

ALL AMERICAN BURGER BAR

(M-01)

Portion Size – 1 Each

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

METHOD

STEP 1

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

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

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

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

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

Menutainment Theme Bar Food Production Record: All American Burger Bar

Total Number of Customers Served _____ (Reimbursable Meals _____ Adult/A La Carte Meals _____)

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

ALL AMERICAN HOT DOG BAR

(M-03)

Portion Size – 1 Each

APPROXIMATE QUANTITY/PORTIONS			“INGREDIENTS”
<u>10</u>	<u>25</u>	<u>50</u>	
			<u>Offer at least 2 (allow 1/customer)</u>
5 portions	12 portions	25 portions	Hot dog buns, 1.4 oz. each
5 portions	12 portions	25 portions	Foot long hot dog buns, 2.25 oz. each
5 portions	12 portions	25 portions	8” tortilla wraps, 1.5 oz. each
5 portions	12 portions	25 portions	6” hero rolls, 2.25 oz. each
5 portions	12 portions	25 portions	Pretzel buns, 2.5 oz. each
			<u>Offer at least 1 (allow 1/customer)</u>
10 portions	25 portions	50 portions	Hot dogs, all meat
10 portions	25 portions	50 portions	Hot dogs, all beef
10 portions	25 portions	50 portions	Hot dogs, turkey franks
10 portions	25 portions	50 portions	¼ lb. all beef hot dogs
10 portions	25 portions	50 portions	Foot long all beef franks
			<u>Offer at least 1 (½ cup portions; 2 choices/customer)</u>
10 portions	25 portions	50 portions	Mashed potatoes, prepared
10 portions	25 portions	50 portions	Boston Baked Beans
10 portions	25 portions	50 portions	Baked French fries
5 portions	10 portions	25 portions	Sauerkraut
10 portions	25 portions	50 portions	Fresh lettuce, shredded
10 portions	25 portions	50 portions	Fresh tomatoes, diced
10 portions	25 portions	50 portions	Steamed or sauteed red and green bell peppers
			<u>Offer at least 5 (portions/customer listed below)</u>
5 portions	10 portions	25 portions	Cheddar cheese sauce, 1 oz.
5 portions	10 portions	25 portions	Sliced American cheese, ½ oz.
5 portions	10 portions	25 portions	Beef and Bean Chile, ¼ cup
5 portions	10 portions	25 portions	Steamed or sauteed onions, 1 oz.
5 portions	10 portions	25 portions	Relish, sweet, 1 oz.
5 portions	10 portions	25 portions	Dill pickle chips, 1 oz.
			<u>Offer All (portions/customer listed below)</u>
10 portions	25 portions	50 portions	Mustard, 1 oz.
10 portions	25 portions	50 portions	Ketchup, 1 oz.
5 portions	10 portions	25 portions	Hot pepper sauce, 1 oz.
5 portions	10 portions	25 portions	Pizza sauce, 1 oz.

METHOD

STEP 1

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

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

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

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

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

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

Total Number of Customers Served _____ **(Reimbursable Meals** _____ **Adult/A La Carte Meals** _____)

Food Item	Recipe/Product	FOOD AMOUNTS				
		Enter amounts in units of weight, such as lbs./oz., and/or units of volume measurement, such as qts., cups.				
		Amount to Prepare	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served
Offer at least 2 (allow 1/customer)						
Hot dog buns, 1.4 oz. each						
Foot long hot dog buns, 2.25 oz. each						
8" tortilla wraps, 1.5 oz. each	PSADO					
6" hero rolls, 2.25 oz. each						
Pretzel buns, 2.5 oz. each	J&J					
Offer at least 1 (allow 1/customer)						
Hot dogs, all meat	Hormel					
Hot dogs, all beef	Hormel					
Hot dogs, turkey franks	Carolina					
¼ lb. all beef hot dogs	Hormel					
Foot long all beef franks	Hormel					
Offer at least 1 (½ cup portions; 2 choices/customer)						
Mashed potatoes, prepared	Trio Complete					
Boston Baked Beans	HVG-40					
Baked French fries	Carnation 3/8" CC					
Sauerkraut						
Fresh lettuce, shredded						
Fresh tomatoes, diced						
Steamed or sauteed red and green bell peppers						
Offer at least 5 (portions/customer listed below)						
Cheddar cheese sauce, 1 oz.	Harvest Pride					
Sliced American cheese, ½ oz.	USDA or Shrieber					
Beef and Bean Chile, ¼ cup	HE-35					
Steamed or sauteed onions, 1 oz.						
Relish, sweet, 1 oz.						
Dill pickle chips, 1 oz.						
Offer All (portions/customer listed below)						
Mustard, 1 oz.						
Ketchup, 1 oz.						
Hot pepper sauce, 1 oz.						
Pizza sauce, 1 oz.	Don Pepino					

ANGELHAIR PASTA PRIMAVERA WITH CHICKEN

(M-05)

Portion Size – 2 ¼ Cups

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1 cup	5 cups	10 cups	Angel hair pasta, cooked
½ oz.	2 ½ oz.	5 oz.	Carrot thin slice diagonal
½ oz.	2 ½ oz.	5 oz.	String beans
1 oz.	5 oz.	10 oz.	Broccoli florets
1 oz.	2 ½ oz.	5 oz.	Red bell pepper ½” dice
2 tbsp.	½ cup + 2 tbsp.	1 ¼ cup	Zucchini thin slice diagonal
1 oz.	5 oz.	10 oz.	Button mushrooms thin slice
1 tsp.	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.	Olive oil
1 ½ tsp.	2 tbsp. + 1 ½ tsp.	¼ cup + 1 tbsp.	Chopped garlic
1 ½ tsp.	2 tbsp. + 1 ½ tsp.	¼ cup + 1 tbsp.	Scallions thin sliced
1 tbsp.	¼ cup + 1 tbsp.	½ cup + 2 tbsp.	Red onion small diced
¾ cup	3 ¾ cups	7 ½ cups	Chicken stock
¾ tsp.	1 tbsp. + ¾ tsp.	2 tbsp. + 1 ½ tsp.	Cornstarch
<u>COMPONENTS PER PORTION</u>			
See following page			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
	See following page		
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

Prepare the pasta “al dente”.

STEP 2

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

STEP 3

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

STEP 4

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

Set Up Station:

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

For Each Serving:

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

Continued on next page

BREAKFAST FOR LUNCH BAR (M-10)

Portion Size – 1 Each

<u>APPROXIMATE QUANTITY/PORTIONS</u>			<u>“INGREDIENTS”</u>
<u>10</u>	<u>25</u>	<u>50</u>	
			<u>Offer at least 3</u>
5 portions	12 portions	25 portions	Pancakes
5 portions	12 portions	25 portions	Waffles
5 portions	12 portions	25 portions	French toast slices
5 each	12 each	25 each	Biscuits (warm), commercially prepared, 2.0 oz.
5 portions	12 portions	25 portions	Cheesy grits
5 each	12 each	25 each	Assorted bagels, commercially prepared, 4.0 oz.
5 each	12 each	25 each	Assorted Danish (warm)
5 each	12 each	25 each	Donut varieties
5 each	12 each	25 each	Assorted muffins, commercially prep, 2.5 oz.
5 each	12 each	25 each	Funnel cakes, commercially prepared, 5”
			<u>Offer at least 1</u>
10 portions	25 portions	50 portions	Scrambled eggs*
10 portions	25 portions	50 portions	Ham slices, 1 oz. slices (allow 2 slices/portion)*
10 portions	25 portions	50 portions	Sausage patties or links, 2 oz. portions*
10 portions	25 portions	50 portions	Pork roll sausage, 2 oz. portions*
			<u>Offer at least 2</u>
5	12	25	Variety of chilled fruit juice, 4 oz. p.c.
2 cups	1 qt.	2 qt.	Spiced fruit topping (hot)
½ pan	1 pan	2 pans	Cherry crisp or Apple crisp
1 qt.	2 qt.	1 gal.	Hot apple cider
			<u>Offer Both</u>
10	25	50	Whipped spread, zero trans fat, 5 g portion cups
1 qt.	2 qt.	1 gal.	Syrup (optional: warmed)
			<u>Optional</u>
5 each	12 each	25 each	Breakfast Burritos with Salsa* (B-50)
5 each	12 each	25 each	Country Skillet Breakfast Wraps* (B-63)
5 each	12 each	25 each	Assorted Breakfast Sandwiches* (B-55)
1 qt.	2 qt.	1 gal.	Hot chocolate milk

METHOD

STEP 1

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

STEP 2

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STEP 3

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

Menutainment Theme Bar Food Production Record: Breakfast for Lunch Bar

Total Number of Customers Served _____ (Reimbursable Meals _____ Adult/A La Carte Meals _____)

Food Item	Recipe/Product	FOOD AMOUNTS				
		Enter amounts in units of weight, such as lbs./oz., and/or units of volume measurement, such as qts., cups.				
		Amount to Prepare	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served
<i>Offer at least 3</i>	<i>Allow combined total of 2 each :</i>					
Pancakes	Aunt Jemima					
Waffles	Aunt Jemima					
Biscuits (warm), commercially prepared, 2.0 oz. par baked	Ridgefield					
Cheesy grits	B-60					
Assorted bagels, commercially prepared, 4.0 oz.	Local					
Assorted Danish (warm)	B-10					
Donut varieties	B-70					
Assorted muffins, commercially prepared, 2.5 oz. ea.	Local					
Funnel cakes, commercially prepared, 5"	J&J					
French toast slices	Aunt Jemima					
<i>Offer at least 1</i>	<i>Offer total of 2 oz. M/MA</i>					
Scrambled eggs, ¼ cup/serving	B-110					
Ham slices, 1 oz. slices (allow 2 slices/portion)	USDA Commodity or Hormel 95% fat free					
Sausage patties or links, 2 oz. portions	USDA Commodity or Hormel 95% fat free					
Pork roll sausage	Hatfield					
<i>Offer at least 2</i>	<i>Offer one of the following:</i>					
Variety of chilled fruit juice, ½ cup	USDA commodity or Ardmore					
Spiced fruit topping (hot)	B-115 , or variation:					
Cherry crisp or Apple crisp	Cherry crisp: D-45 Apple crisp: D-5					
Hot apple cider						
<i>Offer Both</i>						
Whipped spread, zero trans fat, pc	Unilever #1111518200					
Syrup (optional: warmed)						
<i>Optional</i>	<i>Allow 1/customer <u>in place of bread and meat components</u> above:</i>					
Breakfast Burritos with Salsa	B-50					
Country Skillet Breakfast Wraps	B-63					
Assorted Breakfast Sandwiches	B-55					
Hot chocolate milk	1% fat chocolate milk, heated					

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

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 cup	2 ½ qt.	5 qt.	Thin spaghetti, cooked
½ cup	2 ½ cups	5 cups	Cabbage, shred
½ cup	2 ½ cups	5 cups	Cucumber, julienne (thin strips)
½ cup	2 ½ cups	5 cups	Carrots, shredded
2 oz.	10 oz.	1 lb. + 4 oz.	Roast Beef, julienne (thin strips)
¼ cup	1 ¼ cups	2 ½ cups	Sesame Soy Vinaigrette (recipe MD-27)
COMPONENTS PER PORTION			Cost per serving: .78
2 oz. meat/meat alternate, 1 ½ cups vegetables, 4 servings bread/grains			* .52 without meat
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	804		
Protein	27.39 g		
Carbohydrates	101.92 g		
Fat-total	39.16 g		
Saturated Fat	3.67 g		
Cholesterol	13 mg		
Vitamin A (RE)	1810 RE		
Vitamin C	22.6 mg		
Iron	6.28 mg		
Calcium	74 mg		
Sodium	942 mg		
Fiber	8.54 g		
% Protein	13.63		
% Carbohydrate	50.73		
% Total Fat	36.46		
% Saturated Fat	4.10		

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

- Pre-portion cooked spaghetti in specified serving containers
- Add shredded cabbage
- Top with cucumbers & carrots
- Top with beef (optional)
- Add dressing
- Serve

Recipe Variation: Substitute four (0.7 oz. each) USDA **reprocessed beef teriyaki dippers** for roast beef in recipe. *Nutrients per serving:* 914 calories, 41 mg cholesterol, 1146 mg sodium, 9.58 g fiber, 7.00 mg iron, 101 mg iron, 1820 RE Vitamin A, 22.6 mg Vitamin C, 33.79 g protein (14.79%), 107.32 g carbohydrates (46.99%), 39.16 g fat (38.57%), 6.26 g saturated fat (6.17%). *Components per serving:* 2.25 oz. meat/meat alternate, 1 ½ cup vegetables.

WILD GREENS: CRISPY CHICKEN POPPER (M-105)

R'04

Portion Size – 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
2 oz.	10 oz.	1 lb. + 4 oz.	Breaded chicken poppers	
1 oz.	5 oz.	10 oz.	Mozzarella cheese, small dice *	
1 cup	5 cups	10 cups	Iceberg salad mix	
2 Tbsp.	2/3 cup	1 1/3 cups	Celery, sliced	
2 Tbsp.	2/3 cup	1 1/3 cups	Red Onion, small dice	
¼ cup	1 ¼ cups	2 ½ cups	Tomato, diced	
1 oz.	5 oz.	10 oz.	Light Ranch Dressing	
<u>COMPONENTS PER PORTION</u>			Cost per serving: .79	
2 oz. meat/meat alternate, 1 ½ cups vegetables			* .67 using commodity	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	310			
Protein	17.23 g			
Carbohydrates	21.90 g			
Fat-total	17.30 g			
Saturated Fat	5.05 g			
Cholesterol	37 mg			
Vitamin A (RE)	245 RE			
Vitamin C	14.1 mg			
Iron	1.40 mg			
Calcium	222 mg			
Sodium	932 mg			
Fiber	2.41 g			
% Protein	22.26			
% Carbohydrate	28.29			
% Total Fat	50.29			
% Saturated Fat	14.69			

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

- Pre-portion salad greens (iceberg salad mix) in specified serving containers
- Add celery, red onion & tomato
- Top with chicken & cheese
- Add dressing
- Serve

WILD GREENS: DELI CHEF SALAD (M-110)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
½ oz.	2 ½ oz.	5 oz.	Ham, julienne (thin strips)
½ oz.	2 ½ oz.	5 oz.	Turkey, julienne *
½ oz.	2 ½ oz.	5 oz.	American cheese, julienne *
½ oz.	2 ½ oz.	5 oz.	Provolone cheese, julienne
1 each	5 each	10 each	Hard cooked egg, cut into 8ths
1 cup	5 cups	10 cups	Iceberg salad mix
2 tbsp.	2/3 cup	1 1/3 cup	Cucumber, thinly sliced
¼ cup	1 ¼ cup	2 ½ cup	Tomatoes, diced
1 tbsp.	1/3 cup	2/3 cup	Red onion, thinly sliced
1 oz.	5 oz.	10 oz.	Thousand Island Dressing, fat free

COMPONENTS PER PORTION

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

Cost per serving: .68
* .56 using commodity

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

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

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

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

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1 oz.	1 cup	2 cups	Mozzarella Cheese, small dice
1 oz.	5 oz.	10 oz.	Provolone cheese, small dice
1 cup	5 cups	10 cups	Iceberg salad mix
½ cup	2 ½ cups	5 cups	Romaine, large dice
3 Tbsp.	1 cup	2 cups	Sliced celery
3 Tbsp.	1 cup	2 cups	Shredded carrots
3 Tbsp.	1 cup	2 cups	Diced Tomatoes
1 oz.	1 cup	2 cups	Light Ranch Dressing
<u>COMPONENTS PER PORTION</u>			Cost per serving: .75
2 oz. meat/meat alternate, 2 cups vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	240		
Protein	17.51 g		
Carbohydrates	12.84 g		
Fat-total	13.35 g		
Saturated Fat	4.78 g		
Cholesterol	51 mg		
Vitamin A (RE)	851 RE		
Vitamin C	19.1 mg		
Iron	1.24 mg		
Calcium	242 mg		
Sodium	567 mg		
Fiber	2.72 g		
% Protein	29.14		
% Carbohydrate	21.36		
% Total Fat	49.99		
% Saturated Fat	17.91		

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

- Pre-portion salad greens (iceberg salad mix and romaine) in specified serving containers
- Add vegetables
- Top with cheeses
- Add dressing
- Serve

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

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1 oz.	1 cup	2 cups	Herb Grilled Chicken Breast, julienne (cut into thin strips)
1 oz.	5 oz.	10 oz.	Provolone cheese, julienne
1 cup	5 cups	10 cups	Iceberg salad mix
½ cup	2 ½ cups	5 cups	Romaine, large dice
3 Tbsp.	1 cup	2 cups	Sliced celery
3 Tbsp.	1 cup	2 cups	Shredded carrots
3 Tbsp.	1 cup	2 cups	Diced Tomatoes
1 oz.	1 cup	2 cups	Light Ranch Dressing
<u>COMPONENTS PER PORTION</u>			Cost per serving: .75
2 oz. meat/meat alternate, 2 cups vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	240		
Protein	17.51 g		
Carbohydrates	12.84 g		
Fat-total	13.35 g		
Saturated Fat	4.78 g		
Cholesterol	51 mg		
Vitamin A (RE)	851 RE		
Vitamin C	19.1 mg		
Iron	1.24 mg		
Calcium	242 mg		
Sodium	567 mg		
Fiber	2.72 g		
% Protein	29.14		
% Carbohydrate	21.36		
% Total Fat	49.99		
% Saturated Fat	17.91		

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

- Pre-portion salad greens (iceberg salad mix and romaine) in specified serving containers
- Add vegetables
- Top with meat & cheese
- Add dressing
- Serve

WILD GREENS: MANDARIN ORANGE CHICKEN (M-116)

Portion Size – 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
2 oz.	10 oz.	1 lb. + 4 oz.	Grilled Chicken Breast, diced *	
1 cup	5 cups	10 cups	Iceberg Salad Mix	
½ cup	2 ½ cups	5 cups	Cabbage, shredded	
2 Tbsp.	2/3 cup	1 1/3 cups	Red onion, diced	
3 Tbsp.	1 cup	2 cups	Celery, diced	
3 Tbsp.	1 cup	2 cups	Canned Mandarin oranges	
1 Tbsp.	1/3 cup	2/3 cup	Almonds *	
½ cup	2 ½ cups	5 cups	Chow Mein Noodles	
¼ cup	1 ¼ cups	2 ½ cups	Sweet & Sour Soy Vinaigrette (Recipe MD-29)	
<u>COMPONENTS PER PORTION</u>			Cost per serving: \$0.82	
2 oz. meat/meat alternate, 1 1/2 cup fruit/vegetables, 1 serving bread/grains			*\$0.57 using commodity	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	496			
Protein	24.47 g			
Carbohydrates	35.51 g			
Fat-total	29.71 g			
Saturated Fat	3.14 g			
Cholesterol	40 mg			
Vitamin A (RE)	84 RE			
Vitamin C	32 mg			
Iron	2.99 mg			
Calcium	95 mg			
Sodium	654 mg			
Fiber	5.37 g			
% Protein	19.73			
% Carbohydrate	28.63			
% Total Fat	53.89			
% Saturated Fat	5.69			

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

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

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

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1 ½ cups	7 ½ cups	15 cups	Southwest Corn and Black Bean Salad* (recipe HE-223)
1 cup	5 cups	10 cups	Iceberg salad mix
1 Tbsp.	1/3 cup	2/3 cups	Celery, sliced
1 Tbsp.	1/3 cup	2/3 cups	Red Onion, small dice
2 Tbsp.	2/3 cup	1 1/3 cups	Tomato, diced
1 oz.	5 oz.	10 oz.	Light Ranch Dressing
<u>COMPONENTS PER PORTION</u>			Cost per serving: \$0.80
½ cup beans, 1 ¼ cup vegetables			*\$0.75 using commodity corn
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	634		
Protein	20.32 g		
Carbohydrates	66.76 g		
Fat-total	6.17 g		
Saturated Fat	0.86 g		
Cholesterol	9 mg		
Vitamin A (RE)	169 RE		
Vitamin C	37 mg		
Iron	8.96 mg		
Calcium	136 mg		
Sodium	1934 mg		
Fiber	14.26 g		
% Protein	12.82		
% Carbohydrate	42.13		
% Total Fat	8.76		
% Saturated Fat	1.23		

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

- Pre-portion salad greens (iceberg salad mix) in specified serving containers
- Add celery, red onion & tomato
- Top with Southwest Corn and Black Bean Salad*
- Add dressing
- Serve

*For each salad, provide three (3) level #8 scoops of corn and black bean salad.

WILD GREENS: TACO SALAD

(M-118)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 oz.	10 oz.	1 lb. + 4 oz.	Simple Taco Meat* (recipe HE-223)
1 oz.	5 oz.	10 oz.	Cheddar cheese, shredded *
1 cup	5 cups	10 cups	Iceberg salad mix
2 Tbsp.	2/3 cup	1 1/3 cups	Celery, sliced
2 Tbsp.	2/3 cup	1 1/3 cups	Red Onion, small dice
¼ cup	1 ¼ cups	2 ½ cups	Tomato, diced
1 oz.	5 oz.	10 oz.	Light Ranch Dressing
<u>COMPONENTS PER PORTION</u>			Cost per serving: \$0.94
3 oz. meat/meat alternate, 1 ½ cups vegetables			* \$0.59 using commodity ground beef
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	365		
Protein	23.17 g		
Carbohydrates	16.37 g		
Fat-total	22.96 g		
Saturated Fat	10.11 g		
Cholesterol	92 mg		
Vitamin A (RE)	132 RE		
Vitamin C	14.1 mg		
Iron	2.20mg		
Calcium	238 mg		
Sodium	1187 mg		
Fiber	1.82 g		
% Protein	25.39		
% Carbohydrate	17.94		
% Total Fat	56.61		
% Saturated Fat	24.93		

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

- Pre-portion salad greens (iceberg salad mix) in specified serving containers
- Add celery, red onion & tomato
- Top with taco meat & cheese*
- Add dressing
- Serve

*For each salad, portion a #12 scoop of taco meat (2 oz.) and #16 scoop (1 oz.) of shredded cheese.

Recipe variation: For Chicken Taco Salad, substitute **Chicken Taco Meat (recipe HE-74)** for Simple Taco Meat in recipe. *Nutrients per portion:* 303 calories, 82 mg cholesterol, 978 mg sodium, 1.85 g fiber, 1.51 mg iron, 240 mg calcium, 140 RE Vitamin A, 14.1 mg Vitamin C, 22.27 g protein (29.37%), 14.67 g carbohydrates (19.35%), 17.38 g fat (51.56%), 7.48 g saturated fat (22.21%). *Components per portion:* 3 oz. meat/meat alternate, 1 ½ cups vegetables. *Cost per portion* = \$0.93 (\$0.59 if commodity cooked diced chicken is used).

WILD GREENS: TERIYAKI STEAK SALAD (M-119)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 oz.	10 oz.	1 lb. + 4 oz.	Cooked beef chuck*, sliced thin marinated overnight in Teriyaki Sauce (recipe MS-60)
1 cup	5 cups	10 cups	Iceberg Salad Mix
½ cup	2 ½ cups	5 cups	Cabbage, shredded
2 Tbsp.	2/3 cup	1 1/3 cups	Red onion, diced
3 Tbsp.	1 cup	2 cups	Celery, diced
3 Tbsp.	1 cup	2 cups	Broccoli florets
1 Tbsp.	1/3 cup	2/3 cup	Almonds *
½ cup	2 ½ cups	5 cups	Chow Mein Noodles
¼ cup	1 ¼ cups	2 ½ cups	Sweet & Sour Soy Vinaigrette (recipe MD-29)
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, 1 1/2 cup vegetables, 1 serving bread/grains			Cost per serving: .75 * .45 using commodity
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	531		
Protein	24.89 g		
Carbohydrates	37.76 g		
Fat-total	32.69 g		
Saturated Fat	4.35 g		
Cholesterol	53 mg		
Vitamin A (RE)	72 RE		
Vitamin C	37 mg		
Iron	4.56 mg		
Calcium	99 mg		
Sodium	870 mg		
Fiber	5.60 g		
% Protein	18.73		
% Carbohydrate	28.42		
% Total Fat	55.33		
% Saturated Fat	7.36		

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

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

CHICKEN STIR FRY

(M-12)

Portion Size – 1 serving

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
5 lb.	10 lb.	20 lb.	Cooked diced chicken
1 ¼ lb.	2 ½ lb.	5 lb.	Sliced green peppers
1 ¼ lb.	2 ½ lb.	5 lb.	Sliced spanish onions
1 ¼ lb.	2 ½ lb.	5 lb.	Sliced bermuda onions
1 ¼ lb.	2 ½ lb.	5 lb.	Sliced red peppers
1 ¼ lb.	2 ½ lb.	5 lb.	Sliced medium mushrooms
2 cups	1 qt.	2 qt.	Garlic & Oil
2 cups	1 qt.	2 qt.	Sir fry sauce, commercially prepared
25 ea.	50 ea.	100 ea.	Grinder rolls, 2 oz. each or 1 cup portions of steamed, white rice

COMPONENTS PER PORTION

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

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

METHOD

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

STEP 1

Pre heat sauté pan with 1 Tbsp. Garlic & Oil.

STEP 2

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

STEP 3

Add 1 cup of fresh sliced mixed vegetables.

STEP 4

Finish with 1 ½ fl. oz. of stir fry sauce. Toss until evenly coated.

STEP 5

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

Preparation tip:

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

WILD GREENS: TOMATO BRUSCHETTA (M-120)

Portion Size – 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
¾ cup	3 ¾ cups	7 ½ cups	Marinated tomatoes, diced	
2 oz.	10 oz.	1 lb. + 4 oz.	Mozzarella, diced *	
3 tbsp.	1 cup	2 cups	Red Onion, diced	
½ cup	2 ½ cups	5 cups	Garlic Bread Croutons	
½ cup	2 ½ cups	5 cups	Romaine, small dice	
3 tbsp.	1 cup	2 cups	Seasoned Oil & Vinegar (1/3 canola salad oil, 2/3 vinegar)	
<u>COMPONENTS PER PORTION</u>			Cost per serving: .73	
2 oz. meat/meat alternate, 1 3/8 cups vegetables			* .51 without commodity	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	405			
Protein	17.86			
Carbohydrates	25.56			
Fat-total	26.86			
Saturated Fat	7.83			
Cholesterol	34 mg			
Vitamin A (RE)	259 RE			
Vitamin C	34.4 mg			
Iron	1.85 m			
Calcium	410 mg			
Sodium	527 mg			
Fiber	3.50 g			
% Protein	17.62			
% Carbohydrate	25.21			
% Total Fat	59.62			
% Saturated Fat	17.37			

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

- Pre-portion romaine in specified serving containers
- Add croutons
- Add marinated tomatoes along with some of their juice
- Add cheese
- Top with red onion
- Add dressing
- Serve

CAJUN CHICKEN WILD GREENS

(M-14)

R '04

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1	5	10	Cajun chicken breast, cooked (See recipe # HE-53)
4	20	40	Romaine lettuce
1 oz.	5 oz.	10 oz.	Red cabbage
1 oz.	5 oz.	10 oz.	Carrot
1 oz.	5 oz.	10 oz.	Cucumber
½ oz.	2 ½ oz.	5 oz.	Green bell pepper
1 oz.	5 oz.	10 oz.	Tomatoes
1 oz.	5 oz.	10 oz.	Red onion
1 oz.	5 oz.	10 oz.	Creamy Smoked Bacon Dressing (See recipe # MD-03)
1 oz.	5 oz.	10 oz.	Mozzarella cheese, part skim, shredded
<u>COMPONENTS PER PORTION</u>			
2 cups vegetables, 3 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	360		
Protein	38.84 g		
Carbohydrates	17.22 g		
Fat-total	15.17 g		
Saturated Fat	4.73 g		
Cholesterol	95 mg		
Vitamin A (RE)	1005 RE		
Vitamin C	52.5 mg		
Iron	2.47 mg		
Calcium	286 mg		
Sodium	430 mg		
Fiber	3.65 g		
% Protein	43.13		
% Carbohydrate	19.12		
% Total Fat	37.91		
% Saturated Fat	11.83		

METHOD

STEP 1

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

STEP 2

Prepare the vegetables: Tear the washed and dried romaine leaves into 1-inch pieces. Cut the red cabbage into ¼ inch julienne. Shred the carrot into fine julienne on a box grater. Peel and seed the cucumber and cut into ¼ inch dice. Seed and devein the green pepper and cut into ¼ inch dice. Peel and seed the tomato and cut into ¼ inch dice. Cut the red onion into ¼ inch dice. Slice the scallion including the green tops into ¼ inch slices.

STEP 3

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

STEP 4

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

DELI BAR (M-17)

Portion Size – 1 Each

<u>APPROXIMATE QUANTITY/PORTIONS</u>			<u>“INGREDIENTS”</u>
<u>10</u>	<u>25</u>	<u>50</u>	<u>Offer at least 2</u>
10 each	25 each	50 each	Kaiser rolls, 2.75 oz. each
½ loaf	1 loaf	2 loaves	Wheat bread, sliced, 0.9 oz./slice
½ loaf	1 loaf	2 loaves	White bread, sliced, 0.9 oz./slice
½ loaf	1 loaf	2 loaves	Rye bread, sliced, 0.9 oz./slice
5 each	10 each	20 each	12” flour tortilla wraps, 3.5 oz. each
5 each	10 each	20 each	Pita pocket bread, whole, 2.0 oz. each
5 each	10 each	20 each	Italian flatbread (Panino), 2oz. each
5 portions	10 portions	20 portions	One other type of bread or roll (specify which on production record)
			<u>Offer All (½ oz. slices)</u>
1 lb.	3 lb.	6 lb.	Ham, Hormel, 95% fat free
1 lb.	3 lb.	6 lb.	Turkey Breast, Carolina
½ lb.	1 lb.	2 lb.	At least one other kind of deli meat (specify which on production record)
1 lb.	3 lb.	6 lb.	American cheese, USDA or Shrieber
½ lb.	1 lb.	2 lb.	At least one other kind of cheese (specify which on production record)
			<u>Offer At Least 1</u>
½ qt.	1 qt.	2 qt.	Tuna Salad (CS-165)
2 cups each	½ qt. each	1 qt. each	One other meat/meat alternate salad (specify which on production record): Buffalo style chicken salad (CS- 30), Chicken salad (CS- 45), Chunky tuna salad (CS- 47), Egg salad (CS- 65), or Ham salad (CS- 95)
			<u>Offer At Least 1</u>
1 qt.	2 qt.	1 gal.	Macaroni salad , (CS-105)
1 qt.	2 qt.	1 gal.	Pasta salad (CS-125)
1 qt.	2 qt.	1 gal.	Pretzels, bulk
			<u>Offer All</u>
1 qt.	2 ½ qt.	5 qt.	Lettuce leaves, large OR shredded lettuce
1 qt.	2 ½ qt.	5 qt.	Thin fresh tomato slices
½ qt.	1 qt.	2 qt.	Sliced Onions
½ qt.	1 qt.	2 qt.	Dill pickle spears or chips
			<u>Offer Both</u>
2 cups	½ qt.	1 qt.	Mustard
½ qt.	1 qt.	2 qt.	Mayonnaise

METHOD

STEP 1

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

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

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

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

For each sandwich, allow:

1 roll, wrap, or pita pocket **OR** 2 slices of bread

3 oz. total sliced meat or cheese **OR** ½ cup meat/meat alternate composed salad + 1 oz. cheese

1/2 cup (No. 8 scoop) macaroni or pasta salad **OR** 1/2 cup (3/4 oz.) bulk pretzels

Equivalent of ½ cup vegetables, for example:

- 2 large lettuce leaves + 2 thin tomato slices
- 2 large lettuce leaves + 2 tbsp. sliced onions
- 2 large lettuce leaves + 1 pickle spear

Menutainment Theme Bar Food Production Record: Deli Bar

Total Number of Customers Served _____ (Reimbursable Meals _____ Adult/A La Carte Meals _____)

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

FIESTA BAR

(M-20)

Portion Size – 1 Each

APPROXIMATE QUANTITY/PORTIONS			“INGREDIENTS”
10	25	50	Offer at least 1
10 ea.	25 ea.	50 ea.	Soft shell flour tortillas, 12” 3.5 oz ea.
10 ea.	25 ea.	50 ea.	Hard taco shells, 0.3 oz. ea.
10 ea.	25 ea.	50 ea.	Taco boats/edible bowls, 0.5 oz. ea.
			Offer at least 2*
3 cups	2 qt.	4 qt.	Shredded cheese, such as cheddar or mozzarella
¼ recipe	½ recipe	1 recipe	Simple taco meat (HE-223)
Recipe for 10	Recipe for 25	Recipe for 50	Sloppy Joe meat (HS- 120)
3 cups	2 qt.	4 qt.	Cooked diced chicken, seasoned w/ Fajita marinade (MM- 5)
10	25	50	Cheese Quesedillas (HS-25)
10	25	50	Chicken and Cheese Quesedillas (HS-30)
½ Recipe for 25	Recipe for 25	Recipe for 50	White Chile (BAS-250)
Recipe for 10	Recipe for 25	Recipe for 50	Beef and Bean Chile (HE-35)
Recipe for 25	Recipe for 50	Recipe for 100	Chicken Enchiladas (BAS-65)
Recipe for 25	Recipe for 50	Recipe for 100	Nachos with Spicy Meat and Cheese (BAS-140)
Recipe for 10	Recipe for 25	Recipe for 50	Mexican Lasagna (HE-145)
Recipe for 10	Recipe for 25	Recipe for 50	Mexicali Tamales (HE-150)
			Offer at least 4
1 ½ cups	1 qt.	2 qt.	Refried beans (HVG- 175)
1 ½ cups	1 qt.	2 qt.	Fiesta rice (HVG- 86)
1 ½ cups	1 qt.	2 qt.	Mexicali corn (HVG- 125)
1 ½ cups	1 qt.	2 qt.	Diced green or red pepper
1 ½ cups	1 qt.	2 qt.	Diced tomatoes
1 ½ cups	1 qt.	2 qt.	Diced green onions
1 ½ cups	1 qt.	2 qt.	Black olives, chopped or sliced
1/3 cup	¾ cup	½ qt.	Chopped jalapeno peppers
			Offer at least 1
5 ea.	12 ea.	25 ea.	Dinner rolls, commercially prepared
5 ea.	12 ea.	25 ea.	Breadsticks, commercially prepared
5 ea.	12 ea.	25 ea.	Corn muffins, commercially prepared, 2.5 oz.
			Offer at least 2
1 ½ cups	1 qt.	2 qt.	Yogurt salsa (MS- 70)
1 ½ cups	1 qt.	2 qt.	Sour cream or Ranch dressing
½ #10 can	1 #10 cans	2 #10 cans	Cheese sauce, commercially prepared
1 ½ cups	1 qt.	2 qt.	Nacho cheese sauce (MS- 23)
¾ cup	½ qt.	1 qt.	Salsa, commodity

METHOD

STEP 1

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

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

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

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

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

Menutainment Theme Bar Food Production Record: Fiesta Bar

Total Number of Customers Served _____ (Reimbursable Meals _____ Adult/A La Carte Meals _____)

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

ITALIAN PASTA BAR (M-30)

Portion Size – 1 Each

<u>APPROXIMATE QUANTITY/PORTIONS</u>			<u>“INGREDIENTS”</u>
<u>10</u>	<u>25</u>	<u>50</u>	<u>Offer at least 2</u>
1 ½ qt.	4 qt.	8 qt.	Spaghetti pasta, cooked
1 ½ qt.	4 qt.	8 qt.	Rotini pasta, cooked
1 ½ qt.	4 qt.	8 qt.	Another pasta variety, cooked
			<u>Offer at least 3</u>
½ gal.	1 gal.	2 gal.	MS- 5 Basic meat sauce*
½ gal.	1 gal.	2 gal.	MS- 10 Basic tomato sauce
½ gal.	1 gal.	2 gal.	MS- 15 Cheese sauce
½ gal.	1 gal.	2 gal.	MS- 23 Nacho cheese sauce
½ gal.	1 gal.	2 gal.	MS- 25 Red primavera sauce
½ gal.	1 gal.	2 gal.	MS- 30 Roasted garlic crème sauce
½ gal.	1 gal.	2 gal.	MS- 35 Roasted garlic tomato sauce
½ gal.	1 gal.	2 gal.	MS- 43 Rosa sauce
½ gal.	1 gal.	2 gal.	Meatballs, commercially prepared, ½ oz. ea., in red marinara sauce*
			<u>Offer at least 1</u>
Recipe for 10	Recipe for 25	Recipe for 50	HE- 63 Chicken broccoli alfredo*
Recipe for 10	Recipe for 25	Recipe for 50	HE- 300 Vegetarian lasagna*
Recipe for 10	Recipe for 25	Recipe for 50	HE- 270 Three cheese lasagna*
Recipe for 10	Recipe for 25	Recipe for 50	HE- 20 Baked ziti*
Recipe for 10	Recipe for 25	Recipe for 50	HE-30 Beefaroni*
Recipe for 10	Recipe for 25	Recipe for 50	HE-70 Penne rigati with chicken*
Recipe for 10	Recipe for 25	Recipe for 50	HE- 220 Rotini with chicken, lemon and dill*
10 portions	25 portions	50 portions	Ravioli, commercially prepared
10 portions	25 portions	50 portions	Stuffed shells, commercially prepared
			<u>Offer at least 1</u>
5 ea.	12 ea.	25 ea.	Dinner roll, commercially prepared
5 ea.	12 ea.	25 ea.	Breadstick, commercially prepared
5 ea.	12 ea.	25 ea.	Italian bread, commercially prepared
5 ea.	12 ea.	25 ea.	HVG- 88 Garlic bread
			<u>Offer at least 1</u>
½ qt.	1 qt.	2 qt.	Shredded mozzarella cheese
¼ ea.	½ ea.	1 ea.	Grated parmesan cheese, 1 lb. can

METHOD

STEP 1

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

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

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

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

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

Menutainment Theme Bar Food Production Record: Italian Pasta Bar

Total Number of Customers Served _____

(Reimbursable Meals _____)

Adult/A La Carte Meals _____)

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

JADE SHREDDED CHICKEN SALAD**(M-35)****Portion Size – 1 Cup**

	QUANTITY/PORTIONS			INGREDIENTS
	10	25	50	
1 lb. + 4 oz.	3 lbs. + 2 oz.	6 lbs. + 4 oz.	Cooked diced chicken	
6 ¾ oz.	1 lb. + ¾ oz.	2 lbs. + 1 ½ oz.	Angle hair pasta	
2 ½ each	6 ¼ each	12 ½ each	Scallions	
3/8	1 1/8	2 1/8	Iceberg lettuce, head, 6”	
3/8 tsp.	1 tsp.	2 1/8 tsp.	Dry mustard	
¼ cup + 2 ½ tbsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	BBQ sauce	
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	¼ cup + 2 tbsp.	Soy Sauce	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Sugar	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Vinegar	
2 tbsp. + ¼ tsp.	¼ cup + 1 tbsp.	½ cup + 2 ½ tbsp.	Almonds	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Sesame seed	
			Salt & pepper, to taste	

COMPONENTS PER PORTION

2 oz. poultry, ¾ serving of bread/grains, ¼ cup vegetables

NUTRIENT**Amount per Serving**

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

METHOD

In the back of the house, prepare all ingredients:

STEP 1

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

STEP 2

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

STEP 3

Prepare the vegetables:

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

STEP 3

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

STEP 4

Drain the shredded lettuce well.

STEP 5

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

STEP 6

At the point of service:

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

OMELET BAR**(M-37)****Portion Size – 1 Each**

<u>APPROXIMATE QUANTITY/PORTIONS</u>			<u>“INGREDIENTS”</u>
<u>10</u>	<u>25</u>	<u>50</u>	
			<u>Offer at least 3 (1 per customer)</u>
10 portions	25 portions	50 portions	Plain omelet
10 portions	25 portions	50 portions	Broccoli cheese omelet
10 portions	25 portions	50 portions	Western omelet
10 portions	25 portions	50 portions	South of the border omelet
10 portions	25 portions	50 portions	Denver omelet
10 portions	25 portions	50 portions	Country ham omelet
			<u>Offer at least 3, 1 per customer</u>
10 portions	25 portions	50 portions	Toast slice, white
10 portions	25 portions	50 portions	Toast slice, whole wheat
10 portions	25 portions	50 portions	Bagel half, 2.0 oz. each
10 portions	25 portions	50 portions	Corn muffin, commercially prepared, 0.9 oz. each
10 portions	25 portions	50 portions	Blueberry muffin, commercially prepared, 0.9 oz. each
			<u>Offer All, 1 cup portion per customer</u>
10 portions	25 portions	50 portions	Whole white milk
10 portions	25 portions	50 portions	Lowfat white milk, 2%
10 portions	25 portions	50 portions	Skim white milk
10 portions	25 portions	50 portions	1% fat chocolate milk
			<u>Offer at least 2, ½ cup portion per customer</u>
10 portions	25 portions	50 portions	Assorted fresh fruit
10 portions	25 portions	50 portions	Assorted chilled fruit
10 portions	25 portions	50 portions	Assorted fruit juice (recipe B-15)
10 each	25 each	50 each	Hash brown potato patties
2 lb.	4 lb. + 11 oz.	9 lb. + 6 oz.	Potato rounds

METHOD**STEP 1**

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

STEP 2

Assemble all ingredients to make omelets as needed. Omelet fillings should be prepared in bulk, in advance, to speed service.

STEP 3

Omelets should be made to order, one at a time as follows. Filling specifications are on the following page.

- A. Beat 3 ¼ oz. eggs, 1 tsp. water, ¼ tsp. salt, and pepper to taste until well blended.
- B. Heat 1 tbsp. liquid butter alternative in an induction skillet at 300 – 325 degrees F.
- C. Pour egg mixture into skillet. Using a spatula, lift egg so the uncooked portions can run off onto skillet.
- D. While eggs are still moist, place 1/2 cup filling over omelet, if applicable.
- E. Using a spatula, fold omelet (over filling if applicable) and serve.

STEP 4

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

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

Omelet Specifications (M-37)

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

Specifications for Omelet Fillings (for 24 portions)

Broccoli Cheese	Western	South of the Border	Denver	Country Ham
6 ¼ cups cheddar cheese, shredded 6 ¼ cups broccoli, chopped	6 ¼ cups cheddar cheese, shredded 2 cups ham, chopped 2 cups green pepper, chopped 2 cups onion, chopped	6 ¼ cups Monterey Jack cheese, shredded 2 black olives, sliced 2 cups green onions, sliced 2 cups commodity salsa	6 ¼ cups cheddar cheese, shredded 2 cups mushrooms, sliced 2 cups green pepper, chopped 2 cups tomatoes chopped ¼ cup fresh basil, chopped	6 ¼ cups commodity ham, julienne sliced 2 cups tomatoes, chopped 2 cups green pepper, cut into strips 2 cups onion, sliced

Menutainment Theme Bar Food Production Record: Omelet Bar

Total Number of Customers Served _____ **(Reimbursable Meals** _____ **Adult/A La Carte Meals** _____)

Food Item	Recipe/Product	FOOD AMOUNTS				
		Enter amounts in units of weight, such as lbs./oz., and/or units of volume measurement, such as qts., cups. The number of omelets prepared can be included in units of "servings."				
		Amount Prepared	Amount Added	Total Amount Prepared	Amount Leftover	Amount Served
<u>Offer at least 3 (1 per customer)</u>						
Plain omelet	M-37					
Broccoli cheese omelet	M-37 A					
Western omelet	M- 37B					
South of the border omelet	M- 37 C					
Denver omelet	M- 37 D					
Country ham omelet	M- 37 E					
<u>Offer at least 3, 1 per customer</u>						
Toast slice, white	B-120					
Toast slice, whole wheat	B-120					
Bagel half, 2.0 oz. each						
Corn muffin, commercially prepared, 0.9 oz. each	Pillsbury					
Blueberry muffin, commercially prepared, 0.9 oz. each	Pillsbury					
<u>Offer All, 1 cup portions</u>						
Whole white milk						
Lowfat white milk, 2%						
Skim white milk						
1% fat chocolate milk						
<u>Offer at least 2, 1/2 cup portions</u>						
Apple						
Orange						
Petite banana						
Chilled fruit 1:						
Chilled fruit 2:						
Assorted fruit juice	B-15					
Hash brown potato patty	USDA or Yorkmont Valley					
Potato rounds (tots)	USDA or Yorkmont Valley					

ORECCHIETTE (LITTLE EARS) PASTA WITH BROCCOLI

(M-40)

Portion Size – 2 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 14 oz.	3 lbs. + 2 oz.	6 lbs. + 4 oz.	Orecchiette Pasta, cooked
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Parmesan cheese, grated
2 lbs. + 8 oz.	6 lbs. + 4 oz.	12 lbs. + 8 oz.	Broccoli, florets, blanched
½ cup + 2 tbsp.	1 ½ cups + 1 tbsp.	3 cups + 2 tbsp.	Vegetable oil
			Salt, dash
2 ½	6 ¼	12 ½	Garlic cloves, whole
1/3	7/8	1 5/8	Red hot chili pepper
10	25	50	Tomatoes, seeded, diced, medium
¼ cup + 1 tbsp.	¾ cups + 1 ½ tbsp.	1 ½ cups + 1 tbsp.	Finely chopped onion
¼ cup + 2 ½ tbsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	Raisins
			Black pepper, dash

COMPONENTS PER PORTION

2.4 servings bread/grains, ¾ cup cooked vegetables.

NUTRIENT

Amount per Serving

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

METHOD

STEP 1

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

STEP 2

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

STEP 3

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

STEP 4

Arrange pasta and sauce in alternating layers with grated cheese in a 2 ½” hotel pan.

ORIENTAL RICE OR NOODLE BOWL BAR (M-43)

Portion Size – 1 Each

<u>APPROXIMATE QUANTITY/PORTIONS</u>			<u>“INGREDIENTS”</u>
<u>10</u>	<u>25</u>	<u>50</u>	
			<u>Offer at least 2</u>
1 ¼ gal.	3 gal.	6 gal.	Cooked white or brown rice
1 ¼ gal.	3 gal.	6 gal.	Cooked spaghetti or lo mein noodles
1 ¼ gal.	3 gal.	6 gal.	Oriental fried rice (HVG- 153)
1 ¼ gal.	3 gal.	6 gal.	Chow mein noodles
			<u>Offer at least 2*</u>
3 cups	2 qt.	4 qt.	Cooked diced chicken or cooked chicken breast slices, seasoned w/ Fajita marinade (MM- 5) or Stir fry sauce (MS-45), heated
3 cups	2 qt.	4 qt.	Cooked roast beef, thinly sliced, seasoned w/ Fajita marinade (MM- 5) or Stir fry sauce (MS-45), heated
3 cups	2 qt.	4 qt.	Roast pork, cooked, julienne slices, heated
			<u>Offer at least 5</u>
1 ½ cups	1 qt.	2 qt.	Blanched green, red, and/or yellow peppers
1 ½ cups	1 qt.	2 qt.	Steamed broccoli
1 ½ cups	1 qt.	2 qt.	Steamed mushrooms
1 ½ cups	1 qt.	2 qt.	Steamed onions
1 ½ cups	1 qt.	2 qt.	Steamed snow peas
1 ½ cups	1 qt.	2 qt.	Steamed julienne carrots
1 ½ cups	1 qt.	2 qt.	Steamed onions
1 ½ cups	1 qt.	2 qt.	Steamed bean sprouts
1 ½ cups	1 qt.	2 qt.	Water chestnuts
1 ½ cups	1 qt.	2 qt.	Bamboo shoots
			<u>Offer at least 2</u>
2 cups	1 qt.	2 qt.	Soy sauce
2 cups	1 qt.	2 qt.	Pineapple sweet and sour glaze (MGL- 17)
2 cups	1 qt.	2 qt.	1 type of commercially prepared Oriental sauces, such as ginger lime, peanut, or sesame
			<u>Optional</u>
10 ea.	25 ea.	50 ea.	Fortune Cookie, commercially prepared

METHOD

STEP 1

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

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

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

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

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

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

Total Number of Customers Served _____

(Reimbursable Meals _____)

Adult/A La Carte Meals _____)

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

PANINI FRESCA: ARIZONA CHICKEN**(M-44 A)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>1</u>	
1 each	Prepared <i>Spicy Foccacia Bread</i> (recipe HVG-107)
1 oz.	Monterey Jack cheese, thinly sliced
1 ½ oz.	Grilled chicken breast, thin strips *
1 slice	Bacon
4 each	Tomato slices
2 tsp.	Basic Seasoned Oil (recipe MSR-12)
	Cost per portion: .64
	*. 43 using commodity diced chicken

COMPONENTS PER PORTION

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

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

METHOD**STEP 1**

Cut the prepared **SPICY** Foccacia bread in half keeping the side with the dimples face up.

STEP 2

.Place half of the Monterey jack cheese on top of the dimpled bread on one half only. Top the cheese with chicken, bacon, & tomato slices, then the remaining cheese. Place the other half of the Focaccia bread **DIMPLED** side down on the last layer of cheese. You will now have a large, half moon sandwich of cheese, chicken, bacon. tomato, & cheese.

STEP 3

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

STEP 4

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

PANINI FRESCA: COBB**(M-44 B)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>1</u>	
1 each	Prepared Focaccia Bread (recipe HVG-107)
1 oz.	Cheddar cheese, shredded
1 oz.	Grilled chicken breast, thin strips *
1 slice	Bacon, diced
¼ cup	Cooked green peppers, strips
2 slices	Tomato
2 tsp.	Basic Seasoned Oil (MSR-12)

COMPONENTS PER PORTION

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

Cost per serving: .67
***. 42 using commodity diced chicken & commodity cheddar cheese**

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	687
Protein	30.24 g
Carbohydrates	83.92 g
Fat-total	25.95 g
Saturated Fat	10.05 g
Cholesterol	54 mg
Vitamin A (RE)	133 RE
Vitamin C	34.3 mg
Iron	5.67 mg
Calcium	240 mg
Sodium	1267 mg
Fiber	4.61 g
% Protein	17.62
% Carbohydrate	48.88
% Total Fat	34.01
% Saturated Fat	13.18

METHOD**STEP 1**

Cut the prepared Focaccia bread in half keeping the side with the dimples face up.

STEP 2

Place half of the Provolone cheese on top of the dimpled bread on one half only. Top the cheese with the chicken strips, bacon, green peppers & tomato, then the remaining cheese. Top with the other half of the Focaccia bread DIMPLED side down. You will now have a large, half moon sandwich of cheese, chicken, bacon, green peppers tomatoes & cheese.

STEP 3

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

STEP 4

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

PANINI FRESCA: CORDON BLEU**(M-44 C)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>1</u>	
1 each	Prepared Focaccia Bread (HVG-107)
1 oz.	Swiss cheese, thinly sliced
1 oz.	Grilled chicken breast, thin strips *
½ oz.	Ham, thinly sliced
4 Tablespoons	Sauteed Mushrooms
4 Tablespoons	Sauteed Onions
1 tsp.	Dijon Mustard
2 tsp.	Basic Seasoned Oil (recipe MSR-12)

METHOD**STEP 1**

Cut the prepared Focaccia bread in half keeping the side with the dimples face up.

STEP 2

Place half of the Swiss cheese on top of the dimpled bread on one half only. Top the cheese with the chicken strips, ham, mushrooms & onions, then the remaining cheese. Spread the other half of the Focaccia bread DIMPLED side with the Dijon Mustard and place it down on the last layer of cheese. You will now have a large, half moon sandwich of cheese, chicken, ham, mushrooms, onions, cheese & Dijon mustard.

STEP 3

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

STEP 4

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

COMPONENTS PER PORTION

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

Cost per portion: .57*** .44 using commodity diced chicken**

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	653
Protein	29.68 g
Carbohydrates	87.87 g
Fat-total	20.74 g
Saturated Fat	8.00 g
Cholesterol	45 mg
Vitamin A (RE)	77 RE
Vitamin C	3.2 mg
Iron	5.54 mg
Calcium	317 mg
Sodium	1334 mg
Fiber	5.23 g
% Protein	18.19
% Carbohydrate	53.86
% Total Fat	28.59
% Saturated Fat	11.03

PANINI FRESCA: CROQUE MADAME**(M-44 D)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>1</u>	
1 each	Prepared Foccacia Bread (HVG-107)
1 oz.	Swiss cheese, thinly sliced
1 ½ oz.	Grilled chicken breast, thin strips *
4 each	Tomato slices
2 tsp.	Basic Seasoned Oil (recipe MSR-12)
	Cost per serving: .62
	* .41 using commodity diced chicken

METHOD**STEP 1**

Cut the prepared Foccacia bread in half keeping the side with the dimples face up.

STEP 2

.Place half of the Swiss cheese on top of the dimpled bread on one half only. Top the cheese with the strips of chicken and tomato slices and then the remaining cheese. Place the other half of the Focaccia on top of the last layer of cheese, DIMPLED side down (facing the cheese). You will now have a large, half moon sandwich of cheese, chicken, tomato and cheese.

STEP 3

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

STEP 4

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

COMPONENTS PER PORTION

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

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	644
Protein	29.45 g
Carbohydrates	84.56 g
Fat-total	21.26 g
Saturated Fat	8.02 g
Cholesterol	45 mg
Vitamin A (RE)	143 RE
Vitamin C	9.9 mg
Iron	5.53 mg
Calcium	325 mg
Sodium	1167 mg
Fiber	4.74 g
% Protein	18.31
% Carbohydrate	52.56
% Total Fat	29.74
% Saturated Fat	11.21

PANINI FRESCA: CROQUE MONSIEUR**(M-44 E)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>1</u>	
1 each	Prepared Focaccia Bread (HVG-107)
1 oz.	Swiss cheese, thinly sliced
1 ½ oz.	Ham, thinly sliced
4 each	Tomato slices
2 tsp.	Basic Seasoned Oil (recipe MSR-12)
	Cost per serving: .53

COMPONENTS PER PORTION

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

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

METHOD**STEP 1**

Cut the prepared Focaccia bread in half keeping the side with the dimples face up.

STEP 2

Place half of the Swiss cheese on top of the dimpled bread on one half only. Top the cheese with the ham and tomato slices and then the remaining cheese. Place the other half of the Focaccia on top of the last layer of cheese, DIMPLED side down (facing the cheese). You will now have a large, half moon sandwich of cheese, ham, tomato and cheese.

STEP 3

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

STEP 4

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

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>1</u>	
1 each	Prepared <i>ROSEMARY</i> Focaccia Bread (recipe HVG-107)
2 oz.	Swiss cheese, thinly sliced *
4 each	Tomato slices
2 each	Onion, thinly sliced
2 tsp.	Dijon mustard
2 tsp.	Basic Seasoned Oil (recipe MSR-12)
	Cost per portion: .62
	* 32 using commodity mozzarella and or white cheddar

METHOD

STEP 1

Cut the prepared **Rosemary** Focaccia bread in half keeping the side with the dimples face up.

STEP 2

.Place half of the Swiss cheese on top of the dimpled bread on one half only. Top the cheese with the tomato slices and onion, then the remaining cheese. Spread the Dijon mustard on the dimpled side of the other half of the Focaccia bread and place it, DIMPLED side down (facing the cheese) on top of the last layer of cheese.. You will now have a large, half moon sandwich of cheese, tomato, onion, cheese & Dijon mustard.

STEP 3

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

STEP 4

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

COMPONENTS PER PORTION

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

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	716
Protein	31.17 g
Carbohydrates	88.96 g
Fat-total	26.68 g
Saturated Fat	12.37 g
Cholesterol	52 mg
Vitamin A (RE)	173 RE
Vitamin C	11.5 mg
Iron	5.43 mg
Calcium	599 mg
Sodium	1036 mg
Fiber	4.62 g
% Protein	17.42
% Carbohydrate	49.71
% Total Fat	33.55
% Saturated Fat	15.56

PANINI FRESCA: MONTE CRISTO**(M-44 G)****Portion Size – 1 Each**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>1</u>	
1 each	Prepared Foccacia Bread (recipe HVG-107)
1 oz.	Swiss cheese, thinly sliced
1/2 oz.	Ham, thinly sliced
1 oz.	Turkey, thinly sliced *
4 each	Tomato slices
1 tsp.	Cranberry sauce or berry jelly (mixed berry, strawberry or raspberry – NOT grape)
2 tsp.	Basic Seasoned Oil (recipe MSR-12)
	Cost per portion: .67
	* .55 using commodity roast turkey

COMPONENTS PER PORTION

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

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

METHOD**STEP 1**

Cut the prepared Foccacia bread in half keeping the side with the dimples face up.

STEP 2

.Place half of the Swiss cheese on top of the dimpled bread on one half only. Top the cheese with the ham, turkey & tomato slices, then the remaining cheese. Spread the cranberry sauce (or berry jelly) on the other half of the Foccacia bread on the DIMPLED side and then place it on the last layer of cheese. You will now have a large, half moon sandwich of cheese, ham, turkey, tomato, cheese & berry jelly.

STEP 3

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

STEP 4

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

PANINI FRESCA: PESTO CHICKEN

(M-44 H)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>1</u>	
1 each	Prepared Pesto Focaccia Bread (recipe HVG-107)
1 oz.	Mozzarella cheese, thinly sliced *
1 ½ oz.	Grilled chicken breast, cut into strips *
½ cup	Diced Tomatoes, roasted (see method)
2 tsp.	Basic Seasoned Oil (recipe MSR-12)
	Cost per portion: .67
	* .35 using commodity diced chicken & mozzarella

COMPONENTS PER PORTION

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

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	609
Protein	28.27 g
Carbohydrates	84.39 g
Fat-total	17.99 g
Saturated Fat	5.85 g
Cholesterol	35 mg
Vitamin A (RE)	121 RE
Vitamin C	9.9 mg
Iron	5.55 mg
Calcium	236 mg
Sodium	1226 mg
Fiber	4.74 g
% Protein	18.56
% Carbohydrate	55.42
% Total Fat	26.59
% Saturated Fat	8.64

METHOD

STEP 1

Cut the prepared **Pesto** Focaccia bread in half keeping the side with the dimples face up.

STEP 2

.Place half of the Mozzarella cheese on top of the dimpled bread on one half only. Top the cheese with the grilled chicken and roasted tomatoes (**See Note**), then the remaining cheese. Then place the other half of the Focaccia bread **DIMPLED** side down (facing the cheese) on top of the last layer of cheese.. You will now have a large, half moon sandwich of cheese, chicken, tomato, and cheese.

STEP 3

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

STEP 4

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

NOTE:

To roast the tomatoes place the diced tomatoes in a 2-inch hotel pan. Place in a 350-degree oven until the tomatoes have released some of their liquid and have changed from a bright red color to a larker, deep red color. Allow to cool.)

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>1</u>	
1 each	Prepared <i>Tomato Foccacia Bread</i> (recipe HVG-107)
1 ½ oz.	Provolone cheese, thinly sliced *
¼ oz.	Pepperoni slices
½ oz.	Ham, thinly sliced
2 Tablespoons	Sautéed mushrooms, thinly sliced
2 Tablespoons	Sautéed green bell peppers, thinly sliced
4 Tablespoons	Sautéed onions, thinly sliced
2 tsp.	Basic Seasoned Oil (recipe MSR-12)

METHOD

STEP 1

Cut the prepared **Tomato** Foccacia bread in half keeping the side with the dimples face up.

STEP 2

.Place half of the Provolone cheese on top of the dimpled bread on one half only. Top the cheese with the pepperoni, ham, and sautéed vegetables (**see note**), then the remaining cheese. Top with the other half of the Foccacia bread DIMPLED side down. You will now have a large, half moon sandwich of cheese, pepperoni, ham, sautéed vegetables & cheese.

STEP 3

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

STEP 4

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

NOTE: The mushrooms, green bell peppers and onions can be mixed together either before or after cooking and placed on the Foccacia as a mixture. For each serving measure ½ cup of the mixture.

COMPONENTS PER PORTION

6.1 servings of bread/grains, 2 ¼ oz. meat/meat alternate, ½ cup vegetables

Cost per serving: .65
*** .41 using commodity mozzarella**

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	666
Protein	28.40 g
Carbohydrates	88.14 g
Fat-total	22.54 g
Saturated Fat	8.99 g
Cholesterol	40 mg
Vitamin A (RE)	99 RE
Vitamin C	15.5 mg
Iron	5.61 mg
Calcium	334 mg
Sodium	1407 mg
Fiber	4.67 g
% Protein	17.05
% Carbohydrate	52.90
% Total Fat	30.44
% Saturated Fat	12.14

PANINI FRESCA: TURKEY REUBEN (M-44 J)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>		<u>INGREDIENTS</u>
1 Sandwich		
1 each		Prepared Foccacia Bread (recipe HVG-107)
1 oz.		Swiss cheese, thinly sliced
2 oz.		Turkey breast, thinly sliced *
2 each		Tomato slices, ½ oz. each
¼ cup		Sauerkraut, rinsed & drained well
1 tsp.		Fat free Russian or 1,000 Isl. dressing
2 tsp.		Basic Seasoned Oil for Foccacia (recipe MSR-12)
		Cost per portion: \$0.69
		* \$0.45 using commodity roast turkey

COMPONENTS PER PORTION

6.1 servings of bread/grains, 3 oz. meat/meat alternate, ½ cup vegetables

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

METHOD

STEP 1

Cut the prepared Foccacia bread in half keeping the side with the dimples face up.

STEP 2

.Place half of the Swiss cheese on top of the dimpled bread on one half only. Top the cheese with the turkey, tomato slices and sauerkraut, then the remaining cheese. Spread the Russian dressing on the dimpled side of the other half of the Focaccia bread and place it, DIMPLED side down (facing the cheese) on top of the last layer of cheese.. You will now have a large, half moon sandwich of cheese, turkey, tomato, sauerkraut, cheese & fat free Russian dressing.

STEP 3

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

STEP 4

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

PHILADELPHIA CHEESESTEAK BAR**(M-47)****Portion Size – 1 Each**

<u>APPROXIMATE QUANTITY/PORTIONS</u>			<u>“INGREDIENTS”</u>
<u>10</u>	<u>25</u>	<u>50</u>	
			<u>Offer at least 1 (1/customer)</u>
5 portions	12 portions	25 portions	Reprocessed beef wafer steaks, 2.5 oz. each
5 portions	12 portions	25 portions	Reprocessed chicken wafer steaks, 2.5 oz. each
			<u>Offer at least 2 (1/customer)</u>
10 portions	25 portions	50 portions	Steak rolls, 2.75 oz. each
10 portions	25 portions	50 portions	12” Plain tortilla wraps, 3.25 oz. each
10 portions	25 portions	50 portions	12” Flavored tortilla wraps, 3.5 oz. each
10 portions	25 portions	50 portions	Soft Kaiser rolls, 2.5 oz. each
			<u>Offer at least 1 (1/2 c./customer)</u>
10 portions	25 portions	50 portions	Mashed potatoes, prepared
10 portions	25 portions	50 portions	Boston Baked Beans
10 portions	25 portions	50 portions	Baked French fries
5 portions	10 portions	25 portions	Steamed or sauteed red and green bell peppers, ¼ c.
5 portions	10 portions	25 portions	Fresh lettuce, shredded, ¼ c.
			Fresh tomatoes, sliced, ¼ c.
10 portions	25 portions	50 portions	Steamed or sauteed onions, ¼ c.
10 portions	25 portions	50 portions	Steamed or sauteed mushrooms, ¼ c.
5 portions	10 portions	25 portions	
			<u>Offer at least 5 (portions/customer listed below)</u>
5 portions	10 portions	25 portions	Cheddar cheese sauce, 1 oz.
5 portions	10 portions	25 portions	Sliced American cheese, ½ oz.
5 portions	10 portions	25 portions	Relish, sweet, 1 oz.
5 portions	10 portions	25 portions	Dill pickle chips, 1 oz.
			<u>Offer All (portions/customer listed below)</u>
5 portions	10 portions	25 portions	Mustard, 1 oz.
10 portions	25 portions	50 portions	Ketchup, 1 oz.
10 portions	25 portions	50 portions	Hot pepper sauce, 1 oz.
5 portions	10 portions	25 portions	Pizza sauce, 1 oz.

METHOD**STEP 1**

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

STEP 2

Prepare food items according to standardized recipes as needed.

STEP 3

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

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

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

Menutainment Theme Bar Food Production Record: Philadelphia Cheesesteak Bar

Total Number of Customers Served _____ **(Reimbursable Meals** _____ **Adult/A La Carte Meals** _____)

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

SIX TREASURE ASIAN MEDLEY

(M-60)

Portion Size – 1½ Cups

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 8 oz.	3 lb. + 12 oz.	7 lbs. + 8 oz.	Carrots	
1 lb. + 8 oz.	3 lb. + 12 oz.	7 lbs. + 8 oz.	Celery	
6 oz.	15 oz.	1 lb. + 14 oz.	Green pepper	
1 lb. + 8 oz.	3 lb. + 12 oz.	7 lbs. + 8 oz.	Broccoli	
12 oz.	1 lb. + 14 oz.	3 lb. + 12 oz.	Cucumbers	
1 lb. + 8 oz.	3 lb. + 12 oz.	7 lbs. + 8 oz.	Green cabbage	
¼ cup + 1 ½ tsp.	½ cup + 3 tbsp.	1 ¼ cups + 2 ½ tbsp.	Vegetable oil	
1 tbsp.	2 tbsp. + 1 ½ tsp.	½ cup + 1 tbsp.	Sugar	
¼ cup + 1 ½ tsp.	½ cup + 3 tbsp.	1 ¼ cup + 2 ½ tbsp.	White vinegar	
1 tbsp. + 1 ½ tsp.	3 tbsp. + 2 ¼ tsp.	¼ cup + 3 ½ tbsp.	Soy Sauce	
1 ½ tsp.	1 tbsp. + ¾ tsp.	2 tbsp. + 1 ½ tsp.	Dry mustard	
3/8 tsp.	1 tsp.	2 tsp.	Ground ginger	
1 tbsp.	2 tbsp. + ½ tsp.	½ cup + 1 tbsp.	Garlic powder	
<u>COMPONENTS PER PORTION</u>				
1 ½ cup vegetables				
<u>NUTRIENT</u>				
	<u>Amount per Serving</u>			
Calories	153			
Protein	13.08 g			
Carbohydrates	21.32 g			
Fat-total	7.10 g			
Saturated Fat	1.01 g			
Cholesterol	0 mg			
Vitamin A (RE)	2049 RE			
Vitamin C	112.7 mg			
Iron	1.90 mg			
Calcium	122 mg			
Sodium	292 mg			
Fiber	7.49 g			
% Protein	1308			
% Carbohydrate	55.54			
% Total Fat	41.62			
% Saturated Fat	5.93			

METHOD

STEP 1

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

STEP 2

Cut and blanch the celery as the carrots.

STEP 3

Julienne the pepper into 1/8 inch slices.

STEP 4

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

STEP 5

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

STEP 6

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

STEP 7

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

Continued on next page

SPUDS BAR (M-70)

Portion Size – 1 Each

<u>APPROXIMATE QUANTITY/PORTIONS</u>			<u>“INGREDIENTS”</u>	<u>METHOD</u>
<u>10</u>	<u>25</u>	<u>50</u>	<u>Offer at least 1</u>	
10 ea.	25 ea.	50 ea.	Large baked potatoes (80 count)	<u>STEP 1</u> Select food items (“ingredients”) to be offered on the theme bar. Offer at least the minimum number of required food components or meal subunits.
6 lb.	15 lb.	30 lb.	Baked potato wedges, oven heated	
6 lb.	15 lb.	30 lb.	Potato wedges, oven heated	
30 each	75 each	150 each	Pierogies, boiled or steamed	
			<u>Offer at least 2*</u>	
1 ½ cups	1 qt.	2 qt.	Diced ham	<u>STEP 2</u> Prepare food items according to standardized recipes as needed.
3 cups	2 qt.	4 qt.	Shredded cheese, such as cheddar or mozzarella	
¼ recipe	½ recipe	1 recipe	Simple taco meat (recipe: 10 lb. raw ground beef, cooked and drained, seasoned with 9 oz. package of taco seasoning mix)	
Recipe for 10	Recipe for 25	Recipe for 50	Sloppy Joe meat (HS- 120)	<u>STEP 3</u> Record the amounts of each food item offered, leftover, and served on the corresponding theme bar production record on the following page. Completing the theme bar record is required for subsequent menu nutritional analysis.
Recipe for 10	Recipe for 25	Recipe for 50	Vegetable Chili (HE-295)	
			<u>Offer at least 4</u>	
1 ½ cups	1 qt.	2 qt.	Boston baked beans (HVG- 40)	Food specifications and food components contributed by each ingredient that may be offered on the theme bar are also specified on the corresponding theme bar production record on the following page.
1 ½ cups	1 qt.	2 qt.	Cajun barbecue beans (HVG-55)	
1 ½ cups	1 qt.	2 qt.	Diced tomatoes	
1 ½ cups	1 qt.	2 qt.	Diced green onions	
1 ½ cups	1 qt.	2 qt.	Diced green and/or red pepper	
1 ½ cups	1 qt.	2 qt.	Chopped chives	
1 ½ cups	1 qt.	2 qt.	Steamed cauliflower, chopped	
3 cups	2 qt.	4 qt.	Steamed broccoli, chopped	
1 ½ cups	1 qt.	2 qt.	Black olives, chopped	
2/3 cup	1 ½ cups	1 qt.	Salsa, commodity	
			<u>Offer at least 1</u>	
5 ea.	12 ea.	25 ea.	Dinner roll, commercially prepared	
5 ea.	12 ea.	25 ea.	Breadstick, commercially prepared	
½ lb.	1 lb.	2 lb.	Corn chips, commercially prepared	
			<u>Offer</u>	
10	25	50	Whipped spread, zero trans fat, 5 g portion cups	
2 cups	1 qt.	2 qt.	Sour cream or Ranch dressing	
1 cup	½ qt.	1 qt.	Bacon bits, imitation	
½ #10 can	1 #10 cans	2 #10 cans	Cheese sauce, commercially prepared	

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

Menutainment Theme Bar Food Production Record: Spuds Bar

Total Number of Customers Served _____ **(Reimbursable Meals** _____ **Adult/A La Carte Meals** _____)

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

WILD GREENS: ANTIPASTO SALAD (M-75)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1 oz.	5 oz.	10 oz.	Ham, small diced
½ oz.	2 ½ oz.	5 oz.	Salami, small diced
1 oz.	5 oz.	10 oz.	Mozzarella cheese, small dice*
1 cup	5 cups	2 ½ qt.	Romaine, large dice
1 cup	5 cups	2 ½ qt.	Cooked Bow Tie Pasta
2 Tbsp.	2/3 cup	1 1/3 cup	Diced Tomatoes
1 Tbsp.	1/3 cup	2/3 cup	Diced Red Onion
1 Tbsp.	1/3 cup	2/3 cup	Sliced Black Olives
1 tsp.	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.	Parmesan cheese
1 oz.	5 oz.	10 oz.	Light Italian Dressing

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

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

COMPONENTS PER PORTION

2 ½ oz. meat/meat alternate, 1 ¼ cup vegetables, 2 servings bread/grains

Cost per serving: .79

*** .66 using commodity**

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

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

Portion Size – 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
2 oz.	10 oz.	1 lb. + 4 oz.	Grilled Chicken Breast, diced *	
1 cup	5 cups	10 cups	Iceberg Salad Mix	
½ cup	2 ½ cups	5 cups	Cabbage, shredded	
2 Tbsp.	2/3 cup	1 1/3 cups	Red onion, diced	
3 Tbsp.	1 cup	2 cups	Celery, diced	
3 Tbsp.	1 cup	2 cups	Broccoli florets	
1 Tbsp.	1/3 cup	2/3 cup	Almonds *	
½ cup	2 ½ cups	5 cups	Chow Mein Noodles	
¼ cup	1 ¼ cups	2 ½ cups	Sweet & Sour Soy Vinaigrette (Recipe MD-29)	
<u>COMPONENTS PER PORTION</u>			Cost per serving: .79 * .53 using commodity	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	487			
Protein	24.68 g			
Carbohydrates	33.05 g			
Fat-total	29.76 g			
Saturated Fat	3.14 g			
Cholesterol	40 mg			
Vitamin A (RE)	57 RE			
Vitamin C	35.4 mg			
Iron	3.04 mg			
Calcium	99 mg			
Sodium	657 mg			
Fiber	5.44 g			
% Protein	20.26			
% Carbohydrate	27.12			
% Total Fat	54.85			
% Saturated Fat	5.80			

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

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

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

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
2 oz.	10 oz.	1 lb. + 4 oz.	Roast turkey cut into thin strips (julienne) *
½ oz.	2 ½ oz.	5 oz.	Provolone cheese, julienne
1 cup	5 cups	2 ½ qt.	Iceberg Salad Mix
½ tomato (4 wedges)	2 ½ tomatoes (20 wedges)	5 tomatoes (40 wedges)	Tomatoes, cut into wedges (each tomato cut into 8 wedges)
1 Tbsp	1/3 cup	2/3 cup	Diced Red Onion
1 tsp	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.	Bacon bits
1 oz.	5 oz.	10 oz.	Catalina Dressing, fat free
<u>COMPONENTS PER PORTION</u>			Cost per serving: .76
2 ½ oz. meat/meat alternate, 1 ½ cups vegetables			* .50 using commodity
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	143		
Protein	15.69 g		
Carbohydrates	5.26 g		
Fat-total	6.68 g		
Saturated Fat	2.71 g		
Cholesterol	29 mg		
Vitamin A (RE)	86 RE		
Vitamin C	14.53 mg		
Iron	0.57 mg		
Calcium	115 mg		
Sodium	650 mg		
Fiber	1.63 g		
% Protein	43.77		
% Carbohydrate	14.67		
% Total Fat	41.89		
% Saturated Fat	17.01		

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

- Pre-portion salad greens (iceberg salad mix) in specified serving containers
- Add tomatoes & diced onion
- Sprinkle with bacon bits
- Top with meat & cheese
- Add dressing
- Serve

WILD GREENS: CHICKEN CAESAR SALAD (M-90)

Portion Size – 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>1</u>	<u>5</u>	<u>10</u>	
2 oz.	10 oz.	1 lb. + 4 oz.	Seasoned Diced Chicken *	
1 ¼ cup	6 ¼ cups	12 ½ cups	Romaine, large dice	
¼ cup	1 ¼ cups	2 ½ cups	Diced Tomatoes	
½ cup	2 ½ cups	5 cups	Seasoned Croutons	
1 tsp.	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.	Parmesan cheese	
1 oz.	5 oz.	10 oz.	Light (Lo Cal) Caesar Dressing	
<u>COMPONENTS PER PORTION</u>			Cost per serving: .77	
2 oz. meat/meat alternate, 1 ½ cup vegetables			* .51 using commodity	
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	285			
Protein	23.13 g			
Carbohydrates	19.53 g			
Fat-total	12.60 g			
Saturated Fat	3.06 g			
Cholesterol	43 mg			
Vitamin A (RE)	218 RE			
Vitamin C	25.4 mg			
Iron	2.15 mg			
Calcium	84 mg			
Sodium	888 mg			
Fiber	2.69 g			
% Protein	32.43			
% Carbohydrate	27.37			
% Total Fat	39.74			
% Saturated Fat	9.65			

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

- Pre-portion salad greens (romaine) in specified serving containers
- Add tomatoes
- Add croutons
- Sprinkle with parmesan cheese
- Top with meat
- Add dressing
- Serve

WILD GREENS: CHUNKY TUNA SALAD (M-92)

Portion Size – 1 Each

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
½ cup	2 ½ cups	5 cups	Chunky Tuna* Salad (recipe CS-47)
1 each	5 each	10 each	Hard cooked egg, cut into 8ths
1 cup	5 cups	10 cups	Iceberg salad mix
2 tbsp.	2/3 cup	1 1/3 cup	Cucumber, thinly sliced
¼ cup	1 ¼ cup	2 ½ cup	Tomatoes, diced
1 tbsp.	1/3 cup	2/3 cup	Red onion, thinly sliced
1 oz.	5 oz.	10 oz.	Thousand Island Dressing, fat free
<u>COMPONENTS PER PORTION</u>			
3 oz. meat/meat alternate, 1 1/2 cup vegetables			Cost per serving:\$0.74 *\$0.57 using commodity
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	199		
Protein	22.36 g		
Carbohydrates	7.88 g		
Fat-total	8.43 g		
Saturated Fat	2.28 g		
Cholesterol	229 mg		
Vitamin A (RE)	308 RE		
Vitamin C	24 mg		
Iron	2.56 mg		
Calcium	63 mg		
Sodium	351 mg		
Fiber	2.26 g		
% Protein	44.97		
% Carbohydrate	15.84		
% Total Fat	38.16		
% Saturated Fat	10.32		

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

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

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1</u>	<u>5</u>	<u>10</u>	
1 oz.	5 oz.	10 oz.	Roast Turkey, small diced *
½ oz.	2 ½ oz.	5 oz.	Cheddar cheese, dice *
½ oz.	2 ½ oz.	5 oz.	Hard cooked Egg, diced
1 cup	5 cups	2 ½ qt.	Iceberg salad mix
½ cup	2 ½ cups	5 cups	Romaine, large dice
2 Tbsp.	2/3 cup	1 1/3 cup	Celery, sliced
3 Tbsp.	1 cup	2 cups	Tomatoes, diced
1 Tbsp.	2/3 cup	1 1/3 cup	Red Onion, sliced
2 Tbsp.	2/3 cup	1 1/3 cup	Green Pepper, diced
2 tsp.	3 tbsp. + 1 tsp.	6 tbsp. + 2 tsp.	Bacon bits
1 oz.	5 oz.	10 oz.	Honey Dijon Dressing, fat free
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate, 2 cups vegetables			Cost per serving: .73 * .68 with commodity
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	211		
Protein	14.21 g		
Carbohydrates	14.26 g		
Fat-total	10.5 g		
Saturated Fat	4.84 g		
Cholesterol	89 mg		
Vitamin A (RE)	182 RE		
Vitamin C	34.3 mg		
Iron	1.38 mg		
Calcium	149 mg		
Sodium	638 mg		
Fiber	2.51 g		
% Protein	27.01		
% Carbohydrate	27.10		
% Total Fat	44.88		
% Saturated Fat	20.67		

METHOD

STEP 1

Set up the station:

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

STEP 2

For each serving:

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

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