in each pan. Sprinkle second measure of cheese over liquid mixture in each pan.

STEP 4

Bake until a knife inserted near center comes out clean. Surface will be lightly browned and puffy.

Conventional oven: 400 degrees F or 50-50 minutes
Convection oven: 350 degrees F for 25-35 minutes.

Stir lightly twice during first half of baking time.

STEP 5

Let stand for 5 minutes. Cut each pan 5x5 (25 portions per pan).

QUICHE #2

(HE-193)

Portion Size – 1 Piece (1/8 pie)

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>16 (2 pies)</u>	<u>40 (5 pies)</u>	<u>80 (10 pies)</u>	
4 lb.	10 lb.	20 lb.	Liquid frozen eggs, thawed	
1 2/3 cup	1 qt.	½ gal.	Milk, 2% fat	
2 tsp.	1 ½ tbsp.	3 tbsp.	Salt	
2 tsp.	1 ½ tbsp.	2 tbsp.	Pepper	
1 cup	2 ½ cups	5 cups	Mozzarella cheese, part skim, shredded	
1 cup	2 ½ cups	5 cups	Cheddar cheese, shredded	
2 ea.	5 ea.	10 ea.	Frozen pie shells, ready to bake, 10 oz. each	

METHOD

STEP 1
Whip together eggs, milk, salt, and pepper.

STEP 2
Add cheeses.

STEP 3
Slowly pour 1 qt. of egg/cheese mixture into each pie shell.

STEP 4
Bake uncovered in a 325 degree F oven for 40 minutes until egg mixture is firm and the internal temperature has reached 155 degrees F.

STEP 5
Remove from oven. Let stand for 10 minutes before serving. Cut each pie into 8 slices. Portion size = 1 slice.

COMPONENTS PER PORTION Portion cost = \$0.45

2 large eggs (4 oz. meat/meat alternate), ¼ oz. cheese, 1.1 serving bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	390
Protein	19.85 g
Carbohydrates	18.57 g
Fat-total	25.65 g
Saturated Fat	7.56 g
Cholesterol	495 mg
Vitamin A (RE)	263 RE
Vitamin C	0.27 mg
Iron	2.47 mg
Calcium	189 mg
Sodium	701 mg
Fiber	0.36 g
% Protein	20.37
% Carbohydrate	19.06
% Total Fat	59.22
% Saturated Fat	17.45

Variation A: Broccoli cheddar quiche- substitute equal measures of broccoli for mozzarella cheese. *Nutrients per serving:* 374 calories, 491 mg cholesterol, 671 mg sodium, 0.65 g fiber, 2.53 mg iron, 149 mg calcium, 270 RE vitamin A, 5.76 mg vitamin C, 18.41 g protein (19.67%), 18.84 g carbohydrates (20.13%), 24.55 g fat (59.02%), 6.85 g saturated fat (16.46%). *Portion cost = \$0.44.*

Variation B: Bacon Swiss quiche- Substitute equal measures of Swiss cheese for mozzarella cheese. Substitute equal measures of cooked, crumbled bacon for cheddar cheese. *Nutrients per serving:* 402 calories, 495 mg cholesterol, 733 mg sodium, 0.36 g fiber, 2.51 mg iron, 159 mg calcium, 248 RE vitamin A, 0.27 mg vitamin C, 20.03 g protein (19.95%), 18.55 g carbohydrates (18.48%), 26.84 g fat (60.15%), 7.54 g saturated fat (16.91%). *Portion cost = \$0.52.*

RAJASTHANI BAKED CHICKEN

(HE-195)

Portion Size – 2 oz. *

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
4.7 lbs.	11 ¾ lbs.,	23.5 lbs.	Cut up chicken	
			Salt, dash	
¼ cup + 2 ¼ tsp.	½ cup + 3 ½ tbsp.	1 ¼ cups + 3 ½ tbsp.	Lemon juice	
½ cup + 1 ½ tbsp.	1 ¼ cup + 3 ½ tbsp.	2 ¾ cups + 3 tbsp.	Vegetable oil	
9 ½ oz.	1 lb. + 7 ½ oz.	2 lbs. + 15 ¼ oz.	Onion thinly sliced	
½ oz.	5 oz.	10 oz.	Garlic thin slice	
½ cup + 1 ½ tbsp.	1 ¼ cups + 3 ½ tbsp.	2 ¾ cups + 3 tbsp.	Sliced almonds	
1 ¼ oz.	3 oz.	6 oz.	Fresh ginger coarsely chopped	
1 tbsp. + ½ tsp.	2 tbsp. + 3 tsp.	¼ cup + 2 tbsp.	Curry powder	
½ cup + 1 ½ tbsp.	1 ¼ cup + 3 ½ tbsp.	2 ¾ cups + 3 tbsp.	Low fat yogurt	
1 ¼ tsp.	3 tsp.	1 tbsp. + 3 tsp.	Cayenne pepper	
<u>COMPONENTS PER PORTION</u>			*NOTE: A serving of at least 2 oz. of chicken consists of 1 breast half with back OR 1 thigh with back OR 1 drumstick and 1 wing.	
2 oz. cooked poultry				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	291			
Protein	19.10 g			
Carbohydrates	8.95 g			
Fat-total	20.35 g			
Saturated Fat	3.37 g			
Cholesterol	51 mg			
Vitamin A (RE)	20 RE			
Vitamin C	7.3 mg			
Iron	1.30 mg			
Calcium	68 mg			
Sodium	98 mg			
Fiber	1.59 g			
% Protein	26.17			
% Carbohydrate	12.26			
% Total Fat	62.75			
% Saturated Fat	10.41			

METHOD

STEP 1

Remove the skin from the chicken and spread them out on a sheet pan in a single layer. Prick them thoroughly with the tip of a sharp knife and sprinkle them with salt and half of the lemon juice. Turn the pieces over and repeat the process using the remaining lemon juice. Rub the salt and lemon juice into the flesh. Cover and refrigerate for 1 hour or more. Turn the pieces over a few times during this period.

STEP 2

Meanwhile, prepare the second marinade: Heat the vegetable oil in a skillet over medium-high heat. Add the onion and garlic. Stir and fry until the onion turns reddish-brown. With a slotted spoon transfer the onion-garlic to a bowl. In the same pan, put the almonds. Sauté until they turn golden then transfer them with a slotted spoon to the bowl with the onion-garlic mixture.

STEP 3

Put the fried onion, garlic and almonds as well as the fresh ginger along with enough water to cover into a food processor or blender. Blend until you have a smooth paste. Empty this paste into a bowl; add the curry powder, yogurt, cayenne and a pinch of salt. Mix well.

STEP 4

Pour this marinade over the chicken and mix well. Prick the pieces of chicken again with the tip of a sharp knife, again pushing as much of the marinade into the flesh as possible. Cover the chicken and refrigerate overnight.

Continued on next page

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 12 oz.	4 lbs. + 6 oz.	8 lbs. + 12 oz.	Ground beef 85/15
1 58 oz.	4 oz.	8 oz.	Onions diced
15 ¼ oz.	2 lbs. + 6 oz.	4 lbs. + 12 oz.	Peas & carrots
1 ½ cup + 1 ½ tbsp.	4 cups	2 quarts	Beef stock
7/8 oz.	2 oz.	4 oz.	Cornstarch
3 tbsp. + ¾ tsp.	½ cup	1 cup	Water
5/8 tsp.	1 ½ tsp.	1 tbsp.	Thyme leaf, dried
3/8 tsp.	1 tsp.	2 tsp.	Onion powder
3/8 tsp.	1 tsp.	2 tsp.	Pepper, black
3 ½ cups + 1 ½ tbsp.	2 quarts + 1 cup	4 quarts + 2 cups	Water, boiling
1 cup + 3 tbsp.	3 cups	6 cups	Milk (skim), hot
1 ¼ oz.	3 oz.	6 oz.	Margarine
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, ¾ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
	<u>See Next Page</u>		
Calories			
Protein			
Carbohydrates			
Fat-total			
Saturated Fat			
Cholesterol			
Vitamin A (RE)			
Vitamin C			
Iron			
Calcium			
Sodium			
Fiber			
% Protein			
% Carbohydrate			
% Total Fat			
% Saturated Fat			

METHOD

STEP 1

Brown ground beef in a steam-jacketed kettle until no signs of pink remain. Drain fat and discard.

STEP 2

Add onions to ground beef and sauté for 5 minutes or until translucent.

STEP 3

Mix carrots and peas into ground beef mixture. Set aside.

STEP 4

Heat beef stock in a steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Bring to a boil. Add thyme, onion powder and pepper.

STEP 5

Add gravy to ground beef mixture.

STEP 6

Pour ground beef mixture into each steam table pan.

STEP

Prepare potato topping: Place boiling water and hot milk in a large mixer bowl. Add margarine, potato flakes and salt. Mix with a paddle for 1 minute, until well blended.

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Chartwells School Dining Services

004856 - Rigatoni w/ Four Cheeses

Source: HE- 201
 Number of Portions: 20
 Size of Portion: 2 Cups

Meat/Alt 3 oz.
 Grain/Bread 4 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

020099 MACARONI, DRY, ENR..... 4 LB 018376 BREAD CRUMBS, DRY, GRATED, SEASONED..... 1 CUP 011529 TOMATOES, RED, RIPE, RAW, YEAR RND AVER 3 med 2-3/5" dia 004044 OIL, SOYBN, SALAD OR COOKING..... 2 TBSP 011282 ONIONS, RAW..... 1/2 CUP, chopped 001077 MILK, WHL, 3.25% MILKFAT..... 3 QT 990217 CREAM SOUP BASE..... 9 3/4 OZ 090017 GARLIC, GRANULATED..... 2 TBSP 002029 PARSLEY, DRIED..... 1/4 CUP 002003 SPICES, BASIL, DRIED..... 2 TBSP 001028 CHEESE, MOZZARELLA, PART SKIM MILK..... 1 LB 001035 CHEESE, PROVOLONE..... 1 LB 001040 CHEESE, SWISS..... 8 OZ 001032 CHEESE, PARMESAN, GRATED..... 1/4 CUP		<p><u>STEP 1: Prepare the Pasta</u> In a large pot or kettle bring the water to a rapid boil. Add the salt and dry pasta and stir well until all of the pasta is separated. Cook the pasta for 9 minutes. The pasta will still be firm to the bite (al dente). Drain the pasta and then rinse with cold water until it is cool. Transfer the cool pasta to a 4-inch deep FULL hotel pan and set it aside.</p> <p><u>STEP 2: Prepare the Topping & Sauce</u> In a small bowl combine the dried breadcrumbs & diced tomatoes. Mix well to combine and set aside for later. In a saucepot heat the oil over medium heat. Add the onion and stir until the onion is soft and transparent. Add the milk and bring it to a simmer. Add the cream soup base slowly whisking until the sauce is smooth. You should only have small pieces of onion but no lumps of dry mix. The sauce should be as thin as a soup. If it is too thick add a little water - if it is too thick allow it to simmer a little to thicken up.</p> <p>Remove the sauce from the heat. Add the granulated garlic, dry parsley and dry basil leaves and stir well.</p> <p>Add each of the four cheeses stirring well to combine after each addition to blend well.</p> <p><u>STEP 3: Combining it All</u> Pour the finished sauce over the cold cooked Rigatoni in the prepared hotel pan. Stir well to combine and coat the pasta. The sauce should still seem a little thin. Don't worry. It will thicken as it bakes. Sprinkle the top of the pasta evenly with the breadcrumb/tomato mixture. CCP: Bake in a 350 degree oven for 1 hour or until the pasta has reached an internal temperature of 145 degrees, the top is golden brown & crisp and the sauce is bubbly.</p> <p>CCP: Hold for hot service at 140 degrees F.</p> <p><u>STEP 4: Portioning</u> For each portion, give two (2) 8-oz. spoons</p>
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Calories	676	Iron	4.20 Mg	Protein	33.07 G	19.56%	Calories from Prot
Cholesterol	56 Mg	Calcium	661 Mg	Carbohydrates	86.00 G	50.88%	Calories from Carb
Sodium	555 Mg	Vitamin A	784 IU	Total Fat	21.71 G	28.91%	Calories from T Fat
Dietary Fiber	3.97 G	Vitamin C	3.4 Mg	Saturated Fat	11.99 G	15.96%	Calories from S Fat
* - Denotes Missing Nutrient Values							

RIGATONI WITH ITALIAN SAUSAGE & ROMA TOMATOES (HE-205)

Portion Size – 1 ½ Cups

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 4 oz.	3 lbs. + 2 oz.	6 lbs. + 4 oz.	Italian sausage cooked	
10 oz.	1 lb. + 9 oz.	3 lbs. + 2 oz.	Red onion, diced	
10 oz.	1 lb. + 9 oz.	3 lbs. + 2 oz.	Roma tomatoes 1 inch dice	
10 oz.	1 lb. + 9 oz.	3 lbs. + 2 oz.	Button mushrooms sliced	
1 tbsp.	2 ½ tbsp.	5 tbsp.	Whole fennel seed	
10 oz.	1 lb. + 9 oz.	3 lbs. + 2 oz.	Black olives sliced	
3 tbsp.	½ cup	1 cup	Dried basil	
2 ½ cup	6 ¼ cups	3 quarts + ½ cups	Beef stock	
3 lb. + 12 oz.	9 lbs. + 6 oz.	18 lbs. + 12 oz.	Rigatoni pasta, cooked	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Parmesan cheese	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Garlic, chopped	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Olive oil	
<u>COMPONENTS PER PORTION</u>				
1.5 servings of bread/grains, 2 oz. meat/meat alternate, ¼ cup vegetables				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	637			
Protein	26.74 g			
Carbohydrates	73.05 g			
Fat-total	28.47 g			
Saturated Fat	6.89 g			
Cholesterol	45 mg			
Vitamin A (RE)	48 RE			
Vitamin C	17.2 mg			
Iron	10.63 mg			
Calcium	458 mg			
Sodium	1173 mg			
Fiber	16.18 g			
% Protein	16.79			
% Carbohydrate	45.86			
% Total Fat	40.22			
% Saturated Fat	9.74			

METHOD

STEP 1

Peel the skin from the cooked sausage and crumble the meat in a bowl. Set it aside.

STEP 2

Heat the olive oil in a pan and add the chopped garlic and diced red onion. Sauté for 3 minutes. Add the crumbled sausage meat, the diced tomatoes and sliced mushrooms. Sauté for an additional 2 minutes.

STEP 3

Add the fennel seed, dry basil leaf and black olives. Add the beef stock. Bring to a boil.

STEP 4

Place the cooked rigatoni pasta in a colander and run hot water through it to take the chill out of it and to separate the pieces. Transfer the pasta to a large bowl. Pour the sausage-vegetable mixture over the pasta and stir well. Sprinkle with grated parmesan. Place the pan in a preheated 350 degree F oven to heat for 10 minutes or until the pasta is heated through. Stir well to combine and serve hot. Portion with a 12 oz. spoodle.

Chartwells School Dining Services

003692 - Roast Pork w/ Mustard Sauce

Source: HE- 213
 Number of Portions: 50
 Size of Portion: 3 oz.

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

010093 PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,& 011215 GARLIC,RAW..... 000084 CHICKEN STOCK..... 002003 SPICES,BASIL,DRIED..... 002027 SPICES,OREGANO,DRIED..... 004044 OIL,SOYBN,SALAD OR COOKING..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS& 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 001097 MILK,CND,EVAP,NONFAT..... 083720 MUSTARD ,BROWN PREPARED..... 011943 PIMENTO,CANNED..... 014429 WATER,MUNICIPAL..... 080655 SOY SAUCE,LIGHT, LA CHOY..... 002030 PEPPER,BLACK.....	14 LB, raw a/p + 14 OZ, raw a 1 1/2 TBSP 1 1/2 CUP 2 TSP 2 TSP 1/2 CUP 1 1/2 CUP, chopped 5 TBSP 26 FL OZ 6 OZ 4 OZ 3/4 CUP 2 TBSP 1 TSP	<p><u>STEP 1</u> Place pork in roasting pan and make 6 1 -inch deep cuts in the roast and insert minced garlic. Pour chicken stock over, sprinkle with basil and oregano and refrigerate overnight.</p> <p><u>STEP 2</u> Preheat oven to 325 degrees F. CCP: Roast, uncovered for 3 ½ hours or until an internal temperature of 145 degrees is reached for at least 15 seconds. Let roast stand in a warm place for 15 minutes. Slice pork into 1 oz. slices.</p> <p>CCP: Hold for hot service at 140 degrees F.</p> <p><u>STEP 3</u> Prepare the sauce: In a heavy saucepan heat the oil over medium heat. Add the onions and cook for 3 minutes. Add the flour, stir and cook for 2 minutes more or until flour smells nutty. Slowly whisk in milk and stir constantly over medium heat until sauce is thickened. Whisk in mustard, pimento, water, soy sauce and pepper. Serve over sliced meat.</p> <p><u>STEP 4</u> For each portion, provide three (3) one -ounce (1 oz.) slices of cooked pork and one fluid ounce (1 fl. oz.) of mustard sauce.</p>
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Calories	187	Iron	1.05 Mg	Protein	21.85 G	46.72%	Calories from Prot
Cholesterol	60 Mg	Calcium	72 Mg	Carbohydrates	3.31 G	7.07%	Calories from Carb
Sodium	167 Mg	Vitamin A	170 IU	Total Fat	9.11 G	43.81%	Calories from T Fat
Dietary Fiber	0.25 G	Vitamin C	3.0 Mg	Saturated Fat	2.72 G	13.07%	Calories from S Fat

* - Denotes Missing Nutrient Values

Chartwells School Dining Services

007094 - Roast Turkey w/ Dressing

Source: HE- 215
 Number of Portions: 50
 Size of Portion: Servings

Meat/Alt 2 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

990506 BREAD WHOLE-WHEAT..... 002034 POULTRY SEASONING..... 002030 PEPPER,BLACK..... 011282 ONIONS,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 044188 SOUP,CHICKEN BROTH,LO SODIUM,CND..... 005620 TURKEY,DICED,CKD,FROZEN-COMMOD..... 004044 OIL,SOYBN,SALAD OR COOKING.....	3 LB + 2 OZ 2 TSP 2 TSP 8 OZ, chopped 1 1/2 CUP 2 QT 6 LB + 4 OZ 3/4 CUP	1. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2. For dressing: Cut whole wheat bread into cubes, and combine the cubes, poultry seasoning, pepper, thyme, onions, and oil in a bowl. Mix lightly until well blended.									
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 002026 ONION POWDER..... 044188 SOUP,CHICKEN BROTH,LO SODIUM,CND.....	7 OZ 2 TSP 3 QT	3. Add stock to bread mixture. Mix gently until dressing is moist. 4. Spread 4 lb (1 gal 1 ¾ qt) of dressing evenly into each steamtable pan. 5. Cover each pan of dressing with 3 lb 2 oz (2 ½ qt) cooked, chopped turkey. 6. For gravy: Heat oil over medium heat. Blend in flour. Stir frequently until mixture is light brown, 5 minutes.									
		7. Gradually add stock to flour mixture. Add onion powder. Stir to blend well. Cook until thickened, 8-10 minutes. 8. Pour 1 qt 1¾ cups gravy over each pan of turkey and dressing. 9. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes CCP: Heat to 165° F or higher for at least 15 seconds. 10. CCP: Hold for hot service at 140° F or higher. Cut each pan 5 x 5 (25 portions per pan). If desired, serve with extra gravy.									
		Food as Purchased									
		<table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">50 Servings</th> <th style="text-align: center;">100 Servings</th> </tr> </thead> <tbody> <tr> <td>Mature onions</td> <td style="text-align: center;">10 oz</td> <td style="text-align: center;">1 lb 4 oz</td> </tr> <tr> <td>Turkey,whole,w/out neck&giblets</td> <td style="text-align: center;">13 lb 5 oz</td> <td style="text-align: center;">26 lb 10 oz</td> </tr> </tbody> </table>		50 Servings	100 Servings	Mature onions	10 oz	1 lb 4 oz	Turkey,whole,w/out neck&giblets	13 lb 5 oz	26 lb 10 oz
	50 Servings	100 Servings									
Mature onions	10 oz	1 lb 4 oz									
Turkey,whole,w/out neck&giblets	13 lb 5 oz	26 lb 10 oz									

Chartwells School Dining Services

	<p>Serving</p> <p>1 portion provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.</p>
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Calories	288	Iron	2.47 Mg	Protein	21.65 G	30.05%	Calories from Prot
Cholesterol	45 Mg	Calcium	42 Mg	Carbohydrates	17.11 G	23.76%	Calories from Carb
Sodium	220 Mg	Vitamin A	3 IU	Total Fat	14.81 G	46.27%	Calories from T Fat
Dietary Fiber	2.16 G	Vitamin C	0.3 Mg	Saturated Fat	2.90 G	9.05%	Calories from S Fat
* - Denotes Missing Nutrient Values							

ROTINI WITH CHICKEN, LEMON SAUCE & DILL**(HE-220)****Portion Size – 1 ¼ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10 oz.	1 lb. + 9 oz.	3 lbs. + 2 oz.	Rotini pasta	
10 fl oz.	25 fl oz.	50 fl oz.	Milk, whole	
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cu + 1 tbsp.	Chicken stock	
¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Whole caraway seed	
3 tbsp. + 2 ¼ tsp.	½ cup + 1 ½ tbsp.	1 cup + 2 ½ tbsp.	Lemon juice	
2 tsp.	1 ½ tbsp.	3 tbsp.	Lemon zest	
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + ½ tsp.	Dill weed	
1 lb. + 4 oz.	3 lbs. + 2 oz.	6 lbs. + 4 oz.	Cooked diced chicken	
<u>COMPONENTS PER PORTION</u>				
2 servings of bread/grains, 2 oz. cooked poultry				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	237			
Protein	21.26 g			
Carbohydrates	23.62 g			
Fat-total	5.94 g			
Saturated Fat	1.91 g			
Cholesterol	55 mg			
Vitamin A (RE)	20 RE			
Vitamin C	3.1 mg			
Iron	1.98 mg			
Calcium	56 mg			
Sodium	77 mg			
Fiber	0.83 g			
% Protein	35.84			
% Carbohydrate	39.82			
% Total Fat	22.52			
% Saturated Fat	7.27			

METHOD**STEP 1**

Cook the Rotini in boiling salted water for about 3 minutes. Drain well. Run the pasta under cold water to stop the cooking process, stir well to ensure that the pasta does not stick. The Rotini will still be quite hard; it is only partially cooked.

STEP 2

Put the milk, chicken stock, caraway seeds, lemon juice and lemon zest in a pot. Bring the liquid to a boil, reduce the heat and simmer gently for 3 minutes. Transfer the sauce to a 4-inch deep hotel pan.

STEP 3

Add the partially cooked Rotini, the diced chicken and enough water to almost cover them. Stir well to combine. Cover the pan with foil and place in a 350-degree oven. Check the pasta and stir occasionally until the Rotini is ‘al dente’ and some of the creamy sauce remains. If necessary add more hot chicken stock to keep the Rotini from sticking. Stir in the dill weed and serve.

STEP 4

Portion with a 10-oz. spoodle.

SALMON CAKES

(HE-221)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
4 lb.	8 lb.	16 lb.	Salmon, flaked, commod.
¾ cup	1 ½ cups	3 cups	Olive oil
8 oz.	1 lb.	2 lb.	Onions, fresh, minced
5 ¼ oz.	10 ½ oz.	1 lb. + 5 oz.	Celery, fresh, diced
2 ¾ oz.	5 ½ oz.	11 oz.	Peppers, sweet, green, diced
2 ¾ oz.	5 ½ oz.	11 oz.	Dijon mustard
¼ cup	1/3 cup	5/8 cup	Mayonnaise, lite, reduced calorie
2	4	8	Eggs, whole, large
¾ tsp.	½ tbsp.	1 tbsp.	Salt
½ tsp.	1 tsp.	2 tsp.	Black pepper
¾ tsp.	½ tbsp.	1 tbsp.	Garlic, granulated
1 tbsp. + 1 tsp.	2 tbsp. + 2 tsp.	1/3 cup	Parsley, dried
2 cups	1 qt.	2 qt.	Flour

<u>COMPONENTS PER PORTION</u>		
2.5 oz. meat/meat alternate		
		Cost per portion = \$0.09 (Cost if commodity salmon is used)

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	214
Protein	16.28 g
Carbohydrates	9.37 g
Fat-total	12.10 g
Saturated Fat	2.17 g
Cholesterol	57 mg
Vitamin A (RE)	24 RE
Vitamin C	3.9 mg
Iron	1.35 mg
Calcium	168 mg
Sodium	539 mg
Fiber	0.67 g
% Protein	30.41
% Carbohydrate	17.50
% Total Fat	50.84
% Saturated Fat	9.10

METHOD

STEP 1

Heat ¼ of the total amount of olive oil over medium heat. Sauté the onion, celery, and green peppers until translucent. Remove from heat and set aside.

STEP 2

Combine the salmon, onion mixture, Dijon mustard, mayonnaise, eggs, salt, pepper, granulated garlic, and parsley in a mixing bowl. Cover and refrigerate for one hour.

STEP 3

Form chilled mixture into cakes using a #12 scoop for each portion. Dredge cakes in flour. Heat remaining olive oil in skillet over medium heat and pan fry cakes for about 3 minutes on each side, until crusty and lightly browned.

STEP 4

Transfer cooked cakes to 2-inch hotel pans for service. Heat cakes at 350 degrees F for 10 minutes or until the internal temperature reaches 165 degrees F.

STEP 5

Serve immediately. Portion size = 1 each.

Recipe variation: Crab cakes

Substitute imitation crabmeat for salmon in recipe. Nutrients per serving: 187 calories, 32 mg cholesterol, 747 mg sodium, 8.66 g fat (41.61%), 1.24 g saturated fat (5.96%), 10.65 g protein (22.85%), 16.79 g carbohydrates, (35.85%), 0.67 g fiber, 1.03 mg iron, 22.56 mg calcium, 27 RE Vitamin A, 3.89 mg Vitamin C. Cost per portion \$0.31.

SAVORY BEEF AND BROWN GRAVY

(HE-221A)

Portion Size – 1/2 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
6 lb.	12 lb.	24 lb.	Beef, ground, raw, 80/20
¼ cup	½ cup	1 cup	Dehydrated onion flakes
2 tbsp.	¼ cup	½ cup	Garlic powder
½ pkg.	1 pkg.	2 pkg.	Brown gravy mix, Trio, 16 oz. package
3 cups	1 ½ qt.	3 qt.	Water
2 tbsp.	¼ cup	½ cup	Worcestershire sauce
<u>COMPONENTS PER PORTION</u>			
3 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	182		
Protein	17.96 g		
Carbohydrates	0.96 g		
Fat-total	11.14 g		
Saturated Fat	4.38 g		
Cholesterol	64 mg		
Vitamin A (RE)	0 RE		
Vitamin C	0.54 mg		
Iron	1.57 mg		
Calcium	9.55 mg		
Sodium	76 mg		
Fiber	0.12 g		
% Protein	39.52		
% Carbohydrate	2.11		
% Total Fat	55.15		
% Saturated Fat	21.66		

METHOD

STEP 1

Combine ground beef and dehydrated onion flakes in a larger saucepan, steam jacketed kettle, or tilt skillet. Cook ground beef over medium heat until browned. Drain.

STEP 2

In a separate large bowl or pitcher, combine brown gravy mix, water, and Worcestershire sauce. Whisk together to mix thoroughly.

STEP 3

Add gravy mixture to ground beef. Bring beef and gravy mixture to a boil. Reduce heat to a simmer, and continue to cook over low heat for approximately 15 minutes, until gravy has thickened and the temperature of the mixture has reached 155 degrees F for 15 seconds. Stir occasionally during cooking.

STEP 4

Keep mixture heated at 141 degrees F or higher until ready to serve.

STEP 5

Portion size = ½ cup (4 oz. spoodle or ladle).

Serving suggestion: serve over ½ cup portion of hot mashed potatoes or rice (not included in nutrient analysis).

Chartwells School Dining Services

003608 - Scalloped Potatoes & Ham

Source: HE- 222
 Number of Portions: 50.0000
 Size of Portion: 3/4 cup

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

011400 POTATOES,FRZ,WHL,UNPREP..... 004044 OIL,SOYBN,SALAD OR COOKING.....	6 1/4 GAL 3/4 CUP	1.. Place 3 qt. potatoes into each 2" steamtable pan, which has been sprayed with pan spray. Set aside for step 5.
011284 ONIONS,DEHYDRATED FLAKES.....	1 3/4 OZ	2. Heat oil over medium heat. Add onions and cook for 5-10 minutes.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 001079 MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED	6 3/4 OZ 1 1/2 GAL	3. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 360901 HAM,CKD,FROZEN,95% FAT FREE-COMMODIT 018376 BREAD CRUMBS,DRY,GRATED,SEASONED.....	2 TBSP 1 1/2 TSP 6 1/4 LB 1 QT	4. Slowly stir in milk,garlic powder, and pepper. Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes. 5. Pour 3 qt liquid mixture over potatoes in each pan. Stir to combine. 6. Stir 3 lb. + 2 oz. diced ham into each pan. 7. Top each pan with 2 cups of bread crumbs. 7. Bake until evenly golden brown on top: Conventional Oven: 350 F for 45-60 minutes Convection Oven: 300 F for 35-45 minutes 8. Hold for 30 minutes on 180-190 F steamtable to allow sufficient time for mixture to set up properly. 10. Portion with No. 6 scoop (3/4 cup). SERVING: 3/4 cup provides 1/2 cup of vegetable and 2oz. M/MA.

Calories	485	Iron	5.20 Mg	Protein	22.43 G	18.51% Calories from Prot
Cholesterol	35 Mg	Calcium	189 Mg	Carbohydrates	79.72 G	65.77% Calories from Carb
Sodium	996 Mg	Vitamin A	248 IU	Total Fat	8.73 G	16.21% Calories from T Fat
Dietary Fiber	5.08 G	Vitamin C	53.0 Mg	Saturated Fat	2.62 G	4.87% Calories from S Fat
* - Denotes Missing Nutrient Values						

SIMPLE TACO MEAT**(HE-223)****Portion Size – 1/2 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>	<u>METHOD</u>
<u>(25 portions)</u>	<u>(50 portions)</u>	<u>(75 portions)</u>		
6 lb. + 10 ½ oz.	13 lb. + 5 1/3 oz.	20 lb. raw wt.	Ground beef, 80/20, raw	<u>STEP 1</u>
2/3 package (6 oz.)	1 1/3 package (12 oz.)	2 packages (18 oz.)	Taco seasoning mix, Pasado, 9 oz. each	Brown ground beef and drain.
2 cups	1 qt.	2 qt.	Water	<u>STEP 2</u>
				Sprinkle taco seasoning mix over meat. Stir in water.
				<u>STEP 3</u>
				Simmer mixture for 20 minutes.
				<u>STEP 4</u>
				Portion with a No. 8 scoop.
<u>COMPONENTS PER PORTION</u>				
3 oz. meat/meat alternate				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	222			
Protein	19.78 g			
Carbohydrates	6.80 g			
Fat-total	12.37 g			
Saturated Fat	4.86 g			
Cholesterol	71 mg			
Vitamin A (RE)	0 RE			
Vitamin C	0 mg			
Iron	1.72 mg			
Calcium	8.42 mg			
Sodium	879 mg			
Fiber	0 g			
% Protein	35.65			
% Carbohydrate	12.27			
% Total Fat	50.18			
% Saturated Fat	19.71			

SALISBURY STEAK**(HE-225)****Portion Size – 1 Steak**

QUANTITY/PORTIONS			INGREDIENTS
<u>25</u>	<u>50</u>	<u>100</u>	
4 lb. + 4 oz.	8 lb. + 8 oz.	17 lb.	Ground beef, 85/15, raw to cook & drain
6 oz.	12 oz.	1 lb. + 8 oz.	Oatmeal, uncooked
1 ea.	3 ea.	6 ea.	Eggs, whole (fresh or frozen), large
½ cup	1 cup	2 cups	Water
½ cup	1 cup	2 cups	Beef stock
1 oz.	2 ¼ oz.	4 ½ oz.	Powdered skim milk, unprepared
¾ oz.	1 ¾ oz.	3 ½ oz.	Dehydrated onion flakes
2 tbsp.	¼ cup	½ cup	Parsley, dried
¾ tsp.	1 ½ tsp.	1 Tbsp.	Black pepper

METHOD**STEP 1**

Blend all ingredients in a mixer for 4 minutes on low speed. Do not overmix.

STEP 2

Portion steaks onto ungreased sheet pans (18" x 26" x 1" with a No. 12 scoop (1/3 cup) (approximately 25 steaks per pan). Flatten into oval patties.

STEP 3

Bake until browned and steaks reach an internal temperature of 145 degrees F:

Conventional oven- 350 degrees F for 25 – 30 minutes

Convection oven- 300 degrees F for 15 – 20 minutes

STEP4

Transfer steaks to serving pans (shingle steaks). Hold at 140 degrees F until ready to serve.

STEP 5

Offer 1 steak per portion.

COMPONENTS PER PORTION

2 oz. meat/meat alternate

NUTRIENT **Amount per Serving**

Calories	160
Protein	15.14 g
Carbohydrates	6.14 g
Fat-total	7.99 g
Saturated Fat	3.01 g
Cholesterol	58 mg
Vitamin A (RE)	8 RE
Vitamin C	0.9 mg
Iron	1.76 mg
Calcium	29 mg
Sodium	70 mg
Fiber	0.86 g
% Protein	37.77
% Carbohydrate	15.33
% Total Fat	44.86
% Saturated Fat	16.91

SLOPPY JOE CUPCAKES

(HE-226)

Portion Size – 1 Sandwich

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
65	
8 lb. + 10 oz.	Ground beef, 80/20
1 1/8 oz.	Onions
1 tbsp.	Garlic powder
¼ # 10 can	Tomato paste
¼ # 10 can	Catsup
1 quart + 1 ¾ cup	Water
1 cup + 2 tbsp.	Vinegar
2 tbsp.	Mustard, dry
1 tsp.	Pepper
2 ¾ oz.	Brown sugar
65 each	Parbaked biscuits, 2.5 oz. ea., thawed but unbaked
2 lb. + ½ oz.	Cheddar cheese, shredded

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 1/8 cup vegetable and 2.8 servings of bread/grains

Portion cost = \$0.43

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	444
Protein	18.51 g
Carbohydrates	42.42 g
Fat-total	22.63 g
Saturated Fat	7.19 g
Cholesterol	51 mg
Vitamin A (RE)	83 RE
Vitamin C	9.23 mg
Iron	3.68 mg
Calcium	150.48 mg
Sodium	1091 mg
Fiber	1.68 g
% Protein	16.66
% Carbohydrate	38.19
% Total Fat	45.85
% Saturated Fat	14.56

METHOD

STEP 1

Brown ground beef. Drain.

STEP 2

Add onions and garlic powder. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper and brown sugar. Mix well and simmer for 20-25 minutes.

STEP 3

Place biscuits on sheet pans so they are touching each other. Using the dipper end of a #30 scoop, push the scoop deep into the center of each biscuit to create a well, taking care not to break through the bottom or the sides of the biscuit.

STEP 4

Put two (2) #30 scoopsful of sloppy joe meat into each well.

STEP 5

Top biscuits with shredded cheese (2 tbsp. atop each biscuit).

STEP 6

Bake in a 350 degree oven for 10 minutes until the internal temperature of the sloppy Joe meat in the well reaches 165 degrees F and the cheese has melted (baking time is approximately 10 – 12 minutes).

Preparation Suggestion: Sloppy Joe meat may be prepared a day ahead before service. Cool cooked meat in shallow pans in the refrigerator to 41 degrees or lower within 4 hours. Store meat under refrigeration until ready to use.

SOUTH AFRICAN CHICKEN BOBOTIE

(HE-228)

Portion Size – 1 piece

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u> (1 pan)	<u>50</u> (2 pans)	<u>100</u> (4 pans)	
4 lb.	8 lb.	16 lb.	Cooked diced chicken
6 cups	3 qt.	6 qt.	Onions, chopped
2 Tbsp.	¼ cup	½ cup	Garlic, fresh minced
¼ cup	½ cup	1 cup	Vegetable oil
1/3 cup	2/3 cup	1-1/3 cup	Curry powder
1 tsp.	2 tsp.	4 tsp.	Black pepper
¼ cup	½ cup	1 cup	White vinegar
1/3 cup	2/3 cup	1-1/3 cup	Light soy sauce
1 cup	2 cups	1 qt.	Chutney (peach apricot or mango) or Recipe # D 77
3 cups	1 ½ qt.	3 qt.	Whole wheat bread, cubes
2 ½ cups	5 cups	2 ½ qt.	Milk, 2% lowfat
2 Tbsp.	¼ cup	½ cup	Sesame oil
1 cup	2 cups	1 qt.	Raisins
1 cup	2 cups	1 qt.	Almonds, coarsely chopped
3 ea.	6 ea.	12 ea.	Bay leaves, whole
2 ea.	4 ea.	8 ea.	Eggs

<u>COMPONENTS PER</u>	<u>PORTION</u>
2 ½ oz. meat/meat	alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>	Portion cost = \$0.60
Calories	289	
Protein	25.18 g	
Carbohydrates	17.56 g	
Fat-total	13.66 g	
Saturated Fat	2.79 g	
Cholesterol	84 mg	
Vitamin A (RE)	39 RE	
Vitamin C	3.69 mg	
Iron	2.07 mg	
Calcium	81.07 mg	
Sodium	218 mg	
Fiber	2.24 g	
% Protein	34.87	
% Carbohydrate	24.32	
% Total Fat	42.58	
% Saturated Fat	8.70	

METHOD

STEP 1

In a covered saucepan, cook the onions and garlic in the oil on medium heat, stirring occasionally, until quite soft. Do not allow to burn. Add the curry powder and black pepper. Saute for a couple of minutes, stirring constantly. Mix in the vinegar, soy sauce and chutney. Remove from the heat.

STEP 2

Preheat the oven to 350 degrees F. In a large mixing bowl, soak the bread with 1 cup milk for a few minutes. Then mash it with a fork or your fingers. Stir in the chicken. Drizzle in the sesame oil and mix well. Add the raisins, almonds, and onion-spice mixture. Stir well.

STEP 3

Spray a 2 ½” steamtable pan well with vegetable spray. Spread the *Bobotie* evenly into the steamtable pans. Tuck the bay leaves in here and there, leaving the stems sticking out.

STEP 4

Beat together the eggs and the rest of the milk to make a custard. Pour the custard over the top of the *Bobotie*. Bake, covered, at 350 degrees F for 15 minutes. Then uncover and bake until the custard is set, about 15 minutes more. Remove the bay leaves after baking.

STEP 5

Cut each pan 5 x 5. Portion size = 1 piece.

Serving Suggestion:

Serve *Bobotie* over 1 cup portions brown rice with more chutney on the side (not included in nutrient analysis).

BARBECUED PORK SOUTHERN STYLE (HE-23)

Portion Size – 2 oz.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
5 ½ lb.	11 lb.	22 lb.	Pork Roast, commodity
1 tbsp.	2 tbsp.	¼ cup	Celery seed
13 tbsp.	1 2/3 cup	3 ¼ cup	Vinegar, cider
1 ¼ cup	2 ½ cup	5 cups	Catsup
1 ¼ tsp.	2 ½ tsp.	5 tsp.	Chili powder
1 ¼ tsp.	2 ½ tsp.	5 tsp.	Nutmeg, ground
1 tbsp.	2 tbsp.	¼ cup	Brown sugar, unpacked
1/3 tsp.	2/3 tsp.	1 1/3 tsp.	Cinnamon, ground
3 leaves	6 leaves	12 leaves	Bay leaf, crumbled
1 ¼ tsp.	2 ½ tsp.	5 tsp.	Salt
1 ¼ tsp.	2 ½ tsp.	5 tsp.	Lemon pepper
1 tsp.	2 tsp.	4 tsp.	Hot pepper sauce
2 ½ cups	5 cups	10 cups	Water

COMPONENTS PER PORTION

2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	216
Protein	19.98 g
Carbohydrates	4.57 g
Fat-total	12.74 g
Saturated Fat	4.40 g
Cholesterol	63 mg
Vitamin A (RE)	19
Vitamin C	2.70 mg
Iron	1.19 mg
Calcium	28.96 mg
Sodium	197 mg
Fiber	0.36 g
% Protein	37.08
% Carbohydrate	8.49
% Total Fat	53.21
% Saturated Fat	18.38

METHOD

STEP 1

In a heavy skillet, brown the roast on all sides in a pan that has been well-sprayed with vegetable cooking spray.

STEP 2

Place the roast in a heavy, oven-safe pan with tight fitting lid or a pan that you can seal with aluminum foil.

STEP 3

Place the remaining ingredients in a saucepan and bring to a boil. Boil for one minute. Pour mixture over the roast. Cover tightly.

STEP 4

Place the roast in a preheated 325 degree F oven and bake until roast reaches an internal temperature of 145 degrees F. Baste several times with the juices in the pan.

STEP 5

Remove the roast and allow to cool slightly. Slice the roast into one ounce slices.

STEP 6

For each portion, provide two one-ounce slices.

SPICY FRIED CHICKEN STRIPS IN A BASKET WITH MASHED POTATOES AND BREADSTICK (HE-242)

Portion Size – 1 Each (see portion specifications below)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 lb. + 8 oz.	6 lb. + 4 oz.	12 lb. + 8 oz.	Pierce Strips of Fire breaded chicken breast strips (product code: 110112, U.S. Foodservice code: 463792)
1 qt. + 1 cup (1 lb. + 6 ½ oz.)	3 qt. + ½ cup (3 lb. + 8 ¼ oz.)	6 qt. + 1 cup (7 lb. + ½ oz.)	Mashed potatoes, Trio Complete, prepared (product code #4013-2, U.S. Foodservice code #171084)
10 each	25 each	50 each	Breadstick, 1.5 oz. each, Pillsbury (product code #22241, U.S. Foodservice code #594043)

METHOD

STEP 1

Fry chicken strips according to package directions.

STEP 2

Using a #8 scoop, portion ½ cup hot mashed potatoes into 5 fl. oz. styrofoam cups. Add 1 tsp. margarine to each cup. Top cups with lids.

STEP 2

For each portion, place 4 oz. fried chicken strips, one portion cup of mashed potatoes, and one breadstick in a 3 lb. paper boat.

COMPONENTS PER PORTION

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

Portion cost = \$0.85

***NOTE:** For a complete reimbursable meal in schools following food based menu planning options, offer an additional serving of fruit or vegetables and choice of milk with this entree (not included in nutrient analysis).*

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	484
Protein	20.04 g
Carbohydrates	55.04 g
Fat-total	17.78 g
Saturated Fat	3.21 g
Cholesterol	40 mg
Vitamin A (RE)	58 RE
Vitamin C	30.01 mg
Iron	3.24 mg
Calcium	1.41 mg
Sodium	1179 mg
Fiber	1.00 g
% Protein	16.57
% Carbohydrate	45.51
% Total Fat	33.08
% Saturated Fat	5.96

STUFFED CRUST DIPPERS WITH SAUCE (HE-243)

Portion Size – 1 Each (see portion specifications below)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
40 each	100 each	200 each	Stuffed Crust Dippers, Farm Rich (product code: 65263, U.S. Foodservice code: 6222087)
1 qt. + 1 cup	3 qt. + ½ cup	6 qt. + 1 cup	Pizza sauce, Don Pepino (product code: 1005, U.S. Foodservice code: 209931)
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.60
2 servings of bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables			For lower portion cost, use of stuffed crust dippers that have been made from Commodity reprocessed cheese is recommended.
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	417		
Protein	20.32		
Carbohydrates	37.09 g		
Fat-total	19.30 g		
Saturated Fat	55.60 g		
Cholesterol	17 mg		
Vitamin A (RE)	242 RE		
Vitamin C	32.37 mg		
Iron	1.08 mg		
Calcium	500 mg		
Sodium	1522 mg		
Fiber	0.00 g		
% Protein	19.49		
% Carbohydrate	35.59		
% Total Fat	41.66		
% Saturated Fat	12.09		

METHOD

STEP 1

Oven heat Stuffed Crust Dippers to 160 degrees F. Heat pizza sauce to 160 degrees F on stovetop, in steamer, or in steam kettle.

STEP 2

Portion pizza sauce into 4 fl. oz. styrofoam cups. Place lids on cups.

STEP 3

For each portion, place 4 heated Stuffed Crust Dippers and 4 fl. oz. cup pizza sauce in a 3.5 oz. French fry cup (place cup of sauce in the bottom of the French fry cup, place dippers on top). Close French fry cup.

Alternative packaging option: For each portion, place 4 heated Stuffed Crust Dippers and 4 fl. oz. cup pizza sauce in a 2 lb. paper boat.

***NOTE:** For a complete reimbursable meal in schools following food based menu planning options, offer an additional serving of fruit or vegetables and choice of milk with this entree (not included in nutrient analysis).*

SWEET AND SOUR PORK**(HE-255)****Portion Size – 1 Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 14 oz.	4 lbs. + 11 oz.	9 lbs. + 6 oz.	Raw pork roast	
2 tbsp. + 1 ½ tsp.	¼ cup + 2 tbsp.	¾ cup + 1 ½ tsp.	Cider vinegar	
2 ½	6 ¼	12 ½	Egg(s) beaten, large	
			Salt, dash	
			Cracked black pepper, dash	
1 ¾ cup + 2 tbsp.	4 ½ cups + 3 tbsp.	2 quarts + 1 ½ cup	Cornstarch	
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Vegetable oil	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cup	Sliced water chestnuts	
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 cups + 2 tbsp.	Bamboo shoots	
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 cups + 2 tbsp.	Green bell pepper, ½" dice	
2 ½ cup	1/2 # 10 can	1 # 10 can	Pineapple chunks	
3 ¾ cup	2 quarts + 1 ½ cup	4 quarts + 2 ¾ cups	Sweet & Sour Sauce (See recipe # MS-50)	
3 tbsp. + 2 ¼ tsp.	½ cup + 1 ½ tbsp.	1 cup + 2 ½ tbsp.	Cornstarch	
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Water	
<u>COMPONENTS PER PORTION</u>			Vegetable oil	
3 oz. meat/meat alternate, 1/2 cup vegetables/fruit				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	475			
Protein	27.52 g			
Carbohydrates	53.24 g			
Fat-total	16.67 g			
Saturated Fat	4.46 g			
Cholesterol	120 mg			
Vitamin A (RE)	45 RE			
Vitamin C	34.6 mg			
Iron	1.98 mg			
Calcium	46 mg			
Sodium	569 mg			
Fiber	1.76 g			
% Protein	23.13			
% Carbohydrate	44.75			
% Total Fat	31.52			
% Saturated Fat	8.43			

METHOD**STEP 1**

Slice the raw pork into ¾ inch cubes. Pound with the back edge of a heavy knife. Place the pork in a bowl. Stir in the cider vinegar, beaten egg, pinch of salt and big pinch of black pepper. Stir to coat all of the pieces of meat.

STEP 2

Place the cornstarch on a plate and roll the pork mixture in it until the cubes are no longer sticky. Put the pork on a plate, and after it absorbs the cornstarch, roll it in cornstarch again.

STEP 3

Heat a small saucepan over low heat. Add the vegetable oil, water chestnuts, bamboo shoots, bell pepper and pineapple. Pour in the sauce mixture. Cook, stirring constantly, over medium-low heat until sauce bubbles gently.

STEP 4

Mix the cornstarch and water together until it is smooth and resembles milk. Stir the cornstarch mixture into the sauce in a steady stream. Stir and cook until the sauce thickens. Turn heat to very low to keep sauce hot.

STEP 5

Deep-fry pork in vegetable oil until pieces float to the top and turn a light golden color (about 5 minutes). Remove pork with a strainer or slotted spoon and transfer to a 2 ½ -inch deep hotel pan. Pour the sauce over the pork. Serve hot. Portion with an 8 oz. ladle.

THAI PORK WITH GARLIC & BLACK PEPPER (Moo Gra Teiam)

(HE-256)

Portion Size – 2 oz.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
5 1/2 lb.	11 lb.	22 lb.	Pork roast, commodity, raw
¼ cup	½ cup	1 cup	Oil
1 cup	2 cups	1 qt.	Garlic, fresh minced
½ cup	1 cup	2 cups	Chicken stock
2 Tbsp.	¼ cup	½ cup	Soy sauce, light
¼ cup	½ cup	1 cup	Cider vinegar
1 tsp.	2 tsp.	4 tsp.	Sugar
1 ½ Tbsp.	3 Tbsp.	6 Tbsp.	Black pepper
2 Tbsp.	¼ cup	½ cup	Fresh coriander

METHOD

STEP 1

Remove the strings from the pork roast; there will be two pieces of meat. Using an electric slicer, slice each piece into 1 oz. slices. Stack up the slices in small piles and slice in half widthwise. Place the meat in a large bowl.

STEP 2

Add the oil, minced garlic, chicken stock, soy sauce, cider vinegar, sugar, black pepper and coriander leaves.

STEP 3

Spread the meat out on a sheet pan that has been sprayed well with pan spray but no parchment paper.

STEP 4

Place the sheet pan in a hot 400 degree oven until the meat is a golden brown with an internal temperature of 145 degrees. There should be no liquid present.

STEP 5

Portion size = 2 oz. cooked meat (about 3 to 4 cooked slices).

COMPONENTS PER PORTION

Portion cost = \$0.69

2 oz. meat/meat alternate

NUTRIENT

Amount per Serving

Calories	253
Protein	19.26 g
Carbohydrates	2.63 g
Fat-total	17.89 g
Saturated Fat	5.72 g
Cholesterol	66 mg
Vitamin A (RE)	3 RE
Vitamin C	3.69 mg
Iron	1.05 mg
Calcium	18.72 mg
Sodium	131 mg
Fiber	0.23 g
% Protein	30.48
% Carbohydrate	4.16
% Total Fat	63.73
% Saturated Fat	20.39

NOTE: Do not overcrowd the sheet pan. This will result in steamed rather than ‘sauteed’ meat.

THAI SPICY CHICKEN CURRY

(HE-256A)

Portion Size – 2 oz. (See below)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
12 lb.	24 lb.	48 lb.	Chicken, cut up, raw
2 qt.	1 gal.	2 gal.	Coconut milk
½ cup	1 cup	2 cups	Tomato sauce
½ cup	1 cup	2 cups	Water
1 tsp.	2 tsp.	4 tsp.	Cinnamon, ground
1 tsp.	2 tsp.	4 tsp.	Chili powder
1 Tbsp.	2 Tbsp.	¼ cup	Coriander, ground
2 tsp.	4 tsp.	2-2/3 Tbsp.	Lemon rind, grated
¼ tsp.	½ tsp.	1 tsp.	Cloves, ground
¼ tsp.	½ tsp.	1 tsp.	Nutmeg, ground
2 Tbsp.	¼ cup	½ cup	Oil
½ cup	1 cup	2 cups	Onion, finely chopped
2 Tbsp.	¼ cup	½ cup	Garlic, minced
¼ cup	½ cup	1 cup	Lime juice
¼ cup	½ cup	1 cup	Brown sugar, unpacked

COMPONENTS PER PORTION

2 oz. meat/meat alternate

Cost per portion = \$1.13.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	445
Protein	28.51 g
Carbohydrates	10.38 g
Fat-total	32.61 g
Saturated Fat	21.12 g
Cholesterol	91 mg
Vitamin A (RE)	41 RE
Vitamin C	5.83 mg
Iron	2.38 mg
Calcium	71.00 mg
Sodium	129 mg
Fiber	2.83 g
% Protein	25.63
% Carbohydrate	9.33
% Total Fat	65.97
% Saturated Fat	42.71

METHOD

STEP 1

Wash the chicken well. Remove any loose pieces of fat. Place the chicken in a deep steamtable pan. Add the coconut milk, tomato sauce, and water. Place the pan, uncovered, in a hot 400 degree F oven for approximately 2 hours or until the chicken is tender and reaches an internal temperature of 165 degrees F.

STEP 2

In the meantime: in a small bowl, combine the cinnamon, chili powder, coriander, lemon rind, cloves, oil, onion and garlic. Mix well to combine.

STEP 3

When the chicken is just tender, lift it out and transfer it to a fresh steamtable pan. Transfer the coconut milk to a large pot and continue to simmer it until it has been reduced by about 1/3 from its original volume. If it has already been reduced you can eliminate this step.

STEP 4

Stir the spice mixture into the coconut milk along with the lime juice and brown sugar. Pour this mixture over the chicken in the pan. Adjust seasonings as needed (do not add salt).

STEP 5

Portion size = 2 oz. = 1 breast half with back or 1 thigh with back or 1 drumstick and 1 wing.

Serving suggestion: Serve over hot steamed white rice (not included in nutrient analysis).

THREE CHEESE LASAGNA (HE-270)

Portion Size – 1 Piece (1/10 half pan, or 12 oz.)

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
8 each	20 each	40 each	8 x 10" preckd. lasagna sheets	
1 tsp.	2 ½ tsp.	1 Tbsp. + 2 tsp.	Vegetable oil	
1/2 cup	1 1/4 cup	2 ½ cup	Spanish onion, small diced	
2 Tbsp.	5 Tbsp.	1/2 cup + 2 Tbsp.	Garlic, chopped	
½ cup	1 ¼ cup	2 ½ cup	Vegetable stock	
2 Tbsp.	¼ cup + 1 Tbsp.	½ cup + 2 Tbsp.	Dried parsley	
2 cup	5 cup	1 qt. + 2 cup	Basic white sauce (see recipe)	
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Ricotta cheese, part skim	
As needed	As needed	As needed	Water	
2 cups	5 cups	10 cups	Basic tomato sauce (see recipe)	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Mozzarella, part skim, shred.	
2 Tbsp.	¼ cup + 1 Tbsp.	½ cup + 2 Tbsp.	Grated parmesan cheese	

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 1.3 bread/grains,
3/8 cup vegetable

NUTRIENT

Amount per Serving

Calories	412
Protein	25.39 g
Carbohydrates	42.58 g
Fat-total	15.88 g
Saturated Fat	8.10 g
Cholesterol	43 mg
Vitamin A (RE)	293
Vitamin C	23.2 mg
Iron	2.75 mg
Calcium	548 mg
Sodium	541 mg
Fiber	3.51 g
% Protein	24.50
% Carbohydrate	41.25
% Total Fat	34.62
% Saturated Fat	17.66

METHOD

STEP 1

Defrost lasagna sheets, loosely covered with plastic wrap to prevent drying out.

STEP 2

Heat oil over low heat in large saute pan. Saute onion and garlic for 1 minute. Add stock and simmer until onions are tender. Add parsley and stir well to combine. Remove from heat and allow to cool.

STEP 3

In a separate bowl, mix together white sauce and ricotta. Stir in cooled onion-stock mixture. Wisk until smooth. Add small amount of water if necessary.

STEP 4

Assemble lasagna in 4-inch deep half hotel pans. For each pan, layer ingredients from bottom to top as follows:

1. 2 oz. basic tomato sauce	8. 2 oz. basic tomato sauce	15. 2 oz. basic tomato sauce
2. 1 Lasagna sheet	9. 1 Lasagna sheet	16. 1 lasagna sheet
3. 1 oz. basic tomato sauce	10. 1 oz. basic tomato sauce	17. 1 oz. basic tomato sauce
4. 1 Lasagna sheet	11. 1 lasagna sheet	18. 1 lasagna sheet
5. 2 oz. basic Tomato sauce	12. 2 oz. Bsisic tomato sauce	19. 2 oz. basic tomato sauce
6. 1 ¾ cups ricotta mixture	13. 1 ¾ cup ricotta mixture	20. 4 oz. mozzarella
7. 8 oz. mozzarella	14. 8 oz. mozzarella	21. 1 Tbsp. Parmesan cheese

STEP 5

Bake at 350 degrees F for one hour or until cheese has melted and the internal temperature has reached 160 degrees.

STEP 6

Remove lasagna from oven and let it sit for 10 minutes. Cut each half pan into 10 portions. Serve.

TRIPLE DIPPERS (CHICKEN NUGGETS, TATER TOTS, AND SOFT PRETZEL NUGGETS) (HE-272)

Portion Size – 1 Each (see portion specifications below)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
50 ea. (31 ½ lb.)	125 ea. (78 ¾ lb.)	250 ea. (157 ½ lb.)	Chicken nuggets, Pierce (product code: 110115, U.S. Foodservice code: 463797)
80 each (12 ½ lb.)	200 each (31 ¼ lb.)	400 each (62 ½ lb.)	Tater tots, Carnation (product code: 3399-5, U.S. Foodservice code: 660933-3)
30 each (11 lb.)	75 each (27 lb. + 6 ½ oz.)	150 each (56 lb. + 13 oz.)	Soft pretzel nuggets, J&J (product code: 3085, U.S. Foodservice code: 594589)

METHOD

STEP 1
Oven heat all ingredients to 160 degrees F.

STEP 2
For each portion, place 5 heated chicken nuggets, 8 tater tots, and 3 pretzel nuggets in a 3.5 oz. French fry cup (place cup of sauce in the bottom of the French fry cup, place dippers on top). Close French fry cup.

Alternative packaging option: For each portion, place 5 heated chicken nuggets, 8 tater tots, and 3 pretzel nuggets in a 3 lb. paper boat.

NOTE: For a complete reimbursable meal in schools following food based menu planning options, *offer an additional serving of fruit or vegetables and choice of milk with this entree (not included in nutrient analysis).*

COMPONENTS PER PORTION

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

Portion cost = \$0.54

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	411
Protein	20.49 g
Carbohydrates	49.44 g
Fat-total	15.87 g
Saturated Fat	4.26 g
Cholesterol	75 mg
Vitamin A (RE)	1 RE
Vitamin C	4.42 mg
Iron	3.32 mg
Calcium	19.20 mg
Sodium	1160 mg
Fiber	3.16 g
% Protein	19.93
% Carbohydrate	48.10
% Total Fat	34.73
% Saturated Fat	9.33

RECIPE VARIATION A:
For each portion, substitute 5 oven-heated **Pierce chicken sticks** (product code: 110116, U.S. Foodservice code 463800) for the chicken nuggets. Nutrients, components, and cost per portion are unchanged.

Chartwells School Dining Services

007093 - Turkey or Chicken w/ Stuffing

Source: HE- 275
 Number of Portions: 100
 Size of Portion: 1 Cup

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

Alternate Menu Name: Turkey or Chicken w/
 Stuffing Casserole

990506 BREAD WHOLE-WHEAT..... 004044 OIL,SOYBN,SALAD OR COOKING..... 002026 ONION POWDER..... 002029 PARSLEY,DRIED..... 005360 CHICK,DICED,CKD,FROZEN-COMMOD..... 600070 Campbell's Cream of Mushroom Soup, 12/50 oz.... 002030 PEPPER,BLACK.....	200 slice 1/2 CUP 2 TSP 1 CUP 12 LB + 8 OZ 4 Can 1 TSP	<p>STEP 1 Cut fresh bread into cubes. Toss them with the oil, onion powder, and dried parsley. Place on sheet pans and toast in a hot oven.</p> <p>STEP 2 Combine cooked diced chicken, condensed (unprepared) cream of mushroom soup, onion powder, and pepper. Place in 2 1/2" deep steamtable pans.</p> <p>STEP 3 Top the chicken with the seasoned toasted bread cubes.</p> <p>STEP 4 CCP: Heat pans in a 350 degree F oven to 165 degrees F for 15 seconds.</p> <p>CCP: Hold hot at 140 degrees F until served.</p> <p>Portion with an 8 oz. spoodle (1 cup).</p>
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Calories	297	Iron	2.68 Mg	Protein	22.70 G	30.61%	Calories from Prot
Cholesterol	51 Mg	Calcium	60 Mg	Carbohydrates	30.48 G	41.11%	Calories from Carb
Sodium	749 Mg	Vitamin A	47 IU	Total Fat	9.82 G	29.81%	Calories from T Fat
Dietary Fiber	5.28 G	Vitamin C	0.2 Mg	Saturated Fat	2.31 G	7.01%	Calories from S Fat
* - Denotes Missing Nutrient Values							

VEGETABLE CHICKEN BIRYANI (HE-292)

Portion Size – 1 ½ Cups

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 cups	12 ½ cups	25 cups	Lemon Yellow Rice Pilaf	
¾ cup + 1 ½ tbsp.	2 cups + 1 tbsp.	4 cups + 2 ½ tbsp.	Spanish onion, chopped	
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cups + 1 tsp.	Oil	
3/8 oz.	1 1/8 oz.	2 1/8 oz.	Fresh ginger, grated	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Ground cumin	
3/8 tsp.	1 tsp.	2 tbsp. + ¼ tsp.	Ground cinnamon	
1/8 tsp.	¼ tsp.	½ tsp.	Cayenne pepper	
½ cup + 2 tbsp.	¼ tsp.	3 cups + 2 tbsp.	Water	
¼ cup 2 ½ tbsp.	1 ½ cup + 1 tbsp.	2 cups + 1 tbsp.	Potatoes, diced	
¼ cup + 2 ½ tbsp.	1 cup + 2 tbsp.	2 cups + 1 tbsp.	Carrot, diced	
1 ½ cup + 2 ½ tbsp.	4 cups + 2 ½ tbsp.	2 quarts + ½ cup	Cauliflower florets	
1 ½ cup + 2 ½ tbsp.	4 cups + 2 ½ tbsp.	2 quarts + ½ cup	Broccoli florets	
¼ cup + 2 ½ tbsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	Green bell pepper, diced	
<u>COMPONENTS PER PORTION</u>			Continued on next page	
½ cup vegetables/fruit, 2 oz. meat/meat alternate, 1 serving bread/grains				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	418			
Protein	24.53 g			
Carbohydrates	54.43 g			
Fat-total	11.65 g			
Saturated Fat	2.42 g			
Cholesterol	53 mg			
Vitamin A (RE)	271 RE			
Vitamin C	34.70 mg			
Iron	2.63 mg			
Calcium	52.43 mg			
Sodium	425 mg			
Fiber	4.68 g			
% Protein	23.44			
% Carbohydrate	54.48			
% Total Fat	25.04			
% Saturated Fat	5.20			

METHOD

STEP 1

Prepare Lemon Yellow Rice Pilaf.

STEP 2

While rice is cooking, prepare the vegetables. Sauté the onions in oil for 5 minutes. Add the spices and cook for one minute more, stirring constantly.

STEP 3

Add the water, potatoes, carrots, cauliflower and broccoli to the pan. Cover and cook on low heat for 3-4 minutes. Stir in the bell pepper, tomato, peas, raisins and garbanzo beans. Continue to simmer until the vegetables are just barely tender. Add more water, if necessary, to prevent sticking.

STEP 4

Spray a hotel pan with pan spray: Spread half of the rice in the bottom of the pan. Layer the cooked vegetables over the rice. Sprinkle the cooked diced chicken evenly over the vegetables. Top with the remaining rice. Cover the pan tightly and bake at 350 degrees for 30 minutes.

STEP 5

Portion with a 12-oz. spoodle.

VEGETABLE CHICKEN BIRYANI (HE-290)

Portion Size – 1 ½ Cups

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	<u>Continued from previous page</u>
¼ cup + 2 ½ tbsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	Tomatoes, diced
¼ cup + 2 ½ tbsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	Peas
¼ cup + 2 ½ tbsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	Raisins
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3/8 # 10 can	Garbanzo beans
1 lb. + 4 oz.	3 lbs. + 2 oz.	6 lbs. + 4 oz.	Diced chicken
			Salt – to taste

METHOD

STEP 1

COMPONENTS PER PORTION

NUTRIENT

Amount per Serving

Calories	
Protein	
Carbohydrates	
Fat-total	
Saturated Fat	
Cholesterol	
Vitamin A (RE)	
Vitamin C	
Iron	
Calcium	
Sodium	
Fiber	
% Protein	
% Carbohydrate	
% Total Fat	
% Saturated Fat	

VEGETABLE CHILI

(HE-295)

Portion Size – ¾ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2 3/8 tsp.	2 tbsp.	¼ cup	Oil	
4 oz.	10 oz.	1 lb. + 4 oz.	Onions	
1 7/8 oz.	4 ½ oz.	9 oz.	Green peppers	
5/8 oz.	1 ½ oz.	3 oz.	Chili powder	
¼ oz.	½ oz.	1 oz.	Cumin, ground	
7/8 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Garlic powder	
3/8 tsp.	1 tsp.	2 tsp.	Onion salt	
7/8 oz.	2 oz.	4 oz.	Brown sugar	
1 ½ cup + 1 tbsp.	½ # 10 can	1 # 10 can	Tomatoes, crushed	
3 ¼ oz.	8 oz.	1 lb.	Tomatoes, canned	
1 lb. + 9 ¾ oz.	4 lbs. + ½ oz.	8 lbs. + 2 oz.	Kidney beans	
3 ¼ oz.	8 oz.	1 lb.	Bulgur, dry	
¾ cup + 2 ½ tsp.	2 cups	4 cups	Water	
6 ½ oz.	1 lb.	2 lbs.	Yogurt, low fat	
10 oz.	1 lb. + 9 oz.	3 lbs. + 2 oz.	Cheddar cheese, low fat	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate, 3/8 cup vegetable, ¼ serving of bread/grains				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	203			
Protein	14.43 g			
Carbohydrates	28.84 g			
Fat-total	4.31 g			
Saturated Fat	1.69 g			
Cholesterol	7 mg			
Vitamin A (RE)	115 RE			
Vitamin C	14.9 mg			
Iron	2.43 mg			
Calcium	195 mg			
Sodium	648 mg			
Fiber	7.81g			
% Protein	28.33			
% Carbohydrate	56.63			
% Total Fat	19.06			
% Saturated Fat	7.49			

METHOD

STEP 1

Heat the oil in a steam-jacketed kettle. Add the chopped onions and sauté 3 minutes, until translucent. Add the chopped green peppers and sauté 2 minutes, until tender. Add the chili powder, cumin, garlic powder, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.

STEP 2

Add the kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.

STEP 3

Add yogurt and stir to blend.

STEP 4

Portion with 6 oz. ladle and sprinkle ¼ cup of shredded cheddar cheese on top of each serving.

VEGETARIAN LASAGNA (HE-300)

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
8 each	20 each	40 each		Lasagna sheets, pre cooked
2 Tbsp.	¼ cup + 1 Tbsp.	½ cup + 2 Tbsp.		Vegetable oil
1/2 cup	1 1/4 cup	2 ½ cup		Red onion, small diced
2 Tbsp.	5 Tbsp.	1/2 cup + 2 Tbsp.		Garlic, chopped
1 ½ cup	3 ¾ cup	7 ½ cup		Zucchini, ¼ inch sliced
2 Tbsp.	¼ cup + 1 Tbsp.	½ cup + 2 Tbsp.		Green pepper, ½ inch diced
2 cup	5 cup	1 qt. + 2 cup		Mushrooms, ¼ inch diced
1 ½ cup	3 ¾ cup	7 ½ cup		Broccoli florets
As needed	As needed	As needed		Carrot, ¼ inch bias sliced
½ cup	1 ¼ cup	2 ½ cup		Vegetable stock
2 Tbsp.	¼ cup + 1 Tbsp.	½ cup + 2 Tbsp.		Dried parsley
1 cup	2 ½ cup	5 cups		Basic tomato sauce (MS-05)
2 cup	5 cup	10 cup		White sauce (MS-65)
20 oz.	3 lb. 2 oz.	6 lb. 4 oz.		Mozzarella, part skim, shrd.
2 Tbsp.	¼ cup + 1 Tbsp.	½ cup + 2 Tbsp.		Grated parmesan cheese

COMPONENTS PER PORTION

1 oz. meat/meat alternate, 1.3 bread/grains, 1 cup vegetable

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	398
Protein	22.72 g
Carbohydrates	42.45 g
Fat-total	15.73 g
Saturated Fat	6.99 g
Cholesterol	34 mg
Vitamin A (RE)	789
Vitamin C	40 mg
Iron	2.79 mg
Calcium	480 mg
Sodium	509 mg
Fiber	4.28 g
% Protein	22.78
% Carbohydrate	42.56
% Total Fat	35.50
% Saturated Fat	15.81

Portion size: 1 Piece (1/10 half pan or 12 oz.)

METHOD

STEP 1

Defrost lasagna sheets, loosely covered with plastic wrap to prevent drying out.

STEP 2

Heat oil over low heat in large sauté pan. Sauté onion and garlic for 1 minute. Add zucchini and sauté for 2 minutes. Remove zucchini from pan with slotted spoon and place in large bowl. Add green peppers to pan. Sauté for 2 minutes. Remove from pan with slotted spoon and place in bowl with zucchini. Add mushrooms and broccoli to pan. Sauté for 2 minutes. Remove from pan with slotted spoon and place in bowl with zucchini and green peppers.

STEP 3

Add carrots and vegetable stock to pan. Bring to boil. Cover, reduce heat, and simmer until carrots are tender. Transfer carrots and remaining vegetable stock to bowl with other cooked vegetables.

STEP 4

Add parsley to cooked vegetables. Stir well to combine.

STEP 5

Assemble lasagna in 4-inch deep half hotel pans. For each pan, layer ingredients from bottom to top as follows:

- | | |
|---------------------------------|-------------------------------|
| 1. 1 oz. Basic tomato sauce | 12. 2 ½ cup vegetable mixture |
| 3. 1 oz. Basic tomato sauce | 13. 8 oz. mozzarella |
| 4. 1 Lasagna sheet | 14. 1 lasagna sheet |
| 5. 1 cup White sauce | 15. 1 oz. Basic tomato sauce |
| 6. 2 1/2 cups vegetable mixture | 16. 1 lasagna sheet |
| 7. 8 oz. mozzarella | 17. 2 oz. Basic tomato sauce |
| 8. 1 Lasagna sheet | 18. 4 oz. .mozzarella |
| 9. 2 oz. Basic tomato sauce | 19. 2 tbsp. parmesan cheese |
| 10. 2 lasagna sheet | |
| 11. 1 cup White sauce | |

STEP 6

Bake at 350 degrees F for one hour or until cheese has melted and the internal temperature has reached 145 degrees. Remove lasagna from oven and let it sit for 10 minutes. Cut each half pan into 10 portions. Serve.

WALKING TACOS

(HE-301)

Portion Size – 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
25 bags 3 lb. + 2 oz.	50 bags 6 lb. + 4 oz.	100 bags 12 lb. + 8 oz.	Fritos corn chips, 1.1 oz. bags	
25 slices (12 ½ oz.)	50 slices (1 lb. + 9 oz.)	100 slices (3 lb. + 2 oz.)	Simple taco meat (recipe HE-223), cooked, hot American cheese, sliced into ½ oz. slices	
COMPONENTS PER PORTION				
3 oz. meat/meat alternate, 1.2 servings of bread/grains			Portion cost = \$0.61 (\$0.24 if Commodity beef is used for taco meat and if Commodity cheese is used)	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	280			
Protein	18.68 g			
Carbohydrates	9.00 g			
Fat-total	18.45 g			
Saturated Fat	8.61 g			
Cholesterol	68 mg			
Vitamin A (RE)	83 RE			
Vitamin C	0.0 mg			
Iron	1.31 mg			
Calcium	188 mg			
Sodium	960 mg			
Fiber	0.31 g			
% Protein	26.71			
% Carbohydrate	12.87			
% Total Fat	59.38			
% Saturated Fat	27.69			

METHOD

To serve each portion:

STEP 1

Open a bag of Fritos and pour chips onto a plate.

STEP 2

Using a #12 scoop, top chips with 2 oz. hot taco meat.

STEP 3

Place one slices of cheese (1/2 oz.) over hot taco meat.

STEP 4

Portion size = 1 each.

WARM CATALINA CHICKEN SALAD

(HE-301A)

Portion Size – 1 Each

QUANTITY/PORTIONS			INGREDIENTS
25	50	100	
125 pieces (3 lb. + 3 ¼ oz.) 25 each	250 pieces (6 lb. + 6 ½ oz.) 50 each	500 pieces (12 lb. + 13 oz.) 100 each	Breaded chicken sticks, CN, Pierce #110116
			Breadsticks, 1.5 oz., parbaked Pillsbury #22241
9 qt. + 1 ½ cups (11 lb. + 12 oz.)	18 qt. + 3 cups (23 lb. + 7 oz.)	37 qt. + 2 cups (46 lb. + 14 oz.)	CVF lettuce mix, 70/30 Romaine/Iceberg blend (U.S. Foodservice code #020350)
1 qt. + 2 ¾ cups	2 qt. + 1 1/3 cups	4 qt. + 2 2/3 cups	Catalina French dressing, Ken's #852
1 cup + 9 tbsp.	3 cups + 2 tbsp.	6 ¼ cups	Mozzarella cheese, shredded
COMPONENTS PER PORTION			Cost per portion = \$0.65
2 oz. meat/meat alternate, 2.7 servings of bread/grains, 1 cup vegetables			
NUTRIENT	Amount per Serving		
Calories	484		
Protein	21.92 g		
Carbohydrates	41.61 g		
Fat-total	27.79 g		
Saturated Fat	3.99 g		
Cholesterol	33 mg		
Vitamin A (RE)	253 RE		
Vitamin C	13.94 mg		
Iron	3.98 mg		
Calcium	410.77 mg		
Sodium	1385 mg		
Fiber	11.15 g		
% Protein	18.11		
% Carbohydrate	34.37		
% Total Fat	51.66		
% Saturated Fat	7.41		

METHOD

STEP 1

Oven heat breaded chicken sticks to an internal temperature of 165 degrees F. Bake the parbaked breadsticks according to package directions. Transfer chicken sticks and breadsticks to separate serving pans and keep warm at 141 degrees F or higher until ready to serve.

STEP 2

While chicken sticks are heating and breadsticks are baking, prepare salad by combining lettuce mix with salad dressing in a large mixing bowl. Transfer salad to serving bowl or pan.

STEP 3

To serve each portion, place 1 ½ cups (4 ½ oz.) salad on a 9" plate. Top the salad with 5 chicken sticks. Sprinkle 1 tbsp. mozzarella cheese over the salad. Serve with one breadstick.

STEP 4

Portion size = 1 each.

WARM CHICKEN CAESAR SALAD**(HE-301B)****Portion Size – 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
125 pieces (3 lb. + 3 ¼ oz.) 25 each	250 pieces (6 lb. + 6 ½ oz.) 50 each	500 pieces (12 lb. + 13 oz.) 100 each	Breaded chicken sticks, CN, Pierce #110116 Breadsticks, 1.5 oz., parbaked Pillsbury #22241	
9 qt. + 1 ½ cups (11 lb. + 12 oz.)	18 qt. + 3 cups (23 lb. + 7 oz.)	37 qt. + 2 cups (46 lb. + 14 oz.)	CVF lettuce mix, 70/30 Romaine/Iceberg blend (U.S. Foodservice code #020350)	
1 qt. + 2 ¾ cups	2 qt. + 1 1/3 cups	4 qt. + 2 2/3 cups	Lite Caesar dressing, Ken's #808	
1 cup + 9 tbsp.	3 cups + 2 tbsp.	6 ¼ cups	Parmesan cheese, grated	
<u>COMPONENTS PER PORTION</u>			Cost per portion = \$0.70	
2 oz. meat/meat alternate, 2.7 servings of bread/grains, 1 cup vegetables				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	435			
Protein	24.30 g			
Carbohydrates	38.64 g			
Fat-total	21.04 g			
Saturated Fat	3.71 g			
Cholesterol	80 mg			
Vitamin A (RE)	172 RE			
Vitamin C	15.08 mg			
Iron	3.35 mg			
Calcium	112 mg			
Sodium	1788 mg			
Fiber	1.35 g			
% Protein	22.36			
% Carbohydrate	35.56			
% Total Fat	43.56			
% Saturated Fat	7.69			

METHOD**STEP 1**

Oven heat breaded chicken sticks to an internal temperature of 165 degrees F. Bake the parbaked breadsticks according to package directions. Transfer chicken sticks and breadsticks to separate serving pans and keep warm at 141 degrees F or higher until ready to serve.

STEP 2

While chicken sticks are heating and breadsticks are baking, prepare salad by combining lettuce mix with salad dressing in a large mixing bowl. Transfer salad to serving bowl or pan.

STEP 3

To serve each portion, place 1 ½ cups (4 ½ oz.) salad on a 9" plate. Top the salad with 5 chicken sticks. Sprinkle 1 tbsp. parmesan cheese over the salad. Serve with one breadstick.

STEP 4

Portion size = 1 each.

WARM PIZZA DUNKERS WITH CHEESE (HE-302)

Portion Size – Servings (see instructions below)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
20 each	50 each	100 each	Soft breadsticks, parbaked 1.5 oz. each
5 cups	1 ½ qt.	3 qt.	Pizza sauce
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Mozzarella cheese, part skim, shredded
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.55
3.3 serving of bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	411		
Protein	20.87 g		
Carbohydrates	52.89 g		
Fat-total	12.21 g		
Saturated Fat	6.49 g		
Cholesterol	33 mg		
Vitamin A (RE)	186 RE		
Vitamin C	16.05 mg		
Iron	3.57 mg		
Calcium	449.59 mg		
Sodium	1502 mg		
Fiber	4.01 g		
% Protein	22.24		
% Carbohydrate	51.43		
% Total Fat	26.11		
% Saturated Fat	14.20		

METHOD

STEP 1

Bake breadsticks according to package directions. Keep warm at 140 degrees F until ready to serve.

STEP 2

While breadsticks are baking, heat pizza sauce to 160 degrees F. Keep warm at 140 degrees F until ready to serve.

STEP 3

Portion cheese into 4 oz. cups. Keep refrigerated until ready to serve.

STEP 4

On the serving line, offer each student 2 breadsticks. Offer each student ½ cup warm pizza sauce (portion from steamtable pan into 4 oz. cup). Offer each student one 4-oz. cheese cup.

Recipe variation: Prepare pizza dunks by melting cheese over the breadsticks. For each serving, put 2 breadsticks next to each other on the sheet pan so they are touching. Place cheese over top of the breadsticks and bake until cheese is melted. Serve with 4 fl. oz cup of warm pizza sauce on the side.

For a complete reimbursable meal, offer an additional serving of fruit or vegetables and choice of milk (not included in nutrient analysis).

YANKEE POT ROAST (HE-305)

Portion Size – 2 oz.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 lbs.	5 lbs.	10 lbs.	Bottom round roast
7/8 oz.	2 oz.	4 oz.	Oil
2 3/8 oz.	6 oz.	12 oz.	Tomatoes, whole
2 cups	5 cups	2 ½ quarts	Beef stock
¼	½	1 leaf	Bay leaf, crumbled
1/8 tsp.	1/8 tsp.	¼ tsp.	Thyme leaf
1/8 tsp.	¼ tsp.	½ tsp.	Pepper
¼ tsp.	½ tsp.	1 tsp.	Garlic powder
7/8 oz.	2 oz.	4 oz.	Flour
			Recipe variation: substitute USDA chuck roast for bottom round roast.
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	203		
Protein	19.23 g		
Carbohydrates	2.67 g		
Fat-total	12.44 g		
Saturated Fat	4.14 g		
Cholesterol	54 mg		
Vitamin A (RE)	4 RE		
Vitamin C	1.0 mg		
Iron	2.24 mg		
Calcium	10 mg		
Sodium	68 mg		
Fiber	0.14 g		
% Protein	37.74		
% Carbohydrate	5.24		
% Total Fat	54.90		
% Saturated Fat	18.30		

METHOD

STEP 1

Dry meat so that it will brown more easily. Heat oil over high heat and brown the meat well on all sides. Remove from pan.

STEP 2

Brown onions, celery, and carrots in oil remaining in pan.

STEP 3

Add tomatoes, stock, and seasoning in pan and bring to a boil.

STEP 4

Return meat to pan. Cover pan.

STEP 5

Simmer meat until tender and center of roast reaches 165 degrees F.

STEP 6

Remove from pan.

STEP 7

Skim 4 oz. fat from pan juices. Add flour to this fat. (This will make a “roux”.)

STEP 8

Add roux to pan juices. Beat until you have a smooth gravy and press down on vegetables to extract flavor.

STEP 9

Slice meat across the grain into thin slices.

STEP 10

Serve each 2 oz. portion of sliced meat with ½ oz. gravy.

BEEF STEW**(HE-45)****Portion Size – 1 Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 tbsp. + 2 tsp.	¼ cup	½ cup	Oil	
3 ¼ oz.	8 oz.	1 lb.	Onions, quartered	
2 3/8 oz.	6 oz.	12 oz.	Flour	
7/8 tsp.	2 ¼ tsp.	1 tbsp. + 1 ½ tsp.	Garlic powder	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Paprika	
3/8 tsp.	¾ tsp.	1 ½ tsp.	Pepper, black	
¼ tsp.	½ tsp.	1 tsp.	Thyme, dried	
4 ¾ cups + 1 ½ tbsp.	3 quarts	1 ½ gallons	Beef stock	
2 lbs. + 5 ¼ oz.	5 lbs. + 14 oz.	11 lbs. + 10 oz.	Beef, cut into 1" cubes	
8 ¾ oz.	1 lb. + 5 ½ oz.	2 lbs. + 11 oz.	Carrots, sliced	
1 ½ cups + 3 tbsp.	1 quart	2 quarts	Potato, peeled and diced	
1 ½ cup + 3 ½ tbsp.	1 quart	2 quarts	Peas	

COMPONENTS PER PORTION

2 oz. meat/meat alternate, ½ cup of vegetables

NUTRIENT**Amount per Serving**

Calories	247
Protein	20.42 g
Carbohydrates	15.85 g
Fat-total	11.09 g
Saturated Fat	3.57 g
Cholesterol	52 mg
Vitamin A (RE)	366 RE
Vitamin C	5.6 mg
Iron	3.01 mg
Calcium	21 mg
Sodium	749 mg
Fiber	2.69 g
% Protein	33.05
% Carbohydrate	25.66
% Total Fat	40.37
% Saturated Fat	13.02

METHOD**STEP 1**

Lightly coat beef cubes with flour. Saute in oil until beef is well browned on all sides. Add onions, garlic powder, paprika, black pepper and thyme. Stir to coat. Add beef stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1-½ hours, or until meat is tender and the sauce has thickened.

STEP 2

Add carrots and potatoes. Cook until vegetables are tender and heated through, approximately 20 minutes. Stir in peas.

STEP 3

Pour into serving pans. Portion with 8-oz. ladle (1 cup).

BELLA ZUCCHINI**(HE-47)****Portion Size – 2 Pieces**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>24</u>	<u>100</u>	
5 each	12 each	50 each	Whole fresh zucchini, medium	
100 pieces	240 pieces	1000 pieces	Sliced pepperoni, Roselli	
1 lb.	2 ½ lbs.	10 lbs.	Fresh mushrooms, sliced	
3 cups	7 ½ cups	30 cups	Mozzarella cheese, part skim, shredded (commodity)	
½ can	1 ¼ can	5 cans	#10 cans spaghetti sauce (commodity)	
	As needed		Basil, fresh or dry for garnishing	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate, 1/2 cup vegetables			Cost per portion = \$0.73	
<u>NUTRIENT</u>				
	<u>Amount per Serving</u>			
Calories	364			
Protein	16.73 g			
Carbohydrates	29.19 g			
Fat-total	21.41 g			
Saturated Fat	8.21 g			
Cholesterol	38 mg			
Vitamin A (RE)	277			
Vitamin C	26.95			
Iron	2.48 mg			
Calcium	278 mg			
Sodium	1217 mg			
Fiber	6.73 g			
% Protein	18.38			
% Carbohydrate	32.08			
% Total Fat	52.93			
% Saturated Fat	20.31			

METHOD**STEP 1**

Cut whole zucchini in half, then again lengthwise. Scoop out seeds with a spoon so there is a pocket in the middle of the zucchini.

STEP 2

Using ½ can sauce per 2” full pan, spread the sauce in the bottom of the pan. Place zucchini in the sauce.

STEP 3

Place 1 tbsp. (1/4 oz.) mozzarella cheese in each zucchini piece. Place 5 slices pepperoni (1/2 oz.) over the cheese. Place 2-3 slices of mushrooms over the pepperoni.

STEP 4

Top all with remaining mozzarella cheese (1/4 oz. per slice of zucchini). Sprinkle with chopped basil (fresh or dry).

STEP 5

Cover and steam for 10-15 minutes or until cheese is completely melted.

Serving suggestion:

Offer a garlic breadstick with each portion (not included in the nutrient analysis).

Chartwells School Dining Services

001953 - Bow Ties w/ Chicken, Buckwheat

Source: HE- 50
 Number of Portions: 25
 Size of Portion: 1 1/2 cups

Meat/Alt 2.5 oz.
 Grain/Bread 2 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

Alternate Menu Name: Bow Ties w/ Chicken,
 Buckwheat & Onions

020099 MACARONI, DRY, ENR..... 004044 OIL, SOYBN, SALAD OR COOKING..... 011282 ONIONS, RAW..... 002030 PEPPER, BLACK..... 020008 BUCKWHEAT..... 001124 EGG, WHITE, RAW, FRSH..... 002026 ONION POWDER..... 006172 SOUP, STOCK, CHICK, HOME-PREPARED..... 005360 CHICK, DICED, CKD, FROZEN-COMMOD..... 002020 GARLIC POWDER..... 002029 PARSLEY, DRIED.....	2 LB, dry wt, macaroni 1/4 CUP 1 1/4 CUP, chopped 1/2 TSP 1 1/4 CUP 2 large egg white 1/4 TBSP 2 CUP 4 LB 2 1/4 TSP 2 1/4 TSP	<p>STEP 1 Put the buckwheat groats in a bowl with the egg white. With a spoon, blend well so that all of the groats are coated with the egg white. Set it aside.</p> <p>STEP 2 Cook the bow tie pasta in boiling salted water until 'al dente'. Drain well. Rinse under cold water and stir, making sure that the pasta is cool and not sticking. Set it aside.</p> <p>STEP 3 Heat half of the oil in a saucepan over medium heat. Add the onion and some black pepper, cook for 5 minutes, stirring occasionally. Add the buckwheat mixture to the pan. Increase the heat to high and cook, stirring occasionally with a fork until the mixture is light and fluffy; 3-4 minutes. Add the onion powder and chicken stock, then reduce the heat to low. Cover the pan tightly and simmer (stirring once after 4 minutes) until all of the stock is absorbed and the buckwheat is tender; about 6 minutes.</p> <p>STEP 3 Heat the other half of the oil over medium heat. Add the chicken, garlic powder and dried parsley. Cook for 2 minutes. Add the cooked bow tie pasta and cooked buckwheat groats.</p> <p>STEP 4 Place the completed mixture in 2-1/2 inch deep hotel pans. Cover pans.</p> <p>CCP: Heat the pans in a 350 degree oven to a minimum internal temperature of 165 degrees F.</p> <p>CCP: Hold for hot service at 140 degrees F.</p> <p>STEP 5 For each portion, plate three (3) #8 scoops (1 1/2 cups).</p>
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Calories	569	Iron	4.68 Mg	Protein	35.93 G	25.24%	Calories from Prot
Cholesterol	66 Mg	Calcium	34 Mg	Carbohydrates	82.38 G	57.87%	Calories from Carb
Sodium	100 Mg	Vitamin A	43 IU	Total Fat	9.77 G	15.44%	Calories from T Fat
Dietary Fiber	4.20 G	Vitamin C	0.6 Mg	Saturated Fat	2.24 G	3.54%	Calories from S Fat
* - Denotes Missing Nutrient Values							

BREAKFAST FOR LUNCH CUPS OR BOATS (HE-51)

Portion Size – 1 Each (see portion specifications below)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
50 each (2 lb. + 15 oz.)	125 each (7 lb. + 4 ½ oz.)	250 each (14 lb. + 9 oz.)	French toast sticks, Farm Rich (product code 67400, U.S. Foodservice Code 591729)
30 each (1 lb. + 14 oz.)	75 each (14 lb. + 1 oz.)	150 each (28 lb. + 2 oz.)	Sausage links, 1 oz. ea., RTC, Hormel (product code 09723, U.S. Foodservice Code 412384)
80 each (12 ½ lb.)	200 each (31 ¼ lb.)	400 each (62 ½ lb.)	Tater tots, Carnation (product code 3399-5, U.S. Foodservice Code 660933-3)

METHOD

STEP 1
Oven heat all ingredients to 160 degrees F.

STEP 2
For each portion, place 5 heated French toast sticks, 8 tater tots, and 3 sausage links in a 3.5 oz. French fry cup (place cup of sauce in the bottom of the French fry cup, place dippers on top). Close French fry cup.

Alternative packaging option: For each portion, place 5 heated French toast sticks, 8 tater tots, and 3 sausage links in a 3 lb. paper boat.

<u>COMPONENTS PER PORTION</u>	Portion cost = \$0.84
2 servings of bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables	

STEP 3
Offer syrup (US Blue #190337) as an accompanying condiment at the bulk condiment table (not included in nutrient analysis).

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	890
Protein	18.99 g
Carbohydrates	72.31 g
Fat-total	59.65 g
Saturated Fat	19.4 g
Cholesterol	85 mg
Vitamin A (RE)	4 RE
Vitamin C	4.7 mg
Iron	3.48 mg
Calcium	55 mg
Sodium	1659 mg
Fiber	3.3 g
% Protein	8.54
% Carbohydrate	32.50
% Total Fat	60.33
% Saturated Fat	19.62

NOTE: For a complete reimbursable meal in schools following food based menu planning options, offer an additional serving of fruit or vegetables and choice of milk with this entree (not included in nutrient analysis).

RECIPE VARIATIONS ARE ON THE FOLLOWING PAGE.

Breakfast for Lunch Cups or Boats Variations (HE-51)

Variation	Ingredients (for each portion)	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)
<p>A- French toast sticks, sausage links, orange wedges</p> <p>(recommended to serve in paper boat only)</p> <p>Portion cost: \$0.82</p>	<p>French toast sticks, Farm Rich (product code 67400, U.S. Foodservice code 591729)- 5 each/serving</p> <p>Sausage links, 1 oz. ea., RTC, Hormel (product code 09723, U.S. Foodservice code 412384)- 3 each/serving</p> <p>Fresh oranges, 113 cnt, each cut into 4 wedges (U.S. Foodservice code 010044)- 4 wedges/serving</p>	809	85	1182	4.4	2.6	88	31	69.9	18.1	68.2	52.9	16.2	2 bread/grains, 2 oz. meat/meat alternate, ½ cup fruit
<p>B- Belgian waffle sticks, sausage links, tater tots</p> <p>Portion cost: \$0.88</p>	<p>Belgium waffle sticks, 0.8 oz. each, KRUST (product code 40300, U.S. Foodservice Code 591643)- 2 each/serving</p> <p>Sausage links, 1 oz. ea., RTC, Hormel (product code 09723, U.S. Foodservice code 412384)- 3 each/serving</p> <p>Tater tots, Carnation (product code 3399-5, U.S. Foodservice Code 660933-3)- 8 each/serving</p>	684	91	1391	2.9	2.7	107	21	4.8	15.3	41.8	50.7	17.7	2 bread/grains, 2 oz. meat/meat alternate, ½ cup vegetables

Breakfast for Lunch Cups or Boats Variations (HE-51), continued

Variation	Ingredients (for each portion)	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)
<p>C- Belgium waffle sticks, sausage links, orange wedges</p> <p>(recommended to serve in paper boat only)</p> <p>Portion cost: \$0.86</p>	<p>Belgium waffle sticks, 0.8 oz. each, KRUST (product code 40300, U.S. Foodservice Code 591643)- 2 each/serving</p> <p>Sausage links, 1 oz. ea., RTC, Hormel (product code 09723, U.S. Foodservice code 412384)- 3 each/serving</p> <p>Fresh oranges, 113 cnt, each cut into 4 wedges (U.S. Foodservice code 010044)- 4 wedges/serving</p>	603	91	914	4.0	1.8	140	47	70.1	14.4	37.7	44.0	14.4	2 bread/grains, 2 oz. meat/meat alternate, ½ cup fruit

BREAKFAST FOR LUNCH VARIATIONS (ELEMENTARY) (HE-52)

Portion Size – Servings (see instructions below)

Bread/Grains Component*	Meat/Meat Alternate Component*	Fruit/Vegetable Component*	Milk Component*
<p>Offer portion equivalent to at least one serving of B/G.</p> <p>Possibilities include but are not limited to:</p> <p>Belgium wafer sticks, CHEFA (offer 2 sticks, 1.1 oz. each = 2 B/G)</p> <p>French toast, thin plain or cinnamon swirl, Aunt Jemima (offer 2 slices, 1.5 oz. each, = 1.4 servings B/G)</p> <p>French toast sticks, Farm Rich (offer 4 each = 1.75 servings B/G)</p> <p>Mini pancakes, BAKRY (offer 7 pancakes, 0.31 oz. = 2 B/G)</p> <p>Pancakes, Aunt Jemima (offer 2 pancakes, 1.2 oz. each, = 2.2 servings B/G)</p> <p>Funnel cake, J&J, fully prepared, oven heated (offer 1 each, 2.5 oz. each, = 1.7 servings B/G)</p> <p><i>If planning a simple breakfast for lunch menu for the Origins station for a secondary school, increase B/G food portion size by 50% to encourage sufficient calorie intake.</i></p>	<p>Offer portion equivalent to 2 oz. cooked M/MA.</p> <p>Possibilities include but are not limited to:</p> <p>Ham slice (offer 2 oz. slice/portion = 2 oz. M/MA)</p> <p>Turkey ham slice (offer 3 oz. slice/portion = 2 oz. M/MA)</p> <p>USDA pork sausage, as available as links, chubs, and patties (offer 2 oz. cooked portion)</p> <p>USDA turkey sausage, as available as links, chubs, and patties (offer 2 oz. cooked portion)</p> <p>Hormel pork sausage patties, cooked, 1.5 oz. each (offer 2 each = 2 oz. M/MA)</p> <p>Scrambled Eggs- see recipe B-110, with variations (portion size = ¼ cup = 2 oz. M/MA)</p>	<p>Offer 2 servings, ½ cup each.</p> <p>Possibilities include but are not limited to:</p> <p>Assorted juice- see recipe B-15</p> <p>Hash Brown Potato Patty, Lamb Weston, 2 oz. each</p> <p>Hash browns, homemade- see recipe HVG-105</p> <p>Spiced apples or other hot cooked fruit- see recipe B-115</p> <p>Whole fresh fruits, grapefruit halves, melon wedges or cubes as available in season and from USDA commodity</p>	<p>Offer 1 cup fluid milk</p> <p>Offer choice of whole white, low fat white, and low fat chocolate milk.</p> <p>Chocolate milk can be heated and offered as “hot chocolate.”</p>

*** List all choices offered as separate line items on the food production record. For accurate nutrient analysis, remember to record the name of each food item, the name of the product/product source, portion size, and the number of portions offered, leftover, and served.**

Other Recipes and Menu Ideas that can be found in the Chartwells Menu Management Book are listed on the following page

For Other Breakfast for Lunch Menu Ideas, See Also:

Be A Star Recipe Winners

BAS- 25	Breakfast Apple Cake, <i>Allegan Public Schools</i>
BAS- 30	Breakfast Pizza, <i>Queen of Angels Catholic School</i>
BAS- 35	Breakfast Strata, <i>Providence Country Day School</i>
BAS- 50	Cherry Crisp, <i>Fulton Schools</i>
BAS- 225	Tomato, Basil, and Mozzarella Frittata, <i>Edison Public Schools</i>
BAS- 255	Zesty Cheddar Omelet, <i>Bellefonte Area School District</i>

Breakfast

B - 05	Assorted Cereals
B - 10	Assorted Danish
B - 20	Bagel Bar
B - 25	Baked Bananas
B - 30	Baked French Toast Sticks, Homemade
B - 35	Banana Bread
B - 40	Biscuits, Homemade (With Variation)
B - 45	Blueberry Breakfast Pizza (With Variations)
B - 50	Breakfast Burrito with Salsa
B - 55	Breakfast Sandwich (With Variations)
B- 60	Cheesy Grits (with variation)
B- 63	Country Skillet Breakfast Wrap
B - 65	Cinnamon Toast
B - 70	Donut Varieties
B - 85	Fruited Sweet Potato Bread
B - 90	Granola
B - 95	Hot Cereals, Plain (With Variations)
B - 100	Muffins, Homemade (With Variations)
B - 105	Pancakes, Homemade
B - 115	Spiced Apple Topping (With Variations)
B – 120	Toast Varieties
B – 125	Vegetable Frittata

Desserts

D- 5	Apple crisp
D- 10	Apple raisin cobbler
D- 15	Apple-cranberry crisp
D- 45	Cherry crisp
D- 77	Peach chutney with walnuts and raisins
D-107	Rainbow apples

Menutainment

M-10	Breakfast for Lunch Bar
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CAJUN CHICKEN BREAST**(HE-53)****Portion Size – 1 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10	25	50	Boneless, skinless, chicken breasts 4 oz. raw wt.	
2 tbsp.	¼ cup	½ cup	Cajun Spice Rub (See recipe # MSR-20)	
¼ cup + 1 ½ tbsp.	¾ cup + 1 ½ tbsp.	1 ½ cup + 2 ½ tbsp.	All purpose flour Vegetable oil spray	

METHOD**STEP 1**

Pat chicken breast dry. Remove any extra fat from the breast. Place the breast on the work surface. Place your hand flat on top of the breast; carefully slice the breast in half horizontally through the center. Do not go all the way through. Flip the top half over like opening a book. The breast will be butterflied. Press down on the breast to even out the center where the two pieces are attached. Butterflying the breast will give you a thinner, larger piece of chicken without purchasing a heavier piece. Set these pieces aside.

STEP 2

Combine the Cajun Spice Rub and the flour in a large bowl. Mix very well to combine.

STEP 3

Spray the chicken well on both sides with the pan spray. Dip the chicken in the spice mixture, shake off any excess; set the chicken on a sheet pan sprayed with pan spray. Place the pan in a preheated 350 degree F oven for 10 minutes or until fully cooked.

Notes:

The spice mixture can also be placed in a plastic bag. Add a few pieces of chicken, shake the bag, remove the chicken and shake off the excess. Chicken can also be cooked on a grill or griddle if available.

COMPONENTS PER PORTION

3 oz. meat/meat alternate

NUTRIENT **Amount per Serving**

Calories	161
Protein	27.84 g
Carbohydrates	3.37 g
Fat-total	3.21 g
Saturated Fat	0.90 g
Cholesterol	75 mg
Vitamin A (RE)	9 RE
Vitamin C	0.1 mg
Iron	1.16 mg
Calcium	15 mg
Sodium	65 mg
Fiber	0.17 g
% Protein	68.91
% Carbohydrate	8.33
% Total Fat	17.87
% Saturated Fat	5.01

Chartwells School Dining Services

002137 - Cantonese Barbecued Pork

Source: HE- 56
 Number of Portions: 10.0000
 Size of Portion: 3 oz.

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

<p>010026 PORK,FRSH,LOIN,WHL,LN,CKD,BRLD..... 3 3/4 LB,raw wgt 011215 GARLIC,RAW..... 2 TSP 019335 SUGARS,GRANULATED..... 3 TBSP 990181 SOY SAUCE..... 5 TBSP 011935 CATSUP..... 1/3 CUP 006172 SOUP,STOCK,CHICK,HOME-PREPARED..... 1/2 CUP 002048 VINEGAR,CIDER..... 2 TBSP 090159 HONEY,PEAR..... 2 TBSP 004058 OIL,SESAME,SALAD OR COOKING..... 2 TSP 080655 SOY SAUCE,LIGHT, LA CHOY..... 3 TBSP</p>	<p><u>STEP 1</u> Slice the raw pork roast on a slicer or by hand into strips that are 1 inch thick and the length of the roast. Set the strips in a pan.</p> <p><u>STEP 2</u> In a small bowl whisk together the minced garlic, sugar, dark soy, barbecue sauce, chicken stock and vinegar. Spoon this mixture over the pork evenly, and refrigerate for 8 hours or more. Turn the pork from time to time.</p> <p><u>STEP 3</u> Preheat the oven to 375 degrees F. Remove a rack from the oven and scrub it clean. Replace the rack, putting it in the center of the oven. Place the marinated pork strips directly on this rack. Do not place the strips in a pan or cover the rack with foil. Place a large pan with 1/2 inch of cold water directly beneath the rack with the pork. This pan will catch the drippings and prevent them from smoking. It will also steam the meat as it cooks. Make sure that there is water in this pan throughout the cooking process. Roast for 20-30 minutes. CCP: Turn the meat and roast for another 20 minutes or until the temperature registers 145 degrees F.</p> <p><u>STEP 4</u> In a small bowl mix together the honey, sesame oil and light soy. Pull the rack from the oven and generously brush the upper side of the pork with this glaze (catching the drippings with a plate) Roast the pork strips for another 5 minutes. Turn the meat and glaze the other side in the same manner. Roast for another 5 minutes.</p>
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Chartwells School Dining Services

	<p><u>STEP 5</u> Remove the meat from the oven. Cut diagonally across the pork strips into thin slices. Brush the slices with the remaining glaze, if any.</p> <p>CCP: If served hot, hold for hot service at 140 degrees F. If to be served cold, cover and chill in the refrigerator to 40 degrees F or lower within 4 hours.</p> <p>Notes: You may freeze barbecued pork strips for fried rice or other recipes.</p>
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Calories	251	Iron	1.13 Mg	Protein	27.64 G	44.04% Calories from Prot
Cholesterol	73 Mg	Calcium	21 Mg	Carbohydrates	11.29 G	17.99% Calories from Carb
Sodium	831 Mg	Vitamin A	81 IU	Total Fat	10.10 G	36.21% Calories from T Fat
Dietary Fiber	0.04 G	Vitamin C	2.1 Mg	Saturated Fat	3.52 G	12.61% Calories from S Fat
* - Denotes Missing Nutrient Values						

Chartwells School Dining Services

005176 - Cheesy Chicken & Rice

Source: HE- 57
 Number of Portions: 100
 Size of Portion: 1 Cup

Meat/Alt 2 oz.
 Grain/Bread 1 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 000084 CHICKEN STOCK..... 990564 MILK SKIM..... 002030 PEPPER,BLACK..... 020345 RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/S 005360 CHICK,DICED,CKD,FROZEN-COMMOD..... 001009 CHEESE,CHEDDAR.....	2 3/4 CUP 2 LB + 10 OZ 3 GAL 2 CUP 4 1/2 TSP 12 1/2 QT 9 LB + 6 OZ 3 LB + 2 OZ	<p><u>STEP 1</u> Make sauce: In a large skillet, heat the oil over medium heat. Add flour and blend. Stir in stock. Add powdered skim milk and pepper. Cook, stirring frequently, until mixture is bubbly and thickened. Set aside.</p> <p><u>STEP 2</u> Combine sauce, cooked rice, and cooked diced chicken and place in steamtable pans.</p> <p><u>STEP 3</u> Top the pans with the shredded cheese.</p> <p><u>STEP 4</u> CCP: Bake at 350 degrees F for 30 minutes, or until cheese melts and the center of the casseroles reach an internal temperature of 165 degrees F for 15 seconds.</p> <p>CCP: Hold for hot service at 140 degrees F.</p> <p><u>STEP 5</u> For each serving, plate an 8 -oz. spoodle.</p>
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Calories	344	Iron	2.14 Mg	Protein	19.71 G	22.91%	Calories from Prot
Cholesterol	54 Mg	Calcium	125 Mg	Carbohydrates	32.47 G	37.74%	Calories from Carb
Sodium	1103 Mg	Vitamin A	176 IU	Total Fat	14.40 G	37.67%	Calories from T Fat
Dietary Fiber	0.66 G	Vitamin C	0.0 Mg	Saturated Fat	4.83 G	12.62%	Calories from S Fat
* - Denotes Missing Nutrient Values							

CHEESY MACARONI WITH HAM (HE-57A)

Portion Size – 1 Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25 (1/2 pan)</u>	<u>50 (1 pan)</u>	<u>100 (2 pans)</u>	
1 lb. + 7 oz.	2 lb. + 14 oz.	5 lb. + 12 oz.	Macaroni, elbows, dry, enriched	
As Needed	As Needed	As Needed	Water	
1 tbsp.	2 tbsp.	¼ cup	Salt	
2 lb. + 5 ½ oz.	4 lb. + 11 oz.	9 lb. + 6 oz.	Ham, 95% fat free, Commod.	
13 oz.	1 lb. + 10 oz.	3 lb. + 2 oz.	American cheese, Commod.	
½ #10 can	1 #10 can	2 #10 cans	Cheddar cheese sauce, canned, Harvest Value	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate, 1 serving of bread/grains			Cost per portion = \$0.11 (\$0.27 if ham and cheese are purchased)	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	291			
Protein	16.48 g			
Carbohydrates	26.98 g			
Fat-total	13.15 g			
Saturated Fat	6.09 g			
Cholesterol	39 mg			
Vitamin A (RE)	42 RE			
Vitamin C	0.00 mg			
Iron	1.67 mg			
Calcium	433.19 mg			
Sodium	1488 mg			
Fiber	1.59 g			
% Protein	22.65			
% Carbohydrate	37.08			
% Total Fat	40.67			
% Saturated Fat	18.82			

METHOD

STEP 1

Divide macaroni equally into four (4) 4” deep steamtable pans. Add water to cover macaroni. Stir 2 tbsp. salt into each pan. Cook in steamer on high for 10 minutes until macaroni is *al dente*. Drain and rinse; return macaroni to pans.

STEP 2

Stir ½ can cheese sauce, ½ lb. American cheese, and 3 lb. ham into each pan.

STEP 3

Cook each pan in steamer for approximately 5 minutes until the casserole mixture has reached an internal temperature of 165 degrees F.

STEP 4

Keep warm at 140 degrees F or above until served.

STEP 5

Portion size = 1 cup (8 oz.spoodle).

Chartwells School Dining Services

007057 - Chicken a la King

Source: HE- 58A
 Number of Portions: 50
 Size of Portion: 3/4 CUP

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

004044 OIL,SOYBN,SALAD OR COOKING..... 7 OZ 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 10 OZ 044188 SOUP,CHICKEN BROTH,LO SODIUM,CND..... 1 GAL 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 1 QT + 2 3/4 CUP 002034 POULTRY SEASONING..... 1 1/2 TSP 002030 PEPPER,BLACK..... 2 TSP 002026 ONION POWDER..... 1/4 CUP 005360 CHICK,DICED,CKD,FROZEN-COMMOD..... 6 LB + 6 OZ		1. Heat oil over medium heat. Add flour and stir until smooth. 2. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended. 3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.
011309 PEAS,GRN,CND,DRND SOLIDS,HTD..... 1 1/2 #10 Can,drained 011943 PIMENTO,CANNED..... 1/4 CUP + 2 TBSP		4. Add chicken or turkey, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through. CCP: Heat to 165° F or higher for at least 15 seconds. 5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 6. CCP: Hold for hot service at 140° F or higher. Portion with 6 oz ladle (¾ cup). 7. Serve over cooked rice, noodles, or a biscuit.
		Food as Purchased
		Chicken, whole, w/out neck&giblets: 50 Servings 100 Servings 17 l b 12 oz 35 lb 8 oz
		Serving
		¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate and ¼ cup of vegetable.

Calories	276	Iron	2.09 Mg	Protein	26.04 G	37.79%	Calories from Prot
Cholesterol	53 Mg	Calcium	147 Mg	Carbohydrates	21.41 G	31.06%	Calories from Carb
Sodium	322 Mg	Vitamin A	765 IU	Total Fat	9.35 G	30.52%	Calories from T Fat
Dietary Fiber	3.94 G	Vitamin C	10.0 Mg	Saturated Fat	2.03 G	6.62%	Calories from S Fat

* - Denotes Missing Nutrient Values

CHICKEN AND HAM JAMBALAYA**(HE-59)****Portion Size – 1 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>40</u>	<u>75</u>	<u>150</u>	
½ cup	1 cup	2 cups	Vegetable oil
2 qt.	4 qt.	8 qt.	Onions, chopped
3 cups	6 cups	3 qt.	Celery, diced
1 ½ cups	3 cups	1 ½ qt.	Green peppers, diced
1 #10 can	2 #10 cans	4 #10 cans	Canned whole tomatoes
1 cup	2 cups	1 qt.	Tomato paste
½ gal.	1 gal.	2 gal.	Chicken broth, prepared from dry mix
1 Tbsp.	2 Tbsp.	¼ cup	Granulated garlic
To tasted	To taste	To taste	Cajun spice blend
3 lb. + 8 oz.	7 lb.	14 lb.	Cooked diced chicken
3 lb. + 8 oz.	7 lb.	14 lb.	Ham, diced
1 gal.	2 gal., cooked	4 gal., cooked	White rice, cooked

METHOD**STEP 1**

Saute onions, celery, and peppers in oil until soft. Add tomatoes, tomato paste, chicken stock, spices, ham, and chicken. Bring to a boil. Simmer for 30 minutes.

STEP 2

Add cooked rice and heat to boiling.

STEP 3

Remove from heat and transfer to serving pans. Hold at 141 degrees F until ready to serve.

STEP 4

Portion with an 8 oz. ladle.

COMPONENTS PER PORTION

3 oz. meat/meat alternate, 1/2 serving of bread/grains, 1/8 cup vegetables

NUTRIENT **Amount per Serving**

Calories	275
Protein	22.60 g
Carbohydrates	27.24 g
Fat-total	11.09 g
Saturated Fat	1.72 g
Cholesterol	58 mg
Vitamin A (RE)	64 RE
Vitamin C	18.8 mg
Iron	2.56 mg
Calcium	305 mg
Sodium	1270 mg
Fiber	2.01 g
% Protein	32.87
% Carbohydrate	39.62
% Total Fat	25.98
% Saturated Fat	5.64

CHICKEN AND RICE QUESADILLAS (HE-63)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
½ can (50 oz./can)	1 can (50 oz./can)	2 cans (50 oz./can)	Condensed chicken rice soup, canned, unprepared
¼ cup	½ cup	1 cup	Rice, white, uncooked
6 ½ oz.	1 lb.	2 lb.	Cheddar cheese, shredded
13 oz.	2 lb.	4 lb.	Cooked diced chicken
1 ¼ cups	3 cups	6 cups	Corn, frozen or canned, drained
1 ¼ cups	3 cups	6 cups	Salsa, commodity
10	25	50	Flour tortillas, 8”
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, 1/4 cup of vegetables, 2 servings of bread/grains			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	339		
Protein	21.28 g		
Carbohydrates	34.64 g		
Fat-total	12.87 g		
Saturated Fat	5.30 g		
Cholesterol	54 mg		
Vitamin A (RE)	110 RE		
Vitamin C	7.9 mg		
Iron	2.82 mg		
Calcium	211 mg		
Sodium	861 mg		
Fiber	2.72 g		
% Protein	25.04		
% Carbohydrate	40.75		
% Total Fat	34.07		
% Saturated Fat	14.03		

METHOD

STEP 1

In a large pot, combine soup, salsa, and uncooked rice.

STEP 2

Simmer for 10 minutes over medium heat.

STEP 3

Add cheese, and stir using a whisk until completely melted.

STEP 4

Add chicken and corn.

STEP 5

Stir frequently over medium-high heat. Heat to an internal temperature of 160 – 170 degrees F for 15 seconds.

STEP 6

Spray a full steam table tray or cookie sheet with nonstick cooking spray.

STEP 7

Fill ½ cup portion (No. 8 scoop) of cooked mixture onto tortilla and wrap as a burrito or fold in half.

STEP 8

Place filled tortilla shells in tray. Sprinkle with shredded cheese. Hold at 140 degrees F until service.

VARIATION: Reduce chicken to 2 lbs., decrease corn to 1 cup, add 4 cups of red beans.

CHICKEN AND BEAN CHILI**(HE-64)****Portion Size – 3/4 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 6 ½ oz.	3 lbs. + 8 oz.	7 lbs.	Cooked diced chicken, Commodity
3/8 oz.	1 oz.	2 oz.	Onions, chopped
1 tbsp. + 1 ¼ tsp.	3 tbsp. + 1 ½ tsp.	7 tsp.	Taco seasoning mix, El Pasado, 9 oz. pkg.
¾ cup + 1 ½ tsp.	¼ # 10 can	½ # 10 can	Tomatoes, crushed, canned
1 ¾ cup + 2 ½ tsp.	4 ½ cups	2 ¼ quarts	Water
½ cup + 1 ½ tbsp.	1 ½ cup + ¼ tsp.	¼ # 10 can	Tomato paste
¾ cup + 2 ¼ tsp.	¼ # 10 can	½# 10 can	Kidney beans, canned
<u>COMPONENTS PER PORTION</u>			
2 ½ oz. meat/meat alternate, ¼ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	177		
Protein	20.39 g		
Carbohydrates	13.04 g		
Fat-total	5.02 g		
Saturated Fat	1.36 g		
Cholesterol	57 mg		
Vitamin A (RE)	57 RE		
Vitamin C	12.5 mg		
Iron	1.55 mg		
Calcium	24 mg		
Sodium	803 mg		
Fiber	1.61 g		
% Protein	45.97		
% Carbohydrate	29.40		
% Total Fat	25.46		
% Saturated Fat	6.90		

METHOD**STEP 1**

Combine all ingredients except the beans in cooking pot or pan.

STEP 2

Bring mixture to a boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.

STEP 3

Stir in beans. Cover and simmer about 10 minutes or until hot. Pour into serving pans. Portion with 6-oz ladle (¾ cup).

CHICKEN, CHEESE & RED BEAN ENCHILADAS (HE-64A)

Portion Size – 2 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25 (1 pan)</u>	<u>50 (2 pans)</u>	<u>100 (4 pans)</u>	
2 ½ lb.	5 lb.	10 lb.	Cooked diced chicken (commodity)	
2 lb.	5 lb.	10 lb.	Cheddar cheese, lowfat, shredded (commodity), divided in half	
½ #10 can	1-#10 can	2 #10 cans	Red kidney beans (commodity)	
½ medium	1 medium	2 medium	Fresh onion, diced	
1 can	2 cans	4 cans	Green chilies-27 oz cans, diced	
To taste	To taste	To taste	Black pepper	
To taste	To taste	To taste	Garlic powder	
50	100	200	6” flour tortillas, 1 oz. each	
1 gal.	2 gal.	4 gal.	Salsa (commodity)	
<u>COMPONENTS PER PORTION</u>				
2.8 oz. meat/meat alternate, 1 cup vegetables, 2 bread/grains			Portion cost = \$0.59	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	420			
Protein	30.46 g			
Carbohydrates	41.34 g			
Fat-total	14.43 g			
Saturated Fat	6.21 mg			
Cholesterol	61 mg			
Vitamin A (RE)	100			
Vitamin C	21.80 mg			
Iron	3.20 mg			
Calcium	420.63 mg			
Sodium	1087 mg			
Fiber	4.98 g			
% Protein	28.98			
% Carbohydrate	39.34			
% Total Fat	30.88			
% Saturated Fat	13.29			

METHOD

STEP 1

Mix together chicken, ½ of cheese, beans, onion and green chilies. Season to taste with pepper and garlic powder.

STEP 2

Fill each 6” shell with ½ cup chicken mixture and roll in a burrito manner.

STEP 3

Place 25 filled shells into 4 well-sprayed 2” hotel pans.

STEP 4

Cover all shells liberally with salsa, 2 quarts per pan. Make sure there are no exposed shells as they will harden. Sprinkle with remaining cheddar cheese (1 lb. per pan)

STEP 5

Bake:

Convection oven - 350 degrees F for 18-20 minutes.

STEP 5

Portion size = 2 each.

Serving suggestion: Garnish with additional salsa and fat-free sour cream (not included in nutrient analysis).

CHICKEN CACCIATORE**(HE-67)****(Revised Aug. 2007)****Portion Size – 1 Cup****QUANTITY/PORTIONS****INGREDIENTS****METHOD****STEP 1**

Saute garlic, onions, celery, and peppers in oil until soft. Add tomatoes, tomato paste, spices, and chicken. Bring to a boil. Simmer for 30 minutes.

STEP 3

Remove from heat and transfer to serving pans. Hold at 140 degrees F or higher until ready to serve.

STEP 4

Portion chicken cacciatore with an 8 oz. spoodle over a 1 cup portion (#4 scoop or 8 oz. spoodle) of White Rice (recipe HVG-210) (not included in nutrient analysis).

Portion cost if all ingredients are purchased \$0.63

COMPONENTS PER PORTION

2 oz. meat/meat alternate, ½ cup vegetables

NUTRIENT**Amount per Serving**

Calories	179	
Protein	17.55 g	
Carbohydrates	7.65 g	
Fat-total	8.98 g	
Saturated Fat	1.81 g	
Cholesterol	51 mg	
Vitamin A	113 RE	
Vitamin C	50.21 mg	
Iron	1.43 mg	
Calcium	36.62 mg	
Sodium	138 mg	
Fiber	1.96 g	
% Protein	39.15	
% Carbohydrate	17.06	
% Total Fat	45.06	
% Saturated Fat	9.09	NK3140

CHICKEN CHOW MEIN**(HE-68)****Portion Size – 1 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1 qt. + 2 ½ cups	1 gal. + 2 ½ qt.	3 gal. + 1 qt.	Chicken stock
2/3 cup	1 1/3 cup	2 2/3 cups	Soy sauce, light
2/3 tsp.	1 1/3 tsp.	2 2/3 tsp.	Pepper, black, ground
1 tsp.	2 tsp.	4 tsp.	Garlic powder
2/3 tsp.	1 1/3 tsp.	2 2/3 tsp.	Ginger, ground
2 lb. + 5 oz.	4 lb. + 10 oz.	9 lb. + 4 oz.	Celery, fresh, raw, cut in strips
1 lb.	2 lb.	4 lb.	Onions, chopped
1 ½ qt.	3 qt.	6 qt.	Cabbage, chopped
1/3 cup	2/3 cup	1 1/3 cup	Cider vinegar
6 oz.	12 oz.	1 lb. + 8 oz.	Cornstarch
2/3 cup	1 1/3 cup	2 2/3 cup	Water
3 lb. + 3 oz.	6 lb. + 6 oz.	12 lb. + 12 oz.	Cooked diced chicken
<u>COMPONENTS PER PORTION</u>			Cost per portion = \$0.53
2 oz. meat/meat alternate, 1/2 cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	168		
Protein	18.60 g		
Carbohydrates	12.42 g		
Fat-total	4.71 g		
Saturated Fat	1.25 g		
Cholesterol	52 mg		
Vitamin A (RE)	18 RE		
Vitamin C	11.01 mg		
Iron	1.14 mg		
Calcium	41.38 mg		
Sodium	1038 mg		
Fiber	1.62 g		
% Protein	44.34		
% Carbohydrate	29.60		
% Total Fat	25.25		
% Saturated Fat	6.68		

METHOD**STEP 1**

Combine stock, soy sauce, pepper, garlic powder, and ginger. Bring to a boil. Add celery, onions, and cabbage. Reduce heat and simmer for 10 – 12 minutes.

STEP 2

Combine vinegar, cornstarch, and water. Mix until smooth. Add to stock mixture. Stir well and cook over medium heat until thickened, 6 – 8 minutes.

STEP 3

Add chicken. Cook over medium heat for 3 – 5 minutes or until heated through.

STEP 4

Pour into steamtable pans.

STEP 5

Portion with an 8 oz. ladle or spoodle.

Serving suggestion: Serve over 1 cup portion of steamed rice or chow mein noodles (not included in nutrient analysis).

Chartwells School Dining Services

007061 - Chicken Tetrazzini

Source: HE- 75
 Number of Portions: 50
 Size of Portion: 1 Serving

Meat/Alt 2 oz.
 Grain/Bread 0.5 SRV.
 F/V/J 0.125 Cup
 Milk 0 FLOZ

014429 WATER,MUNICIPAL..... 3 GAL 002047 SALT, TABLE..... 2 TSP 020120 SPAGHETTI, DRY, ENRICHED..... 2 LB + 6 LB 004044 OIL, SOYBN, SALAD OR COOKING..... 1/4 CUP 011282 ONIONS, RAW..... 1 LB, chopped 011124 CARROTS, RAW..... 1 LB 011143 CELERY, RAW..... 8 OZ, chopped 011333 PEPPERS, SWEET, GREEN, RAW..... 4 OZ, chopped 011260 MUSHROOMS, RAW..... 1 LB + 4 OZ 004044 OIL, SOYBN, SALAD OR COOKING..... 12 OZ		Fresh vegetable pre-preparation: dice the vegetables. 1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside. 2. In a steam-jacketed kettle or large sauce pan, heat the first measure of vegetable oil. Add the diced vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Sauté vegetables 5 minutes or until tender. Set aside.
020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEA 8 OZ 001082 MILK, LOWFAT, FLUID, 1% MILKFAT, W/ VIT A..... 3 QT + 3 CUP 044188 SOUP, CHICKEN BROTH, LO SODIUM, CND..... 2 QT + 1 CUP 002030 PEPPER, BLACK..... 1 TSP 002059 SALT, ONION..... 2 TSP 090017 GARLIC, GRANULATED..... 2 TSP 005360 CHICK, DICED, CKD, FROZEN-COMMOD..... 6 LB + 4 OZ		3. Heat second measure of oil over medium heat. Add flour and cook for 5 minutes. 4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, pepper, onion salt, and garlic. Simmer for 5 minutes. 5. In each steamtable pan (12" x 20" x 2 1/2"), combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
001032 CHEESE, PARMESAN, GRATED..... 6 OZ		6. Sprinkle 3 oz (3/4 cup 2 Tbsp) of Parmesan cheese on top of each pan. 7. Bake until golden brown: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 35 minutes CCP: Heat to 165° F or higher for at least 15 seconds. 8. CCP: Hold for hot service at 140° F or higher. Cut each pan 5 x 5 (25 pieces per pan).

Chartwells School Dining Services

	Food as Purchased																											
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">1 lb 3 oz</td> <td style="text-align: center;">2 lb 6 oz</td> </tr> <tr> <td>Carrots</td> <td style="text-align: center;">1 lb 4 oz</td> <td style="text-align: center;">2 lb 8 oz</td> </tr> <tr> <td>Celery</td> <td style="text-align: center;">10 oz</td> <td style="text-align: center;">1 lb 4 oz</td> </tr> <tr> <td>Green peppers</td> <td style="text-align: center;">5 oz</td> <td style="text-align: center;">10 oz</td> </tr> <tr> <td>Mushrooms</td> <td style="text-align: center;">1 lb 5 oz</td> <td style="text-align: center;">2 lb 10 oz</td> </tr> <tr> <td>Chicken, whole, w/out neck&giblets</td> <td style="text-align: center;">17 lb 6 oz</td> <td style="text-align: center;">34 lb 12 oz</td> </tr> <tr> <td style="text-align: center;">OR</td> <td></td> <td></td> </tr> <tr> <td>Turkey, whole, w/out neck&giblets</td> <td style="text-align: center;">13 lb 5 oz</td> <td style="text-align: center;">26 lb 10 oz</td> </tr> </table>		50 Servings	100 Servings	Mature onions	1 lb 3 oz	2 lb 6 oz	Carrots	1 lb 4 oz	2 lb 8 oz	Celery	10 oz	1 lb 4 oz	Green peppers	5 oz	10 oz	Mushrooms	1 lb 5 oz	2 lb 10 oz	Chicken, whole, w/out neck&giblets	17 lb 6 oz	34 lb 12 oz	OR			Turkey, whole, w/out neck&giblets	13 lb 5 oz	26 lb 10 oz
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Turkey, whole, w/out neck&giblets	13 lb 5 oz	26 lb 10 oz																										
	Special Tip Cooked turkey can be substituted for chicken.																											
	Serving 1 piece provides 2 oz equivalent meat/meat alternate, ½ cup of vegetable, and ½ serving of grains/breads.																											

Calories	529	Iron	3.77 Mg	Protein	31.54 G	23.85% Calories from Prot
Cholesterol	57 Mg	Calcium	161 Mg	Carbohydrates	64.46 G	48.75% Calories from Carb
Sodium	322 Mg	Vitamin A	1744 IU	Total Fat	15.40 G	26.20% Calories from T Fat
Dietary Fiber	3.08 G	Vitamin C	3.3 Mg	Saturated Fat	3.67 G	6.25% Calories from S Fat
* - Denotes Missing Nutrient Values						

CHINESE CHICKEN WITH PINEAPPLE**(HE-80) Revised Aug. 2007****Portion Size – 1 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
2 tbsp. + 2 tsp.	1/3 cup	2/3 cup	Vegetable oil
1 ½ cups	3 cups	1 ½ qt.	Water chestnuts, canned, drained
1 ½ cups	3 cups	1 ½ qt.	Bamboo shoots, canned, drained
1 ½ cups	3 cups	1 ½ qt.	Celery, sliced thin
1 ½ cups	3 cups	1 ½ qt.	Onions, sliced thin
3 cups	1 ½ qt.	3 qt.	Green cabbage, shredded
¾ tsp.	½ tbsp.	1 tbsp.	Black pepper
2 tbsp.	¼ cup	½ cup	Sugar
4 1 qt.	2 qt.	4 qt.	Chicken stock, prepared from base
3 lbs. + 2 oz.	6 lbs. + 4 oz.	12 lb. + 8 oz.	Chicken, cooked, diced
1 qt. + 2 cups	3 qt.	6 qt.	Pineapple chunks, canned, drained, (reserve juice)
½ cup	1 cup	2 cups	Cornstarch
1 cup	2 cups	1 qt.	Cold water
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, ½ cup vegetables/fruit			Portion cost = \$0.50 (cost determined as if all ingredients were purchased)
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	186		
Protein	17.30 g		
Carbohydrates	15.74 g		
Fat-total	6.10 g		
Saturated Fat	1.46 g		
Cholesterol	51 mg		
Vitamin A	16 RE		
Vitamin C	9.15 mg		
Iron	1.10 mg		
Calcium	29.99 mg		
Sodium	297 mg		
Fiber	1.34 g		
% Protein	37.22		
% Carbohydrate	33.86		
% Total Fat	29.51		
% Saturated Fat	7.06	NK2097	

METHOD**STEP 1**

Heat the oil in a pan or tilt skillet, and sauté all of the vegetables for 3 minutes. Add the white pepper and the sugar and mix well. Add the chicken stock and bring to a boil.

STEP 2

Add the drained pineapple and chicken and bring the mixture back to a boil.

STEP 3

Mix the cornstarch with the reserved pineapple juice until smooth and the consistency of milk.

STEP 4

Pour the cornstarch mixture into the boiling sauce in a steady stream, stirring constantly while adding, to ensure a smooth sauce without lumps.

STEP 5

Reduce the heat to medium and cook for an additional 3-4 minutes or until the sauce has become thick and clear and the chicken has been reheated to at least 165 degrees F for 15 seconds. Remove from the heat and hold hot at 140 degrees F or higher until served. Portion with an 8 oz. spoodle.

Chartwells School Dining Services

007058 - Creamy Tuna Noodle Casserole

Source: HE- 85
 Number of Portions: 50
 Size of Portion: 1 Cup

Meat/Alt 2 oz.
 Grain/Bread 1.25 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

014429 WATER,MUNICIPAL..... 2 GAL 020109 NOODLES,EGG,DRY,ENRICHED..... 2 LB + 8 OZ		1. Heat water to rolling boil. 2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step 6.									
004044 OIL,SOYBN,SALAD OR COOKING..... 8 OZ 011143 CELERY,RAW..... 1 LB, chopped 011282 ONIONS,RAW..... 14 OZ, chopped		3. Heat oil over medium heat. Add celery and onions. Cook for 5-6 minutes.									
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 8 OZ 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 1 GAL 044188 SOUP,CHICKEN BROTH,LO SODIUM,CND..... 1 GAL 002030 PEPPER,BLACK..... 1 1/2 TSP 002029 PARSLEY,DRIED..... 1/2 CUP 002026 ONION POWDER..... 1 TSP		4. Add flour and stir until smooth. 5. Add milk, chicken stock, pepper, parsley, and onion powder. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.									
015126 TUNA,WHITE,CND IN H2O,DRND SOL..... 2 (66 1/2 OZ CAN, drained) 009154 LEMON JUC,FRZ,UNSWTND,SINGLE STRENG 2/3 CUP		6. Add cooked noodles, tuna, and lemon juice, Stir gently to combine. Cook over medium heat for 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.									
		7. Pour into medium half-steamtable pans (10" x 12" x 4 "). For 50 servings, use 3 pans. For 100 servings, use 6 pans. Hold for 30 minutes on a 180-190° F to allow sufficient time for mixture to set up properly. 8. CCP: Hold for hot service at 140° F or higher. Portion with 8 oz spoodle (1 cup).									
		Food as Purchased <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Celery</td> <td style="text-align: center;">1 lb 4 oz</td> <td style="text-align: center;">2 lb 8 oz</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">1 lb</td> <td style="text-align: center;">2 lb</td> </tr> </table>		50 Servings	100 Servings	Celery	1 lb 4 oz	2 lb 8 oz	Mature onions	1 lb	2 lb
	50 Servings	100 Servings									
Celery	1 lb 4 oz	2 lb 8 oz									
Mature onions	1 lb	2 lb									
		Serving 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 ¼ serving of grains/breads.									

Calories	315	Iron	2.13 Mg	Protein	26.78 G	34.04%	Calories from Prot
Cholesterol	47 Mg	Calcium	299 Mg	Carbohydrates	32.81 G	41.70%	Calories from Carb
Sodium	379 Mg	Vitamin A	85 IU	Total Fat	7.98 G	22.81%	Calories from T Fat
Dietary Fiber	1.21 G	Vitamin C	3.2 Mg	Saturated Fat	1.63 G	4.66%	Calories from S Fat

Chartwells School Dining Services

Page 2

Recipe Master List

Aug 24, 2007

* - Denotes Missing Nutrient Values

Chartwells School Dining Services

	NOTE: Be sure to indicate on the printed menu and point of sale sign that this menu item contains almonds to alert allergic customers.
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Calories	217	Iron	1.27 Mg	Protein	18.91 G	34.93%	Calories from Prot
Cholesterol	52 Mg	Calcium	82 Mg	Carbohydrates	5.73 G	10.59%	Calories from Carb
Sodium	97 Mg	Vitamin A	93 IU	Total Fat	12.93 G	53.73%	Calories from T Fat
Dietary Fiber	0.66 G	Vitamin C	0.6 Mg	Saturated Fat	2.68 G	11.14%	Calories from S Fat
* - Denotes Missing Nutrient Values							

EASY CREAMY MACARONI & CHEESE

(HE-87)

Portion Size – 2 cups

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
4 lb. + 4 oz.	8 lb. + 4 oz.	17 lb.	Pasta, raw (elbows, small shells, rotini, or spirals)
2 qt.	1 gal.	2 gal.	Water
½ pkg.	1 pkg.	2 pkg.	Cream soup base, 19.5 oz. pkg. US Foodservice Red # 301628 or Le Gout # 301146
1 lb. + 9 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	American cheese, shredded
1 lb. + 9 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Cheddar cheese, shredded

METHOD

STEP 1

Cook pasta in boiling salted water or in a steamer until it is just tender (al dente). DO NOT OVERCOOK. Drain well.

STEP 2

While the pasta is cooking, follow the directions on the package for preparing the cream soup base, using 1 gallon of water for each package of base.

STEP 3

When the sauce is hot add the shredded cheese. Stir well as the cheese melts into the sauce to combine. The sauce should be rich, creamy and smooth, and without lumps.

STEP 4

Combine the cooked pasta and the creamy cheese sauce. If you are combining hot pasta and hot sauce there is no need to place it in the oven. IF the pasta was cold when it was combined with the sauce then place it in the oven, covered, to bring it up to 165 degrees F.

STEP 5

For each portion, give two #4 scoops or two 8-oz. spoodles.

COMPONENTS PER PORTION

Portion cost = \$0.42

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

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	540
Protein	24.12 g
Carbohydrates	63.41 g
Fat-total	20.61 g
Saturated Fat	12.02 g
Cholesterol	57 mg
Vitamin A (RE)	161 RE
Vitamin C	0 mg
Iron	3.22 mg
Calcium	394.04 mg
Sodium	1212 mg
Fiber	1.81 g
% Protein	17.85
% Carbohydrate	46.93
% Total Fat	34.32
% Saturated Fat	20.02

EGGPLANT PARMESAN WITH SPAGHETTI AND SAUCE

(HE-87A)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
50 each (5 lb.)	100 each (10 lb.)	200 each (20 lb.)	Breaded eggplant cutlets, Roselli, 1.6 oz. each (product code #627826, U.S. Foods code #627826)
1 #10 can	2 #10 cans	4 #10 cans	Spaghetti sauce, Commodity
3 qt. + 2 cups (3 lb. + 2 oz.)	7 qt. (6 lb. + 4 oz.)	14 qt. (12 lb. + 8 oz.)	Mozzarella cheese, part skim, shredded, Commodity
7 qt. (8 lb. + 12 oz.)	14 qt. (17 lb. + 8 oz.)	28 qt. (35 lb.)	Spaghetti, Commodity, <i>cooked al dente</i>
<u>COMPONENTS PER PORTION</u>			Cost per portion = \$0.42
2 oz. meat/meat alternate, 2 servings of bread/grains, ½ cup vegetables			(\$0.92 if sauce, cheese, and spaghetti are purchased)
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	677		
Protein	25.42 g		
Carbohydrates	85.57 g		
Fat-total	25.88 g		
Saturated Fat	8.53 g		
Cholesterol	33 mg		
Vitamin A (RE)	253 RE		
Vitamin C	13.94 mg		
Iron	3.98 mg		
Calcium	410.77 mg		
Sodium	1385 mg		
Fiber	11.15 g		
% Protein	15.02		
% Carbohydrate	50.57		
% Total Fat	34.42		
% Saturated Fat	11.35		

METHOD

STEP 1

Place breaded eggplant cutlets on sheet pans in a single layer.

STEP 2

Top each eggplant cutlet with 2 tbsp. spaghetti sauce.

STEP 3

Put ¼ cup (1 oz.) shredded cheese on each eggplant cutlet over top of the sauce.

STEP 4

Heat in a 350 degree F oven for about 15 minutes until eggplant has reached a temperature of 165 degrees F and the cheese is melted. While eggplant is baking, heat remaining spaghetti sauce and cook the spaghetti.

STEP 5

While eggplant is baking, heat remaining spaghetti sauce and reheat the spaghetti by placing in boiling water for 1 minute.

STEP 6

Transfer cooked eggplant, heated spaghetti sauce, and reheated spaghetti to serving pans and keep warm at 141 degrees F or higher until service.

STEP 7

For each serving, provide 2 topped eggplant cutlets and 1 cup (8 oz. spoodle) of cooked spaghetti. Ladle ¼ cup spaghetti sauce over the spaghetti using a 2 fl. oz. ladle.

Chartwells School Dining Services

003711 - Ethiopian Spicy Lentil Stew

Source: HE- 88
 Number of Portions: 25
 Size of Portion: 1/2 Cup

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

016069 LENTILS,RAW.....	1 QT
011282 ONIONS,RAW.....	2 LB + 10 OZ
011215 GARLIC,RAW.....	1/3 CUP
004044 OIL,SOYBN,SALAD OR COOKING.....	2 CUP
002021 GINGER,GROUND.....	1 1/3 TBSP
990398 tumeric.....	2/3 tsp.
002010 CINNAMON,GROUND.....	1 1/3 TSP
002011 CLOVES,GROUND.....	1 1/3 TSP
002025 NUTMEG,GROUND.....	2/3 TSP
002003 SPICES,BASIL,DRIED.....	1 1/3 TSP
090016 CUMIN,GROUND.....	1 1/3 TBSP
002028 PAPRIKA.....	1/4 CUP
090098 TOMATOES,CND,DICED,DRND.....	2 QT, diced
011546 TOMATO PRODUCTS,CND,PASTE,WO/SALT....	6 FL OZ
014429 WATER,MUNICIPAL.....	1 QT
011312 PEAS,GRN,FRZ,UNPREP.....	1 1/2 QT
002047 SALT,TABLE.....	1 TSP
002030 PEPPER,BLACK.....	1 TSP

STEP 1
 Place the lentils in a saucepan and cover with cold water. Bring the beans to a boil, then lower to a simmer. Cook for 30 minutes. Add more water if necessary to ensure that the beans are covered. After cooking, drain well and set aside .

STEP 2
 Prepare seasoned oil: In a small saucepan place the oil, 2 oz chopped onion, 1 tsp. minced garlic, ginger, turmeric, cinnamon, clove, nutmeg and basil. Heat, uncovered on low heat 45 minutes. Strain and set aside.

STEP 3
 Saute the rest of the onions and garlic in the seasoned oil until the onions are transparent. Add the cumin, paprika. Mix in the tomatoes and tomato paste and simmer for another 5 minutes. Add vegetable stock or water and continue simmering.

STEP 4
 Add the drained lentils & green peas and cook for an additional 5 minutes. Add more stock or water if the stew is too thick.

STEP 5
 Portion with a 4 oz. ladle.

Serving suggestion: Ladle stew over a 2 oz. portion of pocketless pita bread. Garnish with 1 Tbsp. plain lowfat yogurt and chopped parsley (not included in nutrient analysis).

Chartwells School Dining Services

Calories	331	Iron	3.90 Mg	Protein	11.08 G	13.38%	Calories from Prot
Cholesterol	0 Mg	Calcium	64 Mg	Carbohydrates	32.68 G	39.46%	Calories from Carb
Sodium	208 Mg	Vitamin A	1682 IU	Total Fat	18.38 G	49.94%	Calories from T Fat
Dietary Fiber	12.80 G	Vitamin C	18.1 Mg	Saturated Fat	2.67 G	7.24%	Calories from S Fat
* - Denotes Missing Nutrient Values							

EXTRA CRISPY OVEN FRIED CHICKEN**(HE-90)****Portion Size – 2 oz. (See below)**

QUANTITY/PORTIONS			INGREDIENTS
25	50	100	
12 lb.	24 lb.	48 lb.	Chicken, cut up
10 cups	5 qt.	10 qt.	Milk
8 ea.	16 ea.	32 ea.	Eggs, beaten
1 cup	2 cups	1 qt.	Flour
2 cups	1 qt.	2 qt.	Breadcrumbs
5 cups	2 ½ qt.	5 qt.	Corn Flakes
1 Tbsp.	2 Tbsp.	¼ cup	Paprika
1 Tbsp.	2 Tbsp.	¼ cup	Black pepper
3 Tbsp.	6 Tbsp.	¾ cup	Parsley, dry
2 tsp.	4 tsp.	8 tsp.	Garlic, granulated
1 Tbsp.	2 Tbsp.	¼ cup	Onion powder
As needed	As needed	As needed	Vegetable cooking spray
COMPONENTS PER PORTION			
2 oz. meat/meat alternate			Portion cost = \$0.61

NUTRIENT	Amount per Serving
Calories	319
Protein	32.69 g
Carbohydrates	15.87 g
Fat-total	12.97 g
Saturated Fat	3.63 g
Cholesterol	159 mg
Vitamin A (RE)	109 RE
Vitamin C	3.06 mg
Iron	3.89 mg
Calcium	36.32 mg
Sodium	413 mg
Fiber	0.89 g
% Protein	41.02
% Carbohydrate	19.91
% Total Fat	36.63
% Saturated Fat	10.25

METHOD**STEP 1**

Wash the chicken pieces very well, removing any loose pieces of fat. Pat the chicken dry with paper towels and set on a sheet pan in one layer. **DO NOT** line the sheet pan with parchment paper. Cover loosely with paper towels and return the chicken to the refrigerator for at least one hour. This step will dry out the skin and allow the breading to stick better.

STEP 2

Beat together the milk and eggs until smooth. Dip the chicken pieces in the egg/milk mixture and return the chicken to the sheet pan. This will allow excess egg mixture to drain off.

STEP 3

Mix together the flour, breadcrumbs, corn flakes, paprika, pepper, parsley, garlic & onion. Mix well to combine all of the flavors and to break down the corn flakes into smaller pieces. Dip the egg coated chicken into the corn flake breading. Press down on the chicken to insure that the breading sticks to all sides.

STEP 4

Transfer the breaded chicken to a fresh sheet pan that has been sprayed well with vegetable spray. **DO NOT** overcrowd the pan. There should be space between each piece, with no pieces touching. Spray the tops of the finished chicken with a light coating of vegetable cooking spray.

STEP 5

Place the chicken in a 350 degree F oven, uncovered, for approximately 1 hr. or until golden brown and an internal temperature of 165 degrees.

STEP 6

Portion size = 2 oz. = 1 breast half with back or 1 thigh with back or 1 drumstick and 1 wing.

FALAFAL**(HE-93)****Portion Size – 2 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>12</u>	<u>24</u>	<u>48</u>	
2 cups	1 qt.	2 qt.	Dried chick peas	
1 cup	2 cups	1 qt.	Dried split yellow lentils	
4 peppers	8 peppers	16 peppers	Jalapeno peppers, chopped fine	
1 cup	2 cups	1 qt.	Fresh parsley	
2 ea	4 ea	8 ea	Pita bread (stale OK), 2.25 oz. ea.	
2 ea	4 ea	8 ea	Onion, medium, chopped fine	
¼ cup	½ cup	1 cup	Garlic, fresh, chopped	
1 tsp	2 tsp.	4 tsp.	Salt	
½ tsp	1 tsp.	2 tsp.	Cayenne pepper	
½ tsp	1 tsp.	2 tsp.	Dried cumin	
½ tsp	1 tsp.	2 tsp.	Dried coriander	
As Needed	As Needed	As Needed	Vegetable oil for deep frying*	

COMPONENTS PER PORTION

½ cup cooked garbanzos and lentils

*Approximately 2 tsp. oil is incorporated into each portion during the frying process.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	273
Protein	9.59 g
Carbohydrates	36.43 g
Fat-total	10.65 g
Saturated Fat	1.37 g
Cholesterol	0 mg
Vitamin A (RE)	35 RE
Vitamin C	14.29 mg
Iron	3.09 mg
Calcium	56.31 mg
Sodium	496 mg
Fiber	6.3 g
% Protein	14.07
% Carbohydrate	53.47
% Total Fat	35.18
% Saturated Fat	4.53

METHOD**STEP 1:**

Soak the chick peas and yellow peas overnight but do not cook if you have a grinder. Grind the chick peas & peas, adding the chopped peppers, onion, parsley and garlic. A food processor works well for this step.

STEP 2

Break up the pita bread and add it to the beans. The bread will bind all of the ingredients together. Continue grinding the mix until it is well blended. Add the salt, cayenne pepper, cumin and coriander.

STEP 3

Using a #8 scoop, portion the mixture onto a sheet pan that has been sprayed lightly with pan spray. The mixture can be kept in balls or flatten slightly to form patties. Top the completed pan with a piece of parchment paper that has been sprayed with pan spray (sprayed side to the finished balls). Freeze the finished balls/patties. Freezing makes the patties easier to deep fat fry (for best results) and they will keep a long time if frozen.

STEP 4

Deep fry the frozen Falafal (do not defrost). When golden in color and they have floated to the top of the oil they are done.

STEP 6

Portion size = 2 each.

Serving suggestion

Offer with pita bread, lettuce & tomato, and taziki sauce (recipe MS-57) or ranch dressing (not included in nutrient analysis).

FRITTATA WITH CHEESE

(HE-98)

Portion Size – 1 piece

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
3 ¾ cups	1 qt. + 3 ½ cups	3 qt. + 3 cups	Frozen whole eggs, thawed
2 cups	1 qt.	2 qt.	Frozen egg whites or egg beaters
2 cups	1 qt.	2 qt.	Milk, 2% fat
1 tsp.	2 tsp.	4 tsp.	Salt
½ tsp.	1 tsp.	2 tsp.	White pepper
2 ½ cups	1 qt. + 1 cup	2 ½ qt.	Potatoes, peeled, grated
1 lb.	2 lb.	4 lb.	Frozen mixed vegetables
1 cup	2 cups	1 qt.	Low fat cheddar cheese, shredded
1 Tbsp.	2 Tbsp.	¼ cup	Vegetable oil
1 cup	2 cups	1 qt.	Low fat cheddar cheese, shredded

METHOD

STEP 1

In a mixing bowl, use the paddle attachment on low speed to blend the eggs, egg beaters, milk, salt, pepper, potatoes, vegetables and cheese. Blend for 2 minutes.

STEP 2

Pour egg mixture into lightly oiled full sized hotel pans.

STEP 3

To Bake or Steam:
 Convection oven 350 degrees F for 25 minutes.
 Compartment steamer 20 minutes.
 Bake or steam until eggs reach 165 degrees F.

STEP 4

Sprinkle with remaining cheese and return to oven or steamer until cheese is melted.

STEP 5

Cut each pan 5x5. Serving size = 1 piece.

COMPONENTS PER PORTION

Portion cost = \$0.20

2 ¼ oz. meat/meat alternate,
 1/8 cup vegetables

NUTRIENT

Amount per Serving

Calories	120
Protein	10.49 g
Carbohydrates	7.41 g
Fat-total	5.33 g
Saturated Fat	1.85 g
Cholesterol	158 mg
Vitamin A (RE)	271 RE
Vitamin C	4.67 mg
Iron	0.94 mg
Calcium	86.46 mg
Sodium	250 mg
Fiber	0.96 g
% Protein	34.93
% Carbohydrate	24.67
% Total Fat	39.33
% Saturated Fat	13.88

OVEN FRIED CHICKEN

(HE-159)

Rev. Aug. 2007

Portion Size – 2 oz. cooked chicken (see below)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
12 lb.	24 lb.	48 lb.	Frozen chicken, cut up, thawed under refrigeration or under 70 degree F running water
10 cups	2 ½ qt.	5 qt.	Milk, 1% fat
1 2/3 cups	3 ¼ cup	6 ½ cups	Eggs, liquid pasteurized
3 cups	6 cups	3 qt.	Flour
3 cups	6 cups	3 qt.	Breadcrumbs, dry, plain
1 tbsp.	2 tbsp.	¼ cup	Italian seasoning blend
1 tbsp.	2 tbsp.	¼ cup	Granulated garlic
As needed	As needed	As needed	Vegetable spray

METHOD

STEP 1

Wash the chicken pieces very well, removing skin and any loose pieces of fat. Pat the chicken dry with paper towels and set on a sheet pan in one layer. DO NOT line the sheet pan with parchment paper. Cover loosely with paper towels and return the chicken to the refrigerator for at least one hour. This step will dry out the flesh and allow the breading to stick better.

STEP 2

Mix together the flour, breadcrumbs, Italian seasoning, and granulated garlic. Set aside.

STEP 3

Beat together the milk and liquid eggs until smooth. Dip the chicken pieces in the egg/milk mixture and return the chicken to the sheet pan. This will allow excess egg mixture to drain off.

STEP 4

Dip the egg coated chicken into the breading mixture. Press down on the chicken to insure that the breading sticks to all sides.

STEP 5

Transfer the breaded chicken to a fresh sheet pan that has been sprayed well with vegetable spray. DO NOT overcrowd the pan. There should be space between each piece, with no pieces touching. As each pan of chicken is finished with the breading process, put the chicken in the refrigerator until ready to bake. Throw away unused egg and unused breading mixtures.

STEP 6

After all the chicken has been breaded, spray the tops of the finished chicken with vegetable cooking spray.

STEP 7

Place the chicken in a 350-degree F. oven, uncovered, for approximately 1 hr. or until golden brown and the reaches an internal temperature of 165 degrees F.

STEP 8

Hold chicken hot at 140 degrees F or higher until served. Portion size = 2 oz. = 1 breast half with back or 1 thigh with back or 1 drumstick and 1 wing.

COMPONENTS PER PORTION

2 oz. meat/meat alternate

Portion cost = \$0.86 if all ingredients are purchased

NUTRIENT

Amount per Serving

Calories	174	
Protein	15.28 g	
Carbohydrates	19.67 g	
Fat-total	3.33 g	
Saturated Fat	0.99 g	
Cholesterol	95 mg	
Vitamin A	82 RE	
Vitamin C	1.84 mg	
Iron	1.58 mg	
Calcium	144.41 mg	
Sodium	130 mg	
Fiber	0.64 g	
% Protein	35.13	
% Carbohydrate	45.20	
% Total Fat	17.22	
% Saturated Fat	5.14	NK3706