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Glenda Ritz, Superintendent of Public Instruction

### Dear School Food Service Professionals:

The Indiana Department of Education, School and Community Nutrition, is dedicated to student wellness through the School Nutrition Programs. Creating appealing, nutritious, and appetizing meals for students is very important to the success of the program and to the success of students. It is imperative that we create a welcoming environment for our students with enticing meals.

We recognize that in order for school food service professionals to be able to provide appealing, appetizing, and nutritious foods to students that they must be properly trained. By providing culinary trainings to our school food service professionals, it will help increase the necessary culinary skills needed to provide enticing meals and will showcase the importance of culinary training to meet professional standards.

We commend you on your efforts to further your professional development. We know that school food service professionals work very hard to maintain the integrity of the program while catering to the needs of the students. Thank you for all your hard work.

Sincerely,

Julie Sutton

Director of School and Community Nutrition

317-232-0845

### **ACKNOWLEDGMENTS**

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### **CULINARY TRAINERS**

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Culinary Trainer, Culinary Nutrition Associates LLC

Cathy Powers is the owner of Culinary Nutrition Associates LLC and co-author of the textbook, *Essentials of Nutrition for Chefs*, the IACP 2011 cookbook winner for the Health and Special Diet category. She also is the co-author of *Portion Photos of Popular Foods* and *Recipe Nutrient Analysis:* best practices for calculation and chemical analysis.

Cathy is a trainer with the Institute of Child Nutrition and was project manager for their award-winning training program, *Cooks for Kids* and was project coordinator for the revision of their online course, *Culinary Techniques for Healthy School Meals*. Cathy spent nearly 15 years at The Culinary Institute of America (CIA) where she was instrumental in developing the Institute's cutting-edge nutrition program. She is currently chair of the CIA's Healthy Kids Collaborative.

She received her Bachelor of Science in Nutrition and Dietetics from Indiana University of Pennsylvania and her Master of Science in Restaurant, Hotel and Institutional Management from Purdue University.

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Culinary Nutrition Instructor, Boston Medical Center

Tracey Burg is a culinary and nutrition instructor in the Nutrition Resource Center at the Boston Medical Center. She is also a trainer for the Institute of Child and Nutrition and the John C. Stalker Institute of Food and Nutrition at Framingham State University.

Previously she owned a daycare center and was dietitian for an elderly nutrition program. She has also held positions as clinical dietitian and chef/food production manager.

She is a graduate of the Culinary Institute of America and received her BS in food and nutrition from Framingham State College. She is a member of the School Nutrition Association and the Academy of Nutrition and Dietetics.

### Samantha Cowens-Gasbarro

Chef and Nutrition Coordinator, Windham Raymond Schools

Chef Samantha Cowens-Gasbarro first discovered her love of food while studying in Madrid, Spain. After returning stateside, she enrolled at Johnson & Wales University in the Culinary Nutrition Program. She spent a few years working in commercial kitchens in Providence, RI until she was asked to personal chef by her first client. This turned into a successful career as a personal chef in the Boston Area where she worked with nutrition based clients, such as people managing diabetes, celiac and professional athletes looking to improve their athletic function through diet. She also taught and managed at a cooking school, teaching healthy cooking classes to kids and adults. A

After moving to Maine, she found her new passion in school nutrition. She is the district Chef and Nutrition Coordinator at RSU 14 Windham Raymond Schools in Maine, creating new and healthy recipes, training staff and teaching kids the importance of healthy diets and scratch cooking in the classroom as well as during her afterschool cooking club. Her passion lies in connecting kids to real, whole local foods. She believes that nutrition education and exposure to new and healthy foods is crucial to changing children's eating habits. In additional, she is a garden advocate for her school's gardens, trying to get students more involved as well as getting more of the produce from the gardens into her school kitchen. Through school nutrition, she hopes to help change the food culture in our country back to real, whole foods one child at a time.

### Michael McGreal, CEC, CCE, CHE, FMP, CHA, MCFE

Department Chair, Culinary Arts, Joliet Junior College

Chef Michael J McGreal has worked in the foodservice industry for over 30 years, holding positions at some of Chicago's premier restaurants and hotels. He earned his chef training degree from Washburne Culinary Institute in Chicago, his bachelor's degree in hospitality organizational management from the University of St. Francis, and his master's degree in higher education administration from Robert Morris University. Chef McGreal joined the prestigious Culinary Arts program at Joliet Junior College as an instructor in 1996 and has served as the department chairperson since 1999.

Chef McGreal serves as a chef consultant for the USDA's Institute of Child Nutrition (ICN). In this capacity, he conducts training on behalf of the USDA and ICN related to the Healthy Schools Initiative for foodservice staff around the country. He also serves on the First Lady's National Advisory Council for the Chefs Move to Schools initiative.

Chef McGreal has earned many industry certifications including Certified Executive Chef, Certified Culinary Educator, Certified Hospitality Educator, Foodservice Management Professional, Certified Hotel Administrator and Master Certified Foodservice Executive. His awards include a 2011 ACF Presidential Medallion, the 2009 FENI Postsecondary Educator of the Year, the Illinois Federation of Teachers Everyday Hero award and the Professional Achievement Award from the University of St. Francis.

Chef McGreal's has authored and co-authored *Culinary Arts Principles and Applications, Culinary Math Principles and Applications*, and the *National Apprenticeship Program for Cooks*.

### **Matthew John Poling**

Executive Chef

Matthew Poling serves as the Executive Chef for Greeley-Evans Weld County School District 6. After receiving an AAS in Culinary Arts from Paul Smith's College in upstate New York, he went on to become Sous Chef of the Tuscan Grill in Waltham, MA at the age of 21. Since then he has spent the last 15 years working in all facets of the food service industry, including fine dining, mom n' pop pizza places, corporate fast-casual chains, and university dining halls.

While working for the school district, he oversees the central production kitchen, which prepares around 10,000 meals a day from scratch for the students of the district. Matt works with the local farmers to procure fresh produce for the meal programs and ensure good agricultural practices. In addition, Matt helps to supervise the burgeoning Food Hub facility at District 6, supplying his and other districts with farm fresh produce and value-added products. He is married to a teacher in the district, and father to two beautiful daughters.

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### **CULINARY SKILLS FOR A+ SCHOOL MEALS**

### **Overview**

Like restaurants and other foodservice operations across the country, school nutrition operations are transforming. School nutrition standards require schools to offer more fruits, vegetables and whole grains. Students demand tastier, fresher and more contemporary menu items. While this brings some challenges it also brings many opportunities to add new, exciting items to your menu.

This class will focus on basic culinary skills needed to prepare and serve more fruits, vegetables, whole grains and salads while enhancing flavors and meeting the demands of today's guests. These basic culinary skills will help schools offer foods and meals that support the *Dietary Guidelines for Americans* and school nutrition standards.

The five culinary skills labs focus on healthier ways to prepare and present food at school. These labs feature recipes related to school meal components. The culinary labs are:

- 1. Culinary Basics (mise en place and knife skills)
- 2. Preparing Vegetables for Greater Appeal
- 3. Whole Grains
- 4. Build a Better Sandwiches
- 5. Success with Salads and Salad Bars

Each laboratory involves preparing, presenting, tasting and evaluating items. You and your team, along with the other teams, will prepare approximately 100 recipes selected from USDA's revised recipe file and other child nutrition program resources. Each team will be responsible for at least two recipes in each lab; however, all participants will taste and evaluate all of the finished products.

### **Purpose of the Culinary Laboratory**

The *Culinary Skills for A+ School Meals* workshop is about healthy cooking. These five labs experiences will be fun and full of great ideas for you to practice in your own school nutrition programs. In each culinary lab, you will work with a team of four participants. Each culinary team will prepare at least two recipes in each lab to have hands-on experience in practicing healthy cooking techniques. Each lab will focus on healthy cooking techniques, garnishing and presenting food and evaluating food products prepared.

The culinary lab experiences will help you:

- 1. Apply the essential concept of *mise en place* and understand the benefits of kitchen organization.
- 2. Explore healthier cooking methods that apply the nutrition principles of the *Dietary Guidelines for Americans*.
- 3. Develop new techniques for presenting food.



Culinary Skills for A+ School Meals is a 4 ½ - day, 6-hour a day workshop. The workshop day will start at 8 am and finish at 3 pm. The morning section will be hands-on learning for the participant and the afternoon segment will be classroom learning.

	Monday	Tuesday	Wednesday	Thursday	Friday
8 am to 12 noon	Culinary basics	Cooking vegetables	Great grains	Build a better	Success with salads
Culinary skills	Mise en place	for greater appeal		sandwich	and salad bars
	Knife skills				
LUNCH 12 to 1 pm	LUNCH 12 to 1 pm	LUNCH 12 to 1 pm	LUNCH 12 to 1 pm	LUNCH 12 to 1 pm	LUNCH 12 to 1 pm
1 pm to 1:30 pm	Nutrition in school	Farm-to-school	Fiber and health	Reduce the sodium	
Nutrition matters	meals	tour			
1:30 pm to 3 pm	Smarter		Utilizing speed	Enhancing flavor in	
Steps for a	Lunchroom		scratch	foods	
successful cafeteria	techniques				

### LAB RESPONSIBILITIES

To help you to get the most out of the lab experience:

- 1. Go into the lab with a positive attitude to contribute and have fun.
- 2. Read the recipe carefully. Ask questions if something is not clear.
- 3. Select a team leader for each lab. Rotate among team members.
- 4. The team leader will keep everyone on task and time much like a manager in a school would follow-up.
- 5. Team leader will coordinate responsibilities with each team member.
- 6. The team leader will present the product to the class for evaluation and discussion.
- 7. Each participant should taste the product as it is being prepared.
- 8. Each person should evaluate the product.
- 9. Each team member will help clean up and keep the station clean and organized.
- 10. Each team will "re-set" their workspace for the next lab.

### Mise en place and Organization

Mise en place is about having *everything in place* for the task. It begins with the organization of you and your team, making sure each member understands his/her assignment for the laboratory. The team should read the recipes before beginning any preparation and make a time and task schedule for each part of the task—including how the products will be presented. After the team is organized, assemble all ingredients and supplies before beginning the preparation. This is mise en place—getting it all together.

### **PREPARATION**

Preparation begins with an understanding of the recipe or procedure to be followed. It involves:

- 1. assembling all ingredients and equipment
- 2. weighing and measuring ingredients
- 3. understanding the cooking method
- 4. preheating equipment if required

The recipe or procedure should be followed exactly unless the training team suggests a modification. Preparation also includes a plan for how it will be presented on the service line including how it will be portioned and served.

### **TASTING AND PRODUCT EVALUATION**

Each team prepares its products for presentation on the service line with an appropriate serving utensil. Each team will describe the products prepared by that team and discuss any unique aspects of the preparation. The leader should also identify a nutrition principle involved in the preparation, the cooking method used, flavor enhancing techniques, and special culinary techniques used.

### CULINARY SKILLS FOR A+ SCHOOL MEALS

### TEAM ROSTER

Team 1	Team 2
1	1
2	2
3	3
4	4
Team 3	Team 4
1	1
2	2
3	3
4	4
Team 5	Team 6
Team 5	Team 6
1	1
2	2
1 2 3	1 2 3
1 2 3	1 2 3
1 2 3 4	1 2 3 4
1 2 3 4 Team 7	1 2 3 4 Team 8 1
1 2 3 4 Team 7	1 2 3 4 Team 8 1
1 2 3 4  Team 7 1 2	1 2 3 4 Team 8 1
1 2 3 4  Team 7 1 2 3	1 2 3 4  Team 8 1 2 3



## Culinary Basics



## Day One Culinary Basics

Lesson-at-a-glance

Introductions and	Introductions	30 minutes
Orientation	Culinary skills orientation	
	Team organization	
Culinary demonstration	Successful kitchen production Kitchen organization (mise en place) Knife use	90 minutes
	<ul><li>Selection</li><li>Parts</li></ul>	
	<ul><li>Sharpening</li><li>Using your knife</li><li>Cutting boards</li></ul>	
	<ul><li>Holding a knife</li><li>Knife cuts</li></ul>	
	<ul> <li>Cutting vegetables</li> </ul>	
	<ul> <li>Cutting fruits</li> <li>Produce Processing Equipment</li> </ul>	
	Kitchen Demonstrations	
	Spice rubbed chicken     Spice rubbed chicken	
	• Fruit Salad	
	<ul><li>Fruit Salsa</li><li>Roasted Potatoes</li></ul>	
	<ul> <li>Roasted Potatoes</li> </ul>	
Hands on	Preparing fruits and vegetables Cutting vegetables Cutting fruits	90 minutes
Evaluation and discussion		15 minutes
Clean up		15 minutes

### Successful Kitchen Production

### Staff Readiness

- Clean uniform, apron and hair covering.
- Hands washed.
- Comfortable, closed-toe, non-skid shoes.
- Attentive.

### **Game Plan Organization**

- What I am going to make?
- How much am I going to make?
- How much space will I need?
- How much time will I need?

### **Equipment**

- What equipment will I use to prepare the product?
- What equipment will I use to cook the product?
- What will I serve the product in?
- What utensils do I need?

### Food

- Gather the ingredients needed in the correct amounts to produce the recipe.
- Keep perishable items refrigerated.
- Prevent cross contamination with proper sanitation practice.

### Cooking

### Pre-preparation:

- Washing.
- Cutting slicing, dicing, etc.
- Seasoning.

### Preparation:

- Start item with longest cooking times first.
- Clean as you go.

### Finishing:

Finish items as close to service as possible.

### Serving

Set up line for service.

Trays, bowls, serving spoons, etc.

### Actual service

- Hot food hot, cold food cold.
- Food arranged properly on the tray.

### **COOKING GUIDELINES**

### **Priorities in Food Preparation and Service**

### **Taste**

The single most important goal we have when preparing food is to make it taste GREAT.

### Taste is affected by:

- Proper seasoning
- Execution of basic fundamentals
- Texture: consistency (viscosity), crunchiness, smoothness, etc.
- Freshness and quality of the product

### Presentation

The appearance of food comes second only to taste in terms of importance. Some of the things that impact on presentation are:

- Portion size
- Proper food placement or arrangement
- Composition (avoid repetition of the same colors, methods of preparation, etc.)
- Execution of basic fundamentals (properly and uniformly cut meats, vegetables, etc.)

### **Degree of Doneness / Proper Cooking**

- Meats are cooked to the required temperature...but not overcooked
- Vegetables are tender but not mushy
- · Grains are tender but not overcooked

### **Temperature**

- Hot foods hot
- Cold foods cold, on cold plates

### **Summary:**

Before we serve any meals from our kitchens, we should be able to answer "YES" to each of the following questions:

- 1. Does it taste good?
- 2. Does it look good?
- 3. Is it cooked properly?
- 4. Is it the correct temperature?

### Mise en Place

Everything in its place and a place for everything

Organization, of yourself and your workspace, is an essential skill and will make kitchen work easier and more efficient. Mise en place, a French term commonly used to express kitchen or workspace organization, takes planning and anticipation of the entire task.

### **Benefits of Mise en Place**

- Increased speed and efficiency (e.g. cooks not running around gathering ingredients and equipment throughout the production of a product).
- Professional appearance of work station--critical in open kitchens or other situations where customers can view production.
- Sanitary conditions more easily maintained (e.g. products held at correct temperatures and helps to avoid cross-contamination).

### Kitchen organization should include:

- 1. The recipe(s) and ingredients needed to complete the task.
- 2. Food safety and sanitation needs.
- 3. Small and large equipment needed. Consider equipment needs throughout the entire process, including the final container which will hold the product.
- 4. Planning the time allotted to the process.
- 5. When working in teams, identify how the tasks be divided among the team members.

### **Workspace Organization**

- Recipe
- Recipe ingredients
- Cutting board (set board on a wet paper towel or antiskid mat to prevent it from sliding)
- Chef knife and paring knife, peeler if needed
- Refuse pan
- Small equipment utensils, pans, service pans
- Large equipment ovens, steamers, steam jacketed kettles, tilt skillet

### Organization and Work Flow

- Table height and cutting board at correct height for individual.
- Organization appropriate for individual preferences (e.g. right or left handed individuals).
- Products maintained at appropriate temperatures

### **Knife Selection**

Knives come in all shapes and sizes. Understanding the function of various knives will help you pick the right too for the job.

**Chef Knife:** An all-purpose knife used for most cutting and dicing. Chef knives are versatile tools that can be used for most tasks. They are available in sizes ranging from 6" to 12" (8" is standard). You should choose a knife that you can grip securely —larger knives tend to fit best in larger hands. Chef knives with forged blades can be used for heavy-duty tasks such as cracking and chopping, while thinner, more flexible stamped blades work best for delicate tasks such as removing melon rinds.



**Boning Knife:** A knife with a narrow blade that is used to cut around the bones in meat during butchering. Boning knives are specialized knives used to de-bone poultry and smaller red meat cuts, as well as filleting fish.



**Paring Knife:** Mostly used for peeling fruits and vegetables, but work well to slice small soft foods such as olives and mushrooms.



**Slicer:** Long knife used for carving meats



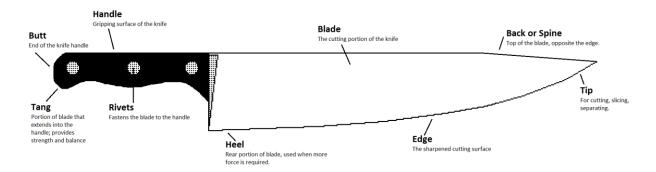
**Serrated knives** are not designed for cutting or chopping tasks. These are highly specialized knives that are designed for slicing breads and cakes. Slicers have less defined teeth and are "smoother" than standard serrated knives. Slicers are typically used only for carving meats.

**Utility knives** are used primarily for slicing. They work well with delicate foods such as fruit and small roasts or poultry.

Sharpening Steel: Used for honing the edge of a knife



### **Knife Parts and Functions**



### Blade

The most common blade material is stainless steel, which is either forged or stamped. Forged blades are molded into shape and are generally heavier and more durable, with a prominent heel at the base of the blade. Stamped blades are cut from a solid sheet of metal and are more lightweight, but dull more quickly. Stamped blades are common on inexpensive, low-quality knives, but high-quality stamped blades can also be found. Stainless blades of both types are easily sharpened.

### Handle

Wood has traditionally been used for knife handles, but is being replaced by plastics and laminated woods. Wood warps when it is wet and can harbor bacteria, making it difficult to clean. Plastic handles are found often in commercial kitchens because they are easy to clean and require no special care. Plastic is used most often on stamped knives that do not have a full tang, an extension of the blade that the handles are attached to. On forged knives, the tang continues through the length and width of the handle. The handle is attached to the tang using three rivets.

**Tip or point** used for small incisions, around bones, punctures and detailed work

Back or spine gives blade appropriate stability and flexibility, varies in thickness depending on

style of knife and intended uses

**Heel** the end of the guard, used to break through small bones or shells

**Edge** primary cutting surface of the knife

**Bolster** attachment point between the handle and the blade, provides stability and is

found on higher quality knives

Tang runs through the handle (full tang) and provides balance and stability to the knife

**Rivets** connects the handle to the tang

### **Sharpening Knives**

A sharp knife is safer than a dull one. Sharp knives glide evenly through food. Dull knives tug so it is necessary to apply more force.

### **Knife Sharpeners**

Sharpening stones may be used to sharpen knives but require a certain skill.

Electric and hand-held knife sharpeners are designed to imitate the motion of a sharpening stone. When using knife sharpeners, the key is to use a single smooth motion as you pass the blade through. Jerks or pauses result in an uneven, gouged blade that may require professional attention to fix.

Despite their name, *sharpening steels* do not sharpen knives. Sharpening steels keep your knife blade sharp in between sharpenings by re-aligning the microscopic burrs that make up the fine edge of your blade. Once the burrs are broken or bent, a sharpening steel will no longer help. To use a sharpening steel, hold your knife at a 20° angle against the steel and run it from tip to heel in one smooth motion.

The safest way to use a sharpening steel is to hold it point-down against a countertop or work table, sweeping your knife against it blade-down.

### **Storing Knives**

- Keep your knife sharp for a longer time by protecting the blade when it is stored.
   Magnetic knife strips or commercial knife blocks work best. If knives are stored in a drawer protect the knife blade.
- Snap-on knife guards
- Slice-in knife guards

### Using your knife

### **Rules for Knife SAFETY**

- ✓ Securely hold your knife
- ✓ Anchor cutting boards
- ✓ Fingertips curled back
- ✓ Eyes on the knife
- ✓ Take your time
- ✓ Yield to falling knives

### Additional Safety Rules for Kitchen Cutlery

- Always use a sharp knife. A sharp knife is safer than a dull knife because it requires
  less pressure while cutting. If sharp, the knife will not slip as easily, and your hand
  will not tire as quickly.
- 2. Use the correct size and type of knife for the job.

French knife - basic chopping and dicing

Boning knife - removing bones from meats and poultry

Slicer - slicing meats, poultry and breads

Paring knife - peeling fruits and vegetables

- 3. Hold the knife firmly in your hand and cut away from your body. Always use a cutting board.
- 4. Always place knives on flat surfaces away from the edge of the table with the blade facing away from you. Never cover a knife with towels or other materials, keep it in sight of everyone.
- 5. Do not grab blindly for a knife: reach deliberately for the handle. If a knife falls off the table, do not grab for it.
- 6. When handing another person a knife, point the handle toward them.

### **CUTTING BOARDS**

Cutting boards come in many shapes and sizes. Choosing the correct cutting board is just as important as choosing the correct knife!

There are three important characteristics you should look for when selecting a cutting board:

- 1. It should be easy to clean and sanitize.
- 2. It should protect the edge of your knife from becoming dull too quickly.
- 3. It should be rough enough to keep your food from moving around as you chop.

It is also important to prevent the cutting board from moving around during use.

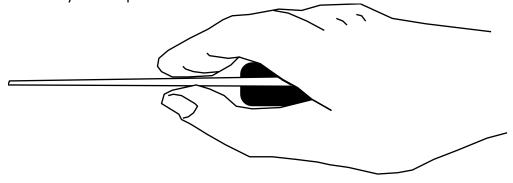
- Cutting boards with rubber feet: Limits you to using only one side of the cutting board
- Cutting boards with grippers in the corners: both sides can be used.
- Non-slip mats: used to secure any cutting board. If you do not have any of these available, a good substitute is a damp (not wet!) dish cloth. Place it under the cutting board, then try to slide the board around before you start cutting. If the cutting board slides, re-dampen the cloth.

Cutting Board Type	Pros	Cons
Plastics High-density polyethylene or PE	Does not dull knives Can be washed in the dishwasher Can be bleached Can be resurfaced to remove deep grooves	Thinner boards (home-style) cannot be resurfaced
Plastic chopping mats	Cheaper than cutting boards Easy to transfer cut foods Can be bleached	Warp when washed in the dishwasher Do not protect knife blade as well as thicker cutting board
Wood Hard rock maple or cherry hardwoods are less porous	Does not dull knives	Cannot be washed in dishwasher Will not stand up to repeated bleaching Some cannot be resurfaced Cheaper wooden boards easily warp and crack Heavier
Bamboo Harder and even less porous than the hardwoods	Absorbs little moisture Resists scarring from knives	Gets worn or "furry" after a lot of use. Splinter eventually

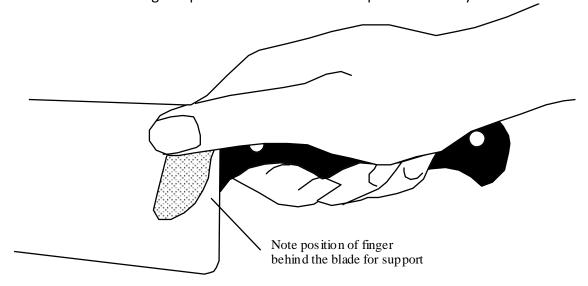
### HOLDING A KNIFE

The most secure way to grip a knife is by gripping the top of the blade firmly between your thumb and forefinger. Place your middle finger just behind the heel. This grip may take some getting used to, but it gives you maximum control over your knife and allows you to pivot from the wrist when chopping.

Top View - Grasp knife by the handle, allowing the thumb and index finger to rest on the blade for support. This is a preference by some cooks. An individual preference to hold the knife in other ways is acceptable.



Side View - Note: Finger is placed behind the blade to provide stability.



### **CUTTING TECHNIQUES**

- Food cut to specific sizes and shapes can be very useful.
- Consistently sized pieces cook evenly and at the same rate.
- Decorative cuts are pleasing to the eye and allow the food to garnish itself.

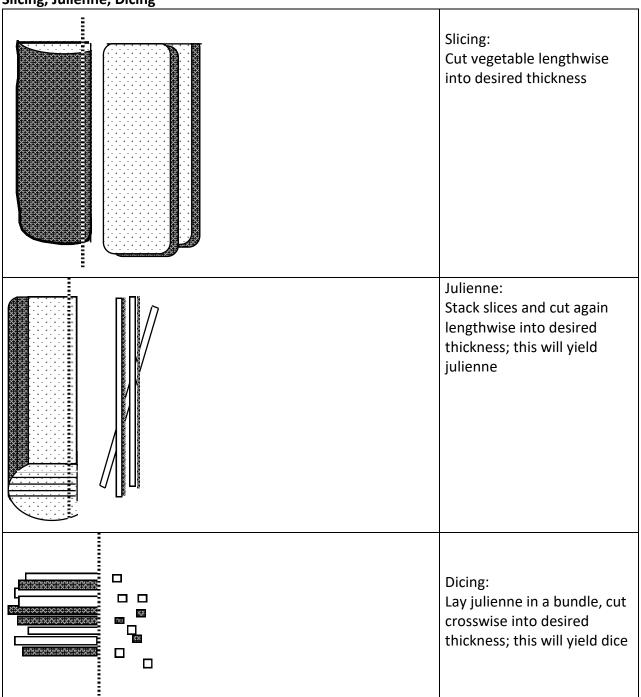
### **Cutting Foods**

- 1. Squaring off is helpful for most types of food. Holding with your fingers curled back, make straight cuts to create a flat surface on all four sides. This also eliminates the need for peeling vegetables before cutting them.
- 2. Make a series of slices or planks straight down through the food.
- 3. These slices can be stacked or cut individually into sticks or batonnet or julienne.
- 4. Sticks can then be cut into cubes or dices.
- 5. Cuts should be made by lifting the heel end of the knife off of the cutting board, then slicing forward and down in a single smooth motion.

### Onions:

- 1. Start by cutting the stem end off, leaving the hairy roots.
- 2. Place the onion on the newly-cut flat side, and slice straight down through the middle of the root end to cut the onion in half. Peel the onion.
- 3. Working close to the edge of the counter or work table, make a series of horizontal slices through each onion half, working from the bottom up (depending on the size of the onion, you should be able to make three or four cuts).
- 4. Make a series of vertical cuts through the fattest part of the onion. DO NOT cut all the way through the root end this is holding everything together to make the next step easier.
- 5. To finish dicing the onion, make a second series of vertical cuts starting at the stem end (where you made the first cut), and continuing back toward the root end (that is holding everything together). If the root end becomes too small to hold onto securely, stop cutting. Only cut back as far as you feel comfortable going!

### Slicing, Julienne, Dicing



### **BASIC KNIFE CUTS**

Brunoise	(1/8" x 1/8" x 1/8")	
Small Dice	(1/4" x 1/4" x1/4")	
Medium Dice	(1/3" x 1/3" x 1/3")	
Large Dice	(3/4" x 3/4" x 3/4" x)	
Fine Julienne	(1/16" x 1/16" x 1 or 2")	
Julienne/Allumette	(1/8" x 1/8" x 1 or 2")	
Battonet	(1/4" x 1/4" x 2 or 2-1/2")	
Paysanne	(1/2" x 1/2" x1/8")	

### **CULINARY LAB EXPERIENCE:**

### Set up work station:

- 1. Cutting board anchored to prevent it sliding
- 2. Refuse container
- 3. Container for potatoes (with water)
- 4. Bag for onions
- 5. Bag for carrots
- 6. Bags for additional vegetables
- 7. Chef knife
- 8. Vegetable peeler

### Each participant will cut:

- 1. Potatoes 2 each, large dice (Teams 1 to 4)
- 2. Sweet Potatoes, 2 each, large dice (Teams 5 to 8)
- 3. Onion 1 each, small dice
- 4. Carrots 2 each, various cuts

### Additionally, each team will cut:

	Vegetable	Small fruits	Large fruit
Team 1	Broccoli	Oranges	Watermelon
		wedges	large dice &small dice
Team 2	Cauliflower	Apples	Cantaloupe
		slices	large dice &small dice
Team 3	Butternut squash/	Kiwi	Honeydew
	winter squash	sliced	large dice &small dice
Team 4	Zucchini / summer	Strawberries	Pineapple
	squash	small dice	large dice &small dice
Team 5	Broccoli	Oranges	Watermelon
		Slices	large dice &small dice
Team 6	Cauliflower	Apples	Cantaloupe
		diced	large dice &small dice
Team 7	Butternut squash/	Kiwi	Honeydew
	winter squash	large dice	large dice &small dice
Team 8	Zucchini /summer	Strawberries	Pineapple
	squash	small dice	large dice &small dice

### From cut produce we will prepare:

- Fruit salad
- Fruit salsa
- Roasted potatoes with various seasonings

# **SEASONAL FRUIT SALSA**

YIELD: 5 CUPS

INGREDIENTS	20 SERVINGS	DIRECTIONS
Fruit, small diced	See chart	1. Gently mix ingredients.
Onion, diced	1 cup	2. Cover and refrigerate 2 hours to allow flavors to
Jalapeno pepper, fine diced	2 ounces	blend.
Vegetable, diced	1 pound	CCP: Cool to 41 °F or lower within 4 hours.
Herb, chopped	½ cup	
Acid	½ cup	

# **RECIPE NOTES: Seasonal Fruit Salsa**

	Spring		Summer		Fall		Winter	
Fruit	Strawberries	8 ounces	Watermelon	20 ounces	Apples	12 ounces	Mandarin oranges 15 ounces	15 ounces
	Pineapple, crushed	20 ounces	20 ounces   Cantaloupe	8 ounces	Peaches	12 ounces	Kiwi	14 ounces
Onion	Red onion		Sweet onion		Sweet onion		Red onion	
Vegetable	Red pepper		Cucumber, peeled	eled	Red pepper		Cucumber, peeled	σ.
Herb	Cilantro		Mint		Parsley		Mint	
Acid	Lime juice		Lime juice		Apple cider vinegar	negar	Lemon juice	

SEASONAL FRUIT SALAD		One Portion Provides: ${\mathcal V}$ cup vegetable
INGREDIENTS	20 SERVINGS	DIRECTIONS
Fruit selections	See chart below	1. Cut fruits into cubes or chunks. Combine chilled fruits.
Honey mint citrus dressing	1 cup	2. Toss with honey mint citrus dressing.
		3. Chill for service.
		CCP: Cool to 41 °F or lower within 4 hours

Serving Notes:  $1/2\ {\rm cup}\ (4\ {\rm ounce}\ {\rm spoodle}\ {\rm or}\ {\rm No}.\ 8\ {\rm scoop}\ )$  provides  $1/2\ {\rm cup}\ {\rm of}\ {\rm fruit}$ 

Spring - berry delight	ight	Summer - melon salad		Fall - Waldorf style		Winter - tropical fruit	it
Strawberries	1 ½	Watermelon	3 pounds   Apples	Apples	1 1/2	Pineapple, canned 40 ounces	40 ounces
	pound				punod		
Banana	2 pounds	2 pounds   Cantaloupe	2 pounds   Grapes	Grapes	1 pound   Mango	Mango	1% pound
Blueberries, IQF 12 ounces Honeydew	12 ounces	Honeydew	2 pounds	2 pounds   Mixed fruit,	30	Kiwi	1 pound
				canned	ounces		

# **HONEY MINT CITRUS DRESSING**

ONE PORTION IS 2 TABLESPOONS

INGREDIENTS	1 GALLON	Test Portion -1 cups
	MEASURE	MEASURE
Orange juice	3 quarts	34 cup
Lemon juice	1 quart	¾ cup
Honey	½ cup	½ tablespoon
Salt	4 teaspoons	¼ teaspoon
Mint, fresh, finely chopped	2 cups	2 tablespoons
DIRECTIONS		

### JIRECTIONS

- Mix the orange juice, lemon juice, honey, and salt with an immersion blender, food processor or blender, or wire whisk.
- Add the chopped mint.
- . CCP: Cool to 41 °F or lower within 4 hours.

NUTRIENTS PER SERVING	SERVING						
Calories	115	Total Fat	11 g	Vitamin A	166 IU	Iron	.21 mg
Protein	.24 g	Saturated Fat	1.6 g	Vitamin C	6.8 mg	Sodium	40 mg
Carbohydrate	3.4 g	Cholesterol	0 mg	Calcium	10.8 mg	Dietary Fiber	.35 g

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<b>STED POTATO</b>

One portion provides: % cup starchy vegetable

INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS	
Potatoes	12 pounds	2 ½ pounds	<ol> <li>Preheat oven to 375°F.</li> </ol>	
Cut into desired shape			2. Scrub potatoes (and peel if desired) and cut them	esired) and cut them
Kosher salt	1 tablespoon   1 teaspoon	1 teaspoon	into large dice or wedges.	
Oil, olive or canola	% cnb	1 ½ tablespoon	3. Toss the potatoes with salt and oil. Place 8 pounds	nd oil. Place 8 pounds
	-	-	of potatoes on each parchment-lined sheet pan.	nt-lined sheet pan.
			<ol> <li>Roast in the preheated oven for about 40 minutes,</li> </ol>	for about 40 minutes,
			or until they are browned and tender. Hold hot at	d tender. Hold hot at
			or above 140°F until ready to serve	serve

NUTRIENTS PER SE	Serving						
Calories	06	Total Fat	2.2 g	Vitamin A	2 וט	Iron	1 mg
Protein	1.8 g	Saturated Fat	g 0	Vitamin C	18 mg	Sodium	270 mg
Carbohydrate	16 g	Cholesterol	gm 0	Calcium	11 mg	Dietary Fiber	2 g

SOURCE: United States Potato Board, www.potatogoodness.com/wp-content/uploads/2015/07/Roasted-Potatoes.pdf.

Ranch – for 50 servings	servings	Rosemary - for 50 servings	50 servings	<b>BBQ</b> – for 50 servings	vings
Garlic powder	Garlic powder 2 tablespoons	Rosemary	3 tablespoons	Cumin	2 tablespoons
Onion powder	Onion powder 2 tablespoons	Garlic powder	2 tablespoons	Smoked paprika	Smoked paprika 2 tablespoons
Dill weed	2 tablespoons	Onion powder	2 tablespoons	Garlic powder 2 tablespoons	2 tablespoons
Salt	2 teaspoons	Salt	2 teaspoons	Onion powder 2 tablespoons	2 tablespoons
Black pepper	1% teaspoon	Black pepper	1 ½ teaspoon	Salt	2 teaspoons
				Black pepper	1 ½ teaspoon

# **CHILI-CINNAMON ROASTED SWEET POTATOES**

ONE PORTION PROVIDES: ½ cup red/orange vegetable

INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Sweet potatoes, fresh	15 ½ pounds	3 pounds	1. Preheat oven to 400°F.
wedges or sticks			2. Scrub potatoes (and peel if desired) and cut them
			into wedges or sticks.
Chili powder	1 tablespoon	¾ teaspoon	3. Combine seasonings: chili powder, cinnamon,
Cinnamon	2 teaspoons	% teaspoon	sugar, black pepper, white pepper, garlic and salt.
Sugar	1 tablespoon	½ teaspoon	
Pepper, black, ground	½ teaspoon	1/8 teaspoon	
Pepper, white, ground	½ teaspoon	1/8 teaspoon	
Garlic, granulated	½ teaspoon	1/8 teaspoon	
Salt, Kosher	½ teaspoon	1/8 teaspoon	
Oil, olive or canola	1 cup	3 tablespoons	4. Drizzle sweet potatoes with oil and sprinkle with
			seasonings. Mix well to coat evenly with oil and
			seasonings.
			5. Place on sheet trays. For 50 servings, use 2 full
			sheet trays.
			6. Bake at 400°F for 12 to 15 minutes, or until tender
			and browned in spots.
			CCP: Cook until internal temperature reaches 135°F or
			above.
			7. Serve immediately.
			CCP: Hold for hot service at 135°F or above.

NUTRIENTS PER SERVING	Serving						
Calories	170	Total Fat	4.6 g	Vitamin A	19627 IU	Iron	.8 mg
Protein	2.3 g	Saturated Fat	.7 g	Vitamin C	12 mg	Sodium	50 mg
Carbohydrate	31 g	Cholesterol	0 mg	Calcium	47 mg	Dietary Fiber	2.5 g

<b>BAKED CHICKEN DRUMSTICK</b>		YIELD: 1 dru	YIELD: 1 drumstick per serving provides 1.5 oz eq m/ma
INGREDIENTS	50 Servings	25 SERVINGS	DIRECTIONS
Chicken, drumsticks	11 pounds	spunod <u>s</u>	1. Thaw chicken under refrigeration overnight.
(one 3.7 oz drumstick = 1.5 oz cooked chicken meat)	10 ounces	14 ounces	2. Toss chicken with seasoning blend.
CN Labeled to provide 1.5 oz eq m/ma			3. Lay thawed chicken in single layer on sheet pans
			lined with parchment paper.
			4. Bake until internal temperature reaches 165°F:
			Conventional oven: 400°F for 45-55 minutes.
			Convection oven: 350°F for 30-35 minutes.
			CCP: Heat to 165°F or higher for 15 seconds.
			CCP: Hold at 135°F or higher.

<b>Banch</b> – for 50 servings	genvings	Rosemary - for 50 servings	SO servings	RBO – for 50 servings	
Name of the second	JCI VIII 5 J	Noscillai y - 101	JU 3CI VIIIBS	שבי וטו של ארוווקא	
Garlic powder	Sarlic powder 2 tablespoons	Rosemary	3 tablespoons	Cumin 2 tablespoons	
Onion powder	2 tablespoons	Garlic powder 2 tablespoons	2 tablespoons	Smoked paprika 2 tablespoons	
Dill weed	2 tablespoons	Onion powder 2 tablespoons	2 tablespoons	Garlic powder 2 tablespoons	
Salt	2 teaspoons	Salt	2 teaspoons	Onion powder 2 tablespoons	
Black pepper	1 ½ teaspoon	Black pepper	1 ½ teaspoon	Salt 2 teaspoons	
				Black pepper $1\%$ teaspoon	

Serving Size	1 Serving Provides
K-8: 1 drumstick	K-8: 1.5 oz equivalent M/MA
9-12: 2 drumsticks	<b>9-12:</b> 3.0 oz equivalent M/MA

NUTRIENTS PER SER	NING					
Calories	91	91 Total Fat (g)	4 Vitamin A (IU)	38.	.38   Calcium (mg)	.3
Protein(g)	12	12 Saturated Fat (g)	1 Vitamin C (mg)	3) 0	Sodium (mg)	155
Carbohydrate (g)	.2	Cholesterol (mg)	65   Iron (mg)	.01	.01 Dietary Fiber (g)	0

# **PRODUCT EVALUATION FOR CULINARY BASICS**

evaluation category (column), circle either  ${\bf A}$  (acceptable) or  ${\bf NA}$  (not acceptable). Participants evaluate each food product as part of the tasting in this culinary laboratory. For each food product (row) and each

	A or NA	A or NA	A or NA	A or NA	Baked Chicken Drumstick
	A or NA	A or NA	A or NA	A or NA	Chili Cinnamon Roasted Sweet Potatoes
	A or NA	A or NA	A or NA	A or NA	Roasted potatoes
	A or NA	A or NA	A or NA	A or NA	Fruit salsa
	A or NA	A or NA	A or NA	A or NA	Fruit salad
Comments	Eating Quality	Texture	Taste	Appearance	Food Product

### Day Two Cooking Vegetables for Greater Appeal

### Lesson-at-a-glance

Lesson-at-a-giance	1	_
Culinary demonstration	Vegetable cookery principles Purchase forms of vegetables Blanching Steaming Roasting Oven-roasted potatoes Sautéing and stir-frying Braising and stewing Glazing Seasonings  DEMO: Blanched broccoli Roasted Brussels sprouts Soy-glazed green beans	60 minutes
Hands on	Blanched vegetables Steamed vegetables Roasted vegetables	2 ½ hours
Evaluation and discussion		15 minutes
Clean-up		15 minutes

### **VEGETABLE COOKERY**

Proper selection, purchasing, handling and preparation of vegetables will enhance the taste, presentation and nutritional value of vegetables.

- Purchase quality raw product
- Cut only when ready to use
- Cuts should enhance natural shape
- Cook as quickly as possible
- Cook as close to service as possible
- Cook small batches at a time
- Cook until tender

### **Effects of Overcooking**

- Color loss
- Texture (mushy)
- Vitamin loss

### Vegetables are packed with nutrients for children

- 1. Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol.)
- 2. Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C.
- 3. Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- 4. Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.

### **Keeping the Nutrients**

The way a vegetable is prepared can affect the nutrient content. Some nutrients can be destroyed by heat and some dissolve in water. The culinary techniques described in this lesson are based on culinary principles designed to keep the nutrients in vegetables.

Remember, to keep the nutrients in vegetables:

- Keep the vegetables in big pieces.
- Cook in just a little water (if any).
- Cook only a short time.

### **Additional Information**

### Green vegetables:

- Use plenty of water, vegetable should be covered by water. Exception to the rule: tender spinach can be cooked using very little water in a covered pot.
- Do not cover the pot during cooking.
- Acid (such as vinegar or citrus juice) destroys color.

### White vegetables:

- Acid intensifies the color of white vegetables.
- Alkaline (baking soda) makes white vegetables turn yellow.

### *Red / orange vegetables:*

- Do not peel beets before cooking.
- Acid intensifies the red color.
- Beets can also be baked in their skins, then peeled.
- Acid will brighten the color of carrots slightly.
- Most orange vegetables are good for glazing.

### **PURCHASING FORMS OF VEGETABLES**

Form	Advantages	Disadvantages	Examples
Fresh vegetables	<ul><li>Taste good</li><li>Good texture</li><li>Product acceptability</li></ul>	<ul><li>Limited shelf life</li><li>Quality varies</li><li>Requires</li><li>preparation</li></ul>	<ul><li>Broccoli</li><li>Carrots</li><li>Green beans</li></ul>
rrozen vegetables can be cooked by most of the methods used for fresh vegetables.	<ul> <li>Year-round availability</li> <li>Less waste</li> <li>Less labor</li> <li>Practical for some types of vegetables</li> </ul>	<ul> <li>Loss of texture due to freezing</li> <li>Quality variance between producers</li> <li>Flavor loss</li> </ul>	<ul><li>Peas</li><li>Corn</li><li>Lima beans</li></ul>
Canned vegetables When using canned vegetables, reheat them in the liquid from the can, adjust seasonings.	<ul><li>Shelf life</li><li>Practical for some vegetables</li></ul>	<ul> <li>Poor color (green vegetables)</li> <li>Mushy</li> <li>Poor flavor (taste canned)</li> </ul>	Beet     Beans (kidney, pinto, black)
Dry vegetables have to be reconstituted in a liquid.	Shelf life     Convenient	Takes time to reconstitute	<ul><li>Dry beans</li><li>Freeze-dried peppers</li></ul>

### **Blanching Vegetables**

Blanching means to cook an item partially and very briefly, usually in water. This is a cooking technique that brightens the colors and enhances the textures of fresh vegetables.

### **Examples**

Used for carrots, broccoli, cauliflower, sugar snap peas, green beans, kohlrabi

### Mise en place

- Prepare the vegetable: wash, peel, trim, cut
- Liquid: usually water
- Equipment: steam-jacketed kettle or large stock pot
- Ice bath

### **Quick steps for Blanching**

- 1. Bring the water to a full boil.
- 2. Add the vegetable.
- 3. Cook it to the desired doneness. Usually between 2 and 4 minutes
- 4. Drain the water or remove vegetable from the water.
- 5. Shock the vegetable in an ice bath to stop the cooking process.

### Tips

- Use plenty of water, much as you would boil pasta. This prevents the water from cooling down when you add the vegetables, so they cook quickly and evenly.
- Test for doneness removing a vegetable with a pair of tongs. Rinse under cold water, and take a bite. It should snap beneath your teeth but have lost some of its raw crunch.
- Drain immediately and then quick-chill (a technique known as "shocking") by immersing in an ice bath or rinsing with ice cold water. Shocking stops cooking and sets the color so the vegetables remain vibrant.
- Once chilled, spread the vegetables out on tray to dry.

### **Steaming**

Nearly all vegetables can be cooked by steaming and this method is frequently used because it is easy and economical. This basic cooking method often requires additional steps to make the product ready to serve. This may include adding sauces, seasonings and flavorings. Steaming is especially good for vegetables that easily become broken or mushy when simmered.

### Examples

Broccoli, carrots, peas, cauliflower, beans, snow peas

### Mise en place

- Prepare the vegetable: wash, peel, trim, cut
- Liquid: usually water
- Equipment: steam-jacketed kettle or large stock pot
- Optional components: aromatics: spices, herbs, citrus zest, sauces

### Quick steps for steaming

Steaming Vegetables in a Steamer

- 1. Place approximately 25, ½ cup serving of the fresh or frozen vegetable in a 12 X 20 X 2-inch pan. Do not place a larger amount of vegetables in the pan in order to allow room for the steam to circulate around the vegetables. Do not add any liquid.
- 2. Steam uncovered at 5 pounds pressure for a compartment steamer. Follow manufacturer's directions for steamers operating at other pressures or when using convection steamers or combination ovens.
- 3. Drain the excess liquid from the cooked vegetable.
- 4. Season with herbs and spices. Limit salt to 1 teaspoon for 50,  $\frac{1}{2}$  cup servings.
- 5. Serve the hot vegetable at once.

### Steaming Vegetables in an Oven

- 1. Place approximately 50, ½ cup servings of the fresh or frozen vegetable in a perforated 12 X 20 X 2-inch counter pan. Then place the perforated pan in a 4-inch deep counter pan that contains 2 cups of water. To allow room for the steam to circulate around the vegetables, do not place a larger amount of vegetables in the pan.
- 2. Cover both pans tightly with foil. This arrangement of pans creates a steamer effect in a perforated pan.
- 3. Place the covered pans in an oven at 350° F for approximately 20 minutes. Cook the vegetable until it is fork tender. Times will vary with the vegetables.
- 4. Drain the excess liquid from the cooked vegetable.
- 5. Season with herbs and spices. Do not add butter or margarine. Limit salt to 1 teaspoon for 50 servings.
- 6. Serve the hot vegetable at once.

### **Additional information**

Season the vegetables with herbs and spices
Garnish the vegetables with various nuts or seeds
Use freshly chopped herbs for additional garnish and flavor

### Roasting/Baking

Roasting vegetables in the oven gives them a caramelized exterior and flavor while keeping the inside moist and tender.

### **Examples**

Asparagus Mushrooms Summer squash
Beets Onions Sweet potatoes
Brussels sprouts Parsnips Tomatoes

Carrots Peppers Turnips
Corn Potatoes Zucchini

Eggplant Rutabagas

### Mise en place

• Prepare the vegetable: wash, peel, trim, cut

• Equipment: oven

• Optional components: marinade, seasonings or aromatics

### Quick steps for roasting and baking

- 1. Preheat the oven to 375  $^{\circ}$  425  $^{\circ}$ F. The longer the vegetable needs to cook, the lower the oven temperature. This will insure that the vegetable is thoroughly cooked without the exterior burning.
- 2. Cut vegetables into uniform shape and size.
- 3. Toss vegetables with oil. Season with pepper, garlic, spices, or herbs. Use no more than 1 teaspoon of salt per 50 portions.
- 4. Place vegetables in a single layer on a sheet pan. Do not crowd the vegetables as this will cause them to steam.
- 5. Bake until vegetables are tender.

### **Oven Roasted Potato Fries**

### **Steps to better oven-baked potatoes:**

- 1. Preheat the oven to 425 ° 450 °F.
- 2. Remove from the freezer only the amount of French fries to be used within 1 hour.
- 3. Place a single layer of French fries on a sheet pan. For best results use 2 ½ pounds per full sheet pan. Bake according to package instructions. Turn once for uniform cooking.
- 4. Season fries.
  - Limit the salt to 1 teaspoon for 50 servings of fries. This would add an additional 45 mg of sodium. Try other seasonings instead of salt.

Seasoning variations	Seasonings	Amount needed per 10
		pounds potatoes
Garlic and Herb	Oregano leaves	1 ½ tablespoons
	Paprika	1½ tablespoons
	Thyme leaves	1½ tablespoons
	Garlic powder	1 tablespoon
	Onion powder	2 teaspoons
Southwest	Paprika	1 tablespoon
	Onion powder	1 ½ tablespoons
	Garlic powder	1½ tablespoons
	Adobo seasoning	1 teaspoon
	Black pepper	1 teaspoon
Buffalo	Onion powder	1 tablespoon
	Garlic powder	1½ tablespoons
	Chili pepper	1½ tablespoons
	Red pepper	1 teaspoon
	Paprika	1 teaspoon
Parmesan-Rosemary	Rosemary, crushed	2 tablespoon
	Garlic powder	1½ tablespoons
	Parmesan cheese	½ cup
Barbecue	Cumin	2 tablespoons
	Smoked paprika	2 tablespoons
	Garlic powder	2 tablespoons
	Onion powder	2 tablespoons
	Black pepper	1 ½ teaspoon
Ranch	Garlic powder	2 tablespoons
	Onion powder	2 tablespoons
	Dill weed	2 tablespoons
	Black pepper	1 ½ teaspoon

### Sautéing and Stir-frying

Sautéing and stir-frying are similar techniques where the cooking is done quickly in a small amount of fat.

### **Examples**

Broccoli, carrots, peas, cauliflower, mushrooms, zucchini

### Mise en place

- Prepare the vegetable: wash, peel, trim, cut
- Oi
- Equipment: tilting skillet
- Optional components: aromatics: spices, herbs, citrus zest, sauces

### Quick steps for Sautéing and Stir-frying

- 1. Heat the pan or tilt-skillet. Add the oil and heat it.
- 2. Add the vegetables that take the longest time to cook. Then add those that take a shorter time. Vegetables should be in a single layer so they will not steam and then cook in their own juices.
- 3. Stir the vegetables as they cook making sure all vegetables stay in contact with the heated surface of the pan. The vegetables should not steam.
- 4. Add the flavoring ingredients. Some recipes suggest adding the flavoring, then covering and steaming for 2 minutes. If this step is done, remain at the pan and time the steaming, since overcooking will cause the vegetables to lose quality.
- 5. Serve the sautéed or stir-fry vegetables at once.

### Tips

- Decide on the vegetables that will be used for sautéing or stir-frying and the amount of each to be used.
- Make a list of the vegetables to be added in sequence beginning with those that take the longest time to cook.
- Some vegetables may need to be blanched or steamed a short time before stir-frying.
- All the vegetables for stir-frying should be cut in bite-size pieces.

### **Braising and Stewing**

Braising and stewing is a slow, moist-heat cooking method using a small amount of liquid. This method involves cooking the vegetables in their natural juices.

### **Examples**

Ratatouille, stewed tomatoes, cabbage, hearty greens, leeks

### Mise en place

- Prepare the vegetable: wash, peel, trim, cut
- Cooking medium: stocks, fruit and vegetable juices, water
- Equipment: oven or tilting skillet.
- Optional components: herbs, spices fruit juices

### **Quick steps for Stewing and Braising**

- 1. Heat the oil in a tilting skillet or pan.
- 2. The vegetable is placed in the pan. It may or may not be cooked in the fat before the liquid is added, depending on the recipe.
- 3. Add the liquid; it generally only covers the vegetables part way. Add any seasonings or aromatics.
- 4. Cover and bring the liquid to a simmer.
- 5. Cook the stew or braise until the vegetables are tender.
- 6. Adjust the seasoning and finish the dish according to the recipe.
- 7. Serve the vegetable or hold it.

### **Glazed Vegetables**

This method is best suited for root type vegetables. As the vegetables cook, the liquid draws out their sugar and reduces to form a delicate glaze.

### **Example**

Carrots, turnips, onions

### Mise en place

- Prepare the vegetable: wash, peel, trim, cut
- Liquid: water, juice, stock
- Equipment: tilting skillet
- Optional components: Aromatics like herbs, ginger or citrus zest will add some zing.

### **Quick steps for Glazed Vegetables**

- 1. Blanch the vegetable, if necessary.
- 2. Place the vegetable in a shallow pot with liquid, seasonings and butter (if used). Cover the vegetables half-way with the liquid.
- 3. Bring to a simmer and allow the liquid to reduce.
- 4. Shake the pot occasionally.
- 5. When vegetables are cooked, the liquid should have reduced enough to be syrupy.

NOTE:- Glazed vegetables are sometimes allowed to caramelize lightly

# **BLANCHED VEGETABLES**

Blanching means dipping a food into boiling water for a very short time, only a minute or two. This method briefly and partially cooks a food. Blanching is used to:

- Prepare vegetables for further cooking (example broccoli)
- Remove strong or bitter flavors (example kale)
- Soften firm foods (example carrots)
- Set colors of vegetables (example snow peas)
- Loosen skins for peeling (for example ripe tomatoes)

### Ingredients:

- 1. Boiling water
  - 2. Vegetables3. Ice bath

### Directions

- 1. Bring large pot of water to a boil.
- 2. Immerse vegetables in boiling water for 30 seconds to 1 minute, depending on ripeness or firmness desired.
  - 3. Remove the vegetables from the boiling water.
    - 4. Immediately immerse in ice water to chill.

CCP: Cool to 41 °F or lower within 4 hours.

### Vegetable selection:

- Broccoli, flowerets
- Cauliflower, flowerets
- Green beans, trimmed
- Carrots, julienne (or small carrots)

Snow peas

# ROASTING VEGETABLES

### **Directions:**

- 1. Preheat the oven to 375 °- 425 °F.
- 2. Cut vegetables into uniform shape and size.
- Toss vegetables with olive oil. Season with pepper, garlic, spices, or herbs. Use no more than 1 teaspoon of salt per 50 portions.
- Place vegetables in a single layer on a sheet pan. Do not crowd the vegetables as this will cause them to steam.
- Bake until vegetables are tender.

# Try these vegetables for roasting:

Eggplant	Corn	Carrots	Brussels sprouts	Beets	Asparagus
Rutabagas	Potatoes	Peppers	Parsnips	Onions	Mushrooms
	Zucchini	Turnips	Tomatoes	Sweet potatoes	Summer squash

# ROASTED BRUSSELS SPROUTS

ONE PORTION PROVIDES: % cup other vegetable

INGREDIENTS	50 Servings	10 Servings	DIR	DIRECTIONS
Brussels sprouts, fresh	12 pounds	2 ½ pounds	1.	1. Preheat oven to 400°F.
			2.	2. Trim the Brussels sprouts by cutting off the brown ends
				of the Brussels sprouts and pulling off any yellow outer
				leaves.
Olive oil	1 cup	3 tablespoons	3.	3. Toss Brussels sprouts in a bowl with the olive oil, salt and
Salt, Kosher	1 tablespoon	% teaspoons		pepper. Pour them on a sheet pan in an even layer (do
Penner black ground	2 % teaspoons	% teaspoon		not overcrowd) and roast for 35 to 40 minutes, until
				crisp on the outside and tender on the inside. Shake the
				pan from time to time to brown the sprouts evenly.
Balsamic vinegar, optional	½ cup	1 tablespoon	4.	4. Remove the Brussel sprouts from the oven. Toss
Honey, optional	½ cup	1 tablespoon		with balsamic vinegar and honey, if desired.
<b>NOTE:</b> This dish works wonderfully	with farm-fresh Bru	ssels sprouts, but fr	rozer	<b>NOTE:</b> This dish works wonderfully with farm-fresh Brussels sprouts, but frozen is a good substitute in large food-service facilities.

### Serving Notes:

NUTRIENTS PER SERVING	ERVING				
Calories		Total Fat	Vitamin A	Iron	
Protein		Saturated Fat	Vitamin C	Sodium	ш
Carbohydrate		Cholesterol	Calcium	Dietar	Dietary Fiber

SOURCE: Culinary Nutrition Associates LLC

### **ROASTED RADISHES**

ONE PORTION PROVIDES: % cup other vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Radishes, fresh	10 pounds	2 pounds	1. Heat oven to 400°F.
			2. Trim the radishes by cutting the end. Cut in half.
Oil, olive	1 cup	2 tablespoons	3. Toss radishes in a bowl with the olive oil, salt and
Salt, kosher	1 tablespoon	% teaspoon	pepper. Pour them on a sheet pan in an even layer
Black pepper, ground	2 ½ teaspoons	% teaspoon	(do not overcrowd) and roast for 15 to 20 minutes,
			until tender on the inside. Shake the pan from time
			to time to brown the radishes evenly.
Lemon juice, fresh (optional)	¼ cup	1 tablespoon	4. Remove radishes from the oven and toss with lemon
Honey (optional)	¾ cup	1 tablespoon	juice and honey, if desired.

### SERVING NOTES:

Yield, volume	Pan size
Yield, weight	Serving size

### RECIPE NOTES:

<b>N</b> UTRIENTS <b>P</b> ER <b>S</b> ERVING			
Calories	Total Fat	Vitamin A	Iron
Protein	Saturated Fat	Vitamin C	Sodium
Carbohydrate	Cholesterol	Calcium	Dietary Fiber

Source: Culinary Nutrition Associates LLC

# **SOY GLAZED GREEN BEANS**

ONE PORTION PROVIDES: % cup other vegetable

INGREDIENTS	50 Servings	10 Servings	Directions
Green beans, ends trimmed	spunod 6	1 ¾ pound	<ol> <li>Bring a large pot of water to a boil and season generously with salt. Add the green beans and blanch until crisp-tender, 2 to 3 minutes. Immediately transfer to an ice bath to stop the cooking, and then remove to a baking sheet lined with paper towels or a cooling rack to drain.</li> </ol>
Oil, canola	2/3 cup	2 tablespoons	2. In a large sauté pan over medium-high heat, add the
Butter	2/3 cup	2 tablespoons	canola oil and butter.
Garlic, minced	% cup	4 cloves	3. When the butter is melted, add the garlic and stir until
Soy sauce	1 cup	¼ cup	fragrant, 1 to 2 minutes.
Sesame seeds, toasted	2/3 cup	2 tablespoons	<ol> <li>Add the green beans, soly sauce, sesame seeds, and black namer and cauté until the cauce reduces clightly</li> </ol>
Pepper, black, ground	1% teaspoon	½ teaspoon	and thoroughly coats the green beans, being careful not
			to overcook beans.

### Serving Notes:

NUTRIENTS PER SERVING	ERVING			
Calories		Total Fat	Vitamin A	Iron
Protein		Saturated Fat	Vitamin C	Sodium
Carbohydrate		Cholesterol	Calcium	Dietary Fiber

Source: Samantha Cowens-Gasbarro

# COOKING VEGETABLES FOR GREATER APPEAL TEAM ASSIGNMENTS

Edamame & corn salad	Roasted edamame	Steamed edamame in shell	Edamame	Team 8
Tasty green bean toss	Sesame-roasted green beans	Green beans with almonds (using blanched green beans)	Green beans	Team 7
Corn pudding	Chili & lime roasted corn	Fiesta lime corn	Corn	Team 6
Zucchini parmesan	Roasted summer squash	Zucchini fries	Summer squash	Team 5
Mashed butternut squash	Roasted butternut squash	Butternut squash soup	Butternut squash	Team 4
Orange-glazed carrots	Lemon-roasted carrots	Moroccan carrot salad (using blanched carrots)	Carrots	Team 3
Steamed cauliflower with buffalo sauce	Roasted cauliflower with turmeric	Cauliflower salad (using blanched cauliflower)	Cauliflower	Team 2
Lemon zest broccoli	Cumin-roasted broccoli	Broccoli salad (using blanched broccoli)	Broccoli	Team 1
Recipe 3 (Steam)	Recipe 2 (Roast)	Recipe 1 (Blanch/Saute)	Vegetable	

These recipes were developed for training purposes and have not been tested or standardized for production.

RIANCHED RECCOLL	ONE PORTION PROVIDES:
DEALCHED DAGGGG	% cup dark-green vegetable

Ingredients	50 Servings	10 SERVINGS	DIRECTIONS
Broccoli, bite-size pieces	2 ponnod	1 ½ pounds	1. Prepare the washed, cut broccoli.
Water, boiling			2. Use a steam kettle, tilting braising pan or stockpot. Bring
			water to a boil. Place the broccoli in the boiling water and cook for 2-3 minutes or instructil the color of the vegetables
			becomes brighter (green vegetables will become a brighter
			green). For small amounts of vegetables to be blanched, the
			vegetables may be placed in a colander and then the whole
			colander set in the boiling water.
			3. Immediately drain all hot water.
Ice bath			4. Immerse the vegetables into an ice bath (water with ice). Be
			sure all the vegetables are submerged in the water. Leave
			about 1 minute, to stop the cooking process.
			5. Drain the vegetables well and store covered in the
			refrigerator until time for use.

### **BROCCOLI SALAD**

ONE PORTION PROVIDES:

% cup provides 3/8 cup dark green vegetable and 1/8 cup fruit

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Broccoli, bite-size pieces,	7 pounds	1½ pounds	Trim broccoli and cut into bite-sized pieces. Blanch broccoli
blanched			
Red onion, diced	1 medium	2 ounces	Trim and peel onion. Cut into small dice.
Mayonnaise	1 quart	¾ cup	Whisk mayonnaise, vinegar and sugar in a large bowl. Stir
Vinegar, cider	½ cup	2 tablespoons	in the broccoli, onion and raisins.
Sugar, white	¼ cup	1 tablespoon	
Raisins	1 pound,	5 ounces	
	8 ounces		

7	.09   Dietary Fiber (g)	.09	o   Iron (ing)	c	17.9 Cholesterol (mg)	17.9	Carbonydrate (g)
د	J:>+> 5: 7:b> 5 (2)	00	[ m c)	<b>o</b>	Cholostorol (max)	170	Carbobildinto (a)
157	49 Sodium (mg)	49	.9 Vitamin C (mg)	.9	2.2   Saturated Fat (g)	2.2	Protein(g)
34	Calcium (mg)	339 Calc	6.5 Vitamin A (IU)	6.5	130 Total Fat (g)	130	Calories
						VING	NUTRIENTS PER SERVING

Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. http://vtfeed.org/resource-library Source: New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont Agency of

# **CUMIN-ROASTED BROCCOLI**

ONE PORTION PROVIDES: % cup dark green vegetable

INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Broccoli florets, fresh	8 % pounds	1 % pounds	1. Preheat oven to 400°F.
Oil, olive or canola	አ cup	1 ½ tablespoon	2. Working in batches, toss the ingredients together in
Salt, kosher	1 tablespoon	½ teaspoon	a large bowl until combined.
Ground cumin	2 tablespoons	1 teaspoon	3. Spread the broccoli out onto sheet pans that are
Oranges, grated zest and juiced	2 each	½ each	lined with sprayed parchment paper. Be sure that
			the broccoli is not crowded together, as you want it
			to gain some color, not to steam.
			1. Roast the broccoli for about 15 to 20 minutes, or
			until a nice golden brown color and it is somewhat
			soft. Keep in mind that the broccoli will continue to
			cook when it comes out of the oven.
			5. Serve immediately or warm at room temperature.

**NOTE:** This dish works wonderfully with farm-fresh broccoli, but frozen is a good substitute in large food-service facilities.

### SERVING NOTES:

NUTRIENTS PER SERVING	Serving					
Calories	54	Total Fat		Vitamin A	Iron	
Protein		Saturated Fat	3.42 %	Vitamin C	Sodium	102.38 mg
Carbohydrate		Cholesterol		Calcium	Dietary Fiber	

http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf SOURCE: By Chef Nick Speros, School Food Chef, Let's Cook Healthy School Meals, Project Bread.

# LEMON ZEST BROCCOLI ½ cup dark green vegetable ONE PORTION PROVIDES:

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Broccoli brunches	10 ½ pounds	2 pounds	1. Remove broccoli crowns from stems and chop. To use optional
		2 ounces	stems, remove bottom 1-2 inches, peel and slice thinly.
			2. Steam the broccoli, with stems, if using them, in a steamer or in
			a large pot with 2 inches of water, covered, over high heat, JUST
			until bright green, 2-7 minutes, depending on method used.
			CCP: Heat to 140°F or higher.
			3. Drain thoroughly.
Lemons, fresh	2 each	½ each	4. Grate the outer yellow lemon skin with a zesting tool or on the
			small grating side of a cheese grater.
Parmesan cheese, grated	3 ounces (¾	3 tablespoons	5. Mix together the broccoli with the lemon zest, Parmesan
	cup)		cheese, salt, pepper and olive oil in hotel pans.
Salt	1 tablespoon	½ teaspoon	CCP: Hold for hot service at 140°F or higher
Pepper	2 teaspoons	½ teaspoon	
Oil, olive	% cup	3 tablespoons	

### RECIPE NOTES:

and unappetizing. Broccoli cooking time: Cook until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy

NUTRIENTS PER SERVING	RVING						
Calories	68	Total Fat	4 g	Vitamin A	591 IU	Calcium	.8 mg
Protein	3.2 g	Saturated Fat	.7 g	Vitamin C	87 mg	Sodium	196 mg
Carbohydrate	6.8 g	Cholesterol	1 mg	Calcium	64 mg	Dietary Fiber	2.7 g

content/uploads/2012/05/farm\_to\_school\_cookbook.pdf Source: Fresh From the Farm: The Massachusetts Farm to School Cookbook, http://www.massfarmtoschool.org/wp-

RIANCHED CALLLELOWED	ONE PORTION PROVIDES:
	% cun other vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cauliflower florets, fresh 7 pounds, 4 ounces	7 pounds, 4 ounces	1 ½ pounds	1. Prepare the washed, cut cauliflower.
Water, boiling			<ul> <li>2. Use a steam kettle, tilting braising pan or stockpot. Bring water to a boil. Place the cauliflower in the boiling water and cook for 2-3 minutes. For small amounts of vegetables to be blanched, the vegetables may be placed in a colander and then the whole colander set in the boiling water.</li> <li>3. Immediately drain all hot water.</li> </ul>
Ice bath			<ul> <li>4. Immerse the vegetables into an ice bath (water with ice). Be sure all the vegetables are submerged in the water. Leave about 1 minute, to stop the cooking process.</li> <li>5. Drain the vegetables well and store covered in the refrigerator until time for use.</li> </ul>

## **CAULIFLOWER SALAD**

ONE PORTION PROVIDES:
% cup provides % cup other vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cauliflower florets, fresh	7 pounds,	1 ½ pounds	1. Trim cauliflower and cut into bite-sized pieces. Blanch
blanched	4 ounces		cauliflower.
Garlic, cloves, minced	4 cloves	1 clove	2. In a large bowl, mix together the garlic, parsley, capers,
Parsley, flat-leaf, chopped	1 cup	¼ cup	vinegar, olive oil and salt.
Capers, chopped	¾ cup	2 tablespoons	3. Add the cauliflower and toss together. Marinate, stirring
Vinegar, cider	¾ cup	5 tablespoons	from time to time, for 30 minutes if possible before
Oil, olive	5/8 cup	1/8 cup	serving. Serve warm, cold or at room temperature.
Salt, Kosher	1 tablespoon	½ teaspoon	

<b>NUTRIENTS PER SERVING</b>	VING					
Calories	75	Total Fat (g)	6.5	6.5 Vitamin A (IU)	Calcium (mg)	
Protein(g)	1.2	1.2   Saturated Fat (g)	2	Vitamin C (mg)	Sodium (mg)	290
Carbohydrate (g)	5	5 Cholesterol (mg)	0	Iron (mg)	Dietary Fiber (g)	2

# ROASTED CAULIFLOWER WITH TURMERIC

ONE PORTION PROVIDES: 1/2 cup provides 1/2 cup other vegetable

INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Cauliflower, florets	12 pounds	2 pounds 6	1. Preheat convection oven to 400°F. Line 3 sheet pans with
		onuces	parchment paper.
			2. Trim cauliflower and cut or break into 2-inch florets.
Olive Oil	grow dno ሂ	1/8 cup	3. Whisk olive oil, sesame oil, turmeric and salt in a large bowl.
Sesame Oil	አ cup	1/8 cup	Add the cauliflower and toss to coat.
Ground Turmeric	3 tablespoons	2/3 tablespoon	4. Divide the cauliflower among the prepared sheet pans and
Kosher Salt	1 tablespoon	½ tablespoon	spread in a single layer. Roast until golden, 18 to 20
			minutes.
			5. Any combination of oil will work, including vegetable oil.
			You'll want 1 cup total for 50 portions.
			6. Wear rubber gloves so the turmeric doesn't stain your
			hands.
DIRECTIONS			

### SERVING NOTES:

Serving size	½ cup	Yield, weight	
Pan size	3 Sheet Pans	Yield, volume	

<b>NUTRIENTS PER SERVING</b>	RVING						
Calories	67 kcal	Total Fat	4.69 g	Vitamin A	3.73 IU	Iron	
Protein	2.14 g	Saturated Fat	g 69 <sup>°</sup>	Vitamin C	52.51 mg	Sodium	126.50 mg
Carbohydrate	5.63 g	Cholesterol		Calcium	25.78 mg	Dietary Fiber 2.30 g	2.30 g

Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. http://vtfeed.org/resource-library SOURCE: New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont Agency of

# **BUFFALO CAULIFLOWER BITES**

ONE PORTION PROVIDES:
% cup vegetable

INGREDIENTS	50 Servings	10 Servings	TEST PORTION -
Cauliflower, fresh	11 pounds, 4 ounces	2 ¼ pounds	1. Preheat the oven to 400 F.
(1 medium head is about 6 cups)			2. Prepare the cauliflower into florets
Butter, melted	½ cup	2 tablespoons	3. Whisk the butter, hot sauce and lemon juice.
Hot sauce (such as Frank's)	2 cup	½ cup	4. Toss the cauliflower in the hot sauce mixture
Lemon juice	¼ cup	1 tablespoon	until well coated.
			5. Spread the cauliflower onto a sheet tray and
			roast until beginning to brown and tender,
			about 20 minutes.

RIANCHED CAPPOTE	ONE PORTION PROVIDES:
	% cup red-orange vegetable

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Carrots, fresh, peeled and cut	spunod 8	1 pound 10 ounces	1. Prepare the washed, cut carrots.
Water, boiling			2. Use a steam kettle, tilting braising pan or
			stockpot. Bring water to a boil. Place the
			carrots in the boiling water and cook for 2-
			3 minutes. For small amounts of
			vegetables to be blanched, the vegetables
			may be placed in a colander and then the
			whole colander set in the boiling water.
			3. Immediately drain all hot water.
Ice bath			4. Immerse the vegetables into an ice bath
			(water with ice). Be sure all the vegetables
			are submerged in the water. Leave about 1
			minute, to stop the cooking process.
			5. Drain the vegetables well and store
			covered in the refrigerator until time for
			use.

# **MOROCCAN CARROT SALAD**

One PORTION PROVIDES: % cup red-orange vegetable and 1/8 cup fruit

INGREDIENTS	50 SERVINGS	10 Servings	DIRECTIONS
Carrots, matchsticks	6 pounds	1 ¼ pound	1. Combine matchstick carrots, dried raisins
Raisins or dried cherries	1 pound	3 ½ ounces	or cherries in a large mixing bowl and set
			aside.
2. Dressing			
Orange juice, fresh	¾ cup	2 ½ tablespoons	3. Combine orange juice, lemon juice, orange
Lemon juice, fresh	½ cup	1 ½ tablespoon	zest, brown sugar, salt and cinnamon in
Orange zest	2 tablespoons	1½ teaspoons	the bowl of a mixer. Mix on medium
Sugar, brown	¼ cup	1 tablespoon	speed, using a wire whip, until well
Salt, kosher	1 teaspoon	¼ teaspoon	blended. Or, with a whisk, mix by hand in a
Cinnamon, ground	2 teaspoon	½ teaspoon	mixing bowl.
Oil, canola	1 cup	3 tablespoons	4. Slowly add the olive oil while mixing; whisk
		,	until well combined.
			5. Pour the citrus cinnamon dressing over the
			carrot mixture and mix until carrots are
			well coated with dressing.
			6. Serve chilled.
			7. CCP: Hold at 41°F or below for cold
			service.

<b>N</b> UTRIENTS PER SERVING	VING						
Calories	130	130 Total Fat (g)	4.5	4.5 Vitamin A (IU)	7722 Cal	Calcium (mg)	22
Protein(g)	.7	.7   Saturated Fat (g)	.7	Vitamin C (mg)	4.6 Soc	Sodium (mg)	80
Carbohydrate (g)	13	13   Cholesterol (mg)	0	0   Iron (mg)	.3	Dietary Fiber (g)	1.7

SOURCE: Washington State Schools "Scratch Cooking" Recipe Book, OSPI Child Nutrition Services, September 2013.

# **LEMON-ROASTED CARROTS**

% cup red/orange vegetable ONE PORTION PROVIDES:

INGREDIENTS	50 SERVINGS	10 Servings	DIRECTIONS
Carrots, fresh, peeled and cut	12 pounds	2 pounds 6	1. Toss carrots with oil, salt, and pepper.
(can use frozen)		onnces	2. Grate the outer yellow lemon skin with a zesting tool
Vegetable Oil	½ cnb	2 tablespoons	or on the small grating side of a cheese grater.
Salt	1 tablespoon	½ teaspoon	Squeeze the juice from the lemons. Add to the
Black Pepper	1 tablespoon	½ teaspoon	carrots and toss.
Lemon	4 each	1 each	3. Place on sheet pan in a single layer and roast at
			400°F for 20 minutes, until tender and golden brown.
			4. Transfer to half hotel pans, and serve.

Civilia	KVING	66	235
All trainfalts Ore Cr	NOTRIENTS PER SERVING	Calories	Sodium

SOURCE: Chef Kirk H. Conrad, Chef in Residence, *Let's Cook Healthy School Meals*, Project Bread. http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf

# **ORANGE-GLAZED CARROTS**

ONE PORTION PROVIDES:
% cup red/orange vegetables

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Raisins	10 ounces	2 ounces	1. Plump raisins in a small amount of hot water.
Carrots, fresh, sliced on diagonal	12 pounds	2 ½ pounds	2. Place carrots in a steamtable pan (20" x 12" x 2 ½"). Use
OR	10 pounds		1 pan for 50 portions. Steam carrots for approximately 5
Carrots, frozen, sliced, thawed			minutes.
Butter	8 ounces	1 ½ ounces	3. Make glaze by combining butter, brown sugar, orange
Brown sugar	10 ounces	2 ounces	juice, cinnamon and nutmeg. Stir to blend. Bring to a
Orange juice	5 cups	1 cup	boil. Simmer until slightly thickened. Remove from heat.
Ground cinnamon, lightly toasted	2 teaspoons	½ teaspoon	
Ground nutmeg, lightly toasted	2 teaspoons	% teaspoon	5. Bake:
			Conventional Oven: 375°F for 20-30 minutes OR
			Convection Oven: 325°F for 15-20 minutes
			CCP: Heat to 135°F or higher for at least 15 seconds.
			CCP: Hold for hot service at 135°F or higher.

Pan size	Serving size
2 steamtable pans	2/3 cup provides ½ cup vegetable
Yield, volume	Yield, weight
2 gallons, 1 ½ cup	About 11 pounds 10 ounce

### RECIPE NOTES:

<b>NUTRIENTS PER SERVING</b>	SERVING						
Calories	48	Total Fat	1.92 g	Vitamin A	6496 IU	Iron	14 mg
Protein	.42 g	Saturated Fat	.39 g	Vitamin C	6.8 mg	Sodium	134 mg
Carbohydrate	7.65 g	Cholesterol	0 mg	Iron	.33 mg	Dietary Fiber	.8 g

http://www.theicn.org/USDA\_recipes/school\_recipes/I-13A.pdf Nutrition (2005). USDA recipes for schools. Original recipe with nutrient analysis can be found at SOURCE: Adapted from Orange-Glazed Carrots, I-13A, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child

EDNI IT SOL	ONE PORTION PROVIDES:
	½ cup red/orange vegetable

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS	
Butternut squash, peeled, diced	10 pounds	2 pounds	. Toss with squash ar	1. Toss with squash and onions with oil, pepper
Onion, quartered	1 pound	3 ounces	and salt.	
Oil, canola or olive	2 tablespoons	½ tablespoon	2. Place on 2 large roa	Place on 2 large roasting pans (for 50 servings)
Pepper, black	% teaspoons	½ teaspoon	in an even layer. Ba	in an even layer. Bake at 400 degrees for 20
Salt, Kosher	% tablespoons	½ teaspoon	minutes or until tender.	nder.
Stock, vegetable or chicken	1 ½ gallons	1 quart, 1 cup	. Remove squash fro	3. Remove squash from oven. Add to a large pot,
			hotel pan or kettle.	hotel pan or kettle. Add three-quarters of the
			chicken or vegetable stock.	le stock.
			4. Puree with immers	Puree with immersion blender. Add additional
			stock as needed in	stock as needed in stages to reach desired
			consistency.	
			5. Serve warm.	

### Serving Notes:

Serving size	1 cup	Yield, weight	
Pan size		Yield, volume	

NUTRIENTS PER SERVI	VING						
Calories	46	46 Total Fat (g)	1.0	Vitamin A (IU)	1240	Calcium (mg)	26
Protein(g)	2.1	1 Saturated Fat (g)	.1	Vitamin C (mg)	11.4	Sodium (mg)	93
Carbohydrate (g)	8.4	1 Cholesterol (mg)	2	Iron (mg)	5.	.5 Dietary Fiber (g)	1.4

SOURCE: adapted from Windham Raymond School Department, Windham, Maine

# ROASTED BUTTERNUT SQUASH

ONE PORTION PROVIDES: 1/2 cup vegetable

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Butternut squash, peeled, seeded,	13 ½ pounds	2 pounds,	1. Spray 4 full sheets lightly with food release.
cut into ½ inch cubes		12 ounces	Distribute the squash evenly among pans in a single layer, being careful not to overcrowd the
			pans.
Butter, unsalted	¼ pound	1 ounce	2. Melt the butter and combine with olive oil,
Olive Oil	% cup	1 ½ tablespoon	brown sugar, salt, cinnamon and pepper. Mix
Brown Sugar	2 ¼ cups, packed	½ cup, packed	thoroughly.
Salt	4 teaspoons	¾ teaspoon	3. Divide the butter mixture equally among pans.
Cinnamon, ground (Optional)	1½ tablespoons	1 teaspoon	Stir until squash is well coated.
Black Pepper, ground	1 teaspoon	% teaspoon	4. Roast, uncovered, until cooked through and
	,		lightly browned.
			<ul> <li>Convection Oven: Bake at 350° F; about</li> </ul>
			20-30 minutes.
			<ul> <li>Conventional Oven: Bake at 375° F; about</li> </ul>
			30-35 minutes.
			CCP: Hold for hot service at 140° F or higher

<b>NUTRIENTS PER SERVING</b>	SERVING						
Calories	72	Total Fat	2.6 g	Vitamin A	1273 IU	Iron	
Protein	1 gram	Saturated Fat .9 g	.9 g	Vitamin C	11 mg	Sodium	99 Mg
Carbohydrate	13 g	Cholesterol 2 mg	2 mg	Calcium	30 mg	Dietary Fiber	1 gram

Department of Healthy. www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf Source: Owatonna Public Schools, Now We're Cooking! A collection of Simple Scratch Recipes Served in Minnesota Schools, Minnesota

# **MASHED BUTTERNUT SQUASH**

One portion provides: % cup red/orange vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Butternut squash	16 pounds	3 % pounds	<ol> <li>Steam squash until soft. Time will depend on how small the pieces are and the type of steamer used, 10-30 minutes. (Check after 10 minutes.)</li> <li>CCP: Heat to 140°F or higher.</li> <li>Mash butternut in a mixer or food processor until smooth.</li> </ol>
Butter	6 ounces	2 tablespoons	1. Mix in butter, brown sugar, salt, cinnamon and pepper.
Salt	2 teaspoons	½ teaspoon	CCP: Hold for hot service at 140°F or higher.
Sugar, brown	% cnb	1 tablespoon	
Cinnamon	1 tablespoon	% teaspoon	

NUTRIENTS PER	PER SERVING						
Calories	92	Total Fat	2.95 g	Vitamin A	2023 IU	Iron	.9 mg
Protein	1.4 g	Saturated Fat	1.8 g	Vitamin C	17 mg	Sodium	120 mg
Carbohydrate	14 g	Cholesterol	7 mg	Calcium	42 mg	Dietary Fiber	2.2 g

SOURCE: Fresh From the Farm: The Massachusetts Farm to School Cookbook, http://www.massfarmtoschool.org/wpcontent/uploads/2012/05/farm\_to\_school\_cookbook.pdf

### **ZUCCHINI FRIES**

ONE PORTION PROVIDES: % cup other vegetable

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Squash, summer, fresh	10 pounds	2 pounds	1. Preheat oven to 400 F.
			2. Wash and cut zucchini into sticks, 3 inches by 1 inch.
Flour, all-purpose, enriched	2 ½ cups	% сир	3. In the first bowl, combine flour, salt and pepper.
Salt, kosher	5/8 teaspoon	1/8 teaspoon	
Pepper, black	5/8 teaspoon	1/8 teaspoon	
Eggs, large	5 large	1 large	4. In a second bowl, whisk eggs well.
Bread crumbs, panko	1 quart, 1 cup	1 cup	5. In a third bowl, combine bread crumbs, cheese and
Parmesan, cheese, grated	2 ½ cups	% сир	Italian seasoning in a bowl. Mix well.
Italian seasoning	5 tablespoons	1 tablespoon	

### Breading:

- Set up a breading station by lining up your bowls in order of flour, egg, bread crumb mixture. Line a sheet pan with parchment paper.
- and cover with egg. Remove from egg and place zucchini stick in bread crumb mixture. Toss in mixture to coat. Begin breading process by dipping zucchini stick in flour. Remove flour and shake off excess flour. Drop zucchini stick in egg
- Once zucchini stick is nicely coated with breading, place on sheet pan.
- Repeat breading process with remaining zucchini sticks. Spacing about 1/2 inch apart on sheet tray
- 7. Bake zucchini sticks for 15-20 minutes (rotating half way through), until outside is crispy and zucchini is cooked. Serve immediately. (these do not hold well and need to be batch cooked)

<b>NUTRIENTS PER SERVING</b>	/ING						
Calories	120	120 Total Fat (g)	2.9	2.9 Vitamin A (IU)	64	64 Calcium (mg)	107
Protein(g)	6.3	6.3   Saturated Fat (g)	1.4	1.4 Vitamin C (mg)	0	0 Sodium (mg)	243
Carbohydrate (g)	14.9	14.9 Cholesterol (mg)	25	25   Iron (mg)	1.04 Die	Dietary Fiber (g)	1.63

Source: adapted from Windham Raymond School Department, Windham, Maine

MAER SOLLACH ONE PORTION PROVIDES:	% cup other vegetabl
ES:	able

INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Squash, summer, fresh, sliced into $\%$	13 ½ pounds	2 ¾ pounds	1. Pre-heat convection oven to 350° (400° for
inch thick half-moons			conventional oven)
Oil, vegetable	% cup	3 tablespoons	2. In a large mixing bowl, toss zucchini with olive oil,
Salt	1 tablespoon	% teaspoon	red pepper flakes (optional), salt and pepper. Mix
Black pepper	½ teaspoon	1/8 teaspoon	ingredients thoroughly. Alternatively, the
Red pepper flakes, optional	1 teaspoon	1/8 teaspoon	zucchini can be tossed directly on the parchment
			paper lined sheet pans.
			3. Spread zucchini on parchment paper lined sheet
			trays in a single layer. Do not overcrowd the
			sheet pans. Alternatively, for smaller batches the
			zucchini can be tossed with the other ingredients
			directly on the paper lined sheet trays.
			4. Roast zucchini in preheated oven. Check zucchini
			after 15 minutes. Continue roasting for 5-10
			minutes if necessary until zucchini is slightly
			caramelized and tender. Serve immediately, hold
			or chill according to HACCP SOP.
			CCP: Cool to 70° F within 2 hours and from 70° F to
			41° F or lower within an additional 4 Hours
			CCP: Hold at 135° F or higher.

SOURCE: School Food Initiative Recipe Collection, Orfalea Foundation, http://www.orfaleafoundation.org/wpcontent/uploads/2015/07/SFI-Recipe-Collection1.pdf

## **ZUCCHINI PARMESAN**

One Portion Provides: % cup other vegetable and .25 oz. eq. m/ma

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Squash, summer, fresh, sliced	12 pounds	2 ¾ pounds	1. Preheat convection oven to 350°F. Coat two 2-inch full
Onions, peeled, sliced	2 pounds	6 ounces	hotel pans with cooking spray.
Garlic, peeled, sliced thin	8 cloves	1 ½ cloves	2. Prepare vegetables.
Tomato sauce or marinara	1 gallon	3 cups	3. Dividing ingredients evenly between the two pans (for 50 servings), layer half the zucchini, all of the onion
			and garlic, then the remaining zucchini. Divide sauce between the pans. Cover and bake until just tender,
			about 20 minutes.
Mozzarella, part-skim, shredded	1 pound	3 ounces	4. Uncover and sprinkle with mozzarella and Parmesan
Parmesan cheese, grated	1 quart	¾ cup	cheeses. Bake, uncovered, until the cheese is melted
			and bubbly, 5 to 10 minutes more.

<b>NUTRIENTS PER SERVING</b>	RVING						
Calories	120	Total Fat	4.5 g	Vitamin A	640 IU	Iron	.9 mg
Protein	8 g	Saturated Fat 2.2 g	2.2 g	Vitamin C	3 mg	Sodium	530 mg
Carbohydrate	10.8 g	Cholesterol	12 mg	Calcium	193 mg	Dietary Fiber	2.9 g

Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. http://vtfeed.org/resource-library Source: New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont Agency of

ONE PORTION PROVIDES:	% cup starchy vegetable
FIECTA LIME CORN	

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Corn, frozen	9 ½ pounds	2 pounds	1. Combine corn, red bell peppers and onion.
Red bell pepper, small diced	1 pound	3 onuces	2. To steam: Place corn mixture in steamtable pans (12"
Onion, fresh, small dice	1 pound	3 ounces	x 20" x 2 ½"). For 50 servings, use 1 pan. For 100
			servings, use 2 pans. Heat uncovered, in steamer at 5
			pound pressure. For canned corn, heat 4-8 minutes.
			For frozen corn, heat 9-13 minutes.
			CCP: Heat to 140° F or higher.
Seasonings Chili powder	1 tablespoon	1 teaspoon	3. Add seasonings, cilantro and lime juice Stir lightly.
Ground cumin	2 teaspoons	% teaspoon	4. CCP: Hold for hot service at 135° F or higher.
Smoked paprika	2 teaspoons	% teaspoon	
Onion powder	2 teaspoons	% teaspoon	
Cilantro, fresh, chopped	1 cup	½ cup	
Lime juice	½ cup	1 tablespoon	

### **SERVING NOTES:**

Serving size	½ cup	Yield, weight	
Pan size	2 steamtable pans for 50	Yield, volume	

NUTRIENTS PER	Serving						
Calories	42	Total Fat	1.3 g	Vitamin A	204 IU	Iron	.4 mg
Protein	1.1 g	Saturated Fat	.25 g	Vitamin C	7 mg	Sodium	132 mg
Carbohydrate	7.7 g	Cholesterol	0 mg	Calcium	4 mg	Dietary Fiber	.9 g

SOURCE: Adapted from Mexicali Corn, I-12, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) *USDA recipes for schools*. Original recipe with nutrient analysis can be found at http://www.theicn.org/USDA\_recipes/school\_recipes/I-12.pdf

# CHILI AND LIME CORN ONE PORT % cup Sti

½ cup starchy vegetable	ONE FOR HON PROVIDES.

INGREDIENTS	50 Servings	10 Servings		DIRECTIONS
Corn on the cob, fresh, medium, husked	50 each (medium)	10 each (medium)	1. +	Husk corn. Cut in half.
	25 each (large)	5 each (large)		
Lime juice	1/4 cup	1 tablespoon	2. (	Combine lime juice, zest, chili powder,
Lime zest	2 tablespoons	1 teaspoon	_	oil and salt and pepper in a bowl.
Chili powder	2 tablespoons	1 teaspoon	3.	Steam the corn in 2-1/2 inch steamer
Garlic, granulated	1 teaspoon	¼ teaspoon		pans with the seasoning mix just until
Oil, vegetable	¼ cup	1 tablespoon	_	cooked, about 7 minutes.
Salt	1 teaspoon	¼ teaspoon	4. 3	Serve immediately.
Pepper, black	½ teaspoon	1/8 teaspoon		

1.22 g	Dietary Fiber	1.8 mg	Calcium	0	Cholesterol 0	8.6 g	Carbohydrate 8.6 g
239 mg	Sodium	3 mg	Vitamin C	.5 <sub>8</sub>	Saturated Fat .5 g	1.4 g	Protein
.24 mg	Iron	187 IU	Vitamin A	1.5 g	Total Fat	65	Calories
						RVING	NUTRIENTS PER SERVING

content/uploads/2012/05/farm\_to\_school\_cookbook.pdf Source: adapted from Fresh From the Farm: The Massachusetts Farm to School Cookbook, http://www.massfarmtoschool.org/wp-

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ONE PORTION PROVIDES: 1/4 cup starchy vegetable

INGREDIENTS	50 SERVINGS	25 SERVINGS	DIRECTIONS
Milk, nonfat	2 cups	1 cup	1. Combine milk, flour, eggs, butter, sugar, pepper and
Flour, all-purpose, enriched	12 ounces	e onuces	nutmeg in the mixer bowl. Mix with whip on low for 2
Eggs, large	14 large	7 large	minutes, 1 minute on medium speed, and 1 minute on
Butter	4 ounces	2 ounces	high speed.
Sugar	2 tablespoons	1 tablespoon	IF mixing by hand, soften butter.
Pepper, white	1 teaspoon	½ teaspoon	
Nutmeg, ground	1 teaspoon	½ teaspoon	
Corn, canned or frozen	2 quarts	1 quart	2. Change to paddle. Add whole-kernel corn and cream
Corn, cream style corn	2 quarts	1 quart	style corn. Mix for 2 minutes on low speed.
			3. Pour mixture into a steam table pan (12"x20"x2") (50
			portions) lightly coated with pan release spray. For 25
			portions use one-half - 2 inch steamtable pan.
			4. Bake until golden brown.
			Conventional oven at 375ºF for 50-60 minutes
			Convection oven at 325ºF for 30-40 minutes.
			CCP: Heat to 145ºF or higher for 3 minutes.
			CCP: Hold for hot service at 135ºF or higher.
			5 Cut pan 5x10 (50 pieces).

	3.7 g	.9 g	125 mg
	Total Fat	Saturated Fat	Sodium
VING	115	4.8 g	17 g
<b>NUTRIENTS PER SERVING</b>	Calories	Protein	Carbohydrate

SOURCE: Menus that Move, Ohio Department of Education, http://education.ohio.gov/Topics/Other-Resources/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move

# **BLANCHED GREEN BEANS**

ONE PORTION PROVIDES:
% cup other vegetable

SU SERVINGS	<b>10 SERVINGS</b>	DIRECTIONS
6 ¼ pounds	1 pound 4 ounces	1. Prepare the washed, cut green beans.
		2. Use a steam kettle, tilting braising pan or
		stockpot. Bring water to a boil. Place the
		green beans. in the boiling water and cook
		for 2-3 minutes. For small amounts of
		vegetables to be blanched, the vegetables
		may be placed in a colander and then the
		whole colander set in the boiling water.
		3. Immediately drain all hot water.
		4. Immerse the vegetables into an ice bath
		(water with ice). Be sure all the vegetables
		are submerged in the water. Leave about 1
		minute, to stop the cooking process.
1		

# **GREEN BEAN SALAD WITH ALMONDS**

ONE PORTION PROVIDES: % cup provides % cup other vegetable

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Almonds, whole, roasted	2 cups	dno ⅓	1. Lightly toast over medium-high heat (or in an oven),
Tamari	½ cnb	2 tablespoons	about 3 minutes. Add half of the tamari and stir until
			the almonds are coated evenly, about 30 seconds. Cool.
			Chop almonds roughly.
Green beans, trimmed,	spunod ½ 9	1 ½ pound	2. Blanch the green beans.
Oil, sesame, toasted	% cnb	2 tablespoons	3. In a large bowl, combine the sesame oil, vinegar, garlic,
Vinegar, rice wine	% cup	3 tablespoon	ginger, and remaining tamari. Add the drained green
Ginger, fresh, peeled, grated	2 tablespoons	2 teaspoons	beans and toss to coat. Garnish with roasted almonds.
			Serve cold.

<b>NUTRIENTS PER SERV</b>	ING			
Calories	Total Fat (g)	Vitamin A (IU)	Calcium (mg)	
Protein(g)	Saturated Fat (g)	Vitamin C (mg)	Sodium (mg)	
Carbohydrate (g)	Cholesterol (mg)	Iron (mg)	Dietary Fiber (g)	

# SESAME-ROASTED GREEN BEANS

ONE PORTION PROVIDES:
% cup other vegetable

INGREDIENTS	50 SERVINGS	10 Servings	DIRECTIONS
Green Beans	12 pounds	2 pounds 6 ounces	1. Preheat convection oven to 300°F or
			conventional oven to 325°F.
			2. Trim green beans.
Oil, vegetable	¼ cup	1 tablespoon	3. Drizzle vegetables with 4 teaspoons oil and
Oil sesame	1 tablespoon	1 teaspoon	sprinkle with 1 tsp salt and ½ tsp pepper. Toss to
Kosher salt	1 tablespoon	¾ teaspoon	coat. Divide green beans among 4 full sheet
Black pepper, ground	2 teaspoons	½ teaspoon	pans (for 50 portions) and spread in a single
			layer. Bake for 15 minutes.
Sesame Seeds	½ cup	2 tablespoons	4. Stir 2 tablespoons sesame seeds into each pan
			of vegetables and bake until the vegetables are
			starting to brown, 4 to 5 minutes more.

### **SERVING NOTES:**

Serving size	½ cup
Pan size	12x20x2 Steam Table Pan

<b>NUTRIENTS PER SERVING</b>	Serving						
Calories	50	Total Fat	2 g	Vitamin A	604 IU	Iron	.4 mg
Protein	2 g	Saturated Fat .25 g	.25 g	Vitamin C	10 mg	Sodium	132 mg
Carbohydrate	7.7 g	Cholesterol	0 mg	Calcium	51 mg	Dietary Fiber	3 g

Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. http://vtfeed.org/resource-library SOURCE: New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont Agency of

ONE PORTION PROVIDES:	$ec{eta}$ cup other vegetable
TACTY GREEN REAN TOCC	I ASITI ONEEN DEAN 1033

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Green beans, ends snipped	12 pounds	2 ponud 6	1. Steam beans in a perforated pan with an insert, until
		onuces	tender but firm and still bright green, about 4-8
			minutes, depending on intensity of steamer. Drain
			well.
			CCP: Heat to 140°F or higher.
Oil, olive	2/3 cup	2 tablespoons	2. Combine olive oil and garlic in a small skillet and heat
Garlic, minced	3 tablespoons	2 teaspoons	very briefly, over medium-low heat, just until garlic
			starts to cook. Remove from heat. (Do not brown
			garlic.)
Almonds, sliced	8 ounces (about	1% ounce	3. Roast the almonds, just until they brown very slightly.
	1 2/3 cup)	(about 2 ½	(Take a look at the earliest time.)
		tablespoon)	Convection oven: 300°F about 2-5 minutes
			Conventional oven: 325°F about 5-7 minutes
Salt	2 teaspoons	% teaspoon	4. Toss the green beans with the garlic oil, nuts and salt
			in a steamtable pan and serve.
			CCP: Hold for hot service at 140°F or higher

NUTRIENTS PER SERV	Serving						
Calories	82	Total Fat	2 g	Vitamin A		Iron	.8 mg
Protein	1.4 g	Saturated Fat .2	.2 g	Vitamin C	5	Sodium	100
Carbohydrate	4.9 g	Cholesterol	gm 0	Calcium	32 mg	Dietary Fiber	1.6 g

SOURCE: Fresh From the Farm: The Massachusetts Farm to School Cookbook, http://www.massfarmtoschool.org/wpcontent/uploads/2012/05/farm\_to\_school\_cookbook.pdf

# STEAMED EDAMAME- IN SHELL

One PORTION PROVIDES:
% cup vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIREC	Directions
Edamame, fresh, in shell or pod	15 pounds	3 pounds	1. S	1. STEAMER: Arrange entire bag of frozen vegetables in a
			<b>5</b>	half-size hotel pan. Add 1/3 cup water. Steam for 7 to
			∞	8 minutes. Drain and serve.
			2. S	2. STEAM JACKETED KETTLE: Bring 5-quarts water to boil
			0	on High in a 7-quart pot. Add entire bag of frozen
			<	vegetables into boiling water. Quickly return to boil,
			C	cook 5 minutes longer. Do not cover. Drain and serve.
Oil, vegetable	½ cup	2 tablespoons	3. C	3. Combine oil, salt, pepper and lemon zest. Toss cooked
Kosher salt	1 teaspoon	¼ teaspoon	Ф	edamame with seasoning mixture.
Black pepper, ground	½ teaspoon	¼ teaspoon		
Lemon zest	¼ cup	1 tablespoon		
Smoked paprika, optional	1 teaspoon	½ teaspoon	4. 0	4. Garnish with smoked paprika.

### RECIPE NOTES:

<b>NUTRIENTS PER SERVING</b>	ERVING						
Calories	190	Total Fat	9 g	Vitamin A	308 IU	Iron	
Protein	9 g	Saturated Fat	1 g	Vitamin C	37 mg	Sodium	75 mg
Carbohydrate	14 g	Cholesterol	0 mg	Calcium	232 mg	Dietary Fiber	5 g

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ONE PORTION PROVIDES: % cup vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Edamame, shelled	10 pounds	2 pound	1. Preheat oven to 400 F.
Garlic, minced	1 tablespoon	1 teaspoon	2. Place edamame, garlic, oil, salt and pepper on a
Oil, olive	ለ cup	1 tablespoon	sheet pan and toss to combine. Roast in oven 10
Salt	2 teaspoons	½ teaspoon	- 15 minutes, just until the edamame begins to
Black pepper, ground	1 teaspoon	½ teaspoon	brown.
			3. Serve.

## SERVING NOTES:

<b>NUTRIENTS PER SERVING</b>	Serving						
Calories	82	Total Fat	3.2 g	Vitamin A	150 IU	Iron	1.2 mg
Protein	5.6	Saturated Fat	.3 g	Vitamin C	20 mg	Sodium	116 mg
Carbohydrate	9.2 g	Cholesterol	gm 0	Calcium	15 mg	Dietary Fiber	.52 mg

SOURCE: adapted from Windham Raymond School Department, Windham, Maine

## **EDAMAME AND CORN SALAD**

One portion provides: 1/2 cup vegetables

INGREDIENTS	65 SERVINGS	10 Servings	DIRECTIONS
Dressing			
Mayonnaise, Fat Free	14 ounces	2 ounces	1. Whisk together mayonnaise and lemon juice.
Lemon Juice	10 ounces	1 ½ ounces	
Pepper, black	2 teaspoons	1/3 teaspoon	2. Add seasonings and stir until well combined. Let
Ginger root, raw, grated	1 tablespoon	½ teaspoon	stand in refrigerator overnight.
Salad			
Whole Kernel Sweet Corn	18 cups, drained	2 ¾ cups	3. Drain corn (thawed frozen corn may be
			substituted).
Edamame, blanched	8 ¾ cups	1 1/3 cups	4. Combine corn, edamame, onion, red pepper and
Onions, chopped, raw	2 ½ cups	1/3 cups	cilantro. Mix well.
Pepper, bell, red, diced	2 ½ cups	1/3 cups	5. Add dressing and mix until ingredients are well
Cilantro leaves, raw, chopped	1 cup	2 ½ tablespoons	coated with dressing.
			6. Label and date, then store in cooler overnight.

## Serving Notes: serving size – ½ cup

<b>N</b> UTRIENTS PER SERVING	ING						
Calories	91	Total Fat	3.53 g	Vitamin A	51.26 IU	Sugar	
Protein	3.64 g	Saturated Fat	.51 g	Vitamin C	5.29 milligram	Sodium	181 mg
Carbohydrate	13.35 g	Cholesterol	1.6 mg	Calcium	18.7 milligram	Dietary Fiber	2.25 g

Department of Healthy. www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf Source: Saint Paul Public Schools, Now We're Cooking! A collection of Simple Scratch Recipes Served in Minnesota Schools, Minnesota

Product Evaluation for Cooking Vegetables for Greater Appeal

Participants evaluate each food product as part of the tasting in this culinary laboratory. For each food product (row) and each evaluation category (column), circle either A (acceptable) or NA (not acceptable).

evaluation caregoly (column), energetical A (acceptable) of 14A (not acceptable).	יר בונוובו א (מברר	Stable) of Ital	לווסר מברב שנמשו	٠/٠	
Food Product	Appearance	Taste	Texture	Eating	Comments
				Quality	
Broccoli salad	A or NA	A or NA	A or NA	A or NA	
Cumin-roasted broccoli	A or NA	A or NA	A or NA	A or NA	
Lemon zest broccoli	A or NA	A or NA	A or NA	A or NA	
Cauliflower salad	A or NA	A or NA	A or NA	A or NA	
Roasted cauliflower with turmeric	A or NA	A or NA	A or NA	A or NA	
Steamed cauliflower/buffalo sauce	A or NA	A or NA	A or NA	A or NA	
Moroccan carrot salad	A or NA	A or NA	A or NA	A or NA	
Lemon-roasted carrots	A or NA	A or NA	A or NA	A or NA	
Orange-glazed carrots	A or NA	A or NA	A or NA	A or NA	
Butternut squash soup	A or NA	A or NA	A or NA	A or NA	
Roasted butternut squash	A or NA	A or NA	A or NA	A or NA	
Mashed butternut squash	A or NA	A or NA	A or NA	A or NA	
Zucchini fries	A or NA	A or NA	A or NA	A or NA	
Roasted summer squash	A or NA	A or NA	A or NA	A or NA	
Zucchini parmesan	A or NA	A or NA	A or NA	A or NA	
Fiesta lime corn	A or NA	A or NA	A or NA	A or NA	
Chili and lime roasted corn	A or NA	A or NA	A or NA	A or NA	
Corn pudding	A or NA	A or NA	A or NA	A or NA	
Green beans with almonds	A or NA	A or NA	A or NA	A or NA	
Sesame-roasted green beans	A or NA	A or NA	A or NA	A or NA	
Tasty green bean toss	A or NA	A or NA	A or NA	A or NA	
Steamed edamame in shell	A or NA	A or NA	A or NA	A or NA	
Roasted edamame	A or NA	A or NA	A or NA	A or NA	
Edamame and corn salad	A or NA	A or NA	A or NA	A or NA	

#### Day Three Great Grains

Lesson-at-a-glance

Culinary demonstration	Uses of grains	60 minutes
	Defining a whole grain	
	Variety of grains	
	Simmering grains	
	Cooking rice in the oven	
	Steaming grains	
	Pilaf	
	Cooking pasta	
	Seasonings	
	DEMO:	
	Roasted Cherry Tomato, Quinoa and	
	Chickpeas	
Hands on	Cooking grains:	2 ½ hours
	• Rice	
	Quinoa	
	<ul> <li>Wheat berries / bulgur</li> </ul>	
	<ul><li>Pasta</li></ul>	
	<ul> <li>Corn grits and corn meal</li> </ul>	
	Oats	
	<ul> <li>Sorghum</li> </ul>	
	• Couscous	
Evaluation and discussion		15 minutes
Clean-up		15 minutes
		1

**Grains** are the fruit of a grass, grains have a pleasant taste, are inexpensive and readily available, and provide a valuable and concentrated source of nutrients and fiber.

#### **Uses:**

Soups

Salads

Stuffings

Fillings for meats or vegetables

Thickeners

#### **Whole Grains**

Name	Purchase Form	Examples
Wheat		•
Wheat berries or	Unrefined or minimally processed	Wheat berry salad
kernels	whole kernels	•
Cracked	Coarsely crushed, minimally	
	processed kernels	
Bulgur	Hulled, cracked hard or soft wheat;	Tabbouleh
	parboiled and dried	
Whole wheat	Semolina pellets, often parcooked	Whole wheat citrus cous
couscous		cous salad
Whole wheat pasta	Fresh, dry	Thai peanut noodle salad
	Various shapes and sizes	
Rice		
Brown	Hulled grains, bran intact; short,	Brown rice pilaf
	medium, or long grain;	
Red Rice		
Wild	, <u>e</u> ,	Wild rice soup
	to regular rice	
Grits, whole grain	Cracked hominy	Creamy grits
Cornmeal, whole		Corn muffin
grain	kernels; white or yellow	
Popcorn		
Oats		,
Oat groats		
Steel-cut oats		
Oatmeal		Cinnamon apple oatmeal
Other Whole Grains		
Amaranth		
Barley, whole	Coarse, whole kernels; ground (barley meal)	Barley and Corn Salad
Buckwheat		Buckwheat pancakes
Farro		
Millet		
Quinoa (red, white,		Mediterranean Quinoa
black)		Salad
Rye		
Sorghum		
Spelt		
Teff		
Triticale		

	Description	Flavor, texture, and appearance	Major Uses
Amaranth	An important grain in the Aztec's diet. Amaranth provides a high-quality protein as it is rich in lysine and methionine. It is also rich in calcium, iron, and fiber	Small, golden color grain. can be boiled or popped (like corn). Best used in baked dishes	Flour- bread, pie crust, pancakes; baked dishes
Buckwheat (kasha)	Technically, not a grain, but the fruit of a plant.	Kasha, roasted buckwheat, has a slightly nutty aroma and taste. When cooked, kasha is soft and fluffy.	Whole: side dish; flour: pancakes, baked goods
Job's Tears	Common in Japan and China.	Appearance of large pearl barley. Cooked grains are separate and not starchy. Pleasant, beanlike flavor.	stews, chili, side dish
Millet	Millet is primarily used for bird feed in the US. In Africa, China, and India it is a dietary staple.	Small, round and golden- yellow in color. Similar to mustard seed in appearance Can be bitter in taste.	Side dish, flat breads
Quinoa	An ancient grain used by the Incas of Peru. Very high in protein.	Creamy beige in color; small and round in shape. Mild, nutty taste.	Side dish, flour: pasta,
Rye	Rye is a staple in Russia, Scandinavia, and Eastern Europe. n the US we are most familiar with it in the form of rye and pumpernickel bread.	Rye berries are plump and chewy with a faint sour aftertaste.	Cracked: side dish; flour: baked goods
Sorghum	Sorghum is a staple food in India and Africa, yet is relatively unknown in many parts of the world. This gluten free grain is an excellent source of dietary fiber,	Sorghum has a hearty, chewy texture similar to wheat berries.	It holds well on a steamtable and is excellent in both hot and cold dishes.
Teff	Teff is an ancient grain that has been used to make injera - the national bread of Ethiopia.	Tiny, reddish-brown seeds. Similar to poppy seed in appearance. Pleasant taste with a natural sweetness.	Stuffing, spoonbread. Flour- scones, waffles
Triticale	Triticale is a hybrid of wheat and rye	Rice-shaped and beige in color. Nutty and mild flavor.	side dish, salad

#### **Simmering Grains**

Grains properly cooked by simmering are relatively dry and fluffy, with a sweet, nutty flavor.

#### **Commonly Simmered Grains**

- Rices:
- Bulgur
- Wheat
- Hominy

- Barley
- Buckwheat
- Quinoa
- Millet
- Sorghum

#### Mise en place

- Grain
  - Check the grain carefully and remove any debris
  - Presoak as necessary
- Liquid
  - o Water
  - Stock or broth
  - Juice
  - Any acid liquid (citrus juice) should be added during the final part of cooking to avoid toughening the grain
- Optional components
  - Spices or herbs
  - Aromatics
- Equipment
  - o Steam jacketed kettle, tilt skillet, oven

#### **Quick Steps for Boiling Grains and Legumes**

- 1. Bring the liquid to a rolling boil.
- 2. Add the grain to the boiling liquid.
- 3. Establish a simmer and cook to the proper doneness.
- 4. Drain and serve them or hold in a warm place.

#### Cooking Rice in the Oven

- 1. Measure or weigh the amount of rice to be cooked. Pour into 12 x 20 x 2-inch pans. Use no more than 3 pounds of rice per pan.
- 2. Bring the liquid to a boil in a separate container. If additional ingredients are to be used in the rice, add them to the liquid. Pour the boiling liquid over the rice.
- 3. For added ingredients such as sautéed onions, garlic, celery, carrots, or mushroom use a maximum of 3 cups of added ingredients for each 1 pound of rice. For each 1 pound of rice, use 1 quart of water or stock.
- 4. Cover tightly with aluminum foil and either steam or bake in the oven. Times will vary depending on the variety of rice used.
- 5. The times shown below are for brown rice, long grain (regular or parboiled) or medium grain.
- 6. Compartment steamer steam at 5 lb pressure for about 35minutes
- 7. Conventional oven bake at 350 °F for about 35 minutes
- 8. Convection oven bake at 350 °F for about 30 minutes
- 9. Remove from heat and let rice remain covered for 5 to 10 minutes. Fluff rice with a fork before serving.
- 10. To hold rice before serving, cover tightly with aluminum foil and hold above 140 °F in the warmer.

#### **Steaming Grains**

Few grains are truly cooked by steaming. Couscous and rice are a few of the grains actually steamed - a *couscoussiére* is customarily used for this purpose.

#### **Commonly Steamed Grains**

Couscous
Short grain rice

#### Mise en place

- Main item
- Steaming Liquid
  - Couscous is traditionally steamed over a stew
  - Water or stock (rice)
- Optional components
  - Salt and pepper
  - Cooking fat to provide flavor and keep grains from clumping
- Equipment
  - Steamer

#### **Quick steps for Steaming Grains**

- 1. Place the grain over simmering or boiling liquid.
- 2. Steam the grain until tender.
- 3. Adjust the seasoning to taste and serve or hold the item.

#### **Pilaf**

A grain dish and cooking method in which the grain is first heated in a pan (either dry or in an oil) and then combined with a hot liquid. In this dish the grains tend to remain separate, with a nutty flavor caused by the initial toasting or "parching "of the grain.

#### **Common Pilaf Grains:**

Rices, Buckwheat, Barley, Quinoa

#### Mise en place

- · Main item
  - Check the grain carefully remove any debris
  - Presoak as necessary
- Cooking oil
- Liquid
  - Stock is generally preferred
  - o Fruit juice or vegetable coulis may be substituted for up to one-half of the liquid
- Onion
  - Minced onion, shallots, scallions, or leeks
- Optional components
  - o Bay leaf, thyme
  - Other herbs or spices
  - Additional vegetables

#### **Quick steps for the Pilaf Method**

- 1. Heat a cooking fat or oil.
- 2. Add onions and sweat them.
- 3. Add the grain and sauté it.
- 4. Add the liquid and aromatics
- 5. Bring the liquid to a simmer
- 6. Cover the pot and place it in the oven.
- 7. Cook until individual grains are tender
- 8. Adjust the seasonings to taste and serve the pilaf.

#### **Cooking Pasta**

#### **Boiling**

1. Measure the water in a steam-jacketed kettle.

Basic recipe for pasta is 1 pound pasta, 1 gallon water, 1 teaspoon salt. Increase all ingredients based on the number of pounds of pasta to be cooked.

- Bring water to a rolling boil and add pasta gradually. Stir to separate the pieces.
   When cooking filled pastas like ravioli, add to boiling water and then gently simmer so filled pasta pieces are not broken.
- 3. Return water to a boil and begin timing. Cook uncovered until the pasta is al dente.

  Do not stir the pasta while it is cooking. Be careful not to overcook. If pasta is to be used in a recipe that will be cooked again, cooking can be reduced by about 2 minutes.
- 4. When pasta is done, drain immediately in a colander.

Do not rinse pasta that is to be served hot.

A small amount of oil can be tossed with the pasta to prevent sticking.

5. Serve hot pasta immediately.

To cool pasta, cover with cold water until chilled. Drain, cover, and refrigerate until needed.

6. Pre-cooked pasta can be reheated by quickly immersing in boiling water.

Do not allow to cook. Drain. Add sauce or seasonings and serve immediately.

## Grain cookery

7				
Grain	Grain Quantity	Liquid Quantity	Time	USDA Food Buying Guide
Brown rice, long grain	1	2	30 to 45 minutes	1 pound long grain, regular (about 2 ½ cups) makes about 4 3/8 cups cooked. 1 cup dry = about 1 ¾ cup cooked.
Quinoa	1	2	12 to 15 minutes	
Wheat berries	1	ω	Cook 45 to 60 minutes	1 pound dry (about 2 $\%$ cups) makes 6 cups cooked.
Bulgur	1	2	10 to 12 minutes	1 pound dry (about 3 cups) makes $9 \%$ cups cooked.
Sorghum	1	3 or 4	45 to 50 minutes	1 pound dry is about 2 1/3 cups. 1 cup dry sorghum makes 3 cups cooked sorghum.
Corn grits	1	4	25 to 30 minutes	1 pound dry (about 3 cups) makes about 10 7/8 cups cooked.
Oats	1	2.25	varies	1 pound dry (about 6 cups) makes about 11 3/8 cups cooked.
Barley	1	ω	60 minutes	1 pound dry (about 2 1/3 cups) makes about 10 $\%$ cups cooked.
Couscous, whole wheat	1 (1 cup)	1.5 (2.75 cup)	10 minutes (heat off) (USDA)	1 pound dry (about 2 $\%$ cups) makes about 6 $\%$ cups cooked.
Pasta	1	6	8 to 12 minutes (varies by size)	1 pound whole wheat penne (about 5 3/8 cups) makes about 8 5/8 cups cooked. 1 pound whole wheat spaghetti (about 4 ¾ cups) equals about 8 ½ cups cooked.

# ROASTED CHERRY TOMATO, QUINOA AND CHICKPEAS

One portion provides: % cup grain

INGREDIENTS	10 SERVINGS	DIRECTIONS
Quinoa	12 ounces	1. Rinse the quinoa through a fine sieve for about a minute. Drain the quinoa and then place it
	(1 7/8 cups)	in an appropriate-sized pan or steam-jacketed kettle with 2 times the volume of water.
		Bring the quinoa to a boil and reduce it to a simmer. Cover the quinoa and simmer for 15
		minutes, or until all of the water has been absorbed. Turn off the heat and fluff the quinoa
		with a fork. Cover it again and allow it to rest for ten minutes.
Cherry tomatoes,	2 pints	2. Preheat your oven to 375F. Toss the tomatoes and the chickpeas in the olive oil. Sprinkle of
halved		salt and black pepper.
Chickpeas, cooked or	2 cups	3. Transfer the tomatoes and the chickpeas to a parchment-lined baking sheets (big enough to
canned	•	hold them all in a single layer). Break the head of garlic into cloves. Without peeling the
Oil, olive	1 tablespoon	cloves, nestle them in between the tomatoes and chickpeas on the baking sneets. Use all of
Garlic, fresh	1 head	the cloves. Noast the tolliatoes and chickpeas for 13-23 illimites, of until the tolliatoes are browning and collansing and the chickpeas are crispy. Check them once halfway through
Salt, Kosher	½ teaspoon	gently nudging them around if they're sticking to the parchment.
Pepper, black, ground	% teaspoon	4. Remove the garlic cloves from the roasted tomatoes and chickpeas. If the cloves are on the
		bigger side, then you can squeeze them into the dish for extra garlicky flavor. Smaller cloves
		will probably dry up in the cooking process, in which case you can just discard them.
Vinegar, balsamic	1 tablespoon	5. In a large mixing bowl, combine the cooked quinoa with the tomatoes, chickpeas, balsamic
Chives, fresh, chopped	½ cup	vinegar, and chives. Mix it all well, and then season to taste with additional salt and pepper
	-	and an extra drizzle of olive oil, as well as any additional dried or fresh herbs you like
		(oregano and thyme would be lovely). Serve. Quinoa will keep for up to three days in an
		airtight container in the fridge.

SOURCE: Chef Samantha Cowens-Gasbarro

**Great Grains** 

## **CHEESE SAUCE**

ONE PORTION PROVIDES:

1 oz. eq. m/ma

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water, cold or milk	5 5/8 cups	1 1/8 cup	1. Combine cold water and sodium citrate. Whisk to
Sodium citrate	55 grams or 2	11 grams	dissolve. Bring to a simmer over medium heat.
	ounces	(about 2	
		teaspoons	
Cheddar cheese, grated	3 pounds 2 ounces	10 ounces	2. Add cheese to the simmering liquid gradually,
			blending each addition with an immersion blender
			until melted and completely smooth.

## **SERVING NOTES:**

- Cheese sauce will keep for 1 week in the refrigerator or up to 2 months in freezer.
- Add salsa for queso sauce.
- Sodium citrate allows the proteins in the cheese sauce to become more soluble without lowering the pH of the sauce, which creates a smooth emulsion without curdling.

Pan size	Serving size
Yiel	Yie
eld, volume	eld, weight

#### RECIPE NOTES:

NUTRIENTS PER SERVING			
Calories	Total Fat	Vitamin A	Iron
Protein	Saturated Fat	Vitamin C	Sodium
Carbohydrate	Cholesterol	Calcium	Dietary Fiber

Source: adapted from Modernist Cuisine and Chef Matt Poling

GREAT GRAINS

## **TEAM ASSIGNMENTS**

	Grain	Recipe 1 (Hot)	Recipe 2 (Cold)	Recipe 3 (Shaker/Bowl/Bar)
Team 1	Brown rice	Brown rice pilaf	Brown rice & edamame salad	Teriyaki chicken with oven- fried rice
Team 2	Quinoa	Quinoa & butternut squash	Southwest quinoa salad	Alaska Pollock Quinoa Poke Bowl
Team 3	Wheat berries or bulgur	Tabbouleh	Wheat berry salad	Southwest Chicken & Wheat Berry Salad Wrap
Team 4	Pasta, whole wheat	Asian noodle salad	Ramen Noodle Bowl	Chicken bruschetta pasta
Team 5	Corn grits, whole grain	Polenta	Mexican style cornbread	Beef or pork tamale pie
Team 6	Oats	Overnight oats	Homemade granola	Blueberry oat bars
Team 7	Sorghum	Toasted sorghum salad	Sorghum & corn salad	Chicken Carnitas and Sorghum Burrito Bowl
Team 8	Couscous, whole wheat pearled couscous	Whole wheat citrus couscous salad	Trail Mix Breakfast Bowl	Whole wheat pearled couscous with chicken & tomatoes

These recipes were developed for training purposes and have not been tested or standardized for production.

## **BROWN RICE PILAF**

One portion provides: % cup grain

Ingredients	50 Servings	10 Servings	Directions
Oil, canola	¼ cup	2 tablespoons	1. Heat the oil. Add the onion and sweat,
Onions, fresh, small diced	1 pound (3 cups)	¾ cup	stirring frequently, until translucent, about
Garlic, minced	4 teaspoons	1 teaspoon	5 to 6 minutes. Add garlic.
Brown rice, long-grain, regular	3 pounds 2 ounces	10 ounces (1 ½ cups)	2. Add the brown rice and coat with the oil.
Water or chicken stock, low-sodium	1 gallon	3 cups	3. Add the hot stock or water and salt. Bring to
Salt	2 teaspoons	½ teaspoon	a simmer.
			4. Cover the pot and turn the heat to simmer.
			5. Cook for approximately 40 to 50 minutes,
			until the grain is tender. Uncover and using
			a fork, separate the grains and release the
			steam.
			CCP: Heat to 135 °F or higher for at least 15
			seconds.
			CCP: Hold for hot service at 135° F or higher.
Parboiled brown rice will cook in about 25 minutes.	ut 25 minutes.		

## **Serving Notes:**

About 1 ½ gallons for 50	Yield, volume	2 steamtable pans for 50	Pan size
About 9 pounds	Yield, weight	½ cup, No. 8 scoop	Serving size

Nutrients Per Serving	Serving						
Calories	112	Total Fat	.79 g	Vitamin A	1 IU	Iron	.61 mg
Protein	2.76 g	Saturated Fat .17 g	.17 g	Vitamin C	.1 mg	Sodium	54 mg
Carbohydrate	23.15	Cholesterol	0	Calcium		Dietary Fiber	1.3 g

Nutrition (2007) USDA recipes for schools. Original recipe with nutrient analysis can be found at Source: Adapted from Brown Rice Pilaf, B-22, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child http://www.theicn.org/USDA\_recipes/school\_recipes/B-22.pdf

# **BROWN RICE AND EDAMAME SALAD**

ONE PORTION PROVIDES: 1 oz. eq. grain

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Water or stock	1 gallon	3 cups	1. Bring twice the volume of water (as rice) and
Rice, Brown, long grain, dry	3 pounds 2 ounces	10 ounces	rice to a boil in a medium size sauce. Turn
		(1 ½ cups)	heat down to low and cover and cook for 40
			minutes. Remove from heat and let sit for 20
			minutes before fluffing lightly. Let cool
			completely.
Carrots, raw, small dice	1 gallon 3 cups	4 cups	2. Add diced carrots, sliced scallions, almonds,
Scallions or spring onions, thinly cut	19 medium	4 medium	edamame and cranberries to cooked and
Almonds, blanched, sliced	1 ½ cup	½ cup	cooled rice. Mix to combine.
Edamame (soybean)	3 pounds 2 ounces	10 ounces	
Cranberries, dried	3 1/8 cups	1/2 cup	
Oil, sesame	2 cups	1/3 cup+	3. Mix sesame oil, vinegar, honey, salt, and
Vinegar, cider	1 ½ cups	½ cup	pepper in a large bowl. Mix until well
Honey	1/3 cup	1 tablespoon	combined.
Salt, Kosher	1 tablespoon	5/8 teaspoon	4. Fold dressing into rice mixture adding a little
Pepper, black, ground	1 ½ teaspoon	½ teaspoon	bit at a time, to taste, serve chilled

Serving size: ¾ cup

NUTRIENTS PER SERVING	Serving						
Calories	372 kcal	Total Fat	13.39 grams	Vitamin A	8162 IU	Iron	1.85 mg
Protein	8.63 grams	Saturated Fat	1.68 grams	Vitamin C	15.2 mg	Sodium	138 mg
Carbohydrate	55.80 grams	Cholesterol	O mg	Calcium	44.58 mg	Dietary Fiber	4.31

Source: Windham Raymond School Department, Windham, Maine

# TERIYAKI CHICKEN WITH OVEN FRIED RICE

ONE PORTION PROVIDES:
2 oz m/ma

NGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken, cooked, diced	6 pounds	1 pound 4	
	4 ounces	ounces	
Soy sauce	½ cup	2 tablespoons	1. Mix soy sauce, water, vinegar, brown sugar, garlic and ginger in a
Water, cold	% cup	1 tablespoon	large sauce pot. Bring to a boil
Vinegar, cider	2 tablespoons	1 teaspoon	
Brown sugar	% cup	2 teaspoons	
Garlic, minced	1 teaspoon	1/8 teaspoon	
Ginger, fresh	1 teaspoon	1/8 teaspoon	
Cornstarch	1 tablespoon	5/8 teaspoon	2. In a small cup mix together the cornstarch and water (a slurry).
Water, cold	1 tablespoon	5/8 teaspoon	Slowly add the slurry to the sauce pot and mix well. Simmer until thickened. Add more slurry to reach desired thickness.
			3. Pour half of sauce over chicken in a large steam table pan. MIx well.
			4. Place chicken on a sheet pan in an even lay. Preheat oven to 400°.
			Bake chicken for 20 minutes or until internal temperature reaches
			165°.
			5. Take the remainder of the sauce and boil down, creating a glaze.
			6. Once chicken is remove from oven drizzle or brush glaze over fully
			cooked chicken.
			7. Any remaining sauce that hasn't come in contact with chicken can
			be chilled properly, frozen and re used as marinade.

<b>NUTRIENTS PER SERVING</b>	SERVING						
Calories	171	Total Fat	7.8 g	Vitamin A	A 82 IU	Iron	.61 mg
Protein	13.7 g	Saturated Fat 1.2 g	1.2 g	Vitamin C	.5 mg	Sodium	690 mg
Carbohydrate 9.7 g	9.7 g	Cholesterol	34 mg	Calcium	1 mg	Dietary Fiber	0 g

Source: Windham Raymond School District

Oven Raken "Epien" Rice	One portion provides:
	% cup grain

Ingredients	50 Servings	10 Servings	Directions
Rice, brown, long-grain, cooked	1 ½ gallons, 1 cup	1 quart, 1 cup	1. Preheat oven to 400°
Pepper, bell, red, diced	2 cups	ለ cup	2. Toss cooked rice, diced bell peppers, sliced
Onion, scallions, sliced thinly	2 cups	አ cnp	green onions, pineapple tidbits with juice
Pineapple tidbits in juice	1 quart	% cnb	and peas and carrots together in a large
Peas and carrots, frozen	1 quart	% cnb	bowl. Add sesame oil and soy sauce. Mix
Oil, sesame	1 cup	3 tablespoons	well to combine.
Soy sauce	1 ½ cups	½ cup	3. Line a full baking sheet with parchment
		-	paper. Lay rice mixture on baking sheet in a
			thin layer.
			4. Bake for 45 minutes. Rotating and mixing
			every 15-20 minutes to avoid outer edges
			from burning.
			5. Serve hot.
			6
( C)	0/ 5 1/ +11 = 1 = 1 = 11 / 1	L 1	

# Long-grain brown rice: 1 pound dry (2 % cups) = about 4 3/8 cups cooked

## Serving Notes:

Serving size	% cup, No. 8 scoop	Yield, weight	
Pan size	2 steamtable pans for 50	Yield, volume	

Nutrients Per Serving	Serving						
Calories	174	Total Fat	.5.4 g	Vitamin A	518 IU	Iron	.59 mg
Protein	3.56 g	Saturated Fat	.8 g	Vitamin C	.8 mg	Sodium	635 mg
Carbohydrate	27.8	Cholesterol	0	Calcium	18 mg	Dietary Fiber	2.5 g

SOURCE: Windham Raymond School Department, Windham, Maine

# **QUINOA AND BUTTERNUT SQUASH**

ONE PORTION PROVIDES: ½ cup provides 1 oz. eq. whole grain; ¼ cup red/orange vegetable;

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Butternut squash, cubed	2 quarts, 2 cups	2 cups	1. Preheat oven to 425°
Oil, canola	¼ cup	2 teaspoons	2. Place cubed butternut squash in a large bowl and toss
Salt, Kosher	1 tablespoon	½ teaspoon	with olive oil, salt and pepper until squash is well
Pepper, black, ground	1 tablespoon	½ teaspoon	3. Place seasoned squash on a parchment lined sheet
			tray and roast the squash for 30 minutes or until tender.
			Note: to peel and cut whole butternut squash, pre-steam
			whole squash for 10 minutes. remove from steamer, let
			cool, peel and dice.
Quinoa	1 quarts, 2 ¼	1 ¼ cups	4. In a steam-jacketed kettle or sauce pan, add quinoa
	cups		and water and bring to a boil over medium heat. Turn
Water	2 quarts, 2 cups	2 cups	the heat to low, cover and simmer for 15 minutes.  5. Turn off heat and let sit for 10 minutes untouched.
			Fluff with fork. Let quinoa cool to room temperature.
			(can be done the day ahead).
Cranberries, dried, chopped	1 ½ cups	1/3 cup	6. In a large bowl, combine the quinoa, squash,
Scallions or green onions, sliced thinly	¾ cup	2 ½ tablespoons	cranberries, scallion and sunflower seeds.
Sunflower seed kernels, oil roasted, w/o salt	1 ½ cup	1/3 cup	
Oranges (for juice and zest)	4 each	1 each	7. In a small bowl, whisk together the zest of the orange,
Oil, olive	¾ cup	2 ½ tablespoons	the juice of the orange, olive oil and honey. Drizzle
Honey	3 tablespoons	2 teaspoons	over quinoa salad. Toss until Ingredients are well dressed.

NUTRIENTS PER SERVING							
Calories	170	Total Fat (g)	7.8	Vitamin A (UI)	341	Calcium (mg)	28.8
Protein(g)	4.2	Saturated Fat (g)	1.	Vitamin C (mg)	10	Sodium (mg)	102
Carbohydrate (g)	22.3	Cholesterol (mg)	0	Iron (mg)	1.4	Dietary Fiber (g)	2.9

Source: Windham Raymond School Department, Windham, Maine

# SOUTHWEST QUINOA SALAD

ONE PORTION PROVIDES: 1 oz. eq. grain, % cup other vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Quinoa	4 pounds	12 ounces	1. Cook quinoa - follow instructions on the package.
Beans, black, canned	1 no. 10 can	1, 15 $\%$ ounce can	1, 15 $\%$ ounce can $oxed{2}$ . Drain and rinse black beans.
Pepper, bell, red, diced	2 ½ pounds	8 ounces	3. Dice red peppers, cilantro and mix with corn.
Cilantro, chopped	4 ounces	1 ounce	
Corn	2 ½ pounds	8 ounces	
Red wine vinegar	1 cup	3 tablespoons	4. Mix vinegar, oil, cumin, chili powder and crushed
Oil, olive	½ cnb	1 tablespoon	red pepper.
Cumin	1 ½ teaspoon	1/3 teaspoon	5. Once quinoa is cooled, mix all ingredients
Chili powder	1 tablespoon	1 teaspoon	together. Chill.
Crushed red pepper	1 teaspoon	1/3 teaspoon	
Salt, Kosher	2 teaspoons	% teaspoon	

### SERVING NOTES:

3 pounds Yield, weight 3/4 cup Serving size

<b>N</b> UTRIENTS PER SERVING	ERVING						
Calories	175	Total Fat	4.59 G	Vitamin A	110.75 RE	Iron	2.3
Protein	6.4 G	Saturated Fat .52 G	.52 G	Vitamin C	20.9 Milligram Sodium		381 Mg
Carbohydrate	28.6 G	Cholesterol	0	Calcium	37.8 Milligram	37.8 Milligram Dietary Fiber	4 G

SOURCE: The Lunch Box, http://www.thelunchbox.org/recipes-menus/recipes/SA901?#

# **ALASKA POLLOCK POKE BOWL**

ONE PORTION PROVIDES:

1 to 2 oz. eq. grain, 2 oz. eq. m/ma, ¾ cup vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	₽	DIRECTIONS
Quinoa	3 ¾ pounds	12 ounces	1.	Cook quinoa - follow instructions on the package.
Alaska Pollock, raw	8 ½ pounds	1 ¾ pound	2.	Bake Alaska pollock according to directions on
				package. Chill.
Kikkoman Poke Sauce	3 ¼ cups	½ cup	ω	Combine the chilled Alaskan pollock, Poke Sauce,
		2 tablespoons		green onions and sesame seeds. Stir gently until
Green onions, thinly sliced	3 ¼ cups	½ cup 2		evenly combined.
		tablespoons		
Sesame seeds, toasted	3 tablespoons	2 teaspoons		
Rice vinegar	2 ½ cups	½ cup	4.	Combine rice vinegar, sugar, and salt, stir until the
Sugar	5 tablespoons	1 tablespoon		sugar and salt have dissolved. Pour over the
Salt	2 ½ teaspoons	½ teaspoon		cucumbers and stir to combine. Let sit for 30
Cucumbers, sliced thin	1 ½ gallons, 1 cup	5 cups		minutes.
Avocado, medium, firm ripe	15 each	3 each	5	To assemble:
Red cabbage, finely sliced	3 quarts, ½ cup	2 ½ cups		<ul> <li>Place ½ cup of cooked quinoa for 1 oz. eq. whole</li> </ul>
Shichimi Togarashi seasoning	5/8 cup	2 tablespoons		grain (1 cup of quinoa for 2 oz. eq.) in the bottom of a bowl.
				<ul> <li>Place 3 ounces of the Alaska pollock poke</li> </ul>
				mixture on top of the quinoa to one side.
				<ul> <li>Add ¼ avocado (3 slices) next to the fish.</li> </ul>
				<ul> <li>Pile ¼ cup each pickled cucumbers and red</li> </ul>
				cabbage next to the fish.
				<ul> <li>Sprinkle with Shichimi Togarashi.</li> </ul>
	-			

#### RECIPE NOTES:

Poke bowls are traditionally served with rice. This is easily substituted for quinoa. 1 pound dry quinoa = about 2-1/2 cups dry or 2.51 pound (6-1/2) cups cooked quinoa when prepared with 2 parts water to 1 part dry quinoa

NUTRIENTS PER SERVING						
Calories	435	Total Fat (g)	11.5	Vitamin A (IU)	Calcium (mg)	
Protein(g)	22	Saturated Fat (g)	1.6	Vitamin C (mg)	Sodium (mg)	654
Carbohydrate (g)	52	Cholesterol (mg)		Iron (mg)	Dietary Fiber (g)	8

SOURCE: Garrett Berdan, School nutrition consultant

## TABOULEH (TAH-BUHL-LEE)

One PORTION PROVIDES:

3/4 cup (6 ounce ladle) provides 3/8 cup of vegetable and 3/4 oz. eq. grains

INGREDIENTS			
	O O CITATION	TO SEVALINGS	DIRECTIONS
Water	2 quarts 2 ½	2 cups	1. Add salt to water and bring to a boil.
	cups		
Salt	2 tablespoons	1 teaspoon	
Bulgur, No. 3	2 quarts 2 ½	2 cups (10	2. In a large bowl combine bulgur and boiling
	cups	ounces)	water. Let stand for 30 minutes or until water is
			absorbed. Do not drain.
Tomatoes, fresh, unpeeled, finely diced	5 pounds	1 pound (2	3. Add tomatoes, cucumbers, parsley, mint,
		cups)	onions, garlic, and cumin (optional) to the
Cucumbers, fresh, peeled, seeded,	2 ½ pounds	8 ounces	bulgur.
finely diced		(1 1/3 cup)	
Parsley, fresh, chopped, packed	3 ounces	1/4 cup	
	(1 ½ cups)		
Mint, fresh, chopped	1 cup	2 tablespoons	
Onions, finely diced	2 cups	½ cup	
Garlic, finely chopped	1 ½ tablespoon	1 teaspoon	
Cumin, ground, optional	1 teaspoon	¼ teaspoon	
Lemon juice	1 1/3 cup	1/4 cup	4. Add lemon juice and vegetable oil to salad
Vegetable oil	½ cup	1 ½ tablespoon	mixture and toss to combine all ingredients.
			5. Refrigerate until ready to serve.
			CCP: Cool to 41 °F or lower within 4 hours.

## **SERVING NOTES:**

2 gallons 1 ½ quarts (50 servings)	Yield, volume	3 pans	Pan size
17 ½ pounds (50 servings)	Yield, weight	3/4 cup (6 ounce ladle)	Serving size

### RECIPE NOTES:

SOURCE: Adapted from Tabouleh, E-23, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) USDA recipes for schools. Original recipe with nutrient analysis can be found at http://www.theicn.org/USDA\_recipes/school\_recipes/E-23.pdf

Culinary Skills for A+ School Meals

**Great Grains** 

## WHEAT BERRIES SALAD

ONE PORTION PROVIDES:

1 oz. eq. grain

Ingredients	50 Servings	10 Servings	Directions
Water	2 gallons	1 1/2 quart	1. Boil the water in a large pot and add
Salt	1 1/2 tablespoon	1 teaspoon	salt. Add wheat berries and stir. Cover,
Wheat berries, dry	spunod 8	14 ounces	reduce heat to a simmer, and cook for
			approximately 30 minutes. Do not
			overcook. Remove from heat. Drain
			excess water (if needed).
Olive oil	1/2 cup	2 tablespoons	2. Mix dressing - olive oil, apple cider
Vinegar, apple cider	1/2 cup	2 tablespoons	vinegar, apple juice, cinnamon, and
Apple juice	1 1/4 cup	1/4 cup	nutmeg.
Cinnamon	2 teaspoons	½ teaspoon	3. Pour dressing over grain and toss
Nutmeg	2 teaspoons	½ teaspoon	lightly.
Sweet potatoes, diced, cooked, cooled	2 1/2 quarts	2 cups	4. In a large bowl, toss cooked wheat
Dried cranberries	2 1/2 cups	½ cup	berries, sweet potatoes, cranberries,
Walnuts, chopped	2 1/2 cups	1/2 cup	and walnuts.
			5. Cover and chill.

Calories254Total Fat7.58 gVitamin A7688 IUIron1.98 mgProtein7.5 gSaturated Fat.78 gVitamin C8 mgSodium.78 gCarbohydrate42.09gCholesterol0 mgCalcium38 mgDietary Fiber0 mg	NUTRIENTS PER SERVING	SERVING						
7.5 g Saturated Fat .78 g Vitamin C 8 mg Sodium 42.09g Cholesterol 0 mg Calcium 38 mg Dietary		254	Total Fat	7.58 g	Vitamin A	7688 IU	Iron	1.98 mg
42.09g Cholesterol 0 mg Calcium 38 mg Dietary	Protein	7.5 g	Saturated Fat	.78 g	Vitamin C	8 mg	Sodium	.78 g
	Carbohydrate	42.09g		0 mg	Calcium	38 mg	Dietary Fiber	0 mg

Adapted from Rice Salad, E-02, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005). USDA recipes for child care. Original recipe with nutrient analysis can be found at www.theicn.org/USDA\_recipes/cc\_recipes/E-02.pdf

# SOUTHWEST CHICKEN & WHEAT BERRY SALAD WRAP

ONE PORTION PROVIDES: 2 oz. eq. m/ma, ½ cup vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Wheat berries	2 pounds 2	7 ounces	1. Cook wheat berries according to package directions.
	onuces		The wheat berries should be very tender, yet still retain
			their natural chewy texture.
			2. Drain well and cool completely on a sheetpan.
Black beans, canned, drained	1 # 10 can	2 – No. 300	3. Add the wheat berries, black beans, red peppers, onion
		cans	and cilantro.
Bell pepper, red, diced	2 cups	½ cup	
Onion, red, diced	1 cup	½ cup	
Cilantro, fresh, chopped	% cnb	2 tablespoons	
Cumin, ground	2	1 teaspoon	4. Whisk together the cumin, lime juice, oil, salt, pepper
	tablespoons		and oil in a bowl large enough to hold all ingredients.
Lime juice, fresh	½ cnb	1% tablespoon	5. Pour dressing over salad and mix well to combine using
Oil, vegetable	½ cnb	1% tablespoon	a rubber spatula.
Salt, kosher	1 tablespoon	% teaspoon	6. Refrigerate salad for at least 2 hours to allow the flavors
Black pepper, ground	1 teaspoon	½ teaspoon	to develop and meld. Mix again before serving.
Chicken meat, diced or shredded	6 ½ pounds	1 ½ pounds	To assemble the wrap:
Lettuce, Romaine, chopped	6 ¼ quarts	5 cups	<ul> <li>Spread ¼ c. wheat berry salad onto the center of the</li> </ul>
Whole grain flour tortilla wrap	50 each	10 each	tortilla.
			<ul> <li>Top salad with 2 ounces chicken.</li> </ul>
			<ul> <li>Spread ½ c. romaine lettuce on top as the final layer.</li> </ul>
			<ul> <li>Fold the sides of the tortilla up to the center of the</li> </ul>
			filling.
			<ul> <li>Holding the sides in place, roll the tortilla up from the</li> </ul>
			bottom all the way to the top.

## SERVING NOTES:

1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked

Serving size	Yield, weight	
Pan size	Yield, volume	

#### RECIPE NOTES:

<b>N</b> UTRIENTS PER SERVING				
Calories	Total Fat	Vitamin A	Iron	
Protein	Saturated Fat	Vitamin C	Sodium	
Carbohydrate	Cholesterol	Calcium	Dietary Fiber	

Source: In Harvest: Whole Grains, Rice and Legumes, www.inharvest.com/who-we-serve/k-12-foodservice/

## SERVING NOTES:

Pan size	Serving size
Yield, volume	Yield, weight

#### **RECIPE NOTES:**

The Meat/Meat Alternate contribution for the chicken is calculated on an ounce to ounce basis. If using a product that M/MA contribution. requires more than 1 ounce to meet the ounce equivalent, the recipe will require adjustment in order to meet the stated

Culcken Reliccuetty Dacta	ONE PORTION PROVIDES:
	2.5 meat, 1.25 grain, ¼ cup red/orange vegetable

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Penne Pasta, dry	4 pounds	% pound	1. Cook Pasta according to package to al
			dente. (do not overcook pasta)
Chicken fajita meat	7.5 pounds	1 ½ pounds	2. Heat chicken in oven.
			CCP: Heat chicken to reach 165 F for at
			least 15 seconds (do not drain off juice)
Tomatoes, petite diced	1 ½ #10 Cans	30 ounces	3. Combine tomatoes, olive oil, garlic,
Garlic, minced	½ cnb	1/8 cup	and basil.
Basil, fresh, chopped	3 % cup	% cup	CCP: Heat Sauce to 145 F for at least 15
Olive oil	2 cups	1/3 cup	seconds
Parmesan cheese, grated	3 % cups	% cup	4. Combine all ingredients and gently
Balsamic vinegar	1 cup	½ cup	toss.
			CCP: Hold for service at 140 F or higher

## Serving Notes:

Yield, volume | 50 cups 1 cup Serving size

NUTRIENTS PER SEF	KVING						
Calories	288	Total Fat	16 g	Vitamin A	826 IU	Calcium	1.7 mg
Protein	18.8 g	Saturated Fat	3.5 g	Vitamin C	7.3 mg	Sodium	575 mg
Carbohydrate	16.2 g	Cholesterol	91 mg	Calcium	188 mg	Dietary Fiber	2 g

SOURCE: Warrick County School Corporation

## **ASIAN NOODLE SALAD**

ONE PORTION PROVIDES:

2 oz. eq. m/ma, 2 oz. eq. grains, ½ cup vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Spaghetti, whole grain, dry	6 pounds +	1 pound,	1. Drop pasta in boiling water and cook 10-12
	11 ounces	6 ounces	minutes. Drain in cool water.
Oil, sesame, salad or cooking	1 cup	3 tablespoons	2. While cooling, drizzle with sesame oil to prevent
			sticking and toss.
Onions, spring or scallions, bias-cut	1 quart + ½ cups	¾ cup	3. Thinly slice all vegetables and toss in a large
Pepper, bell, red, julienne	3 cups	2/3 cup	bowl.
Pepper, bell, green, julienne	2 1/4 cups	½ cup	
Pea Pod, raw, thin sliced	1 quart + 3 cups	1 ½ cup	
Celery, raw, thin sliced, biased	1 quart + 3 cups	1 ½ cup	
Carrots, matchsticks	1 quart +2 cup	1 ¼ cup	
Cilantro, chopped	2 cups	½ cup	4. Chop cilantro and toss with vegetables.
Ginger root, raw, minced	1/3 cup	1 tablespoon	5. Mince ginger and garlic. Mix with soy sauce and
Garlic, minced	2 tablespoons	1 ½ tsp	vinegar until well combined.
Soy sauce	1 cup	3 tablespoons	
Vinegar, distilled	1 cup	3 tablespoons	
Chicken, diced or shredded	6 ¼ pounds	1 ¼ pound	6. Toss chicken with vegetables, pasta and dressing.
			Mix thoroughly to combine. Serve chilled.

**Serving Notes:** Serving size - 2 cups

NUTRIENTS PER SERVING	/ING						
Calories (kcal)	372	372 Total Fat (g)	9.93	9.93 Vitamin A (RE)	525.1	Iron (mg)	2.9
Protein (g)	23.04	23.04 Saturated Fat (g)	2.05	2.05 Vitamin C (mg)	21.9	Sodium (mg)	512
Carbohydrate (g)	50.44	50.44   Cholesterol (mg)	44	44   Calcium (mg)	67.75	Dietary Fiber (g)	7.2

Source: Windham Raymond School Department, Windham, Maine

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ONE PORTION PROVIDES: 2 oz. eq. grain, 2 oz. eq. m/ma, % cup vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIR	DIRECTIONS
Soba noodles or whole grain spaghetti	2 pounds	1½ pounds	1.	1. Cook soba noodles or whole grain spaghetti
(6 pounds) (1 cup per portion)	6 ounces			according to package directions. Hold warm.
Sesame oil	½ cup	5 teaspoons	2.	2. In a large pot or steam jacketed kettle heat sesame
Garlic, fresh, minced	½ cnb	5 teaspoons		oil at medium heat. Add garlic and ginger and sauté
Ginger, fresh, minced or grated	½ cnb	5 teaspoons		for 1 minute.
Chicken or vegetable broth	1½ gallons	1¼ quart	3.	Add broth and miso and whisk until miso is
Miso	1 cup	3 tablespoons		dissolved.
Pork, pulled or chicken, pulled, cooked	6 ½ pounds	1 ½ pound	4.	Heat pulled chicken or pulled pork with a small
				amount of seasoned broth.
Carrot matchsticks	2 ½ pounds	8 onuces	2.	This could be held on the serving line in 4 separate
Pea pods	2 ½ pounds	8 ounces		containers: noodles, broth, meat and vegetables.
Broccoli slaw	1½ pound	4 ounces	9	To assemble in a noodle bowl:
Green onions, thinly sliced				<ul> <li>1 cup of noodles</li> </ul>
				<ul> <li>2 ounces of meat</li> </ul>
				<ul> <li>½ cup vegetables</li> </ul>
				<ul> <li>½ cup of broth poured over bowl</li> </ul>

## **SERVING NOTES:**

1 lb dry = about 4-3/4 cups dry pieces of whole grain soba noodles; 1 lb dry = about 6-7/8 cups cooked

NUTRIENTS PER SERVING	NING						
Calories (kcal)	394	394 Total Fat (g)	6.7	Vitamin A (IU)	7241	Iron (mg)	4
Protein (g)	16.6	Saturated Fat (g)	6.	Vitamin C (mg)	12	Sodium (mg)	310
Carbohydrate (g)	72	Cholesterol (mg)	40	Calcium (mg)	20	Dietary Fiber (g)	10.6

Source: Windham Raymond School Department, Windham, Maine

## **POLENTA** 1 oz. eq. grain ONE PORTION PROVIDES:

INGREDIENTS	50 SERVINGS	10 Servings	DIRECTIONS
Water	1 % gallon	1 ½ quarts	1. Bring water and salt to a boil.
Salt	1 tablespoon	½ teaspoon	
Corn grits, whole grain	2 pounds5 ounces	8 ounces	2. Add corn grits and reduce heat. Cook
	(1 quart 3 cups)	(1 ½ cups)	slowly for about 30 to 40 minutes,
Butter	1 cup	¼ cup	stirring occasionally. Stir in butter.
			Remove from heat.
Parmesan cheese, grated	2 ½ cups	½ cup	3. Pour into a half-sheet pan (13" x 18" x
			1") that has been sprayed with pan
			release. Evenly sprinkle on Parmesan
			cheese.
			4. Cut 4 x 5 for service.
			CCP: Hold for hot service at 135 °F or
			higher.

### RECIPE NOTES:

May be served with tomato sauce

<b>NUTRIENTS PER SERVING</b>	RVING						
Calories	159	Total Fat	5.75 g	Vitamin A	311 IU	Iron	.28 mg
Protein	3.61 g	Saturated Fat	$3.61\mathrm{g}$	Vitamin C	0  mg	Sodium	294 mg
Carbohydrate	22.44 g	Cholesterol	16 mg	Calcium	46 mg	Dietary Fiber	.67 g

SOURCE: Adapted from Cheese Grits, Burke County School Nutrition, Burke County, GA

MEXICAN-STYLE CORNERED		ONE PORTION PROVIDES:	
		1 oz. eq. grain	
Ingredients	50 servings	20 Servings	Directions
Flour, all-purpose, enriched	1 pound	4 ounces	1. Add flour, cornmeal, sugar, baking
	(3 ¾ cup)	(1 cup)	powder, and salt and mix with mixer
Cornmeal, whole	1 pound	4 ounces	for one minute with lowest speed.
	(3 ¾ cup)	(1 cup)	
Sugar, granulated	5 ½ ounces	4 ounces	
	(¾ cup)	(1/2 cup)	
Baking powder	2 ½ tablespoons	1 tablespoon	
Salt	1 ¼ teaspoon	½ teaspoon	
Eggs, large	3 each	2 each	2. In a separate bowl, mix eggs, milk, oil,
Milk, lowfat, 1%	3 % cup	1 1/2 cups	cheese, chili peppers, and corn. Add
Oil, vegetable	% cnp	3 tablespoons	to dry ingredients and blend for 30
Monterey Jack pepper cheese, shredded	12 ounces	4 ounces	seconds on low speed. Beat for 1
	(3 cnbs)	(1 cup)	minute on medium speed.
Peppers, green chili, canned, drained,	4 ounces	2 ounces	3. Scrape down sides of bowl. Beat for 1-
chopped	(1 cup)	(1/2 cup)	2 minutes on medium speed. DO NOT
Mexicorn	2 ½ cups	1 cup	OVERMIX. Batter will be lumpy.
			4. Pour batter into a half-steamtable pan
			$(10" \times 12" \times 2 \%")$ (for 20 portions)
			that has been coated with pan release
			spray.
			5. Bake until golden brown:
			Conventional oven at 400 °F for 30-35
			minutes OR convection oven at 375 °F
			for 30-35 minutes.
			6. Cut.

Great Grains

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245 mg	Sodium	97 IU	Vitamin A	18.06 g	Carbohydrates
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83 mg	Calcium	25 mg	Cholesterol	3 83 6	Protein
0:50		F: 70 8	טמימי מינים י מי	120	Calcilla
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recipes for schools. Original recipe with nutrient analysis can be found at http://www.theicn.org/USDA\_recipes/school\_recipes/B-09.pdf Adapted from Cornbread, B-09, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2006) USDA

**Great Grains** 

# **BEEF TAMALE PIE OR PORK TAMALE PIE**

ONE PORTION PROVIDES: 2 oz. eq. m/ma, % cup vegetable, 1 oz. eq. grain

INGREDIENTS	50 Servings	10 SERVING	DIRECTIONS
Raw ground beef (no more than 15% fat)	spunod 9	1 pounds	1. Brown ground beef or ground pork. Drain.
Or raw ground pork		3ounces	
Fresh onions, chopped	<b>14</b> ounces (2 ½ cups)	3 ounces (% cup)	2. Add onions, granulated garlic, pepper,
Garlic, granulated	2 tablespoons	1% teaspoon	tomato paste, tomatoes, water, and
Black pepper, ground	1% teaspoon	½ teaspoon	seasonings. Blend well. Bring to boil. Reduce
Canned tomato paste	1 pound	6 ounces (% cup)	heat and simmer for 20-25 minutes.
	12 ounces (3 cups)		CCP: Heat to 155 °F for at least 15
Tomatoes, canned diced, with juice	3 ½ pounds	10 ounces	seconds.
Water	1 quart 1 cup	1 cups	3. Pour mixture into a one-half steamtable pan
Seasonings Chili powder	½ cup	1 tablespoons	$(12" \times 10" \times 2 \%")$ – for 10 portions
Cumin, ground	3 tablespoons	1 teaspoon	
Paprika	1 tablespoon	% teaspoon	
Onion powder	1 tablespoon	% teaspoon	
Flour, all-purpose, enriched	1 pound (3 % cup)	3 ounces (% cups)	4. For cornbread topping: Blend flour,
Cornmeal, whole grain	1 pound (3 % cup)	3 ounces (% cups)	cornmeal, sugar, baking powder, and salt in
Sugar, granulated	3 % ounces (% cup)	2 tablespoons	mixer for 1 minute on low speed.
Baking powder	2 1/3 tablespoon	1% teaspoon	
Salt	% teaspoon	½ teaspoon	
Eggs, large	4 each	1 each	5. In a separate bowl, mix eggs, milk, and oil.
Milk, low-fat, 1 %	3 % cups	% cups	Add to dry ingredients. Blend 2-3 minutes on
Vegetable oil	½ cnb	2 tablespoons	medium speed until dry ingredients are
			moistened. Batter will be lumpy.
			6. Pour batter over meat mixture in each pan
			and spread into corners of pan.
Cheese, Cheddar, shredded	1 pound 10 ounces	5 ounces (% cup)	7. Bake:

### RECIPE NOTES:

NUTRIENTS PER SERVING	RVING						
Calories	281	Total Fat		Vitamin A	1008 IU	Iron	2.9 mg
Protein	18.6 g	Saturated Fat	5.2 g	Vitamin C	12 mg	Sodium	430 mg
Carbohydrate	23.4g	Cholesterol	58 mg	Calcium	228 mg	Dietary Fiber	2.4 g

http://www.theicn.org/USDA\_recipes/school\_recipes/D-15.pdf Management Institute (2005). USDA recipes for schools. Original recipe with nutrient analysis can be found at SOURCE: Adapted from Beef Tamale Pie, D-15, U.S. Department of Agriculture, Food and Nutrition Service & National Food Service

-	ONE PORTION PROVIDES:	1 oz eg grain ½ cun fruit 1 meat alternate
	Apple DIE OVERNIGHT OATS	

INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Oats, quick	3 quarts, ½ cup	½ cup 2 ½ cups	1. In large mixer, combine quick oats, low-fat vanilla yogurt,
Yogurt, lowfat, vanilla	6 quarts, 1 cup	1 cup 5 cups	low-fat milk and cinnamon.
Milk, lowfat	e ½ cups	1 ¼ cup	
Cinnamon, ground	2 tablespoons	1 ¼ teaspoon	
Applesauce, unsweetened	2 # 10 cans	sdno g	2. Stir in 2 #10 cans of unsweetened applesauce.
			3. Using a measuring cup, portion overnight oats into cups (10
			ounces). Place lids on cups and chill overnight, maintaining
			a temperature of 41°F or below.
			4. In the morning, serve chilled and garnish with a sprinkle of
			cinnamon.

Serving Size: 10 fluid ounces.

Peaches N Cream Overnight Oats: Substitute diced, canned peaches Variations

Oats	Milk	Yogurt	Fruit	Extras
% Cup (credits as 1 grain)	1/8 cup	% cup (credits as 1 /ma)	% cup	
Quick oats	Low-fat white	Flavored	Apples	Brown sugar
	Fat-free white	Plain	Bananas	Chocolate chips
	Fat-free chocolate	Vanilla	Berries	Cinnamon, nutmeg
	Fat-free strawberry	Greek	Peaches	Nut/seed butter
			Dried fruit (1/4 cup)	Cocoa powder

NUTRIENTS PER SER	VING						
Calories	209	Total Fat (g)	2.6	2.6 Vitamin A (IU)	175	175 Calcium (mg)	264
Protein(g)	9.4	Saturated Fat (g)	1.3	1.3 Vitamin C (mg)	1.5	1.5 Sodium (mg)	121
Carbohydrate (g)	39.4	Cholesterol (mg)	6	Iron (mg)	5.	.5 Dietary Fiber (g)	3.0

Source: American Dairy Association Mideast

## HOMEMADE GRANOLA

ONE PORTION PROVIDES:
% cup provides 1 ounce whole grain

8 Portion with No. 16 scoop (% cup)		7	
7. Mix in raisins.	1 cup	2 cups	Fruit, dried (cranberries)
<b>6.</b> Remove from oven. Cool.			
granola every 15 minutes.			
Convection oven: 200° F for 1 ¼ hours Stir			
Conventional oven: 250° F for 1 ¼ hours			
5. Bake:			
For 50 servings, use 1 pan.			
4. Spread mixture on sheet pan $(18" \times 26" \times 1")$ .	½ tablespoon	1 tablespoon	Vanilla
coconut. Toss to evenly coat.	½ tablespoon	1 tablespoon	Cinnamon, ground
3. Add the brown sugar mixture to the oats and	½ teaspoon	1 teaspoon	Salt
Do not boil.	½ cup	1 cup	Honey
pot. Stir well. Heat on medium for 4 minutes.	2 ½ tablespoons	5 tablespoons	Oil, vegetable
honey, salt, cinnamon, and vanilla in a stock	½ cup	1 cup	Apple juice
2. Mix the brown sugar, apple juice, vegetable oil,	½ cup	1 cup	Sugar, brown, packed
	4 ounces (3/4 cup)	8 ounces (1 ½ cups)	Nuts (coconut, shredded)
bowl.	(14 ounces)	(1 pound 12 ounces)	
1. Combine the rolled oats and coconut in a large	1 quart, 1 cup	2 quarts, 2 cups	Oats, rolled
DIRECTIONS	25 SERVINGS	50 Servings	INGREDIENTS

<b>NUTRIENTS PER SERVING</b>	/ING						
Calories	129	129 Total Fat (g)	2.5	2.5 Vitamin A (IU)	1	Calcium (mg)	17
Protein(g)	2.9	2.9   Saturated Fat (g)	.4	.4 Vitamin C (mg)	.3	Sodium (mg)	49
Carbohydrate (g)	24.9	24.9 Cholesterol (mg)	0	0 Iron (mg)	1	Dietary Fiber (g)	2

SOURCE: Adapted from Granola, J-01, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) USDA recipes for schools. Original recipe with nutrient analysis can be found at

http://130.74.124.194/USDA\_recipes/school\_recipes/J-01.pdf and Windham Raymond School Department, Windham, Maine

## **GRANOLA VARIATIONS**

Granola	Nuts	Fruit	Sweetener	Juice	Flavorings
Cherry almond	Almonds	Cherries, dried	Brown sugar	Cherry	Cherry extract
			Honey		Cinnamon
Cranberry walnut	Walnuts	Cranberries, dried	Brown sugar	Cranberry	Vanilla extract
			Maple syrup		Cinnamon
Blueberry almond   Almonds	Almonds	Blueberries, dried	Brown sugar	Blueberry	Vanilla extract
			Honey		Cardamom
Cinnamon-Raisin	Walnuts	Raisins	Brown sugar	Apple	Vanilla extract
			Honey		Cinnamon
Honey Peanuts	Peanut	Golden raisins	Brown sugar	Apple	Vanilla extract
			Honey		Cinnamon

## **BLUEBERRY OAT BARS**

ONE PORTION PROVIDES:

1 oz. eq. grain

INGREDIENTS	50 Servings	25 BARS	Directions
Rolled oats	3 quarts ½ cup	1½ quart	1. Preheat oven to 350° F. Spray a large cake pan
Flour, all-purpose, enriched	1 quart 2 ¼ cups	3 cups	with vegetable oil spray.
Brown sugar, packed	3 1/8 cup	1 ½ cup	2. In a mixer with a flat paddle attachment, mix
Butter, unsalted, cold	2 pounds 6 ounces	1 pound 3 ounces	oats, flour, sugar and cold butter until large
			clumps form.
			3. Transfer 1/2 the mixture to a prepared pan
			and press down firmly to make the crust
Blueberries, frozen, not thawed	1 ½ gallon 1 cup	3 quarts ½ cup	4. For blueberry layer, in a large sauce pot, mix
Brown sugar	1 ½ cup	¾ cup	all ingredients together over medium high
Lemon juice	¾ cup	3/8 cup	heat. Stirring constantly. Boil for two minutes.
Cornstarch	% cup	2 tablespoons	5. Pour blueberry mixture over crust.
			6. Sprinkle remaining crumb mixture on top of
			blueberry and crust.
			7. Bake in oven for 35-45 minutes. (checking at
			20 mins).
			8. Let cool completely before cutting into bars.

<b>N</b> UTRIENTS PER SERVING							
Calories	481	481 Total Fat (g)	20	20 Vitamin A (IU)	643 Cal	Calcium (mg)	47
Protein(g)	8.5	8.5   Saturated Fat (g)	12.7	12.7 Vitamin C (mg)	3.4 Soc	Sodium (mg)	10
Carbohydrate (g)	68	68 Cholesterol (mg)	46	46 Iron (mg)	ω	Dietary Fiber (g)	6.7

SOURCE: Windham Raymond School Department, Windham, Maine

TOACTED CORCUING CALAD	ONE PORTION PROVIDES:
ב סאטו בט סטיים שליאם	1 oz. eg. grain

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sorghum, whole grain	3 ½ pounds	12 ounces	1. Toast sorghum at 325ºF until golden
		(1 2/3 cup)	brown, approximately 10 minutes.
Water	2 gallons 1 cup	6 ½ cups	2. After sorghum is toasted, simmer in
Celery small diced	1 cun	7 CIID	3 Add vegetables and continue
Carrots, small diced	1 cup	% cup	simmering for 10 to 20 minutes, until
Red onion, small diced	% cup	2 tablespoons	sorghum is tender. Transfer to sheet
			pan to cool.
Vinegar, raspberry	% cup	2 tablespoons	4. Whisk together vinegar, mustard,
Mustard, Dijon	3 tablespoons	2 teaspoons	honey and olive oil.
Honey	3 tablespoons	2 teaspoons	
Oil, olive	1 cup	3 tablespoons	
Cranberries, dried	2 cups	½ cnb	5. Toss sorghum-vegetable mixture with
			cranberries and mix in the dressing.

### RECIPE NOTES:

Source: adapted from Whole Grain Recipes for Foodservice, Whole Grains Council. http://wholegrainscouncil.org/files/WGFoodserviceCookbook051512.pdf

# **SORGHUM AND CORN SALAD**

ONE PORTION PROVIDES:

½ cup provides 1oz. eq. grains and ¼ cup vegetable

Ingredients	10 Servings	Directions
Water	6 ½ cups	1. Bring water and salt to a boil.
Salt	½ teaspoon	
Sorghum, whole grain	12 ounces (1 2/3 cup)	<ol> <li>Add sorghum and stir gently. Reduce heat to medium and let simmer for 50 to 60 minutes or until tender. Stir occasionally. Refrigerate to cool.</li> </ol>
Corn, frozen	9 ounces (1 ½ cups)	3. Combine cooled cooked sorghum, corn, scallions,
Scallions, sliced	½ cup	tomato, cilantro, and jalapeno and toss well.
Tomato, chopped	½ cup	
Cilantro, chopped	¼ cup	
Jalapenos, canned, diced (optional)	1 teaspoon	
Garlic	1 clove	4. Blend garlic, vinegar, vegetable oil, cumin, salt, and
Vinegar, apple cider	3 tablespoons	pepper until smooth.
Olive oil	2 tablespoons	5. Pour over salad and toss well to combine. Refrigerate
Cumin, ground	½ teaspoon	
Salt	½ teaspoon	CCF: COOL to 41 F or lower within 4 hours.
Black pepper, ground	¼ teaspoon	

NUTRIENTS PER SERVING	ING						
Calories	95	Total Fat	2.75 g	Vitamin A	110.2 IU	Iron	.9 mg
Protein	2.75 g	Saturated Fat	.44 g	Vitamin C	2.18 mg	Sodium	262 mg
Carbohydrate	16.79 g	Cholesterol	0 mg	Calcium	13.58 mg	Dietary Fiber	3.34 g

source: Adapted from St. Paul Public Schools Nutrition Services

# **CHICKEN CARNITAS SORGHUM BURRITO BOWL**

ONE PORTION PROVIDES: 1 oz. eq whole grain, 2 oz. eq. m/ma. % cup vegetables

INGREDIENTS	50 SERVINGS	10 SERVINGS DIRECTIONS	DIRECTIONS
Lime Cilantro Sorghum, cooked (recipe	1 gallon, 2	2 cups	To assemble burrito bowl:
below)	quarts, 1 cup		½ cup lime cilantro sorghum
Chicken Carnita (recipe below)	2 ½ pounds	1½ pounds	1½ pounds 2 oz. chicken carnitas
Black Beans, Seasoned (recipe below)	1 quart $\%$ cup $2\%$ cups	2 ½ cups	% cup seasoned black beans
Roasted peppers, frozen			% cup roasted peppers (reheated according to package)
Avocado, diced			1/8 cup avocado
Salsa, canned			1/8 cup salsa

CHICKEN OR TURKEY CARNITA	.AS		ONE PORTION PROVIDES: 2 oz. eq. m/ma
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken or turkey thigh, cooked	7 pounds	1 $\%$ pounds	1. Shred chicken or turkey thigh meat
Chili powder	3 tablespoons	2 teaspoons	2. Combine seasoning together.
Cumin, ground	2 tablespoons	1 ½ teaspoon	3. Add onion, lime juice, orange juice and mustard.
Oregano, dried	2 tablespoons	1 ¼ teaspoon	4. Combine seasonings, sauce and chicken or turkey
Salt, Kosher	1 tablespoon	% teaspoon	meat.
Black pepper, ground	1 tablespoon	% teaspoon	5. Spray 2 in steamtable pans with pan release.
Garlic, granulated	2 tablespoons	1 ¼ teaspoon	6. Place 6 pounds of meat in each pan.
Onion, diced	1 pound	3 onuces	7. Roast in 350 °F oven for 20 minutes until the top
Lime juice	1 cup	½ cup	is golden brown and edges are crisp.
Orange juice	1 cup	½ cup	8. Stir half way through roasting.
Mustard, yellow	½ cup	1 tablespoon	

LIME CILANTRO SORGHUM			ONE PORTION PROVIDES: $\%$ cup portion = 1 oz. eq. whole grain
INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Sorghum, whole grain	3 ½ pounds	12 ounces	1. Add sorghum to boiling salted water. Cook,
		(1 2/3 cups)	covered, for 50 to 60 minutes until sorghum
Water	2 gallons 1 cup	6 ½ cups	is tender
Salt	1 tablespoon	1 teaspoon	
Lime juice	1 cup	3 tablespoons	2. After sorghum is cooked add lime juice,
Cilantro, fresh, chopped	2 cups	½ cup	cilantro, tomatoes and green onions.
Tomatoes, diced	3 cups	¾ cup	
Green onions, thinly sliced	1 cup	¼ cup	

SEASONED BLACK BEANS			One PORTION PROVIDES:  % cup vegetable
INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Vegetable oil	2 tablespoons	½ tablespoon	1. Heat oil and sauté onions until opaque.
Onions, diced	1/2 pound	2 ounces	
Black beans, canned, drained	1 % # 10 can	1 quart	2. Add drained beans, drained tomatoes,
Tomatoes, diced, canned, drained	% # 10 can	1 – 15 oz. can	undrained peppers, cumin, and garlic powder.
Green chili peppers, mild, canned	12 ounces	3 ounces	Simmer for 20 minutes, stirring often. Serve
Cumin	¼ cup	1 tablespoons	with a slotted spoon to remove juices.
Garlic powder	2 tablespoons	1 ½ teaspoon	

## RECIPE NOTES:

- 1 No. 10 can (110 ounces) black beans = about 62.0 oz (6-7/8 cups) heated, drained beans; 1 No. 10 can (110 ounces) black beans = about 71.0 ounces (11-3/4 cups) drained, unheated beans

NUTRIENTS PER SERVING				
Calories	Total Fat	Vitamin A	Iron	
Protein	Saturated Fat	Vitamin C	Sodium	
Carbohydrate	Cholesterol	Calcium	Dietary Fiber	

# WHOLE WHEAT CITRUS COUSCOUS SALAD

ONE PORTION PROVIDES: 1 oz. eq. grains, % cup fruit, % cup vegetable

Ingredients	50 Servings	10 Servings		Directions
Water	3 quarts	2 1/2 cups	1.	1. In a large saucepan heat water to a boil.
Couscous, whole wheat, dry	2 ½ quarts	2 cups	2.	Add couscous, turmeric, and pepper. Cover.
Turmeric, ground	2 tablespoons	1 ½ teaspoon	æ.	Turn off heat and let sit covered for 5 minutes.
Pepper, black, ground	2 teaspoons	½ teaspoon		Fluff with fork and let sit.
Chickpeas, canned, drained	spunod ½ 9	1 pound 4 ounces	4.	4. In a large bowl combine chickpeas, oranges,
Mandarin oranges, canned, drained	3 spunod s	10 ounces		onion, and raisins.
Red onion, diced	3 ½ cups	3/4 cup		
Raisins	1 quart	3/4 cup		
Orange zest	1/3 cup	1 tablespoon	5.	5. In a separate bowl whisk together orange zest,
Lemon juice	1 ½ cups	5 tablespoons		lemon juice, olive oil, and chives.
Olive oil	2/3 cup	2 tablespoons	9.	Pour dressing over chickpeas mixture in bowl.
Chives, fresh	2 tablespoons	2 teaspoons	7.	Once mixed, fold in the cooled couscous. 7. Cover and refrigerate at least 1 hour before
				serving.
			S	CCP: Cool to 41 °F or lower within 4 hours.

Serving Size: 1 cup serving

Nutrients Per Serving					
Calories	230	Saturated Fat	g 0	Iron	1.6 mg
Protein	7.5 g	Cholesterol	8w 0	Calcium	44.3 mg
Carbohydrates	43 g	Vitamin A	NI 000S	Sodium	90 mg
Total Fat	4 g	Vitamin C	15 mg	Dietary Fiber	6.7 g

SOURCE: Fruit and Veggie Quantity Cookbook – Revised Edition, Oct 2011. NH Obesity Prevention Program, DHHS, DPHS. http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf. Original recipe source: Produce for Better Health Foundation.

# TRAIL MIX BREAKFAST BOWL

ONE PORTION PROVIDES:

1 oz. eq. grain, ½ fruit

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Couscous, whole wheat	3 pounds 13	12 ounces	Combine all ingredients in a large bowl or steamtable
	ounces	(OR 1-7/8 cups)	pan.
Water, hot	3 quarts	2 ½ cups	Cover tightly with plastic wrap until water is completely
	½ cup		absorbed.
Cranberries, dried	5 cups	1 cup	
Blueberries, dried	2 ½ cups	½ cup	
Cherries, dried	2 ½ cups	½ cup	
Raisins, golden	2 ½ cups	½ cup	
Cinnamon	1 tablespoon	½ teaspoon	
Nutmeg	1½ teaspoon	¼ teaspoon	
Clove	1½ teaspoon	¼ teaspoon	
Allspice	1½ teaspoon	¼ teaspoon	
Salt, kosher	1 tablespoon	½ teaspoon	

## RECIPE NOTES:

FBG: 1 pound dry whole wheat couscous = about 2-1/2 cups dry whole wheat couscous; 1 pound dry = about 6-3/4 cups cooked

Yield, volume	Pan size
Yield, weight	Serving size

<b>NUTRIENTS PER SERVING</b>	VING						
Calories	481	Total Fat (g)	20	20 Vitamin A (IU)	643	643 Calcium (mg)	47
Protein(g)	8.5	8.5   Saturated Fat (g)	12.7	Vitamin C (mg)	3.4	3.4 Sodium (mg)	10
Carbohydrate (g)	68	68 Cholesterol (mg)	46	46 Iron (mg)	3	3 Dietary Fiber (g)	6.7

SOURCE: Oldways Whole Grain Council, Whole Grain Recipes for Restaurants & Foodservice. Charlotte Prep School in North Carolina

# WHOLE WHEAT PEARLED COUSCOUS WITH CHICKEN AND TOMATOES

ONE PORTION PROVIDES: 1 oz. eq. grain,  $\mbox{\it 14}$  cup red/orange vegetable, 2 oz. eq. m/ma

INGREDIENTS	24 SERVINGS	12 Servings	DIRECTIONS
Oil, olive	1 tablespoon	½ tablespoon	1. Heat oil over medium-high heat in a stockpot large enough
			to hold the first 7 ingredients.
Onion, medium diced	4 cups	2 cups	2. Sauté the onions and garlic until translucent.
Garlic clove, minced	½ cup	2 tablespoons	
Tomatoes, petite diced	e cnbs	3 cups	3. Add tomatoes, Italian seasoning and salt to the pot and
Italian seasoning	½ cup	2 tablespoons	cook, stirring, for 5 minutes.
Kosher salt	2 teaspoons	1 teaspoon	
Chicken stock, low sodium	2 quarts	1 quart	4. Add stock to the mixture and bring to a boil.
Whole wheat pearled couscous	1 ½ pounds	12 ounces	5. Into each 2½" hotel pan, place 12 ounces whole wheat
Chicken meat, cooked, diced	3 spunod s	1 ½ pounds	pearled couscous, $1\%$ pounds chicken and $\%$ cup Parmesan
Parmesan cheese, grated	1 cup	ለ cnb	cheese. Stir to combine. Add the hot stock mixture.
			6. Cover tightly with parchment paper and foil.
			7. Cook in a 350°F convection oven for 25 minutes. (Couscous
			may still be slightly underdone and there may be some
			liquid remaining, but this will be absorbed during holding.)
			8. Stir well using a rubber spatula before serving.

# SERVING NOTES: 8 ounce spoodle; 9.2 ounces by weight

### RECIPE NOTES:

- This recipe is intended to be made in multiple hotel-pan batches. If the desired total is not a multiple of the hotel-pan yield, a partial pan may be made with adjustments to the amounts listed in the procedure.
- The Meat/Meat Alternate contribution is calculated on an ounce-to-ounce basis. If using a product that requires more than 1 ounce to meet the ounce equivalent, the recipe will require adjustment in order to meet the stated M/MA contribution.

NUTRIENTS PER SERVING	3				
Calories	240	Total Fat	5 g	Calcium	
Protein	25 g	Saturated Fat	2 g	Sodium	596 mg
Carbohydrate	27 g	Cholesterol	56 mg	Dietary Fiber	3 g

SOURCE: In Harvest: Whole Grains, Rice and Legumes, www.inharvest.com/who-we-serve/k-12-foodservice/

## PRODUCT EVALUATION FOR GREAT GRAINS

evaluation category (column), circle either A (acceptable) or NA (not acceptable). Participants evaluate each food product as part of the tasting in this culinary laboratory. For each food product (row) and each

Food Product	Appearance	Taste	Texture	Eating Quality	Comments
Brown rice pilaf	A or NA	A or NA	A or NA	A or NA	
Brown rice & edamame salad	A or NA	A or NA	A or NA	A or NA	
Teriyaki chicken with oven-fried rice bowls	A or NA	A or NA	A or NA	A or NA	
Quinoa & butternut squash	A or NA	A or NA	A or NA	A or NA	
Southwest quinoa salad	A or NA	A or NA	A or NA	A or NA	
Alaska pollock quinoa poke bowl	A or NA	A or NA	A or NA	A or NA	
Tabbouleh	A or NA	A or NA	A or NA	A or NA	
Wheat berry salad	A or NA	A or NA	A or NA	A or NA	
Southwest chicken & wheat berry salad wrap	A or NA	A or NA	A or NA	A or NA	
Asian noodle salad	A or NA	A or NA	A or NA	A or NA	
Ramen noodle bowl	A or NA	A or NA	A or NA	A or NA	
Chicken bruschetta pasta	A or NA	A or NA	A or NA	A or NA	
Polenta	A or NA	A or NA	A or NA	A or NA	
Mexican style cornbread	A or NA	A or NA	A or NA	A or NA	
Beef tamale pie	A or NA	A or NA	A or NA	A or NA	
Overnight oats	A or NA	A or NA	A or NA	A or NA	
Homemade granola	A or NA	A or NA	A or NA	A or NA	
Blueberry oat bars	A or NA	A or NA	A or NA	A or NA	
Toasted sorghum salad	A or NA	A or NA	A or NA	A or NA	
Sorghum and corn salad	A or NA	A or NA	A or NA	A or NA	
Chicken carnitas & sorghum burrito bowl	A or NA	A or NA	A or NA	A or NA	
Whole wheat citrus couscous salad	A or NA	A or NA	A or NA	A or NA	
Trail mix breakfast bowl	A or NA	A or NA	A or NA	A or NA	
Whole wheat pearl couscous with chicken	A or NA	A or NA	A or NA	A or NA	
and tomatoes					

### Day Four Build a Better Sandwich

Lesson-at-a-glance

Culinary demonstration	Types of sandwiches Elements of sandwiches	60 minutes
	Demonstration:      Sage White Bean Dip     Quick Pickled Onions     Quick Pickled Ginger Onions	
Hands on	Hot sandwiches Cold sandwiches Dips / spreads	2 ½ hours
Evaluation and discussion		15 minutes
Clean-up		15 minutes

### **TYPES OF SANDWICHES**

- 1. Cold sandwiches
- 2. Hot sandwiches
- 3. Wraps
- 4. Pocket sandwiches
- 5. Grilled sandwiches

### **ELEMENTS OF A SANDWICH**

There are four basic parts to a sandwich. Once we know how a sandwich should properly be constructed, we can then add a variety of the basic components to make any combination imaginable.

### Bread

The main function of bread in a sandwich is to encase the filling and create an edible casing. Breads give us an opportunity to vary the textures and flavors in our sandwiches. As with other ingredients, the choices are almost endless.

### **Spreads**

The main purpose of spreads is to add moisture and flavor to the sandwich and create a moisture barrier between the filling and the bread.

### **Body**

The body of a sandwich can be comprised of any combination of meats, cheeses, vegetables or grains. This is the heart of the sandwich. All of the other components should complement the body and not overpower or take away from its flavor and texture.

### Garnish

The garnish complements the body of the sandwich and adds both texture and flavor.

### TYPES OF BREAD

Loaf bread Buns and rolls

French loaves Buns

Herb breads English muffins
Rye Hamburger bun
Pumpernickel Hoagie rolls
Hotdog bun

Quick Breads Pretzel rolls

Fruit breads - banana

Nut breads

Vegetable breads – zucchini, carrot **Specialty bread** 

Flatbreads Bagels
Corn tortillas Scones
Flatbreads Waffles

Flavored flatbreads

Flour tortillas

Focaccia

Lahvosh

Cones

Naan Sandwiches Pitas Egg Rolls

Sandwich wraps

### **SPREADS**

The main purpose of spreads is to add moisture and flavor to the sandwich and create a moisture barrier between the filling and the bread.

Almond butter Flavored mayonnaise

Bean purees (such as white bean spread) Ketchup

Butter Lowfat cream cheese

Cashew butter Mayonnaise
Cheese spreads Mustards
Chutneys Olive spreads
Cream cheese Pepper spreads

Dressings Pesto

Flavored butters Salad dressing

Flavored cream cheeses Vegetable purees (such as roasted pepper spread)

### **BODY**

The body of a sandwich can be comprised of any combination of meats, cheeses, vegetables or grains. This is the heart of the sandwich. All of the other components should complement the body and not overpower or take away from its flavor and texture.

**Beans** 

Beef

Pork

Chicken

Turkey

Fish

Chicken salad

Eggs

**Grilled vegetables** 

Lowfat cheese

Meatballs

**Nut butters** 

Peanut butter

Tuna salad

### **GARNISH**

The garnish complements the body of the sandwich and adds both texture and flavor.

Bell peppers Onions
Cabbage Peppers

Cucumber Pickled salads

Grated carrot **Pickles** Radish Greens Grilled or roasted vegetables Relishes Herbs Salad mix Lettuces Salsas Marinated vegetables Slaws Mushrooms Sprouts Olive salads Tomatoes

### **PREPARING SANDWICHES**

### Mise en place

- All sandwich breads, spreads, and filling ingredients should be prepared.
- Meat, poultry, or fish should be cooked, chilled, and sliced or chopped. Vegetables should be washed, dried, and sliced.
- Spreads should be prepared and chilled.
- Breads should be sliced.

### **Quick Steps for Cold Sandwiches**

- 1. Arrange preparation area. All sandwich ingredients should be within easy reach of the work area.
- 2. Arrange sandwich bread on work area. Four rows of 12 slices is a manageable number.
- 3. Spread all bread slices to the edge with desired spread.
- 4. Portion filling with a dipper or spoon onto alternate rows of bread. Spread to the edges.
- 5. Arrange lettuce or other vegetable accompaniments on top of filling.
- 6. Place bread on top of sandwich.
- 7. Cut sandwiches as desired, being careful not to mash the bread.
- 8. Place sandwiches in sandwich bags or wrap in plastic wrap to maintain freshness.
- 9. Refrigerate until service.

### **Quick Steps for Grilled Sandwiches**

- 1. Place sandwich bread on a sheet pan.
- 2. A full sheet pan (18" x 26") will accommodate 24 sandwiches in a 4 x 6 array.
- 3. Brush the outside with melted margarine or butter or vegetable oil.
- 4. A brush, roller, or spray may be used. Turn the bread over.
- 5. Add filling to all slices in the pan. Spread evenly.
- 6. Top with slices of bread. Brush the top with melted margarine or butter or vegetable oil.
- 7. Brown the sandwich on a griddle, in a hot oven, or under a broiler.
- 8. Serve immediately.

### **Quick Steps for Wraps**

- 1. Arrange preparation area. All sandwich ingredients should be within easy reach of the work area.
- 2. Lay wraps or tortillas on clean work surface.
- 3. Evenly distribute dressing or spread on tortilla wrap.
- 4. Toppings are placed in lower half of tortilla.
- 5. Evenly distribute your ingredients. Use meat, poultry, fish, beans, grains, vegetables, or fruits. Hard-to-bite ingredients need to be cut small, but most ingredients should be kept in bigger pieces for easiest rolling and eating.
- 6. Roll the wrap tightly and securely. Fold in the sides and bottom, roll up tightly, and seal the edges with a dab of cream cheese or other spread.
- 7. Place wraps in sandwich bags or wrap in plastic wrap to maintain freshness.
- 8. Refrigerate until service.

### **QUICK PICKLES**

Quick pickles, also known as refrigerator pickles, are simply vegetables or fruits that are pickled in a vinegar, water, salt and sugar solution and stored in the refrigerator. Quick pickles don't develop the deep flavor that fermented pickles do, but they also only require a few hours in the brine before they can be enjoyed. Quick pickles are a lower-sodium version to a traditional pickle. They offer a sweet-sour, flavor-packed addition to a sandwich or salad bar. Almost any vegetable can be quick pickled.

### **Basic Quick Pickle Recipe** (1 quart)

1 quart of brine will pickle about 2 pounds of vegetables.

INGREDIENTS	AMOUNTS	DIRECTIONS
Vinegar	2 cups	1. Bring vinegar, water, sugar, salt, and
Rice wine vinegar, red or		seasonings to a boil in a medium pot
white wine vinegar, apple		over high heat, stirring occasionally.
cider vinegar		Reduce heat to medium-low and
Water	2 cups	simmer 10 minutes.
Sugar	2 tablespoons	2. Place vegetable in a heatproof
Salt, Kosher	1 tablespoon	container or jar. Pour hot brining liquid
Seasonings	1 tablespoon	over vegetable. Cover and chill at least
_	-	2 hours before serving.

### **Flavoring Quick Pickles**

Fresh herbs	dill, thyme, oregano, and rosemary hold up well
Dried herbs	thyme, dill, rosemary, oregano, or marjoram
Garlic cloves	smashed for mild garlic flavor, or sliced for stronger garlic flavor
Fresh ginger	peeled and thinly sliced
Whole spices	mustard seed, coriander, peppercorns, red pepper flakes
Ground spices	turmeric or smoked paprika are great for both color and flavor

### Try these vegetables for pickling:

Asparagus	Cucumbers	Snap peas
Beets	Eggplant	Summer squash
Brussels sprouts	Green beans	Turnips
Carrots	Onions	Zucchini
Corn	Peppers	Mushrooms

### Try these fruits for pickling:

Blueberries	Grapes	Plums
Strawberries	Rhubarb	Peaches

Cherries Watermelon rind

## SAGE WHITE BEAN DIP

N PROVIDI	% cup bean aip is 1 oz ed m/ma
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INGREDIENTS	10 Servings	DIRECTIONS
Beans, cannellini, canned, drained, rinsed	3 cups	1. Place beans in the food process. Pulse to grind down.
Garlic cloves, minced	2 each	2. Add remaining ingredients and puree until smooth.
Lemon juice	2 tablespoon	3. Taste for flavor and seasoning.
Olive oil	1/3 cup	
Sage, loosely packed	½ cnb	
Salt, Kosher	1 teaspoon	

## SERVING NOTES:

NUTRIENTS PER SERVING	SERVING				
Calories		Total Fat	Vitamin A	Iron	
Protein		Saturated Fat	Vitamin C	Sodium	
Carbohydrate		Cholesterol	Calcium	Dietary Fiber	

SOURCE: Samantha Cowens-Gasbarro

## **QUICK PICKLED RADISHES**

One PORTION PROVIDES:
% cup other vegetable

INGREDIENTS	AMOUNTS	Dire	DIRECTIONS
Radishes, fresh	2 pounds	1.	1. Clean and slice radishes.
White vinegar	2 cups	2.	2. Bring vinegar, water, sugar, and salt to a boil in a
Water	2 cups		medium pot over high heat, stirring occasionally.
Sugar	2 tablespoons		Reduce heat to medium-low and simmer 10 minutes.
Salt, Kosher	1 tablespoon	ω.	3. Place radishes in a heatproof container or jar. Pour
			hot brining liquid over rasishes. Cover and chill at
			least 2 hours before serving.

## SERVING NOTES:

Yield, volume	Pan size
Yield, weight	Serving size

## RECIPE NOTES:

NUTRIENTS PER SERVING				
Calories	Total Fat	Vitamin A	Iron	
Protein	Saturated Fat	Vitamin C	Sodium	
Carbohydrate	Cholesterol	Calcium	Dietary Fiber	

### SOURCE:

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ONE PORTION PROVIDES:

INGREDIENTS		DIRECTIONS	
Onion, thinly sliced	1 each	1. In a large	1. In a large bowl add onion and salt. Let sit for 30 minute
Salt, Kosher	1 tablespoon	to 1 hou	to 1 hour to help drain water from onion. Drain excess
		water.	
Sugar	½ tablespoon	2. Add suga	2. Add sugar and toss. Let sit another 10-15 minutes.
Vinegar, apple cider	½ cnb	3. Add vine	3. Add vinegar and let sit for 30 minutes.

## SERVING NOTES:

NUTRIENTS PER SERVING	SERVING				
Calories		Total Fat	Vitamin A	Iron	
Protein		Saturated Fat	Vitamin C	Sodium	
Carbohydrate		Cholesterol	Calcium	Dietary Fiber	

SOURCE: Samantha Cowens-Gasbarro

# QUICK PICKLED GINGER ONIONS

ONE PORTION PROVIDES:

INGREDIENTS		DIRECTIONS
Water	½ cup	1. Bring water, apple cider vinegar, ginger and honey to a boil
Vinegar, apple cider	1/3 cup	
Ginger	1 tablespoon	
Honey	1 tablespoon	
Onion, thinly sliced	1 each	2. Add onion. Let boil for 1 minute.
		3. Remove from heat and let sit for 30 min to 1 hour. Drain onion from liquid
		and chill.

## SERVING NOTES:

NUTRIENTS PER SERVING				
Calories	Total Fat	Vitamin A	Iron	
Protein	Saturated Fat	Vitamin C	Sodium	
Carbohydrate	Cholesterol	Calcium	Dietary Fiber	

Source: Samantha Cowens-Gasbarro

BUILD A BETTER SANDWICH TEAM ASSIGNMENTS

	Hot	Cold	Spread / Dip
Team 1	Barbecued pulled pork sandwich	Thai chicken & brown rice lettuce wraps	Black bean dip
Team 2	Falafel with hummus in pita	Bahn mi Vietnamese sandwich	Hummus
Team 3	Grilled vegetable panini	Mediterranean chicken salad w/pita	Tzatziki Sun-butter hummus
Team 4	Chicken tikka masala with pita	Spicy tuna sliders	Buffalo hummus dip
Team 5	Fish street taco	Turkey deli sub	Spinach pesto
Team 6	Chicken Philly	Vegetable wrap with spicy lemon hummus	Spicy lemon hummus
Team 7	Southwest chicken & cheese quesadillas	Spy Thai beef	White bean dip
Team 8	Apple French toast bake	Alaska Pollock Poʻboy	Honey mustard yogurt dip Chocolate Greek yogurt dip
		Buffalo Chicken Calzone	

These recipes were developed for training purposes and have not been tested or standardized for production.

# **BARBECUED PULLED PORK SANDWICH**

ONE PORTION PROVIDES:

2 oz. eq. m/ma, 2 oz. eq grain

4. Add sauce to pulled pork and combine. Heat for service. CCP: Hold for hot service at 135°F or higher. Portion the meat mixture onto bottom half of each roll. Top with other half of roll.	20 each	50 each	(at least 1.8 ounces each)
	1/2 teaspoon	2 teaspoons	Garlic powder
	1/3 cup	1 cup	Vinegar, apple cider
ככר. וובמרנט בסט ו טו ווויייים מרובמטר בט אבכטוומט	1 ½ teaspoons	2 tablespoons	Mustard
	1 teaspoon	2 teaspoons	Worcestershire sauce
onions. Bring to a boil over medium heat. Reduce heat	2 tablespoons	¼ cup	Brown sugar, packed
sauce, mustard, vinegar, and garlic powder to the	20 ounces	1 quart	Tomato sauce, canned
3. Add catsup, tomato sauce, brown sugar, Worcestershire	1 ½ cups	2 cups	Catsup
lightly browned, about 5 minutes.	1 teaspoon	1 tablespoon	Vegetable oil
2. To prepare the barbecue sauce: sauté onions in oil until	3 ounces	8 ounces	Onion, fresh, finely chopped
	1 teaspoon	1 tablespoon	Cumin, ground
pork. Chill and refrigerate.	1 teaspoon	2 teaspoons	Black pepper, ground
350 °F for 3 to 4 hours. Remove from oven. Pull the	1 teaspoon	2 teaspoons	Salt
1. Season pork roast with salt, pepper and cumin. Roast at	4 ¼ pounds	10 ½ pounds	Pork shoulder roast, boneless
Directions	20 servings	50 Servings	Ingredients

<b>NUTRIENTS PER SERVING</b>	VING						
Calories	269	269 Total Fat (g)	9.8	9.8 Vitamin A (IU)	93	93 Calcium (mg)	72.6
Protein(g)	21,6	21,6   Saturated Fat (g)	2.98	2.98 Vitamin C (mg)	2.4	2.4 Sodium (mg)	475
Carbohydrate (g)	24.3	24.3 Cholesterol (mg)	58	58 Iron (mg)	2.2	2.2 Dietary Fiber (g)	3.6

Child Nutrition (2005). USDA recipes for schools. Original recipe with nutrient analysis can be found at http://www.theicn.org/USDA\_recipes/cc\_recipes/F-08.pdf Source: Adapted from Barbecued Pork on Roll, F-08, and Barbecue Sauce, C-06, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of

# THAI CHICKEN AND BROWN RICE LETTUCE WRAPS

One portion provides: 1.25 oz M/MA + 1 grain

INGREDIENTS	50 SERVINGS	10 Servings	DIRECTIONS	
Chicken fajita meat	6 pounds 4	1½ pound	<ol> <li>Lightly</li> </ol>	1. Lightly coat 4-inch full size steam table pans with food release
	onuces		spray. F	spray. Place 3 pounds 2 ounces chicken into each pan.
			2. (1 pan <sub>1</sub>	(1 pan per 25 portions)
Mango, diced or pineapple bits	4 pounds	12 ounces (2 $\%$	3. Add to	Add to each pan 2 pound diced mango or pineapple, 1 pound
	(3quarts)	cnbs)	red pep	red pepper strips, and 1 quarts prepared peanut sauce.
Pepper, bell, red, fresh, julienne	2 pounds (2	6 ounces (1 $\%$	4. Cover a	Cover and cook in a preheated 350°F oven for 30 minutes, or
	quarts)	cnbs)	until th	until the internal temperature reaches 135°F or above. Critical
Peanut sauce*	1 quart 2 ¼	1 ½ cup	Point: F	Point: Heat to 135°F or higher for at least 15 seconds.
	cnbs			
Brown rice, cooked	9) spunod 8	1.6 pounds (5	5. Stir 2 po	Stir 2 pound of hot, cooked brown rice into each pan. Critical
	quarts, 1	cnbs)	Point: F	Point: Hold for service at 135°F or higher.
	cnb)			
Cilantro, fresh, chopped	3 ounces (2	% ounces ( $%$	6. Sprinkle	Sprinkle 1/2 cup of chopped fresh cilantro over each pan just
	cnps)	cnb)	before	before service.
			7. Place 1	Place 1 cup of the Thai Chicken and Rice mixture in a serving
			container.	er.
Lettuce- large whole leaves, Boston	100 each	20 each	8. Serve 2	Serve 2 large, fresh lettuce leaves with each serving for
or Bibb lettuce			student	students to make their own lettuce wraps.
* For peanut free sauce whisk together 1 pint 2 ounces of sweet chili sauce and 1 pint 7 ounces of pineapple juice.	r 1 pint 2 ounces	of sweet chili saud	and 1 pint	7 ounces of pineapple juice.

## SERVING NOTES:

Serving size	1 cup plus 2 lettuce leaves	Yield, weight	50 cups plus 100 lettuce leafs
Pan size	2, 4-inch full size steam table pans (for 50 portions)	Yield, volume	

<b>NUTRIENTS PER SERVING</b>	Serving						
Calories	292	Total Fat	7.6 g	Vitamin A	113 RE	Iron	1.75 mg
Protein	20.7 g	Saturated Fat 2.0 g	2.0 g	Vitamin C	20 mg	Sodium	859 gm
Carbohydrate	39.1g	Cholesterol		Calcium	66.3 mg	Dietary Fiber 2.9 g	2.9 g

SOURCE: USA Rice Federation, http://thinkrice.com/wp-content/uploads/2014/06/Thai-Chicken-and-Brown-Rice-Lettuce-Wraps.pdf

# **PEANUT SAUCE - MULTIPURPOSE**

ONE PORTION PROVIDES:
.25 ounce meat/meat alternate

INGREDIENTS	40 SERVINGS	10servings	DIRECTIONS
Peanut butter	2 cups	½ cup	1. Place the ingredients in a blender and blend on medium
	(1 ¼ pound)		speed until smooth, about 30 seconds.
Water	1 1/3 cups	1/3 cup	2. Alternately, place the ingredients into the bowl of a
Soy sauce, reduced sodium	½ cup	2 tablespoons	stand mixer and mix, using the whip attachment. Begin
Brown sugar	½ cup	2 tablespoons	mixing on low speed until the ingredients come
Lime juice	3/8 cup	1 ½ tablespoons	together. Then increase speed to medium-high and
Toasted sesame oil	¼ cup	1 tablespoon	whip until smooth, about 2 minutes.
Ginger, ground	2 teaspoons	½ teaspoon	If using cold
Garlic powder	1 teaspoon	¼ teaspoon	CCP: Hold for cold service at 41°F or below.
Cayenne pepper or red pepper	½ teaspoon	1/8 teaspoon	It using hot
flakes (optional)			CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.

## SERVING NOTES:

veight

0	0 Dietary Fiber (g)	0	Iron (mg)	0	Cholesterol (mg)	6	Carbohydrate (g)
183	Sodium (mg)	1	1.5 Vitamin C (mg)	1.5	Saturated Fat (g)	3	Protein(g)
10	10 Calcium (mg)	10	8.4 Vitamin A (IU)	8.4	108 Total Fat (g)	108	Calories
						RVING	<b>NUTRIENTS PER SERVING</b>

SOURCE: National Peanut Board, national peanut board.org

BLACK BEAN DIP	One portion provides: ½ cup vegetable

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Beans, black, canned	8 pounds, 12	1 pound, 12 ounces	1. Combine black beans, garlic, cumin,
	ounces		salsa, lime juice and water in a food
Garlic, minced	5 teaspoons	1 teaspoon	processor and puree until smooth.
Cumin, ground	5 teaspoons	1 teaspoons	
Salsa, mild	2 ½ pounds	8 onuces	
Lime juice, fresh	3 tablespoons,	2 teaspoon	
	1 teaspoon		
Water	2 tablespoons	1 teaspoon	
Cilantro	1 ½ cup	½ cup	2. Stir in cilantro.
			Serve with veggie sticks or chips.
			This dip can be warmed in an oven with 1/4 cup of cheese on top for a warm dip!

## Serving Notes:

½ cup
Serving size

NUTRIENTS PER SERVING	\$VING						
Calories	82	Total Fat (g)	6.	.3 Vitamin A (IU)	73	73 Calcium (mg)	20
Protein(g)	5.2	Saturated Fat (g)	70.	.07 Vitamin C (mg)	5	5 Sodium (mg)	458
Carbohydrate (g)	15.6	Cholesterol (mg)	0	0 Iron (mg)	1.6	1.6 Dietary Fiber (g)	5.7

SOURCE: Windham Raymond School Department, Windham, Maine

### **FALAFEL**

ONE PORTION PROVIDES:

3 pieces per portion for 2 oz. eq. m/ma

INGREDIENTS	40 servings	10 servings		DIRECTIONS
Chickpeas, canned or cooked	2 #10 cans	½ #10 can	1. H	Heat the oven to 375 °F.
	(21 cups)	(5 ¼ cups)	2. P	Place chickpeas, onions, cilantro, parsley into the
Onions, diced	4 cups	1 cup	Ь	bowl of a food processor fitted with a blade. Pulse the
Cilantro, fresh	2 ounces	1 ounce	=:	ingredients until the chickpeas become a coarse paste
Parsley, fresh	2 ounces	1 ounce	a	and the herbs have incorporated. There should be
			S	some texture from the chickpeas.
Cumin, ground	½ сир	2 tablespoons	3. A	Add spices, flour, oil and eggs to the chickpea
Coriander, ground	2	1 ½ teaspoon	т	mixture.
	tablespoons		4. S	Stir to combine thoroughly. The mixture should
Garlic powder	2	1 ½ teaspoon	_	resemble a soft dough.
	tablespoons		5. F	Prepare sheet trays(s) by coating with nonstick spray.
Salt	1	% teaspoon	6. S	Scoop mixture into 2 tablespoons portion (no. 30
	tablespoons		S	scoop) onto prepared sheet tray. Gently flatten into a
Black pepper	1 tablespoon	¾ teaspoon	73	patty.
Flour	% cup	3 tablespoons	7. Pr	Prior to baking, mist tops of falafel patties with
Oil	¾ cup	3 tablespoons	<b>~</b>	vegetable spray.
Eggs, whole	4 each	2 each		Bake in oven for about 15 - 20 minutes, or until the
			9. S. c	dougn is prowned on the pottom. Serve with pita, hummus and yogurt sauce.

8	Dietary Fiber (g)	4	Iron (mg)	0	29 Cholesterol (mg)	29	Carbohydrate (g)
231	Sodium (mg)	5	Vitamin C (mg)	.8	9 Saturated Fat (g)	9	Protein(g)
94	Calcium (mg)	238 Ca	6.6 Vitamin A (IU)	6.6	205 Total Fat (g)	205	Calories
						VING	NUTRIENTS PER SERVING

SOURCE: Garrett Berdan, School Nutrition Consultant and Matt Poling, Greeley-Evans Weld County School District 6.

## Yogurt Sauce

One Portion Provides: 2 tablespoons

INGREDIENTS	1 QUART	2 cups	DIRECTIONS
Yogurt, plain, whole milk	3 cups	1 ½ cups	Combine all ingredients in a bowl and mix thoroughly.
Tahini	6 ounces	3 ounces	
Lemon juice	½ cup	2 tablespoons	
Coriander seed	1 teaspoon	½ teaspoon	
Ginger, ground	% teaspoon	½ teaspoon	
Sugar, white	1 tablespoon	½ tablespoon	
Salt, Kosher	1 teaspoon	½ teaspoon	

### RECIPE NOTES:

NUTRIENTS PER SERVING	VING						
Calories	95	Total Fat (g)	6.2	Vitamin A (IU)	4	Calcium (mg)	92
Protein(g)	5.6	Saturated Fat (g)	8.	Vitamin C (mg)	1.5	Sodium (mg)	183
Carbohydrate (g)	4.4	Cholesterol (mg)	1	Iron (mg)	tr	Dietary Fiber (g)	tr

SOURCE: Matt Poling, Greeley-Evans Weld County School District 6.

# BAHN MI VIETNAMESE SANDWICH

ONE PORTION PROVIDES:

2 ounce equivalents meat/meat alternate, 2 ounce equivalents grains, 1/8 cup other vegetable, 1/8 cup red/orange vegetable

		200	
INGREDIENTS	50 SERVINGS	TO SERVINGS	DIRECTIONS
Water	½ cup	¼ cup	1. In a large bowl stir together the water, white
White vinegar	1 cup	½ cup	vinegar and sugar until the sugar dissolves
Sugar	1 cup	½ cup	
Carrots, matchstick	2 pounds	1½ cups	2. Add the carrots and daikon radish; mix well. To
	(7 cups)		marinate hold in the refrigerator at or below
Daikon radish, julienne	1% pound	5 ounces	40°F until service. This may be prepared a day in
	(5 ½ cups)	(1 cup)	advance.
Mayonnaise	3 cups	2/3 cup	3. Mix together the mayonnaise and Sriracha. Hold
Sriracha	4 teaspoons	1 teaspoon	chilled at or below 40°F until service
Whole grain rich hoagie bun (2 ounce	50 each	10 each	4. Place whole grain hoagie on the prep surface
equivalent grains)			and spread 1 tablespoon of the Sriracha
			mayonnaise on one half of each flatbread.
Ham, deli, sliced	4 pounds	13 ounces	5. In each sandwich place 1 ¼ ounces of ham and
Turkey, deli, sliced	5 pounds	1 pound	1.6 ounces turkey over the mayonnaise. Add a
Red onion, fresh, thinly sliced	2 ½ cups	½ cup	few strips or rings of sliced red onion and 4-5
Fresh English cucumber, thinly sliced	2 pounds	6 ounces	slices English cucumbers over the top of the
	(6 ¼ cups)	(1 ¼ cup)	radish slaw and a 3-4 fresh cilantro sprigs. Place
Fresh cilantro sprigs, leaves and tender stems	4 cups	% cup	the sliced ialapeno on the service line available
Jalapeno, fresh, thinly sliced (optional)	About 3 each	About ½ each	upon request. Serve immediately.

NUTRIENTS PER SERVING	VING						
Calories	392	392 Total Fat (g)	20	20 Vitamin A (IU)	2607 Ca	Calcium (mg)	52
Protein(g)	18	18 Saturated Fat (g)	4	4 Vitamin C (mg)	5	Sodium (mg)	873
Carbohydrate (g)	36	36   Cholesterol (mg)	43	43   Iron (mg)	.25	Dietary Fiber (g)	4

SOURCE: Garrett Berdan, School nutrition consultant

Epecu Raven Dita	ONE PORTION PROVIDES:
I NESTI DANED TILA	2 oz. eq. whole grain

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Whole grain rich proof and bake pizza	50 each	10 each	Stretch dough into large oval.
dough, 5-inch disk			Bake at 325°F for 12 to 15 minutes and then cool for
			service.
			Remove frozen pizza piece from the freezer and place
			on parchment lined sheet pans.
			Cover the pan of frozen dough with a sheet of plastic
			sprayed with pan release oil and thaw in the cooler
			at 38 - 40°f (3-4°c) overnight.
			The next day, remove covered pan of dough from the
			cooler and set at room temperature for 45 minutes
			to warm.
			Stretch the 5-inch dough into a 8-inch oval. Allow a
			second proof until dough is puffy.
			Bake in a 325°F convection oven.
			Bake for 12 - 15 minutes or until light golden brown.

## RECIPE NOTES:

NUTRIENTS PER SER	SVING					
Calories	160	160 Total Fat (g)	1.50 Vitamin A (IU)	1.5	1.5   Calcium (mg)	13
Protein(g)	7	7 Saturated Fat (g)	0 Vitamin C (mg)	0	)   Sodium (mg)	140
Carbohydrate (g)	30	30 Cholesterol (mg)	0 Iron (mg)	1.5	1.5 Dietary Fiber (g)	3

Source: Rich's Foodservice

## **HUMMUS**

One PORTION PROVIDES:
% cup provides 1 oz. eq. m/ma
% cup provides 2 oz. eq. m/ma

INGREDIENTS	50 SERVINGS-	10 Servings	DIRECTIONS
	(¼ cup servings)	(¼ cup servings)	
Beans, chickpeas or garbanzo, canned,	8 ½ pounds	1 pound 12 ounces	1. In a food processor combine all
drained	(2-no. 10 cans)	(3 - 15 ounce cans)	ingredients and puree to a smooth
Lemon juice	1 ¼ cups	¼ cup	consistency.
Tahini <b>OR</b>	1½ pounds	5 ounces	2. If the hummus is too thick, add a little
Peanut butter <b>OR</b>	(2 ½ cups)	(½ cup)	of the liquid from the chickpeas –
Sunflower seed butter			about a teaspoon at a time.
Garlic cloves, peeled	1 ½ - 2 tablespoons	1 to 2 teaspoons	CCP: Chill to 41 °F or lower within 4 hours.
Water	3 cups	½ cup, 1 tablespoon	3. Cover. Refrigerate until service.
Oil, olive	½ cup	2 tablespoons	

<b>NUTRIENTS PER SERVING</b>	SERVING						
Calories	91	Total Fat	3.9 g	Vitamin A	11 IU	Iron	.7 mg
Protein	3.7 g	Saturated Fat	.75 g	Vitamin C	3.8 g	Sodium	150 mg
Carbohydrate	11.2 g	Cholesterol	0 mg	Calcium	18 mg	Dietary Fiber	2.2 g

http://130.74.124.194/USDA\_recipes/school\_recipes/E-24.pdf Adapted from Hummus, E-24, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) USDA recipes for schools. Original recipe with nutrient analysis can be found at

# GRILLED VEGETABLE PANINI

One portion provides:
2 ounces equivalent meat/meat alternate, 2 servings of grains/breads, %

	-	
INGREDIENTS	10 Servings	DIRECTIONS
Zucchini, sliced	1 pound	1. Toss zucchini and red pepper in olive oil, spread in a single layer on a
Peppers, red, canned, strips	4 ounces	sheet pan, and bake in a 350 °F oven for 10 minutes.
Olive oil or olive oil spray	4 tablespoons	
Bread, whole wheat (at least 0.9	20 slices	2. Lightly brush or spray one side of each piece of bread with olive oil.
ounces each)		
Cheese, provolone, reduced fat,	20 ounces	3. Place one slice of bread, oil side down, on the sheet pan (18" $\times$ 26" $\times$
sliced	(1 ounce slices)	1"). Place 1 slice of cheese on top of bread.
Pesto	3 tablespoons	4. Spread cheese with pesto and then layer with roasted zucchini and
		red pepper strips. Top with slice of cheese.
		5. Cover with a second slice of bread, olive oil side out.
		6. Cover with 3 sheet pans to press sandwiches.
		7. Bake until lightly browned:
		Conventional oven at 400 °F for 8-10 minutes
		OR convection oven at 375 °F for 8-10 minutes until golden brown.
		8. Cut each sandwich in half.

Nutrients Per Serving					
Calories	378	Saturated Fat	8.22 g	Iron	2.26 mg
Protein	23.42 g	Cholesterol	32 mg	Calcium	336 mg
Carbohydrates	27.26 g	Vitamin A	628 IU	Sodium	953 mg
Total Fat	19.80 g	Vitamin C	21.08 mg	Dietarv Fiber	4.58 ₪

Adapted from Toasted Cheese Sandwich, F-07, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) USDA recipes/school\_recipes/F-07.pdf

# **MEDITERRANEAN CHICKEN FILLING**

2 oz. eq. m/ma ONE PORTION PROVIDES:

INGREDIENTS	45 Servings	10 Servings	DIRECTIONS
Chicken, shredded or diced, fully cooked	5 ½ pounds	1 ¼ pound	1. Mix together chicken, cucumber,
Cucumber, fresh, medium dice	6 each	1 ½ each	olives, onion, feta, and tomato. Add
Olive, black, sliced	1 pound	4 ounces	Italian dressing.
Onion, red, fresh, sliced thin	1 pint, ¼ cup	1 cup	2. Store in cooler until ready to use.
Feta, crumble dry pack	1 pint, ¼ cup	1 cup	
Pepper bell red, medium dice	2 quarts, ¾ cup	2 cups	
Tomatoes, Roma, diced	2 quarts	2 cups	
Italian dressing	1 quart	% cup	

SERVING NOTES:		
Serving size		

Calories205 kcalTotal Fat8.8 gramsVitamin A1618IUIron1 rProtein18 gSaturated Fat3.1 gramsVitamin C55 mgSodium79Carbohydrate10 gCholesterol55 mgCalcium37 mgDietary Fiber2 g	<b>N</b> UTRIENTS PER SERVING	Serving						
18 gSaturated Fat3.1 gramsVitamin C55 mgSodium10 gCholesterol55 mgCalcium37 mgDietary Fiber	Calories	205 kcal		8.8 grams	Vitamin A	1618IU	Iron	1 mg
10 g Cholesterol 55 mg Calcium 37 mg [	Protein	18 g	Saturated Fat	3.1grams	Vitamin C	55 mg	Sodium	797 mg
	Carbohydrate	10 g		55 mg	Calcium	37 mg	Dietary Fiber	2 g

SOURCE: South Madison Community School Corporation, Pendleton, IN

# **MEDITERRANEAN CHICKEN WITH PITA**

ONE PORTION PROVIDES: 2 oz. eq. m/ma, ½ cup vegetable, 2 oz. eq. grain

INGREDIENTS	45 SERVING	10 SERVINGS	10 SERVINGS 1 SERVINGS	DIRECTIONS
Chopped Romaine Lettuce	1 gallon 6 ½ cups	sdno g	dno ሂ	1. Mix the lettuce and spinach together.
Spinach, fresh	5 % cups	2/8 cup	1/8 cup	<ol> <li>Place the salad mix in one of the smaller compartments of the serving container.</li> <li>Place the chicken filling in the other small compartment.</li> </ol>
Pita Bread	23 each	5 each	½ each	4. Cut the pita bread in half. Place in the
Hummus	3 quarts	1 ½ cup	½ cup	large compartment, along with the
Tzatziki	1 ½ quart	saouno g	1 ounce	hummus and tzatziki sauce, both in
Mediterranean Chicken Filling	2 quarts 2 cups	3 % cups	% cnb	separate cups.
				Alternatively, assemble the sandwich.

## **SERVING NOTES:**

NUTRIENTS PER SERVING	Serving						
Calories	434.385 kcal	Total Fat	17.727 grams	Vitamin A	2304.35 IU	Sugar	
Protein	28.316 grams	Saturated Fat	4.345 grams	Vitamin C	61.251 mg	Sodium	1550.44 mg
Carbohydrate	62.311 grams	Cholesterol	55.655 mg	Calcium	140.111 mg	Dietary Fiber	

SOURCE: South Madison Community School Corporation, Pendleton, IN

# **TZATZIKI SAUCE**

INGREDIENTS	100 SERVINGS	10 Servings	DIRECTIONS
Cucumber fresh	10	1 each	1. Grate the cucumber. Salt lightly and let
Salt, kosher	5 teaspoons	% teaspoon	sit for 5 minutes, then squeeze between your hands to remove any extra juice and seeds.
Yogurt, low-fat, plain	5 pounds	8 ounces	2. Mix all the ingredients together until
Garlic powder	1 tablespoon	½ teaspoon	everything is well blended. Let sit
Vinegar apple cider	5 tablespoons	½ tablespoon	refrigerated for 4-6 hours before
Oil, canola	1 cup	1 ½ tablespoon	serving.
Dill weed	1 tablespoon	½ teaspoon	Serve 1 ounce of sauce.

SERVING NOTES:		
Serving size 1 ounce	Yield, weight	12 pounds 9 ounces

<b>NUTRIENTS PER SERVING</b>	Serving						
Calories	40kcal	Total Fat	2.65 grams	Vitamin A	147 IU	Sugar	2.3 grams
Protein	.9 grams	Saturated Fat	.4 grams	Vitamin C	1.4 mg	Sodium	130 mg
Carbohydrate	3.8 grams	Cholesterol	1.5 mg	Calcium	30.51 grams	Dietary Fiber	

SOURCE: South Madison Community School Corporation, Pendleton, IN

SIIN BUTTED HUMANIS	ONE PORTION PROVIDES:
	3/8 cup m/ma or vegetable

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Beans, chickpeas or garbanzo, canned,	spunod ½ 8	1 pound 12 ounces	1. Drain garbanzo beans.
1 No 10 can – 72 ounces or 11 3/8 cups	(2-no. 10 cans)	(3 - 15 ounce cans)	
drained beans			
1 No 10 can – 110 ounces or 11 5/8 cup			
pureed beans			
Lemon juice, fresh, canned, or bottled	1 ½ cups	½ cup	2. Using a food processor with a steel
Sunflower seed butter, salt added	1 ½ pounds	5 ounces	blade, mix all ingredients together
	(2 ½ cups)	(½ cup)	and process until you have a smooth
Salt	1 ½ teaspoon	½ teaspoon	texture.
Garlic, fresh	2 tablespoons	1 teaspoon	
Water, warm	As needed	As needed	3. Slowly add warm water, as needed,
			for desired consistency.
			NOTE: You need a food processor or
			immersion blender for this recipe.

Serving Notes: Serving size – 1/3 cup or a No. 12 scoop

<b>Nutrients Per Serving (only hummus</b>					
Calories	182	Saturated Fat	1.4 g	Iron	1.38 mg
Protein	7.5 g	Cholesterol	0 mg	Calcium	37 mg
Carbohydrates	22.3 g	Vitamin A	21 IU	Sodium	301 mg
Total Fat	7.9 g	Vitamin C	7.7 mg	Dietary Fiber	4.4 g

SOURCE: By Jackie Morgan, Food Service Director, Milton School District, Let's Cook Healthy School Meals, Project Bread. http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf

# **CHICKEN TIKKA MASALA WITH PITA**

ONE PORTION PROVIDES:

2 oz. eq. m/ma and ¼ cup red/orange vegetables, 2 oz. eq. grain

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Tomatoes, diced, canned, low-	1 #10 can (102 oz)	% # 2 ½ can (20 oz.)	1. Preheat convection oven to 350°F or
sodium			conventional oven to 375°F.
Tomato sauce	1 quart + 2 ¼ cups	1 ¼ cup	2. Bring tomatoes and their juice, tomato
Cumin, ground	1/4 cup	2 ½ teaspoons	sauce, cumin, curry powder, paprika,
Curry powder	1/4 cup	2 ½ teaspoons	turmeric, onion powder, pepper, garlic, salt,
Paprika	2 tablespoons	1 teaspoon	cinnamon and cayenne to a simmer in a
Turmeric, ground	2 tablespoons	1 teaspoon	large rondeaux over medium heat.
Onion powder	1 tablespoon	½ teaspoon	3. Simmer for 15 minutes. Remove from the
Black pepper, ground	1 tablespoon	½ teaspoon	heat.
Garlic powder	1 teaspoon	¼ teaspoon	
Kosher salt	1½ teaspoon	½ teaspoon	
Cinnamon, ground	1 teaspoon	¼ teaspoon	
Cayenne pepper, ground	1 teaspoon	¼ teaspoon	
Yogurt, Greek	2 pounds (1 quart)	% cup	4. Stir in yogurt until smooth.
Chicken, cooked, sliced or	6 pounds 4 ounces	1 pound 4 ounces	5. Divide chicken between two 2-inch full
shredded			hotel pans (for 50 portions). Divide the
(1 to 2 inch slices)			sauce between the two pans. Stir to coat
			the chicken with the sauce.
			6. Cover and bake until the internal
			temperature reaches 165°F, 30 to 45
			minutes.
Pita pocket, whole grain, 2 oz. eq.	50 each	10 each	7. Serve with a pita pocket.

### RECIPE NOTES:

You can use USDA fajita strips in place of the cooked chicken.

Adjust heat depending on your audience and/or serve hot sauce on the side.

Serve over brown basmati rice or with naan or pita bread.

This can be made with tofu or another type of protein (although not traditionally beef).

Prepare sauce (Step 2) up to 1 day in advance.

NUTRIENTS PER SERVING	Serving						
Calories	148 kcal	Total Fat	4.87 grams	Vitamin A	811.71 IU	Iron	2.09 mg
Protein	18.01 grams	Saturated Fat 1.41 grams	1.41 grams	Vitamin C	7.31 mg	Sodium	212.10 grams
Carbohydrate	7.31 grams	Cholesterol	51.83 mg	Calcium	70.82 mg	Dietary Fiber	1.45 grams

Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. http://vtfeed.org/resource-library SOURCE: New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont Agency of

# **SPICY TUNA SLIDERS**

ONE PORTION PROVIDES:

2 sliders provide 2.25 oz equivalent meat/meat alternate, 2 oz eq grain

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Tuna, canned, chunk style,	5 pounds 6 ounces	1 pound,	1. Preheat convection oven to 400ºF (conventional oven to
water-packed	(2-43 oz. pouches)	2 ounces	425ºF).
Bread crumbs	2 quart	1 ½ cups	2. Combine tuna, ½ bread crumbs, cheese and scallions in a
Cheese, Cheddar, shredded	2 pounds	6 ounces	large bowl. Reserve remaining ½ of bread crumbs.
Scallions, sliced thinly	1 ½ cup	1/3 cup	
Mayonnaise	1 quart, 1 pint	1 cup	3. Mix mayonnaise and peppers in a mid-size bowl; Add
		3 tablespoons	mayonnaise mixture to tuna mixture.
Chipolte peppers, canned,	14 ounces	3 ounces	4. Form into patties – portion using a No. 16 scoop; Coat
drained, chopped			each side of patties with reserved bread crumbs.
			5. Spray baking sheets with cooking spray; place patties on
			baking sheets.
			6. Bake in preheated oven for 10 minutes; turn patties over
			and bake for an additional 10 minutes or until patties
			reach an internal temperature of 165ºF for 15 seconds.
Buns, whole-grain rich, slider	100 each	20 each	7. If prepared for immediate service, warm hamburger buns.
(1 oz. eq each)			8. Place one tuna patty between each bun; Place sliders in
			12" $\times$ 20" $\times$ 2/1/2 baking or steam table pans. If sliders are
			to be held in warming unit, cover pans with foil. CCP: Hold
			above 135ºF
Offer optional accompaniments and garnishes as desired. Lettuce and tomato are recommended	ts and garnishes as de	sired. Lettuce and	tomato are recommended

Carbohydrate (g) Calories Protein(g) 47.5 422 Total Fat (g) 25 Cholesterol (mg) Saturated Fat (g) 15.5 | Vitamin A (IU) 4.3 Vitamin C (mg) 43 Iron (mg) 1296 3.1 9 Calcium (mg)
Sodium (mg) Dietary Fiber (g)

> 171 988

**NUTRIENTS PER SERVING** 

Source: Starkist Company, http://starkistfoodservice.com/recipes/spicy-tuna-sliders-0

RITERIO HIMMIS DIP	ONE PORTION PROVIDES:
	½ cup provides 1 oz. eg. m/ma

INGREDIENTS	50 SERVINGS	3 cups	DIRECTIONS
Beans, chickpeas or garbanzo,	4 pounds 4 ounces	2 – 15 ounce cans	1. Combine chickpeas, water, tahini, hot
canned, rinsed	(1 No. 10 can)	(3cnb s)	sauce, olive oil, lemon juice, garlic and
Water	1 ½ cups	1/3 cup	salt in food processor. Cover; process
Tahini	1 cup	1/3 cup	until very smooth.
Hot Sauce (Frank's RedHot)	1 cup	½ cup	CCP: Chill to 41°F or lower within 4
Oil, olive	1 cup	½ cup	hours.
Lemon juice, fresh	1 cup	2 tablespoons	2. Cover. Refrigerate until service.
Garlic, chopped	½ cup	3 cloves	
Salt	2 teaspoons	½ teaspoon	

### RECIPE NOTES:

NUTRIENTS PER SERVING	Serving						
Calories	91	Total Fat	3.9 g	Vitamin A	11 IU	Iron	.7 mg
Protein	3.7 g	Saturated Fat .75 g	.75 g	Vitamin C	3.8 g	Sodium	150 mg
Carbohydrate	11.2 g	Cholesterol	0 mg	Calcium	18 mg	Dietary Fiber	2.2 g

Adapted from Hummus, E-24, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) USDA recipes for schools. Original recipe with nutrient analysis can be found at http://130.74.124.194/USDA\_recipes/school\_recipes/E-24.pdf

# FISH STREET TACO

ONE PORTION PROVIDES:

1.25 oz. eq. whole grain, 1 oz. M/MA and ¼ cup vegetable servings

INGREDIENTS	24 SERVINGS	10 Servings	DIRECTIONS
Round flatbread, whole-grain, 1 oz. eq.	24 each	10 each	1. Thaw flatbread at room temperature until ready to
			heat flatbread and assemble tacos. Place flatbread in
			a 325°F oven 2-3 min. or until flatbreads are warm,
			but do not let them bake, you want soft flatbreads.
Pollock fish sticks (1/2 oz. eq. meat/each)	48 each	20 each	2. Place frozen cooked whole grain breaded Pollock fish
			sticks on a lined sheet pan. Heat pans of Pollock sticks
			until they reach 145°F. Keep covered while
			assembling the tacos.
Green onion, chopped	1 ½ cup	¾ cup	3. BUILDING A STREET TACO:
Cabbage, shredded	6 cups	2 ½ cups	Place a warmed flatbread on a foil square. Top with 2
Cilantro, fresh, chopped	1 ½ cups	¾ cup	- ½ oz. heated fish sticks.
Queso fresco (Mexican style cheese)	1 ½ pounds	10 ounces	Top the fish with 1 tablespoon chopped green onion
Or mozzarella cheese			and ¼ cup shredded cabbage.
Lime, fresh, cut into 8 wedges	3 each	1 ¼ each	Garnish taco with 1 tablespoon chopped fresh
Salsa	3 cups	1 ½ cup	cilantro and 1 Tbsp. (½ ounce.). crumbled cheese. (a
			la carte tacos may be wrapped in the foil for serving.)
			<ul> <li>Serve with 1/8 cup of salsa and a lime wedge</li> </ul>
			Optional condiments: Diced avocado, sour cream, diced
			tomatoes.

NUTRIENTS PER SERVING — 1 TACO	ING — 1 TACO						
Calories	204	Total Fat	7.2 g	Vitamin A	801 IU	Iron	2.3 mg
Protein	12.3 g	Saturated Fat	2.6 g	Vitamin C	16.6 mg	Sodium	450 mg
Carbohydrate	23.2 g	Cholesterol	16 mg	Calcium	134 mg	Dietary Fiber	3 g

Source: Rich's Foodservice, http://richsfoodservice.com/

ONE PORTION PROVIDES:	2 oz. eq. m/ma, 2 oz. eq. grain, ½ vegetable
TIRKEY DE	7

INGREDIENTS	30 SERVINGS	9 SERVINGS	DIRECTIONS
Sub roll – 7 .5 ounce, 12 inch	10 each	3 each	Bake sub rolls:
Whole-grain rich			1. Panning: bulk 24 (12 x 2) on lined sheet pan. 8 (4 x 2) on lined sheet
			pan or 4 channel pan insert.
			2. Retard/thawing: 35 - 38 °F, 12 - 18 hours; or 60 minutes at room
			temperature.
			3. Temper/floor time: 15 minutes at room temperature.
			4. Proofing: 95 °F, 85 % r.h., 40 - 50 minutes to template # 23 for sheet
			pan or until rolls fill in and are 1/2" above top of channel insert.
			5. Baking: rack oven: 375° F, 14 - 16 minutes deck oven: 400 °F, 14 - 16
			minutes with 10 seconds steam convection oven: 325° F 14 - 16
			minutes
Spinach pesto	3 % cup	1 cup	To make turkey deli sub:
			6. Spread sub with spinach pesto (6 tablespoons per sub- # 10 scoop).
Turkey breast, sliced thin	3 pounds	1 pound	7. Place turkey across the length of each sub (4 $\%$ ounces for each sub).
Turkey bacon, fully cooked	10 ounces	4 ½ ounces	Top with 1 ounce bacon. Add Swiss cheese (1 $\%$ ounce per sub).
Swiss cheese, sliced thin (%	1 pound	4 ½ ounces	Place 2 slices of tomatoes and $\%$ cup spinach on top.
ounce each)	-		8. Cut sandwich into 3 portions.
Spinach	2 pounds (1	10 ounces (5	
	gallon)	½ cups)	
Tomato	5 pounds	1% pounds	

NUTRIENTS PER SERVING	9				
Calories	357	Total Fat	12.4 g		
Protein	29 g	Saturated Fat	4.7 g	wnipos	691 mg
Carbohydrate	25 g	Cholesterol	26 mg	Dietary Fiber	5.5 g

SOURCE: adapted from South Madison Community School Corporation and Jennie-O Turkey Store, http://www.jennieofoodservice.com/k12/recipe-item.cfm?recid=11242

# **SPINACH PESTO**

ONE PORTION PROVIDES:

2 tablespoons provides 1/8 cup dark green veg

INGREDIENTS	32 SERVINGS	10 Servings	DIRECTIONS
Spinach	2 pound (1 gallon)	10 ounces (1 ½	1. Fit a food processor with a steel blade.
		quarts)	Make pesto in batches by filling the
Oil, olive	1 ½ cups	½ cup	food processor ½ full with spinach.
			Add a drizzle of oil. Process until
			smooth, adding a little more oil as
			needed.
Parmesan cheese, grated	½ cup	3 tablespoons	2. Transfer to a large bowl. Repeat with
Lemon juice	2 tablespoons	2 teaspoons	the remaining spinach and oil. When
Garlic, fresh, chopped	1 tablespoon	1 teaspoon	you get to the last batch, add cheese,
Salt	1 tablespoon	1 teaspoon	lemon juice, garlic, salt and pepper.
Black pepper, ground	½ teaspoon	pinch	Add to the bowl and stir well to blend
			flavors.

## RECIPE NOTES:

<b>N</b> UTRIENTS PER SERVING	SERVING						
Calories	62	Total Fat	10.2 g	Vitamin A	3870 IU	Iron	.5 mg
Protein	2 g	Saturated Fat	1.6 g	Vitamin C	30 mg	Sodium	192 mg
Carbohydrate	5 g	Cholesterol	0 mg	Calcium	43 mg	Dietary Fiber	1 g

N PHILLY
ONE PORTION PROVIDES: 3 oz-eq grains, $\%$ cup other vegetabl

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Chicken fajita strips, cooked	11 ½ pound	2 ½ pounds	1. Preheat conventional oven to 350°F (or 400°F for convection
			oven). Place frozen fajita strips in a single layer on sheet
			pans. Bake fajita strips for 25 – 30 minutes in conventional
			oven (or 15 – 20 minutes for convection oven).
			CCP: Heat chicken to 165°F or higher for 15 seconds.
Pepper strip blend, frozen	1 ½ gallon,	sdno g	2. Place frozen pepper strip blend in a 12" x 20" x 2" counter
	1 cup		pan. Allow room for steam to circulate around the
			vegetables. Do not add any liquid. Steam (uncovered at 5 lb
			pressure) until tender (approximately 3 – 5 minutes). DO NOT
			OVERCOOK. Drain excess liquid from vegetables.
			CCP: Hold pepper strips for hot service at 135°F or higher.
Mozzarella cheese, part skim,	3 quart,	2 ½ cups	3. Assemble sandwiches during tray service: place open hoagie
shredded	½ cup		bun on tray, top with 3 $\%$ ounces chicken fajita meat, $\%$ cup
Hoagie bun, whole-grain rich	50 each	10 each	pepper strips, and 1 ounce cheese.

## Serving Notes:

NUTRIENTS PER SERVING	Serving						
Calories	386	Total Fat	13 g	Vitamin A	304 IU	Iron	4 mg
Protein	33 g	Saturated Fat	5 g	Vitamin C	11 mg	Sodium	1231 mg
Carbohydrate	35 g	Cholesterol	105 mg	Calcium	271 mg	Dietary Fiber	4 g

SOURCE: Menus that Move, Ohio Department of Education, http://education.ohio.gov/Topics/Other-Resources/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move

# **VEGETABLE WRAPS WITH SPICY LEMON HUMMUS**

ONE PORTION PROVIDES:

INGREDIENTS	15 Servings	10 Servings	DIRECTIONS
Vegetable Wrap Spread			
Cream cheese, low-fat	2 pounds	1 1/3 pounds	1. Prepare spread by mixing cream cheese and
Ranch dressing dry seasoning	1 ½ ounces	1 ounce	dry ranch seasoning; mix very well. Add milk
Milk, nonfat	As needed	As needed	until cream cheese will spread easily onto
			tortilla.
Tortilla, whole wheat flour, 12 to 14 inch	15 each	10 each	2. Spread 1-2 ounces of the cream cheese
			of the tortilla.
Toppings			
Green Peppers, cut in strips	2 each	1 1/3 each	3. In a bowl, combine all of the toppings, except
Salad greens, Romaine, diced	3 heads	2 heads	tomato slices and mix well.
Carrots, matchsticks	6 ounces	4 ounces	4. Place 2 tomato slices and 1- 1 1/2 cups of the
Mushrooms, sliced	6 ounces	4 ounces	vegetable topping mixture on the tortilla.
Tomato slices, ¼ inch thick	30 slices	20 slices	5. Top with 1 ounce cheese.
Cheese, Cheddar, shredded	15 ounces	10 ounces	6. Roll tortilla burrito style and cut in half on the
			diagonal. Wrap each half in wrap and place
			in cooler until serving time.
			7. Serve with spicy lemon hummus.

SOURCE: Sizzling School Lunches, Indiana Department of Education, Office of School and Community Nutrition, September 2013

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SPICY LEMON HUMMUS		ONE PORTION PROVIDES:	VIDES:
INGREDIENTS	15 SERVINGS	10 SERVINGS	DIRECTIONS
Chickpeas, drained and rinsed	4 pounds	2 2/3 pounds	1. Combine all ingredients in a food p
Lemon juice	1 ½ cup	1 cup	or VCM and puree to a smooth co
Oil, olive or canola/olive blend	% cup	% cup	For a large number of servings, mu
Garlic, minced	2 tablespoons	1 1/3 tablespoons	batches may need to be prepared.
Cumin, ground	2 tablespoons	1 1/3 tablespoons	option, an immersion blender may
Cayenne pepper	1 ½ teaspoon	1 teaspoon	to puree ingredients.
Jalapeno pepper	1 cup	2/3 cup	2. Spread the 5 pounds of mixture in
Bell pepper, red	1 cup	2/3 cup	$20'' \times 2  1/2 \text{ pan. } 3. \text{ Sprinkle with part}$
			cayenne pepper for garnish.
			Note: If tahini is available please add t
			following amounts to the hummus rec

6 servings- 3 tablespoons	50 servings- 1 1/2 cups
25 servings- 3/4 cup	100 servings- 3 cups

Build a Better Sandwich

# SOUTHWEST CHICKEN & CHEESE QUESADILLAS

One portion provides: 2 ounce equivalent m/ ma, 2 ounce equivalents whole grain,  $\frac{1}{2}$  cup total vegetables

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken, cooked, shredded,	3 pounds	10 ounces	1. Preheat oven to 350°F.
diced or strips	2 ounces		2. Toss the chicken with taco seasoning.
Taco seasoning	5 tablespoons	1 tablespoon	3. Carefully warm the chicken in the steamer or oven until it reaches an internal temperature of 165°F.
Mozzarella cheese, shredded	1 pound	5 ounces	4. Blend the mozzarella and cheddar cheeses. Stir in with the
	9 ounces		chicken until melted and creamy
Cheese, Cheddar, shredded	1 pound	5 ounces	
	9 ounces		
Onions, small diced	8 ounces	2 ounces	5. Roast the onions, tomatoes and red peppers in the oven for
Tomatoes, diced	1 ½ pounds	5 ounces	5 minutes until a temperature of 145 °F.
Peppers, bell, red, diced	1 pound	3 ounces	<ol> <li>Drain moisture from the vegetables.</li> <li>Add to the chicken cheese mixture.</li> </ol>
Whole-wheat tortillas, 10	05	10	8. Using a # 8 scoop, put the ½ cup of the mixture onto the
inch			tortilla and spread to distribute. Fold the tortilla in half and
(2 ounce equivalent)			place on a sheet pan covered in a piece of sprayed
			parchment paper.
			9. Spray the top of the quesadillas with pan release spray and
			cook for 6 to 8 minutes, until golden brown.
			10. Allow to sit for 5 minutes before cutting into three wedges.
Salsa	1 #10 cans	2 ½ cups	11. Serve with salsa.

NUTRIENTS PER SERVING							
Calories	270	Total Fat (g)	14.2	Vitamin A (IU)	668	Calcium (mg)	233
Protein(g)	19.6	Saturated Fat (g)	5.7	Vitamin C (mg)	13.6	Sodium (mg)	622
Carbohydrate (g)	16.9	Cholesterol (mg)	70	Iron (mg)	.78	Dietary Fiber (g)	2

Source: Kansas School Recipes, Child Nutrition & Wellness, Kansas State Department of Education, Culinary Camp. http://www.kn-eat.org/snp/SNP\_Docs/SNP\_Quantity%20Recipe\_Sharing/Quantity\_Recipe\_Sharing\_Main\_Dishes.pdf

# **SPY THAI BEEF**

ONE PORTION PROVIDES:

2 oz. eq. m/ma, 2 oz. eq. grain, each 1/8th cup optional toppings counted as vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Ground beef, 80% lean	8 ½ pounds	1 % pounds	1. Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally until
			internal temperature reaches 160°F. Remove drippings.
Water	1 pint	% cup	2. Meanwhile, combine water, peanut butter,
Peanut butter, creamy (optional sunflower	1 ½ cups	1/3 cup	lime juice, soy sauce, garlic powder, ground
butter)			ginger and crushed red pepper. Set aside.
Lime juice	% cup	2 tablespoons	3. Stir peanut butter mixture into ground beef
Soy sauce, reduced-sodium	% cup	2 tablespoons	mixture. Continue until heated through,
Garlic powder	2 tablespoons	1 teaspoon	stirring occasionally and adding water as
Ginger, ground	2 tablespoons	1 teaspoon	needed for desired consistency.
Crushed red pepper	1 teaspoon	½ teaspoon	CCP: Heat to 165°F for at least 15 seconds.
			CCP: Hold hot for service at 135°F for up to 2
			hours
Flatbread	50 each	10 each	4. Warm flatbread. Portion 1/3 cup (#12 scoop)
Toppings (optional):			beef mixture onto flatbread and garnish with
Shredded carrots, sliced cucumber, red bell			toppings, as desired.
pepper strips, sliced green onion, sliced			
fresh peapods, chopped fresh cilantro			

## SERVING NOTES:

Generous 1 gallon (50)	
Yield, volume	
1/3 cup - #12 scoop	
Serving size	

### RECIPE NOTES:

- Spy Thai Beef can be served over whole grain spaghetti. Plate 1/2 cup (#8 scoop) spaghetti. Top with 1/3 cup (#12 scoop) beef mixture per serving. Garnish with toppings, as desired.
- Spy Thai Beef can be served in Romaine lettuce leaves. Divide 1/3 cup (#12 scoop) beef mixture between 2 small lettuce leaves per serving. Garnish with toppings, as desired.

<b>NUTRIENTS PER SERVING</b>	SERVING						
Calories	300	Total Fat	13 g	Vitamin A	2708 IU	Iron	3 mg
Protein	22 g	Saturated Fat 5 g	5 g	Vitamin C	2 mg	Sodium	296 mg
Carbohydrate	25 g	Cholesterol	51 mg	Calcium	44 mg	Dietary Fiber	4 g

Source: Beef for Foodservice Professionals, http://www.beeffoodservice.com/CMDocs/BFS/K12/Spy\_Thai\_Beef.pdf

Wuite Bean Dib	ONE PORTION PROVIDES:
	1/4 cup legume vegetable

INGREDIENTS	100 SERVINGS	10 SERVINGS	DIRECTIONS
Beans, great northern, dry	4 pounds	e onuces	1. Soak the great northern beans overnight.
			The next day, cook the beans for 1 1/2
		(18 ounces	hours in boiling water.
		canned)	2. Cool completely
Garlic, minced	2/3 cups	1 tablespoon	3. Put beans, garlic, oil, lemon juice, pepper
Oil, canola	1 2/3 cups	3 tablespoons	and salt in robot coupe with all of the
Lemon juice	1 2/3 cups	3 tablespoons	other ingredients.
Black pepper, ground	1 ½ teaspoons	1/8 teaspoon	
Salt	1 ½ tablespoons	½ teaspoon	
Parsley, fresh, chopped	2 ½ cups	½ cup	4. Lightly chop the parsley. Remove any
			stems and process all together.

Serving Notes: Serving size – 1/3 cup

### RECIPE NOTES:

Can use canned beans: 1 pound dry beans = 3 pounds cooked beans

NUTRIENTS PER SERVING	SERVING					
Calories	58	Total Fat		Vitamin A	Sugar	
Protein		Saturated Fat	8.54%	Vitamin C	Sodium	108.58 mg
Carbohydrate		Cholesterol		Calcium	Dietary Fiber	

SOURCE: By Jackie Morgan, Food Service Director, Milton School District, Let's Cook Healthy School Meals, Project Bread. http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf

# **APPLE FRENCH TOAST BAKE**

ONE PORTION PROVIDES:

1 serving provides 1.25-ounce equivalent grain/bread, 2-ounce equivalent meat/meat alternate and 1/8 cup fruit.

INGREDIENTS	48 SERVINGS	12 SERVINGS	DIRECTIONS
Apples	3 pounds	¾ pound	1. Coat two 2-inch full steamtable pans with cooking
			spray (for 48 portions). For 12 portions use ½
			steamtable pan.
			2. Core apples and cut each into 8 wedges.
Whole wheat or whole grain bread	4 pounds	1 pound	3. Cut bread into 1-inch cubes.
Eggs, large	50 large or	12 large or	4. Lightly beat eggs into a large bowl. Add milk, 1 cup
	1 gallon	1 quart	maples syrup (or brown sugar), cinnamon, nutmeg
Milk, low-fat	1 quart + 1 cup	1 ¼ cup	and salt; whisk to combine. Stir in the apple slices,
Maple syrup or brown sugar	1 ½ cups,	3/8 cup	then fold in the bread.
	divided		5. Divide mixture evenly between the prepared pans.
Cinnamon, ground	4 teaspoons	1 teaspoon	Lightly coat sheets of parchment paper with cooking
Nutmeg, ground	2 teaspoons	½ teaspoon	snray and place on top of the French toast Cover
Salt	1 teaspoon	¼ teaspoon	with foil. Refrigerate 6 to 8 hours or overnight.
			6. Before baking, let the French toast stand at room
			oven to 325°F or conventional oven to 350°F.
			7. Bake for 30 minutes. Remove foil and parchment
			and rotate the pans end to end. If using brown sugar,
			sprinkle each pan with 1/4 cup. (If using maple syrup,
			drizzle each pan with 1/4 cup <i>after</i> baking.) Bake,
			uncovered, until set on top and the internal
			temperature reaches 165°F, about 20 minutes more.
			Let stand for 10 minutes. Cut each pan into 24
			pieces.

# SERVING NOTES: Serving size-1 piece

### RECIPE NOTES:

- Cube leftover bread, even English muffins, and freeze. Make the recipe when you have 1 gallon.
- You can use frozen commodity apples (thaw before adding to the recipe) or one #10 can of prepared apple filling.
- You can add 2 pounds reduced-fat cream cheese, cut into ½-inch cubes. Fold it in with the bread in Step 4.
- Slightly frozen bread is easier to cube.
- Stir in 1% quarts of raisins and the recipe will credit for an additional % cup Fruit per serving.

NUTRIENTS PER SERVING	SERVING						
Calories	220 kcal	Total Fat	6.56 grams	Vitamin A	348.44 IU	Iron	1.9 mg
Protein	12.39 grams	Saturated Fat 2.11 grams	2.11 grams	Vitamin C	1.31 mg	Sodium	314.41 mg
Carbohydrate	28.09 grams	Cholesterol	196.02 mg	Calcium	115.46 mg	Dietary Fiber	3.41 grams

Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. http://vtfeed.org/resource-library SOURCE: New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont Agency of

# **ALASKAN POLLOCK PO'BOY**

One Portion Provides: 2 ounce equivalent lean meat/meat alternate, 1/8 cup dark green vegetable, 3 ounce equivalent whole grain

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Pollok fish sticks, frozen, 1 ounces	200 each	40 each	1. Cook Alaska pollock fish sticks according to
each			manufacturer's instructions and until internal
			temperature is 145°F and breading is crispy.
Po'boy sauce (recipe below)	6 ¼ cup	1 ¼ cup	2. Spread top and bottom of roll with Po'Boy Sauce.
Whole grain-rich sandwich roll, split	50 each	10 each	3. Place fish sticks diagonally across the bottom of roll;
Spinach, baby	12 ½ cups	2 ½ cups	top with spinach leaves and replace roll top.
Po'boy Sauce			
Mayonnaise	6 ¼ cups	1 ¼ cup	4. Mix all ingredients together.
Mustard, yellow	2/3 cup	2 tablespoons	5. Make at least 2 hours prior to serving and
Mustard, Dijon	2/3 cup	2 tablespoons	refrigerate.
Sweet pickle relish	2/3 cup	2 tablespoons	6. May be made 1 day ahead.
Worcestershire sauce	1 ¼ teaspoon	¼ teaspoon	

<b>N</b> UTRIENTS <b>PER SERVING</b>			
Calories	Total Fat (g)	Vitamin A (IU)	Calcium (mg)
Protein(g)	Saturated Fat (g)	Vitamin C (mg)	Sodium (mg)
Carbohydrate (g)	Cholesterol (mg)	Iron (mg)	Dietary Fiber (g)

Po'Boy\_2017\_Prf1.pdf Source: Genuine Alaska Pollock Producers, http://www.greatfishforgreatkids.org/pdf-2017/GAPP-Recipe-Sheet\_Alaska-Pollock-

RIEEALO CHICKEN CALZONE	ONE PORTION PROVIDES:
DOLLARO CHICARIN CALEONIL	2 oz. eg. whole grain, 3 oz. eg. m/ma.

Ingredients	50 SERVINGS	10 SERVINGS	DIRECTIONS
5" whole grain rich sheeted pizza	50 each	10 each	1. Remove 8 frozen doughs from the case and place doughs 2"
qongh			to 3" apart on oiled parchment pan liners on sheet pans. It is
			VERY important to cover the pan of dough with plastic to
			prevent dough from drying out during thawing.
			2. Place the covered dough in the cooler to thaw 18-24 hours or
			overnight. The next morning, allow covered thawed dough to
			rise at room temperature 2-3 hours until it is light and fluffy.
Chicken fajita strips, diced	9 ½ pounds	30 onnces	3. Thaw 1 $\%$ lbs. chicken fajita strips and dice, then toss with
Buffalo wing hot sauce	3 cups	5/8 cup	Buffalo wing hot sauce.
Ranch dressing	3 cups	2/8 cup	4. Spread 1 tablespoon of ranch dressing over the dough.
Pepper jack cheese	1 pound 9	5 ounces	5. Top with 3 ounces of the seasoned fajita strips and $lpha$ ounce
	ounces		shredded pepper jack cheese.
Water			6. Spray or brush the edges the dough round with water then
			fold the dough over the filling and crimp the edges with a fork.
			7. Brush the top of the dough with oil and vent with a fork. Add a
			little cheese to the top of the calzone.
			8. Place in a 325°F Convection Oven. Bake until center reaches
			165°F, cheese is melted and crust is golden brown. 12-15 min

## RECIPE NOTES:

NUTRIENTS PER SERVING	VING						
Calories	350	0 Total Fat (g)	9.0	9.0 Vitamin A (IU)	1115	1115   Iron (mg)	2.8
Protein (g)	37.4	Saturated Fat (g)	3.3	3.3 Vitamin C (mg)	10.8	10.8 Sodium (mg)	724
Carbohydrate (g)	32.1	Cholesterol (mg)	90	90 Calcium (mg)	133	133 Dietary Fiber (g)	3.1

SOURCE: Rich's, https://www.richsk12.com/pizzas-calzones

# HONEY MUSTARD YOGURT DIP

ONE PORTION PROVIDES:

INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Yogurt, plain, whole milk	1 quart, 2 ¼ cups   1 ¼ cup	1 ¼ cup	1. Mix all ingredients in a large bowl until combine.
Mustard, Dijon	5/8 cup	2 tablespoons	2. Keep chilled.
Honey	1 tablespoon + 2   1 teaspoor	1 teaspoon	
	teaspoons		
Salt, kosher	¾ teaspoon	1/8 teaspoon	
Pepper, black, ground	¾ teaspoon	1/8 teaspoon	

<b>NUTRIENTS PER SERVING</b>	VING						
Calories	24	24 Total Fat (g)	1.1	1.1 Vitamin A (IU)	30 Ca	Calcium (mg)	38
Protein(g)	1.0	1.0   Saturated Fat (g)	.6	.6 Vitamin C (mg)	.2	Sodium (mg)	62
Carbohydrate (g)	1.8	1.8 Cholesterol (mg)	4	Iron (mg)	.02	Dietary Fiber (g)	.0

SOURCE: Windham Raymond School Department, Windham, Maine

# **CHOCOLATE GREEK YOGURT DIP**

ONE PORTION PROVIDES: % cup

INGREDIENTS	50 SERVINGS	10 Servings Directions	DIRECTIONS
Yogurt, Greek, plain, whole milk	spunod 9	1 pound	3. Mix all ingredients in a large bowl until combine.
	4 ounces	4 ounces	Keep chilled
Cocoa powder, unsweetened	1% cups + $1$	5 tablespoons	
	tablespoon		
Sugar, brown, light	2 1/3 cups	½ cnb	
Vanilla extract	4 tablespoons	tablespoons 2 ½ teaspoons	

NUTRIENTS PER SERVING	KVING						
Calories	06	Total Fat (g)	3.2	Vitamin A (IU)	8.5	8.5 Calcium (mg)	99
Protein(g)	9.6	Saturated Fat (g)	1.6	Vitamin C (mg)	0	Sodium (mg)	23
Carbohydrate (g)	10.6	Cholesterol (mg)	7	Iron (mg)	.5	Dietary Fiber (g)	6:

SOURCE: Windham Raymond School Department, Windham, Maine

# PRODUCT EVALUATION FOR BUILD A BETTER SANDWICH

evaluation category (column), circle either  $\bf A$  (acceptable) or  $\bf NA$  (not acceptable). Participants evaluate each food product as part of the tasting in this culinary laboratory. For each food product (row) and each

	,,				
Food Product	Appearance	Taste	Texture	<b>Eating Quality</b>	Comments
Barbecued pulled pork sandwich	A or NA	A or NA	A or NA	A or NA	
Thai chicken & brown rice lettuce wrap	A or NA	A or NA	A or NA	A or NA	
Black bean dip	A or NA	A or NA	A or NA	A or NA	
Falafel with hummus in pita	A or NA	A or NA	A or NA	A or NA	
Bahn mi Vietnamese sandwich	A or NA	A or NA	A or NA	A or NA	
Hummus	A or NA	A or NA	A or NA	A or NA	
Grilled vegetable panini	A or NA	A or NA	A or NA	A or NA	
Mediterranean chicken salad w/pita	A or NA	A or NA	A or NA	A or NA	
Tzatziki	A or NA	A or NA	A or NA	A or NA	
Sun-butter hummus	A or NA	A or NA	A or NA	A or NA	
Chicken tikka masala with pita	A or NA	A or NA	A or NA	A or NA	
Spicy tuna slider	A or NA	A or NA	A or NA	A or NA	
Buffalo hummus dip	A or NA	A or NA	A or NA	A or NA	
Fish street taco	A or NA	A or NA	A or NA	A or NA	
Turkey deli sub	A or NA	A or NA	A or NA	A or NA	
Spinach pesto	A or NA	A or NA	A or NA	A or NA	
Chicken Philly	A or NA	A or NA	A or NA	A or NA	
Vegetable wrap w/ lemon hummus	A or NA	A or NA	A or NA	A or NA	
Spicy lemon hummus	A or NA	A or NA	A or NA	A or NA	
Southwest chicken & cheese quesadillas	A or NA	A or NA	A or NA	A or NA	
Spy Thai beef	A or NA	A or NA	A or NA	A or NA	
White bean dip	A or NA	A or NA	A or NA	A or NA	
Apple French toast bake	A or NA	A or NA	A or NA	A or NA	
Alaska Pollock Po'Boy	A or NA	A or NA	A or NA	A or NA	
Buffalo chicken calzone	A or NA	A or NA	A or NA	A or NA	
Honey mustard yogurt dip	A or NA	A or NA	A or NA	A or NA	

ocolate Greek yogurt dip	or NA	A or NA	A or NA	A or NA	
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Culinary Skills for A+ School Meals

Build a Better Sandwich

### Day Five Salads and Salad Bars

### Lesson-at-a-glance

Culinary demonstration	Salads Parts of a salad Base Body Dressing Garnish Lettuces Care of salad greens	60 minutes
	Composed salads Types of salad dressings Themed salad bars  DEMONSTRATION Sesame ginger dressing French dressing	
Hands on	Salad dressing Composed salad Side salad or salad bar component	2 ½ hours
Evaluation and discussion		15 minutes
Clean-up		15 minutes

Salads are a refreshing component to a meal or may be served as a main course. The word salad comes from the sal or salt because the lettuce leaves were originally preserved in brine, then salt and vinegar.

There are four basic parts to a salad:

### Base

Gives the definition to the salads placement on the plate or platter. It can be whole leaves or shredded. Ex. The salad greens

### Body

The main ingredient of the salad and the focal point of the presentation as it sets on top of the base. Ex. A piece of grilled tuna

### Dressing

Used to enhance the flavor, tossed with the body of the salad or served on the side. Ex. Miso dressing

### Garnish

Adds texture, color and form.

### SALAD TYPES

### Simple

A variety of one or more greens tossed with a light dressing. Care must be taken so as not to mask or overshadow the delicate flavor of the greens.

### Mixed

Composed of cooked or raw vegetables either marinated or served with a compatible dressing. May also be fruits, grains, legumes, potatoes or protein items (chicken, tuna)

### Composed

The ingredients are presented separately but on the same plate. They are arranged as opposed to tossed. A Cobb Salad is an example of a composed salad. Served with a variety of complimentary dressings, these salads are often used as an entree.

### **LETTUCE AND GREENS**

Lettuce or Green	Shape	Color	Texture	Flavor
Romaine	Oblong	Dark Green	Firm	Mild
Iceberg	Round	Pale green	Crisp	Bland, watery
Spinach	Arrow shaped leaf	Dark green	Firm	Mild
Bibb	Round	Medium green	Soft	Mild
Boston Lettuce	Round	Pale green	Soft	Mild
Belgian Endive	Spear shaped	White, pale green	Medium firm	Bitter
Parsley	Curly or flat leaf	Dark green	Tough leaf	Strong
Watercress	Round leaf	Bright green	Medium soft	Peppery
Scallion	Long stalk	Green leaf, white base	Tender leaf	Oniony
Chives	Thin stalks	Green		Mild onion
Escarole	Loose leafed round head	Green leaf, white stem	Tough leaf	Strong
Napa Cabbage	Cylinder like	Pale green	Medium firm	Mild
Green Leaf	Loose leafed head	Green	Tender leaf	Mild
Red Leaf	Loose leafed head	Green with red leaf tips	Tender leaf	Mild
Chicory	Loose curly leaf	Dark green	Tough	Bitter
Oak Leaf	Oak shaped leaf	Green to bronze	Tender	Mild
Frisse	Loose curly leaf	Pale green	Crisp	Slightly bitter
Radicchio	Round head	Red leaf white veins	Firm	Bitter
Mache	Small leaves	Green	Tender	Mild

### **CARE OF THE SALAD GREENS**

### **Trimming**

- Remove outer tough leaves
- Trim discolored areas.
- Cut or break the leaves into bite size pieces or leave whole

### Washing

- Under running water
- Whole
- Cut into pieces

### Draining/ Drying

- Colander
- Lettuce Spinner
- Paper towels

### Crisping

• Store in refrigerator, cover with damp towels

### **Salad Spinners**



Home-style \$20 to \$30

5 gallon \$100 to \$150

20 gallon About \$3000

# COMPOSED SALAD

A salad arranged on a plate rather than tossed in a bowl

### **Examples**

	Seasonings		Dressing		Crunch				or fruit	Vegetables		Lettuces				protein	Main item or	Components
		ounce	½ to 1							½ cup		1 cup					2 ounces	
											varies	Romaine,	egg	Hard cooked	Cheese	Ham	Turkey	Chef
	Black pepper		Caesar		Croutons							Romaine			cheese	Parmesan	Chicken	Chicken Caesar
			Salsa	tortilla strips	Taco chips or					Tomatoes		Mixed greens		cheese	Cheddar	meat	Taco filling	Тасо
	Chives	vinaigrette	Red wine		Bacon				Avocado	Tomato		Mixed greens		Blue cheese	egg	Hard cooked	Chicken breast	Cobb
Parsley	Oregano	vinaigrette	Red wine				Olives	Red onion	Cucumber	Tomatoes						Feta cheese		Greek
			Vinaigrette		Nicoise olives	cherry	Tomatoes,	Green beans	skinned	Potatoes, red	lettuce	Boston or bibb			egg	Hard cooked	Tuna	Nicoise

### Types of Salad Dressings

- 1. Oil and vinegar dressings
- 2. Mayonnaise-based
- 3. Dairy-based
- 4. Vegetable coulis or puree

### **Emulsions**

An emulsion is a mixture of two substances that do not normally mix, such as oil and water. A vinaigrette is an example of an oil-and-water emulsion, meaning that the oil has been broken up into very small droplets suspended throughout the vinegar.

Temporary emulsions are made by blending, shaking, or whisking ingredients together. The ingredients begin to separate from each other as soon as you stop mixing them. The oil and vinegar separate quickly, but the emulsion can be re-formed by whipping again.

Permanent or stable emulsion, like mayonnaise, contain emulsifiers that attract and hold both oil and water in suspension. Some common emulsifiers used in the kitchen include egg yolks, mustard, and starches.

### **Vinaigrette Salad Dressing**

1 part oil 1 cup oil 1 part acid 1 cup acid

2 parts liquid 2 cups stock or juice

Cornstarch to lightly thicken liquid 2 tablespoons

Seasonings fresh herbs and spices

Dressing	Acid	Oil	Liquid	Seasoning
Apple Walnut	Apple cider vinegar	Walnut oil	Apple Cider	
Italian	Red wine vinegar	Olive oil	Vegetable stock	Oregano, basil, garlic, onion, salt, pepper
Balsamic	Balsamic vinegar	Olive oil	Tomato juice	Garlic, parsley, chives
Citrus	Lemon juice	Olive oil	Orange juice	Mint
Mustard-herb	Cider vinegar	Olive oil	Vegetable stock	Mustard, parsley, garlic, pepper
Pesto	Red wine vinegar	Olive oil	Vegetable stock	Pesto
Curry	Cider vinegar	Olive oil	Vegetable stock	Curry, garlic, ginger, onion
Sesame	Cider vinegar	Canola oil/sesame oil	Stock	Sesame seeds, paprika, onion

Oils	Vinegars	Condiments	Flavorings
Olive oil	Red wine	Mustards	Herbs and Spices
Corn	White wine	Worcestershire	Lemon
Soybean	Cider	Soy sauce	Garlic
Safflower	Herb	Horseradish	Ginger
Canola	Sherry wine	Catsup	Curry
Walnut	Balsamic	Relish	Other
Sesame	Raspberry	Other	
Peanut	Sherry wine vinegar		
Other			

### SAFE USE OF SALAD BARS IN SCHOOLS

Indiana State Department of Health – Indiana Department of Education – Purdue Extension https://www.in.gov/isdh/files/schoolsaladbarsafety.pdf

### Introduction

Research and experience have shown that school children significantly increase their consumption of fruits and vegetables when they are given a variety of choices at a school fruit and vegetable salad bar. This experience can lead to a lifetime of healthy food choices. Therefore, public and private agencies throughout the country are working together to expand the use of salad choice bars. The Food and Nutrition Service of the U.S. Department of Agriculture encourages schools to follow food safety standards and best practices with all foods served in school meal programs. The addition of salad bars to these programs raises new concerns. This fact sheet provides answers to frequently asked questions about regulatory and food safety matters related to salad bars in Indiana schools.

### **PART ONE: REGULATORY MATTERS**

Can any school have a self-service salad bar?

Yes. There has been some confusion that salad bars are only allowed in elementary schools if the food is either pre-wrapped or served by a school nutrition employee. This is not the case.

Elementary students are allowed to self-serve from salad bars that are designed specifically for small children. These salad bars must have a barrier (such as a plastic food shield) positioned at the appropriate height for small children, and have a lower serving surface than full-sized salad bars.

If a school serves meals to children in early and middle grades and only has a full-sized salad bar, food for the younger children can be pre-packaged or served by an adult.

Will a new menu mean other new requirements from the health inspector?

Any time you add a new food process, equipment, or a time and temperature sensitive food item, you should involve your state or local health inspector before and during the menu change. The health inspector can help assess food safety risks and identify practices to reduce those risks. They can also help you to decide if the changes you are planning will require plan review by your regulatory authority.

When time and temperature sensitive foods are added to the menu, you will need standard procedures to support your HACCP plan for safely handling these items. Such procedures might include guidelines for purchasing, receiving, storage, washing, processing, holding, temperature logging, serving and re-serving of fresh produce.

### What kind of equipment will we need?

First, a culinary sink for washing fruits and vegetables is advisable; if not available the warewashing sinks must be sanitized according to 410 IAC 7-24-293(b). (The sink in use cannot be used for any other purpose such as washing dishes).

For the salad bar itself, you may use a mechanically cooled unit, or a non-mechanically cooled salad bar. Equipment that meets ANSI standards such as NSF certified is recommended. You may also use an existing refrigerated service line with cold wells and food shields. One-sided service will be slower but will make it easier to monitor the salad bar and to assist younger children. 410 IAC 7-24- 187 requires potentially hazardous food (PHF) (e.g., cut fruits and vegetables, ready-to-eat meats, cottage cheese) be kept in mechanical refrigeration at 41°F or below, and hot foods at 135°F or above.

If we plan to use time rather than temperature at the salad bar, what steps must we take to use time as a public health control?

- First, submit prior written notification to the regulatory authority of your intention to use time as a public health control. The plan must be preapproved.
- Maintain a written copy of your detailed plan to use time as a public health control and educate employees on their responsibilities. The plan must include details about how you will:
  - Maintain food temperatures according to the Food Code.
  - Clearly mark food containers to indicate the time that the food will expire (no more than four hours after food is removed from temperature control)
  - o Discard food that is unmarked or for which the time has expired, and
  - Discard food at the end of meal service, even if it has not been four hours since the food was placed on the salad bar. Exception: whole fruits can be rewashed and reused

### Can salad bar foods be part or all of a reimbursable meal?

Salad bar offerings can be part of a reimbursable meal for schools participating in the National School Lunch Program. The salad bar can be utilized to provide all the meal components, or salad bars can be limited to offering a selection of vegetables and fruits that will augment the rest of the components of a reimbursable meal served elsewhere in the cafeteria line.

### PART TWO: HEALTH AND HYGIENE

"Handwashing is the single most important means of preventing the spread of infection." (Centers for Disease Control)

**Kitchen staff:** School nutrition staff already understand the importance of handwashing. Hand hygiene reminders must be reinforced when you introduce fresh fruit and vegetables to the kitchen and the menu.

Kitchen staff must continue to wash hands thoroughly with soap and water after using the toilet or changing tasks. Wash hands before handling or cutting fresh produce. Use gloves or a clean utensil to touch ready-to-eat produce. Wash hands before putting on disposable gloves and change gloves when they may have been contaminated or in-between tasks.

Re-train staff on the importance of illness reporting and the employee health policy. Make sure that food service workers do not work while ill, and stay away from the kitchen for 72 hours after their last episode of vomiting or diarrhea. To *avoid* non-food related outbreaks, re-train maintenance staff on the correct way to clean-up after accidents involving feces or vomit.

We recommend a written plan for changing food service if the school has a very high number of colds, flu or gastrointestinal illnesses. This plan could include prepackaging raw foods or discontinuing self-serve during that period of time.

**Students:** You may prevent students from touching food at the salad bar but you cannot prevent them from handling these foods while they eat. It is important that students come to lunch with properly cleaned hands. It is recommended that a universal handwashing policy be in place before your salad bar program begins.

Handwashing education must be included as part of the pre-salad bar education and information campaign for families, staff, and students. Handwashing education that includes family members will help reinforce good hygiene behaviors taught at school. Student handwashing needs to be promoted, monitored, and reinforced by staff at all levels. Remember, hand sanitizers are NOT a substitute for handwashing with soap and water.

#### PART THREE: FOOD SAFETY CONCERNS

#### **Education**

A successful salad bar program will include education and training before the salad bar arrives, and continuing education as it is used in the school.

**Before the salad bar arrives:** Send information home to families about the salad bar, including handwashing and salad bar etiquette. Discuss the salad bar and new menu at school meetings and conferences.

*In the kitchen:* Provide fresh produce training for all food service staff. Discuss personal hygiene, salad bar maintenance, cleaning, monitoring, and other changes to the mealtime routine.

*In the classroom*: Spend time in the classroom to discuss new menu items and teach children about salad bar manners. Teach them why they must use utensils to handle food and stay

behind the sneeze guard. Explain the importance of trying new foods and to take only as much as they will eat.

Especially for the early grades (K-3), having classroom exercises incorporating the use of various styles of tongs would help build student confidence in their use.

**At the salad bar:** Use signs with pictures to remind students about handwashing, salad bar manners, and portion sizes. Provide adequate monitoring for when they forget.

#### Source, selection, and shipments

Good food safety practices begin when you select a vendor that not only provides quality food at a good price but also delivers fresh, unblemished fruits and vegetables that are properly dated, labeled, packaged and transported. Kitchen staff must carefully examine deliveries of fresh produce and be prepared to reject food that is old, over-ripe, bruised or damaged. After receipt, store produce immediately in dry or cold storage. Keep in original packaging or label to identify source. Make sure to store produce away from chemical products in dry storage, and away from raw meat, poultry and eggs in refrigerators or walk-in coolers. Store produce at least six inches off the floor, below the ceiling and away from the wall.

#### "Shower, never bathe" fruits and veggies

All but pre-washed fresh fruits and vegetables must be washed before they are peeled, cut, processed, served or eaten. Foodborne pathogens will spread easily from one fruit or vegetable to others if they are soaked in water, 410 IAC 7-24-175. Always wash fresh fruits and vegetables under a running tap.

- It is not necessary to rewash packaged produce labeled "ready-to-eat," or "washed".
- Wash all other produce even those with skins and rinds that will not be eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while washing under a running tap.
- To wash tomatoes, the water temperature should be at least 10 °F warmer than the tomatoes. This prevents the absorption of bacteria into the tomato.
- Dry fruits and vegetables with a clean paper towel.
- Never use detergent, bleach or the dishwashing machine to wash produce.
- Chemical washes, if used, must be approved for use on foods and used according to the manufacturer's directions.

#### **Avoid cross-contamination**

*In the kitchen:* Always separate raw foods from ready-to-eat and cooked foods. Store and prepare each produce item separately. Document produce use on production record. Use a different, clean cutting board and utensils (e.g., knives) for each food item. Wash, rinse, sanitize

and air-dry kitchen tools, utensils, cutting boards, other surfaces and containers that come into contact with produce immediately after using them.

At the salad bar: Consider using longer handled utensils, especially for younger students. Use separate utensils for each container. Be sure to change-out utensils every four hours or sooner if the food contact area has been touched or the utensil has been dropped or placed in the wrong container, and whenever you change-out the food container. If students return to the salad bar, be sure they use a clean plate. Consider changing utensils after each individual class or after each "run."

Never add food to a partially full container on the salad bar. Replace food containers when they are getting low in product, empty or have been contaminated.

Monitor salad bars to prevent students from ducking under sneeze guards, touching food with their hands, returning food, using utensils in more than one food container, or taking unmanageable portions.

Use reminder signs – with more pictures than words – to help students remember their salad bar manners.

After meal service: Clean and sanitize the entire salad bar at the end of each day's meal service.

#### Saving leftovers and minimizing waste

Keep time and temperature logs for all foods on any type of salad bar. All PHF foods from a nonmechanically cooled salad bar and cold foods that have been out of the refrigerator or the mechanically cooled salad bar for four hours must be discarded. You must also discard food that has been mixed with other foods, or touched with bare hands.

You may choose to save leftover food from a mechanically cooled salad bar to reuse the next day if the proper temperature has been maintained and has been recorded on the time and temperature log.

However, given the high potential for contamination of food items on a salad bar, the IN State Department of Health strongly recommends that leftovers only be saved to be used in a cooked product the next day.

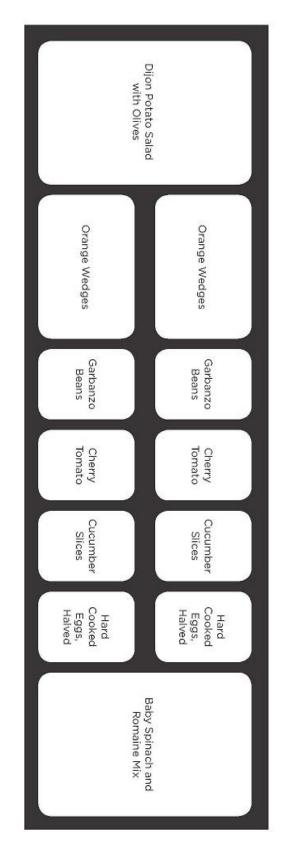
If you choose to save leftovers for any purpose, cover and store them immediately. Mark containers with the date they were prepared. The food can be held for seven days, including the day it was prepared, provided the PHF has been maintained at 41°F or below, 410 IAC- 7-24-191.

Never combine leftovers with a new batch of the same food. Leftover food must be put out alone and used up before any new product is introduced.

To avoid waste, monitor portion size, particularly with smaller children. Use half-size or half-full containers of less popular items and food items typically selected in smaller portions. Half-fill containers near the end of service.

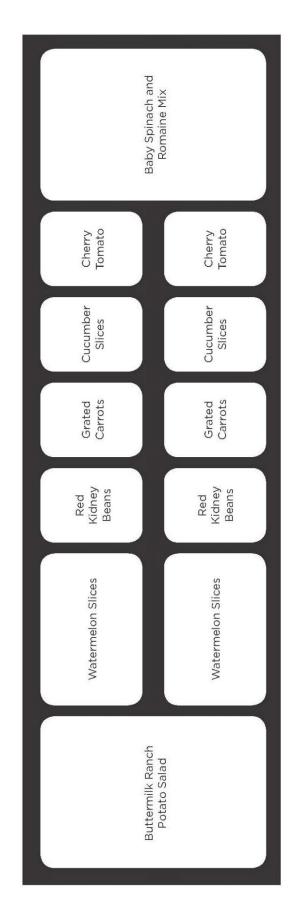
### **Themed Salad Bars**

## Mediterranean Salad Bar Schematic



Mediterranean-Farmers-Market-Bar.v3.pdf Source: United States Potato Board, http://www.potatogoodness.com/wp-content/uploads/2015/09/USPB-saladbar-schematic-

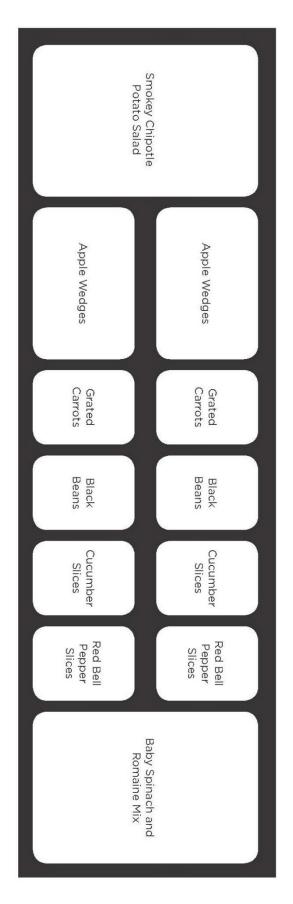
### **BBQ Picnic Salad Bar Schematic**



Source: United States Potato Board, http://www.potatogoodness.com/wp-content/uploads/2015/09/USPB-saladbar-schematic-BBQ-Picnic-Farmers-Market-Bar.v3.pdf

### THEMED SALAD BARS

### Southwestern Salad Bar Schematic

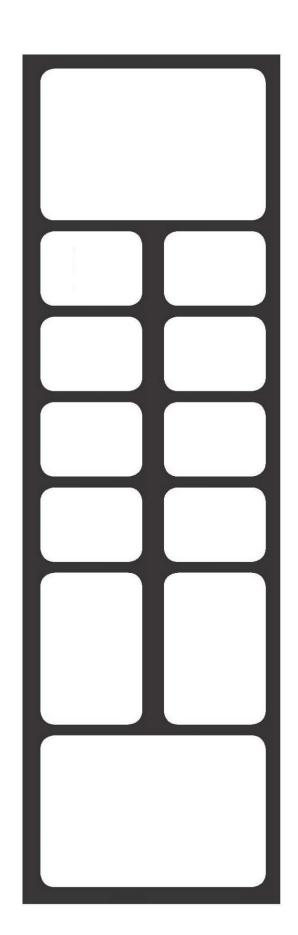


Southwestern-Farmers-Market-Bar.v3.pdf Source: United States Potato Board, http://www.potatogoodness.com/wp-content/uploads/2015/09/USPB-saladbar-schematic-

### THEMED SALAD BARS

### **Create Your Own**

\_ Salad Bar Schematic



# **VEGGIE CRUNCHER CUP OR BOWL**

ONE PORTION PROVIDES ¾ cup vegetable: ¼ cup other, ¼ cup red/orange, ¼ cup dark green

INGREDIENTS	100 SERVINGS	10 Servings
Cucumber, pared, cut into sticks (3	10 pounds	1 pound
in by ¾ inch)	5 ounces	
Carrots sticks	6 pounds	10 ½ ounces
(ready to use $-4$ inch by $\%$ inch)	8 ounces	
OR	OR	OR
Baby carrots	7 pounds	13 ounces
	14 ounces	
Broccoli, fresh, florets, ready-to-use   3 pounds	3 pounds	5 1/5 ounces
	8 ounces	

INGREDIENTS	USDA FOOD BUYING GUIDE NOTES
Cucumber, pared, cut into sticks (3 in by ¾ inch)	3 sticks per serving
	1 lb AP = about 2-3/8 cups ready-to-use raw, pared cucumber sticks
Carrots sticks	3 sticks per serving
(ready to use $-4$ inch by $\frac{1}{2}$ inch)	1 lb AP = about 3-3/4 cups carrot sticks
Broccoli, fresh, florets, ready-to-use	1 lb AP = about 7- 1/8 cups ready-to-use broccoli

Source: Culinary Nutrition Associates LLC

### **HOOSIER SUPER SALAD**

ONE PORTION PROVIDES % cup vegetable: % cup red/orange, % cup dark green, 1/8 cup beans/peas, 1/8 cup starchy,

INGREDIENTS	100 Servings	10 Servings	DIRECTIONS
Lettuce, Romaine ( $lpha$ cup per	spunod 9	10 ½ ounces	Wash and thoroughly dry lettuce. Cut into
person to credit as $\%$ cup)	8 ounces		bite-sized pieces.
Tomatoes, cherry (1/8 cup per	5 pounds	9 onnces	Wash and dry tomatoes.
person- 2 each)	8 ounces		
	(12 ½ cups)		
Carrots, matchstick (1/8 cup per	2 pounds	4 ounces	
person)	8 ounces		
	(12 ½ cups)		
Corn (1/8 cup per person)	4 pounds	8 onuces	Thaw.
	9 ounces		
	(12 ½ cups)		
Beans, chickpeas or garbanzo,	spunod <u>s</u>	6 onuces	Drain and rinse. Can use roasted chickpeas
canned, (1/8 cup per person)	2 ounces	1- no. 300 can (15 ounces)	if desired.
	(12 ½ cups)		

INGREDIENTS	USDA Food Buying Guide Notes
Romaine lettuce	1 pound AP = .64 pound ready to serve lettuce
Cherry tomatoes	1 pound AP = about 3 cups stemmed, whole cherry tomatoes (about 3 cherry
	tomatoes = $\%$ cup vegetable
Broccoli, fresh, florets, ready-to-use	1 pound AP = about 7-1/8 cups ready-to-use broccoli
Corn, frozen, whole kernel	1 pound is about 2 ¾ cups ready-to-serve raw tempered corn
Garbanzo beans or chickpeas, canned	1 No. 10 can = about 68.4 ounces (10-1/2 cups) unheated, drained beans

SOURCE: Culinary Nutrition Associates LLC

### FRENCH DRESSING

ONE PORTION IS 2 TABLESPOONS

INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Oil, canola	5 ½ tablespoons	1 tablespoon	1. Combine all ingredients in mixer. Stir
Sugar, white	2 ½ cups	½ cup	until blended. Must be kept
Ketchup	2 ½ cups	½ cup	refrigerated.
Vinegar	1 ½ cups	% cup + 1 tablespoons	CCP: hold for cold service at 41°F or lower
Worcestershire sauce	¼ cup	1 tablespoon	
Onion powder	4 teaspoons	1 teaspoon	
Garlic powder	2 tablespoons	1 ½ teaspoon	
Celery salt	4 teaspoons	1 teaspoon	

Source: Warrick County School Corporation

# SESAME GINGER DRESSING

ONE PORTION PROVIDES:

INGREDIENTS		DIRECTIONS
Garlic clove	1 each	1. Blend all ingredients in food processor until well combined.
Ginger, finely minced	1 teaspoon	
Vinegar, rice	3 tablespoon	
Soy sauce	1 teaspoon	
Brown sugar	1 teaspoon	
Oil, canola	5 tablespoons	
Oil, sesame	2 tablespoons	
Sesame seeds, toasted	1 tablespoon	

### SERVING NOTES:

<b>NUTRIENTS PER SERVING</b>	ERVING					
Calories	Г	Total Fat	Vita	itamin A	Iron	
Protein	5	Saturated Fat	Vita	/itamin C	Sodium	
Carbohydrate	)	Cholesterol	Cal	Calcium	Dietary Fiber	

Source: Samantha Cowens-Gasbarro

#### **CROUTONS**

ONE PORTION PROVIDES:

INGREDIENTS	Directions
Bread cubes	1. Place bread cubes in a bowl. Drizzle with olive oil and seasonings of your
Oil, olive	choice. Toss to combine. (if bread is more than a day old, you may need to a
Seasonings	little ¼ cup of water-a little at a time to bring moisture back to bread).  2. Preheat oven to 350. Line a sheet pan with parchment paper and bake for 15- 20 minutes or until croutons are crunchy and done!

Day 5/ Chef Demo

### PITA CHIPS

ONE PORTION PROVIDES:

INGREDIENTS	DIRECTIONS
Pita bread	1. Preheat oven to 350. Line a sheet pan with parchment paper.
Oil, olive	2. Cut pita bread in to wedges. Lay flat and evenly on sheet pan. Rub with olive
Seasonings	and season with your choice of seasonings.
	3. Bake for 10-15 minutes or until chips are crunchy and ready!

SALADS AND SALAD BARS TEAM ASSIGNMENTS

	Salad Dressing	Composed Salad	Salad Bar Item
Team 1	Ranch dressing	Chef's salad	Mexican slaw
Team 2	Caesar dressing	Chicken Caesar salad	Black bean, corn & tomato fiesta salad
Team 3	BBQ ranch dressing	Taco salad	Quick pickled vegetables
Team 4	Razzy ranch dressing	Berry chicken salad	Roasted chick peas
Team 5	Green goddess dressing	Cobb salad	Tuscan white bean salad
Team 6	Balsamic-maple dressing	Strawberry, spinach and chicken salad	Green bean, cranberry & sunflower seed salad
Team 7	Lemony Greek vinaigrette	Greek salad	Melon, citrus & jicama salad with mint
Team 8	Balsamic vinaigrette	Nicoise salad	Sweet potato salad with citrus vinaigrette

These recipes were developed for training purposes and have not been tested or standardized for production.

### RANCH DRESSING

ONE PORTION IS 2 TABLESPOONS

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Buttermilk	3 ¼ cups	2/3 cup	1. Combine buttermilk and lemon juice in a
Lemon juice	4 teaspoons	1 teaspoon	mixing bowl. Allow mixture to set for 10 minutes.
Yogurt, low-fat, plain	10 ounces (1 ½ cup)	¼ cup	2. Blend yogurt and sour cream into the
Sour cream, low-fat	4 ounces (½ cup)	2 tablespoons	buttermilk mixture. Let mixture set for 5 more minutes.
Mayonnaise, low-fat	13 ounces (1 2/3 cup)	1/3 cup	3. Add mayonnaise, onion powder, garlic
Onion powder	2 tablespoons	1 teaspoon	powder, pepper, chives, parsley, and salt.
Garlic powder	2 tablespoons	1 teaspoon	Mix with a wire whisk for 2-3 minutes
White pepper, ground	½ teaspoon	1/8 teaspoon	until blended.
Chives, fresh	¼ cup	1 tablespoon	+. COVET, IADEL ALIGHER BELAKE BILLINGEL VER
Parsley, fresh	¾ cup	1 tablespoon	
Salt	2 teaspoons	½ teaspoons	

### SERVING NOTES:

<b>N</b> UTRIENTS PER SERVING	Serving						
Calories	35	Total Fat	1.88 g	Vitamin A	26 IU	Iron	.1 mg
Protein	1.05 g	Saturated Fat	: .52 g	Vitamin C	.5 mg	Sodium	181 mg
Carbohydrate	3.50 g	Cholesterol 5 mg	5 mg	Calcium	35 mg	Dietary Fiber	.1 g

Adapted from Ranch Dressing, E-19, U.S. Department of Agriculture, Food and Nutrition Service & National Food Service Management Institute (2005). *USDA recipes for schools*. Original recipe with nutrient analysis can be found at http://www.theicn.org/USDA\_recipes/school\_recipes/E-19.pdf

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INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Lettuce, Romaine or mixed dark greens	6 ½ pounds	1 ½ pounds	1. Wash and chop lettuce, if needed.
	(3 gallons 2 cups)	(2 ½ quarts)	Wash and prepare vegetables as
			needed.
Tomatoes, cherry, halved (1/4 cup = about 3	4 ½ pound	14 ounces	2. Portion into serving bowl in the
cherry tomatoes)			following order:
Carrots, matchsticks	2 ½ pounds	8 onnces	<ul> <li>Romaine lettuce – 1 cup</li> </ul>
Cheese, Cheddar, shredded	1 pound	3 onnces	Tomatoes cherny – % cin
Turkey, deli, sliced	1 pound 9 ounces	5 ounces	
Ham, deli, sliced	1 pound 9 ounces	5 ounces	Classifications - 4 cup
Eggs, hard-cooked	25 each	5 each	• Cheese, Cheddar, Sirredded – %
Croutons, whole grain	3 pounds, 2 ounces	10 ounces	ounce : : : =
Salad dressing (Ranch)	6 ½ cups	1 ½ cup	<ul> <li>Turkey slice, rolled – ½ ounce</li> </ul>
	•		<ul> <li>Ham slice, rolled – ½ ounce</li> </ul>
			<ul> <li>Egg, hard cooked – ½ each</li> </ul>
			<ul><li>Croutons – 1 ounce</li></ul>
			3. Serve with 2 tablespoons salad
			dressing.
			CCP: Hold at or below 41 F

NUTRIENTS PER SERVING	VING						
Calories	357	Total Fat	19.6 g	Vitamin A		Iron	2.26 mg
Protein	25 g	Saturated Fat 7.	7.4 g	Vitamin C	52 mg	Sodium	811 mg
Carbohydrate	26 g	Cholesterol	48 mg	Calcium	440 mg	Dietary Fiber	4
Source: adapte	OURCE: adapted from <i>Iowa Gold</i>		Star Cycle Menus- Iowa Department of Education. www.educateiowa.gov	ment of Educati	on. www.educa	iteiowa.gov	

### **MEXICAN SLAW**

One Portion Provides: % cup vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS		
Cabbage, red, raw, shredded	3 quarts + 3 ½ cups	3 1/8 cups	1.	<ol> <li>Add shredded cabbage, matchstick</li> </ol>
Carrots, matchsticks	3 1/8 cups	½ cup + 2 tablespoon		carrots, thinly sliced red bell pepper,
Pepper, bell, red, thinly sliced	3 1/8 cups	½ cup + 2 tablespoon		chopped scallions and chopped
Onions, spring or scallions, chopped	1 ½ cups + 1 tablespoon	% cup + 1 tablespoon		cilantro to a large bowl.
Cilantro, chopped	1½ cups + 1 tablespoon	% cup + 1 tablespoon		
Oil, Olive, salad or cooking	1/3 cup + 1 tablespoon	4 teaspoons	2.	2. Whisk olive oil, honey, juice of the
Honey	3 tablespoon + 1 teaspoon	1 7/8 teaspoon		limes, cumin, garlic, salt, and pepper
Limes, raw	6¼ fruit	1 ¼ fruit		in bowl until combined.
Cumin seed, ground	1 tablespoon	5/8 teaspoon	ώ	3. Pour dressing on slaw and toss well
Garlic, minced	½ tablespoon	¼ teaspoon		so vinaigrette is thoroughly coating
Salt, Kosher	½ tablespoon	¼ teaspoon		vegetables.
Pepper, black, ground	¾ teaspoon	1/8 teaspoon	4.	4. Serve chilled.
		-/		

**SERVING NOTES:** Serving size: ½ cup

<b>NUTRIENTS PER SERVING</b>	SERVING						
Calories	34 kcal	Total Fat	1.77 grams	Vitamin A	353.4 RE	Sugar	
Protein	.53 grams	Saturated Fat	.24 grams	Vitamin C	23.9 mg	Sodium	60 mg
Carbohydrate 5.05 grams	5.05 grams	Cholesterol		Calcium	17.22 mg	Dietary Fiber	1.03 grams

SOURCE: Windham Raymond School Department, Windham, Maine

CAESAR DRESSING ONE PORTION IS 2 TABLESPOONS

INGREDIENTS	100 Servings	10 Servings	DIRECTIONS
Mayonnaise, low-fat	10 2/3 cups	1 1/8 cup	1. In a large bowl, whisk together the
Mustard, yellow	1/3 cup	1/8 cup	ingredients until smooth—salad
Garlic, fresh	4 teaspoons	1/3 teaspoon	dressing consistency.
or garlic, powdered	Or 2 teaspoons	Or ¼ teaspoon	2. Chill.
Worcestershire sauce	4 teaspoons	1/3 teaspoon	
Vinegar, cider or lemon juice	4 teaspoons	1/3 teaspoon	
Milk, low-fat	2/3 cup	1/8 cup	
Hot sauce	1 teaspoon	1/8 teaspoon	
Parmesan cheese, grated	2/3 cup	1/8 cup	
Salt	2/3 teaspoon	1/8 teaspoon	
Pepper	2/3 teaspoon	1/8 teaspoon	

<b>NUTRIENTS PER SERVING</b>	Serving
Calories	59
Sodium	60g

SOURCE: By Chef Kirk H. Conrad, Chef in Residence, Let's Cook Healthy School Meals, Project Bread. http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf

### **CHICKEN CAESAR SALAD**

ONE PORTION PROVIDES:

2 oz. eq. m/ma, 1 cup vegetable, ½ oz.eq. grain

INGREDIENTS	50 Servings	10 Servings	Directions
Lettuce, Romaine	10 pounds	2 quarts 2 cups	<ol> <li>Wash and chop lettuce.</li> </ol>
	(3 gallons 2 cups)		
Pepper, bell, red, fresh, dice	3 quarts, ½ cup	2 ½ cups	2. Wash and prepare vegetables as needed.
Cucumber, medium diced	3 quarts, ½ cup	2 ½ cups	
Chicken breast, cooked, sliced or	4 pounds 11	1 pound	3. Portion into serving bowl in the following order:
chicken fajita meat	ounces		<ul> <li>Romaine lettuce – 1 cup</li> </ul>
Mozzarella cheese, shredded	1 pound 9 ounces	5 ounces	<ul> <li>Red pepper – ¼ cup</li> </ul>
Croutons, whole grain	3 pounds	10 ounces	<ul> <li>Cucumber – ¼ cup</li> </ul>
			<ul> <li>Chicken breast – 1 ½ ounces</li> </ul>
			<ul> <li>Cheese, mozzarella, shredded – ½ ounce</li> </ul>
			<ul> <li>Croutons – 1 ounce</li> </ul>
			4. Serve with 2 tablespoons salad dressing.
			CCP: Hold at or below 41 F
			CCP: Serve chilled at 41° or below for cold service.

# BLACK BEAN, CORN AND TOMATO FIESTA SALAD

ONE PORTION PROVIDES: % oz. eq. m/ma + 1/8 cup red/or + % cup starchy veg or 1/8 cup legumes and 1/8 cup red/or and % cup starchy veg

Ingredients	110 Servings	10 Servings	DIRECTIONS
Beans, black, canned	2 #10 cans	2, 15 $\%$ ounce can	1. Drain thawed black beans and corn in a
Corn, sweet yellow	12 pounds	1 pound 2 ounces	colander.
Tomatoes, diced	e pounds 8 ounces	10 ounces	2. In a large bowl, add drained corn, black
Onions, spring or scallions, chopped	2 cups	2 tablespoons	beans, diced tomatoes and chopped spring onion
Cilantro	3 cups	½ cup	3. In a medium mixing bowl, add fresh
Olive Oil	3 cups	½ cup	cilantro leaves, olive oil, lime juice, cumin,
Lime Juice	3 cups	½ cup	salt, black pepper, and diced jalapenos.
Cumin, ground	አ cnp	2 tablespoons	Blend well
Salt, table	1% tablespoon	½ teaspoon	4. Pour dressing over the bean, corn, tomato and onion mixture. Bland well
Pepper, black	2 tablespoons	½ teaspoon	cover and refrigerate overnight. Stir well
Jalapeno peppers, raw diced	8 Peppers	% pepper	before serving.
			CCP: Hold for cold service at 41° F or lower.

### **Serving Notes:** serving size – ½ cup

NUTRIENTS PER SERVING	RVING						
Calories	219	Total Fat	6.2 g	Vitamin A	339 IU	Sugar	
Protein	6 g	Saturated Fat	.9 g	Vitamin C	8 mg	Sodium	295 mg
Carbohydrate	20 g	Cholesterol		Calcium	36 mg	Dietary Fiber	4 g

SOURCE: Sartell-St. Stephen Public Schools, Now We're Cooking! A collection of Simple Scratch Recipes Served in Minnesota Schools, Minnesota Department of Healthy. www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf

### **BBQ RANCH DRESSING**

ONE PORTION IS 2 TABLESPOONS

	<b>10</b> C	400	
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Buttermilk	3 ¼ cups	2/3 cup	1. Combine buttermilk and lemon juice in a
Lemon juice	4 teaspoons	1 teaspoon	mixing bowl. Allow mixture to set for 10 minutes.
Yogurt, lowfat, plain	10 ounces (1 ½ cup)	¼ cup	2. Blend yogurt and sour cream into the
Sour cream, lowfat	4 ounces (½ cup)	2 tablespoons	buttermilk mixture. Let mixture set for 5 more minutes.
Mayonnaise, lowfat	13 ounces (1 2/3 cup)	1/3 cup	3. Add mayonnaise, onion powder, garlic
Onion powder	2 tablespoons	1 teaspoon	powder, pepper, chives, parsley, smoked
Garlic powder	2 tablespoons	1 teaspoon	paprika and BBQ sauce. Mix with a wire
White pepper, ground	½ teaspoon	1/8 teaspoon	Whisk for 2-3 minutes until plended.
Chives, fresh	¼ cup	1 tablespoon	+: COver, laber and remigerate until served
Parsley, fresh	¼ cup	1 tablespoon	
Smoked paprika	1 teaspoons	¼ teaspoons	
BBQ sauce	1 cup	¼ cup	

### **SERVING NOTES:**

Serving size 1 ounce Yield, weight For 50- about 3 pounds 5 ounces	For 50- about 1 quart 2 ¼ cups	Yield, volume		
	For 50- about 3 pounds 5 ounces	Yield, weight	1 ounce	rving

<b>NUTRIENTS PER SERVING</b>	SERVING						
Calories	35	Total Fat	1.88 g	Vitamin A	26 IU	Iron	.1 mg
Protein	$1.05~\mathrm{g}$	Saturated Fat .52 g	.52 g	Vitamin C	.5 mg	Sodium	181 mg
Carbohydrate	$3.50\mathrm{g}$	Cholesterol	$5  \mathrm{mg}$	Calcium	35 mg	Dietary Fiber	.1 g

Adapted from Ranch Dressing, E-19, U.S. Department of Agriculture, Food and Nutrition Service & National Food Service Management Institute (2005). *USDA recipes for schools*. Original recipe with nutrient analysis can be found at http://www.theicn.org/USDA\_recipes/school\_recipes/E-19.pdf

### **TACO SALAD**

ONE PORTION PROVIDES:

2 oz. eq. m/ma; 1 % cups vegetable (1 cup dark green, % cup red/orange, % cup starchy)

INGREDIENTS	50 Servings	10 PORTIONS		DIRECTIONS
Romaine Lettuce, shredded	spunod ½ 9	1 pound 5 ounces	1. Was	1. Wash and prepare the lettuce and tomatoes.
	(3 gallons 2 cups)	(2 quarts 2 cups)		
Fresh tomatoes, chopped	spunod g	1 ½ cup		
	(6 ½) cups			
Corn, thawed	12.5 cups	2 ½ cups	2. Plac	2. Place 1 cup of lettuce on plate as a base. Sprinkle $^{\prime\prime}$
Cheese, Cheddar, shredded	sdno ½ 9	1 1/8 cups	cnb	cup tomato, $\%$ cup corn and $1/8$ cup shredded
			che	cheddar cheese on each plate.
Corn tortilla chips	3 pounds 2	10 ounces	3. Frar	3. Frame each plate with tortilla chips.
	ounces			
Beef, ground, 80% lean, raw	e ½ pounds	1 ½ pound	4. Sau	4. Sauté the ground beef and drain excess fat. Add
Taco seasoning	4 ounces	1 ounce	wat	water and taco seasoning to the ground beef and
Water	sdno 8	% cup	brin	bring to a boil. Reduce heat, and simmer for 20 to
			30 n	30 minutes.
Salsa	6 ½ cups	1 ½ cup	5. Spo	5. Spoon prepared 1/4 cup taco meat over vegetables
			and	and serve with 1/8 cup salsa on the side.

% ounce cheese, 1 % ounce beef, 1 cup lettuce, 1/4 cup tomatoes and salsa, 1 ounce whole corn tortilla chips Serving size

<b>NUTRIENTS PER SERVING</b>	RVING						
Calories	300	Total Fat	16 g	Vitamin A	672 IU	Iron	2.5 mg
Protein	18 g	Saturated Fat 5.8 g	5.8 g	Vitamin C	8.4 mg	Sodium	452 mg
Carbohydrate	20 g	Cholesterol	46 mg	Calcium	200 mg	Dietary Fiber 3.2 g	3.2 g

SOURCE: By Jeanne Irwin, Former Food Service Director, Somerville Public Schools, Let's Cook Healthy School Meals, Project Bread.

http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf

## QUICK PICKLED VEGETABLES

ONE PORTION PROVIDES:

% cup other vegetables, 1/8 cup red/orange vegetables

INGREDIENTS	50 SERVINGS	10 SERVINGS	Directions
Vinegar, red wine	5 cups	1 cup	<ol> <li>Bring water, vinegar, salt and</li> </ol>
Water	5cups	1 cup	sugar to a boil in a small pot.
Salt	2 tablespoons	1 ½ teaspoon	
Sugar	5 tablespoons	1 tablespoon	
Zucchini, unpeeled, julienne	10 cups	2 cups	2. Place zucchini, carrots, green
Carrots, matchsticks	6 ½ cups	1 ½ cup	peppers and onions in a large
Bell pepper, green, raw, julienne	10 cups	2 cups	bowl.
Onion, red, sliced	8 cups	1 ¾ cup	3. Pour pickling liquid over
			vegetables.  4. Marinate 1-2 hours or refrigerate
			up to 3 days.
			CCP: Hold for cold service at 41
			degrees or lower.

#### SERVING NOTES:

Serving size | ¾ cup

NUTRIENTS PER SERVING	SERVING						
Calories	14	Total Fat	.3 g	Vitamin A	44 IU	Sugar	
Protein	.3 g	Saturated Fat		Vitamin C	1 milligram	Sodium	60 milligram
Carbohydrate	3 g	Cholesterol		Calcium	1 milligram	Dietary Fiber	

Healthy. www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf Source: Adapted from Now We're Cooking! A collection of Simple Scratch Recipes Served in Minnesota Schools, Minnesota Department of

ONE PORTION IS 2 TABLESPOONS	
RAZZY RANCH	

INGREDIENTS	2 QUARTS	2 cups	DIRECTIONS
Raspberries, frozen	1 quart	1 cup	1. Allow the bag of frozen red
			raspberries to sit on the countertop at
			room temperature for about 30
			minutes.
			2. Gently mash the raspberries (in the
			sealed bag) with a rolling pin.
Mayonnaise	2 cups	% cnb	3. Place crushed raspberries,
Milk	1 cup	½ cup	mayonnaise, milk, yogurt, parsley,
Yogurt, plain	1 cup	½ cup	green onion, garlic, vinegar, salt and
Parsley, fresh, chopped	½ cnb	2 tablespoons	pepper in a bowl. Combine.
Green onion, chopped with green	½ cnb	2 tablespoons	4. Cover and refrigerate until ready to
Garlic, finely minced	3 each	1 clove	use.
Vinegar, raspberry	½ cup	1 tablespoon	
Salt, Kosher	1 teaspoon	% teaspoon	
Black pepper, ground	½ teaspoon	½ teaspoon	

NUTRIENTS PER SERVING	VING					
Calories	20	Total Fat (g)	2 \	5 Vitamin A (IU)	Calcium (mg)	
Protein(g)	0	Saturated Fat (g)	1 \	Vitamin C (mg)	Sodium (mg)	220
Carbohydrate (g)	1	Cholesterol (mg)	5	Iron (mg)	Dietary Fiber (g)	2

SOURCE: National Processed Raspberry Council. www.redrazz.com

### **BERRY CHICKEN SALAD**

ONE PORTION PROVIDES:

2 oz eq meat/meat alternates, ¼ cup dark green, ¼ other vegetables, ¼ cup fruit

INGREDIENTS	40 Servings	10 Servings	DIRECTIONS
Romaine blend	3 ¾ pound	1 pound	1. Portion into serving bowl in the following
Blueberries, raspberries or strawberries	3 quarts	% quart	order:
Onions, red, raw, sliced	1 cup	¼ cup	<ul> <li>1 ¼ ounces Romaine blend</li> </ul>
Sugar snap peas, raw	5 pounds	1 ¼ pound	<ul> <li>1/4 cup berries</li> </ul>
Chicken, cooked, sliced or chicken fajita meat   5 pounds	5 pounds	1 ¼ pound	<ul> <li>2 slices red onion</li> </ul>
			<ul> <li>2-3 sugar snap peas</li> </ul>
			<ul> <li>2 ounces diced chicken</li> </ul>
			2. Dress with 2 tablespoons razzy ranch
			dressing over top just prior to serving.

NUTRIENTS PER SERVING	RVING						
Calories	273	Total Fat	15.25 g	Vitamin A	121.6 IU	Iron	
Protein	18.4 g	Saturated Fat 2.24 g	2.24 g	Vitamin C	48.19 milligram	Sodium	111 mg
Carbohydrate	25.2 g	Cholesterol	43 mg	Calcium	43.75 mg	Dietary Fiber	3.24 g

Department of Healthy. www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf Source: Sartell-St. Stephen Public Schools, Now We're Cooking! A collection of Simple Scratch Recipes Served in Minnesota Schools, Minnesota

ONE PORTION PROVIDES:	1% cup bean & peas vegetable
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INGREDIENTS	105 Servings	10 Servings	DIRECTIONS
Chickpeas, canned	3 # 10 cans	2 ½ cups	1. Pre-heat oven to 350° F.
			2. Open cans of beans, drain, and rinse beans well under cool
			running water.
			3. Drain beans well and pat dry with towel.
Oil, canola	1 ½ cup	2 ½ tablespoons	2% tablespoons 4. Mix oil and the remaining seasonings in a bowl.
Paprika	2 ½ tablespoons	¾ teaspoon	5. Add the beans and coat well. Pour them on the sheet pan and
Garlic powder	2 tablespoons	% teaspoon	spread the beans out evenly.
Onion powder	3 tablespoons	1 teaspoon	6. Bake for 20 minutes at 350° F. Stir the beans around on the
Black pepper, ground	1 $\%$ tablespoon	½ teaspoon	pan and bake for another 20 to 25 minutes until crisp and
Kosher salt	2 teaspoons	½ teaspoon	roasted. Beans will turn dark in color.

25 cups
Yield, volume
½ cup
Serving size 3

#### RECIPE NOTES:

- 1 #10 can fits perfectly on a sheet pan.
- Store at room temperature in an air tight container.
- Serve in soufflé cup, or use to top a salad, or serve as a healthy snack.
- If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp.
- Can add cayenne pepper to make them spicy.

NUTRIENTS PER SER	SVING						
Calories	105	Total Fat	4.6 g	Vitamin A	94 IU	Iron	.63 mg
Protein	3.88	Saturated Fat	89.	Vitamin C	.05 mg	Sodium	462 mg
Carbohydrate	13 g	Cholesterol	8w 0	Calcium	25.3 mg	Dietary Fiber	2.5 g

https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/usda-foods-recipes-chef SOURCE: adapted from USDA Foods Recipe by Chef Deanna Olson (Crunchy Bonzo Beans), Iowa Department of Education.

## **GREEN GODDESS DRESSING**

ONE PORTION IS 2 TABLESPOONS

INGREDIENTS	4 CUPS	2 CUPS	Directions
Mayonnaise, low-fat	2 cups	1 cup	<ol> <li>Place all ingredients in bowl of</li> </ol>
Sour cream, low-fat	1 cup	½ cup	food processor fitted with metal
Chives or scallions, fresh, minced	1/2 cup	¼ cup	blade.
Parsley, fresh, minced	1/2 cup	¾ cup	2. Pulse for 6 to 8 seconds, 4 or 6
Lemon juice, fresh	1 1/2 ounces	1½ tablespoon	times or until well blended.
Vinegar, white wine	1 1/2 ounces	1½ tablespoon	3. Taste and adjust seasonings as
Worcestershire sauce	1 ounce	1 tablespoon	necessary.
Avocado, fresh, peeled and seeded	2 each	1 each	4. Use immediately or cover and
Buttermilk	2 ounces	2 tablespoons	retrigerate.

#### SERVING NOTES:

NUTRIENTS PER SERVING	RVING				
Calories	70	Total Fat	6 g	Sodium	95 mg
Protein	1 gm	Saturated Fat	1.5 g	Dietary Fiber	1 g
Carbohydrate	3 gm	Cholesterol	5 mg		

Source: Powers C, Hess MA, Essentials of Nutrition for Chefs, 2<sup>nd</sup> edition, Culinary Nutrition Publishing LLC. 2012

OBB CALAD	INE PORTION PROVIDES:
2 oz. eq. m/ma, 1 $%$ cups vegetable	oz. eq. m/ma, 1 $\%$ cups vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	TEST PORTION -
Mixed dark greens or romaine	spunod ½ 9	2 quarts 2 cups	1. Wash greens. Dry thoroughly.
	(3 gallons 2 cups)		
Chicken breast, cooked, diced	3 pounds 2 ounces 10 ounces	10 ounces	2. Portion into serving bowl in the following
Eggs, hard-cooked	25 each	5 each	order:
Tomatoes, cherry	4 ½ pounds	2 ½ cups	<ul> <li>Mixed greens – 1 cup</li> </ul>
Avocado, diced	spunod 9	1 ½ pound	<ul> <li>Chicken breast, diced – 1 ounce</li> </ul>
Bacon bits	12 ounces	1 ounce	<ul> <li>Egg, hard cooked – ½ each</li> </ul>
			<ul> <li>Tomatoes, cherry – ¼ cup</li> </ul>
			<ul> <li>Avocado, diced – ¼ cup</li> </ul>
			<ul> <li>Bacon bits - sprinkle</li> </ul>
			3. Serve with 2 tablespoons salad dressing.

## TUSCAN WHITE BEAN SALAD

One PORTION PROVIDES:
% cup vegetable

INGREDIENTS	50 SERVINGS	10 Portions	Directions
Beans, great northern, canned, drained	13 pounds 4 ounces	2 pounds 10 ounces	Combine drained and rinsed beans,
	OR 3 # 10 cans	OR 5 #300 cans (14 oz)	diced tomatoes, chopped parsley, salt
Tomatoes, plum, small diced	3 pounds 2 ounces	10 ounces	and pepper.
Parsley, flat leaf, fresh, chopped	1 ½ cups	1/3 cup	
Salt, Kosher	1 tablespoon	½ teaspoon	
Pepper, black, ground	lpha tablespoon	¼ teaspoon	
Oil, olive	1 ½ cups	5 tablespoons	In a skillet over medium heat, heat
Garlic, minced	1/3 cup	1 tablespoons	olive oil. Once hot, add onions and
Onions, red, small diced	3 cups	2/3 cup	garlic and saute until onions are translucent (3 to 5 minutes). Stir
			frequently. Add onion, garlic and olive
			oil mixture to beans. Mix well.
			Chill until ready for service.

#### **SERVING NOTES:**

Serving size	Yield, weight
Pan size	Yield, volume

<b>NUTRIENTS PER SERVING</b>	<b>VING</b>						
Calories	222	222 Total Fat (g)	7.4	7.4 Vitamin A (IU)	376 Calc	Calcium (mg)	80
Protein(g)	10.4	10.4   Saturated Fat (g)	1.1	1.1 Vitamin C (mg)	6.5	6.5 Sodium (mg)	297
Carbohydrate (g)	31.8	31.8 Cholesterol (mg)	0	Iron (mg)	2.3	2.3 Dietary Fiber (g)	7.1

SOURCE: adapted from Windham Raymond School Department, Windham, Maine

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ONE PORTION IS 2 TABLESPOONS

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Vinegar, balsamic	½ cup	2 tablespoons	1. Combine vinegar, syrup, mustard, garlic
Maple syrup	6 tablespoons	4 teaspoons	powder, salt and pepper in a food
Mustard, Dijon	1 tablespoon	½ teaspoon	processor or blender.
Garlic powder	½ tablespoon	½ teaspoon	2. While motor is running, drizzle in oil
Salt, kosher	1 teaspoon	½ teaspoon	until combined.
Pepper, black, ground	1 teaspoon	¼ teaspoon	
Oil, olive	1 cup	% cup	CCP: hold for cold service at 41°F or lower

SOURCE: adapted from New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. http://vtfeed.org/resource-library

# STRAWBERRY, SPINACH AND CHICKEN SALAD

ONE PORTION PROVIDES:

1% cups provides % cup dark green vegetable, 1/8 cup other vegetable and 1/8 cup fruit and 2 oz. eq meat/ma

INGRECIENTS	OC OFRVINGS	LOSEKVINGS	CRECTIONS
Sunflower or pumpkin seeds	1 ¼ pound	4 ounces	1. Toast sunflower (or pumpkin) seeds in a large skillet
	,		over medium heat, stirring often, until fragrant and
			beginning to brown, 4 to 5 minutes. Transfer to a
			bowl and let cool.
Cucumbers	3 pounds	10 ounces	2. Peel cucumbers. Cut in half lengthwise then slice $\frac{1}{4}$ -
			inch thick.
Strawberries, fresh	3 pounds 4	10 ½ ounces	3. Hull strawberries and cut into ¼-inch thick slices.
	ounces		
Romaine lettuce	2 pounds 4	8 ounces	4. Trim romaine and cut into 1-inch pieces.
	ounces		
Spinach, baby	2 pounds 12	9 ounces	5. Mix spinach and romaine in a large bowl.
	ounces		6. Add the strawberries, cucumbers and the toasted
Chicken, cooked, sliced or shredded or chicken	5 pounds	1 ¼ pound	seeds to the greens.
fajita meat		,	7. Serve with 2 ounces chicken per serving.
			8. Serve with balsamic maple dressing

#### **SERVING NOTES:**

NUTRIENTS PER SERVING			
Calories	Total Fat (g)	Vitamin A (IU)	Calcium (mg)
Protein(g)	Saturated Fat (g)	Vitamin C (mg)	Sodium (mg)
Carbohydrate (g)	Cholesterol (mg)	Iron (mg)	Dietary Fiber (g)

Source: adapted from New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont http://vtfeed.org/resource-library Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED.

### GREEN BEAN, CRANBERRY & SUNFLOWER SEED SALAD

ONE PORTION PROVIDES: % cup other vegetable, 1/8 cup fruit, and .25 oz. eq. m/ma

INGREDIENTS	50 Servings	10 SERVINGS	DIRECTIONS
Garlic, peeled	3 cloves	1 clove	1. For the dressing: process the garlic, oil, vinegar,
Vegetable oil	2 cups	7/3 cup	mustard. 1 teaspoon salt and pepper in a food
Balsamic vinegar	½ cnb	2 tablespoons	processor or with an immersion blender until smooth
Mustard, Dijon	¼ cup	1 tablespoon	processor of with all lilling sign brother after simport
Kosher salt	1 teaspoon	½ teaspoon	and creamy, set aside.
Black pepper, ground	1 teaspoon	½ teaspoon	
Green beans, fresh	spunod <u>s</u>	1 pound	2. Trim green beans and cut into 1-inch pieces.
Water	3 gallons	1 gallon	3. Place a bowl of ice water and long-handled strainer
			next to the stove
			4. Bring water to a boil in a large pot. Cook the green
			beans until crisp-tender, 2 to 3 minutes. Remove with
			the strainer and plunge into the ice water. Let sit for 5
			minutes, then drain and transfer to a large bowl.
Dried cranberries	1 pounds 9 ounces	seounces	5. Add cranberries, sunflower seeds and the dressing to
	(1 quart + 1 cup)	(1 cup)	the green beans.
Sunflower Seeds, toasted	15 ounces	3 ounces	
	(2 ½ cups)	(½ cup)	

#### RECIPE NOTES:

- Use another type of vinegar if you wish.
- Trimming green beans can take some time so enlist student helpers and make it a teachable farm to school moment.
  - Use kitchen shears to trim the stem ends of the green beans.

NUTRIENTS PER SERVING	SERVING						
Calories	180 kcal	Total Fat	13.08 grams	Vitamin A	251.81 IU	Iron	.86 mg
Protein	2.39 grams	Saturated Fat 1.79 grams	1.79 grams	Vitamin C	2.04 mg	Sodium	447.55 mg
Carbohydrate 14.74 grams		Cholesterol 0 mg	0 mg	Calcium	34.26.mg	Dietary Fiber	2.70 grams

Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. http://vtfeed.org/resource-library SOURCE: New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont Agency of

Salads & Salad Bars

# **LEMONY GREEK VINAIGRETTE DRESSING**

INGREDIENTS	7 ½ CUPS	1 ½ CUPS	
Lemon juice	3 cups	2/3 cups	1. Combine lemon juice and dried herbs.
Basil, dried	4 tablespoons	2 ½ teaspoons	2. Whisk until well blended.
Oregano, dried	4 tablespoons	2 ½ teaspoons	3. Slowly add the oil while whisking, and
Marjoram, dried	3 tablespoons	2 teaspoons	whisk until well combined
Thyme, dried	2 teaspoons	½ teaspoon	
Oil, olive	4 ½ cups	¾ cup	

### **GREEK SALAD**

ONE PORTION PROVIDES:

1 oz. eq. m/ma, 1 cup dark green vegetables, ½ cup other vegetables

INGREDIENTS	50 SERVINGS	10 SERVINGS		DIRECTIONS
Romaine lettuce, chopped	6 ½ pound	2 quarts 2 cups	1.	<ol> <li>Wash greens. Dry thoroughly.</li> </ol>
	(3 gallons 2 cups)			
Tomatoes, cherry, halved (1/4 cup = about 3 cherry   4 ½ pound	4 ¼ pound	2 ½ cups	2.	2. Mix together tomatoes, red
tomatoes)				onion, red bell pepper, parsley,
Red onion, sliced thinly	2 pounds	1 ¼ cup		feta cheese and black olives.
Red bell pepper, medium dice	2 ¾ pounds	1 ¼ cup	ω	3. Toss tomato mixture with lemony
Parsley, fresh, chopped 2	2 cups	½ cup		Greek vinaigrette dressing.
Feta cheese, crumbled	3 pounds 2 ounces	10 ounces	4.	4. Portion 1 cup of Romaine lettuce
Black olives, pitted, drained (1/8 cup = about 4	1 ¾ pounds	3 ounces		into salad container. Top with
olives)				tomato salad mixture.

# MELON, CITRUS, AND JICAMA SALAD WITH MINT

One portion provides: 1/8 cup other vegetables, % cup fruits

INGREDIENTS	48 SERVINGS	12 Servings	DIRECTIONS
Honeydew melon	2 spunod	1 % pound	1. Peel, seed, and cut melon into ½-inch
	(2 each)		cubes.
Oranges	8 pounds 2 ounces	2 pounds	2. Peel and cut oranges into sections
	(24 each)		
Jicama	2 pounds 8 ounces	10 ounces	3. Peel and cut jicama into julienne sticks
	(2 to 3 medium)		(1% inch long)
Mint, fresh	1 small bunch	2 tablespoons	4. Remove mint leaves from stems and
			mince.
Lime Juice	8 onuces	½ cup	5. Combine the melon, oranges, jicama,
	(1 cup)		mint, lime juice in a large bowl. Chill
			for 30 minutes before serving.

**SERVING NOTES:** Serving size: ½ cup

#### RECIPE NOTES:

- Any variety of melon will work in this salad.
- Try peeled diced kohlrabi in place of the jicama.

<b>NUTRIENTS PER SERVING</b>	SERVING						
Calories	57	Total Fat	.2 g	Vitamin A	326 IU	Iron	.34 mg
Protein	1 g	Saturated Fat	.03 grams	Vitamin C	44 mg	Sodium	6.31 mg
Carbohydrate	14 g	Cholesterol	0 mg	Calcium	31 mg	Dietary Fiber	2.13 g

Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. http://vtfeed.org/resource-library SOURCE: New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks, Vermont Agency of

### **BALSAMIC VINAIGRETTE**

ONE PORTION IS 2 TABLESPOONS

INGREDIENTS	100 Servings	10 SERVINGS		Test Portion - 10 Servings
Vinegar, balsamic	2 1/3 cups	¾ cup	1.	1. Mix all ingredients in a large bowl with
Oil, olive	4 ½ cups	½ cup		a whisk or immersion blender.
Garlic, granulated	2 teaspoons	¼ teaspoon	2.	Store in an airtight container in the
Onion powder	2 teaspoons	¼ teaspoon		refrigerator. It will keep for up to 3
Salt	1 teaspoon	1/8 teaspoon		months.
Black pepper, ground	½ teaspoon	pinch		

http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf SOURCE: Chef Kirk H. Conrad, Chef in Residence, Let's Cook Healthy School Meals, Project Bread.

ONE PORTION PROVIDES	2 oz en m/ma 1 1/2
DES:	1 1/2 cins vegetable

INGREDIENTS	50 Servings	10 Servings	DIRECTIONS
Boston or Bibb lettuce	3 gallons 2 cups	2 quarts 2 cups	1. Wash greens. Dry thoroughly.
Tuna, canned in water, drained	1-66 ½ ounce can	2-6 ounce cans	2. Portion into serving bowl in the
Eggs, hard-cooked	25 each	5 each	following order:
Potatoes, red skinned, cooked, diced	5 ½ pounds	2 ½ cups	<ul> <li>Boston or Bibb lettuce – 1 cup</li> </ul>
Do not overcook			<ul><li>Tuna – 1 ounce</li></ul>
Green beans, fresh, blanched	2 ½ pounds	1 ½ cup	<ul> <li>Eggs, hard-cooked – ½ each</li> </ul>
Tomatoes, cherry	2 ½ pounds	1 ½ cup	<ul> <li>Potatoes, diced – ¼ cup</li> </ul>
Nicoise olives	1 pounds	% cup	<ul> <li>Green beans, blanched – 1/8 cup</li> </ul>
			<ul> <li>Tomatoes, cherry – ½ cup</li> </ul>
			<ul> <li>Nicoise olives – 1 tablespoon</li> </ul>
			3. Serve with 2 tablespoons salad
			dressing.

# SWEET POTATO SALAD WITH CITRUS VINAIGRETTE

ONE PORTION PROVIDES:

3/8 cup vegetable, 1/8 cup fruit

INGREDIENTS	100 Servings	10 Servings	Test Portion -
Sweet potatoes	12 pounds	1 pound 3 ounces	1. Peel and dice sweet potatoes into ½" cubes,
			roast sweet potatoes. Check often as you do
			not want to overcook. Cook until just fork
			tender. Drain and cool. Reserve for step 3.
Orange juice	6 ¼ cups	2/3 cup	2. Heat orange juice to boiling in saucepan.
Orange zest	4 tablespoons	1 teaspoon	Add the orange peel and lemon juice.
Lemon juice	4 tablespoons	1 teaspoon	Dissolve the cornstarch in water and add to
Cornstarch	4 tablespoons	1 teaspoon	orange mixture. Continue to heat, stirring
Water	34 cup	1 tablespoon	until thickened. Reserve for step 3.
Celery, diced	2 pounds 4 ounces	3 ½ ounces	3. Add celery, pineapple tidbits and mandarin
	(2 quarts 1 cup)	(1 cup)	oranges to sweet potatoes. Toss with warm
Pineapple tidbits, drained	2 pounds 13 ounces	1 cup	vinaigrette.
	(2 quarts (1 No. 10 can))		4. CCP: Cool to 41 F or lower within 4 hours.
Mandarin oranges, drained	2 pounds 13 ounces	1 cup	CCP: Hold at or below 41 F before and during
	(2 quarts (approx. 3/4 No.		service.
	10 can)		5. Portion with No. 8 scoop (1/2 c).

6

<b>N</b> UTRIENTS PER SERVING	SERVING						
Calories	54	Total Fat	< 1 g	Vitamin A	3805 IU	Iron	.3 mg
Protein	1 g	Saturated Fat	0 g	Vitamin C	14 mg	Sodium	16 mg
Carbohydrate	13 g	Cholesterol	0 mg	Calcium	16 mg	Dietary Fiber	1.3 g

Source: adapted from *lowa Gold Star Cycle Menus* – lowa Department of Education. www.educateiowa.gov

## PRODUCT EVALUATION FOR SALADS AND SALAD BARS

Participants evaluate each food product as part of the tasting in this culinary laboratory. For each food product (row) and each evaluation category (column), circle either A (acceptable) or NA (not acceptable).

(/ ) / - 6			./		
Food Product	Appearance	Taste	Texture	Eating	Comments
				Quality	
Ranch dressing	A or NA	A or NA	A or NA	A or NA	
Chef's salad	A or NA	A or NA	A or NA	A or NA	
Mexican slaw	A or NA	A or NA	A or NA	A or NA	
Caesar dressing	A or NA	A or NA	A or NA	A or NA	
Chicken Caesar salad	A or NA	A or NA	A or NA	A or NA	
Black bean, corn & tomato fiesta salad	A or NA	A or NA	A or NA	A or NA	
BBQ ranch dressing	A or NA	A or NA	A or NA	A or NA	
Taco salad	A or NA	A or NA	A or NA	A or NA	
Pickled vegetables	A or NA	A or NA	A or NA	A or NA	
Razzy ranch dressing	A or NA	A or NA	A or NA	A or NA	
Berry chicken salad	A or NA	A or NA	A or NA	A or NA	
Roasted chick peas	A or NA	A or NA	A or NA	A or NA	
Green goddess dressing	A or NA	A or NA	A or NA	A or NA	
Cobb salad	A or NA	A or NA	A or NA	A or NA	
Tuscan white bean salad	A or NA	A or NA	A or NA	A or NA	
Balsamic-maple dressing	A or NA	A or NA	A or NA	A or NA	
Strawberry, spinach & chicken salad	A or NA	A or NA	A or NA	A or NA	
Green bean, cranberry & sunflower	A or NA	A or NA	A or NA	A or NA	
seed salad					
Lemony Greek vinaigrette	A or NA	A or NA	A or NA	A or NA	
Greek salad	A or NA	A or NA	A or NA	A or NA	
Melon, citrus & jicama salad with mint	A or NA	A or NA	A or NA	A or NA	
Balsamic vinaigrette	A or NA	A or NA	A or NA	A or NA	
Nicoise salad	A or NA	A or NA	A or NA	A or NA	
Sweet potato w/ citrus vinaigrette	A or NA	A or NA	A or NA	A or NA	



## Nutrition Matters & Steps for a Successful Cafeteria



### **Nutrition Matters**

### **NUTRITION FOR A+ SCHOOL MEALS**

### THE DIETARY GUIDELINES FOR AMERICANS 2015-2020

The Dietary Guidelines is the cornerstone of federal nutrition guidance and is crucial in shaping federal policies and programs related to food, nutrition, and health. While its purpose is to help people eat healthfully and reduce the risk of chronic diet-related disease, the Dietary Guidelines is not written for consumers directly.

The Dietary Guidelines are written for policymakers, nutrition educators, and health professionals. It supports the development of science-based nutrition policy, nutrition education messages, and consumer materials for the general public.

- 1. Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- Focus on variety, nutrient density and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

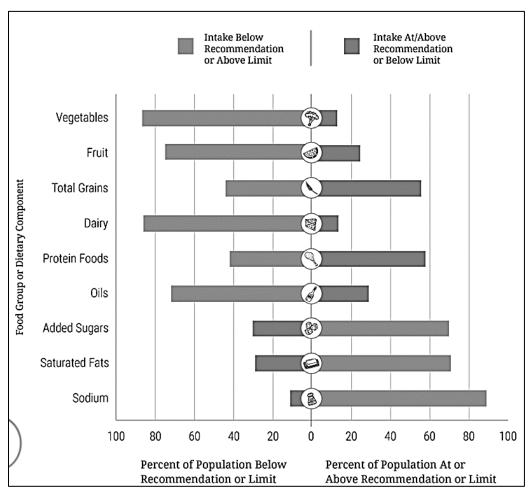
Healthy eating patterns include nutrient-dense forms of:

- A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy, and other vegetables
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds
- Oils, including those from plants (canola, corn, olive, peanut, safflower, soybean, and sunflower) and oils that are naturally present in foods (nuts, seeds, seafood, olives, and avocados)
- **3.** Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
  - Added Sugars: Limit to less than 10% of total calories daily. When sugars or syrups are added to foods as they're processed or prepared, they're called added sugars. Added sugars add calories without other nutritional value. (Natural sugars—in fruits, vegetables, and milk—are not added sugars.)

- Saturated & Trans Fats: Limit saturated fats to less than 10% of total calories daily by replacing them with unsaturated fats and limit trans fats to as low as possible. Diets high in saturated and trans fats are associated with heart disease. Foods high in saturated fats include butter, whole milk, and meats that aren't labeled lean. Trans fats are in processed foods, like desserts and frozen pizza.
- **Sodium:** Limit to less than 2,300 mg daily (for adults and children 14 years and older). Most Americans get 50% more sodium than recommended. Diets high in sodium are associated with high blood pressure and heart disease.
- **4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
- **5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide.
  - At home, families can try out small changes to find what works for them like adding more veggies to favorite dishes, planning meals and cooking at home, and incorporating physical activity into time with family or friends.
  - Schools can improve the selection of healthy food choices in cafeterias and vending machines, provide nutrition education programs and school gardens, increase school-based physical activity, and encourage parents and caregivers to promote healthy changes at home.
  - Workplaces can encourage walking or activity breaks; offer healthy food options in the cafeteria, vending machines, and at staff meetings or functions; and provide health and wellness programs and nutrition counseling.
  - Communities can increase access to affordable, healthy food choices through community gardens, farmers' markets, shelters, and food banks and create walkable communities by maintaining safe public spaces.
  - Food retail outlets can inform consumers about making healthy changes and provide healthy food choices.

### **PRINCIPLES OF HEALTHY EATING PATTERNS**

- An eating pattern represents the totality of all foods and beverages consumed
  - It is more than the sum of its parts; the totality of what individuals habitually eat and drink act synergistically in relation to health.
- Nutritional needs should be met primarily from foods
  - Individuals should aim to meet their nutrient needs through healthy eating patterns that include foods in nutrient-dense forms.
- Healthy eating patterns are adaptable
  - Any eating pattern can be tailored to the individual's socio-cultural and personal preferences.



Source: adapted from 2015-2020 Dietary Guidelines for Americans

### **FOOD GROUPS**

Eating an appropriate mix of foods from the food groups and subgroups—within an appropriate calorie level—is important to promote health.

- Each food group and subgroup provides an array of nutrients.
- Recommended amounts reflect eating patterns associated with positive health outcomes.
- Foods from all of the food groups should be eaten in nutrient-dense forms.

Food Group	Amount in the 2000 Calorie Pattern
Vegetables	2 ½ cup-equivalents/day
Dark Green	1 ½ cup-equivalents/week
Red & Orange	5 ½ cup-equivalents/week
Legumes (Beans & Peas)	1 ½ cup-equivalents/week
Starchy	5 cup-equivalents/week
Other	4cup-equivalents/week
Fruits	2 cup-equivalents/day
Grains	6 ounce-equivalents/day
Whole Grains	More than 3 ounce-equivalents/day
Refined Grains	Less than 3 ounce-equivalents/day
Dairy	3 cups/day
Protein Foods	5 ½ ounce-equivalents/day
Seafood	8 ounce-equivalents/week
Meats, Poultry, Eggs	26 ounce-equivalents/week
Nuts, Seeds Soy Products	5 ounce-equivalents/week
Oils	27 grams per day
Limit on Calories for Other Uses	270 calories/day (14%)
(% of Calories)	

### Other Components

In addition to the food groups, it is important to consider other food components when making food and beverage choices.

- Added sugars
- Saturated fats
- Trans fats
- Cholesterol
- Sodium
- Alcohol
- Caffeine

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs - Jan. 2012

	Breakfast N	leal Pattern	T	Lunch Mea	l Pattern	1
	Grades K-5ª	Grades 6-8ª	Grades 9-12ª	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Fo	od <sup>b</sup> Per Week (I	Minimum Per Da	у)		
Fruits (cups) <sup>c,d</sup>	5(1)°	5 (1) °	5 (1) °	2½ (½)	2½ (½)	5(1)
Vegetables (cups) <sup>e,d</sup>	0	0	0	3¾ (¾)	3¾ (¾)	5(1)
Dark green <sup>f</sup>	0	0	0	1/2	1/2	1/2
Red/Orange <sup>f</sup>	0	0	0	3/4	3/4	11/4
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	1/2	1/2	1/2
Starchy <sup>f</sup>	0	0	0	1/2	1/2	1/2
Other <sup>f,g</sup>	0	0	0	1/2	1/2	3/4
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	Ĺ	11/2
Grains (oz eq) i	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9(1)	8-10(1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 k	0 k	0 k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>1</sup>	5(1)	5(1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Spe	ecifications: l	Daily Amoun	t Based on th	ie Average f	or a <b>5-</b> Day V	Veek
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n, p</sup>	≤ <b>43</b> 0	≤ <b>47</b> 0	≤500	<u>≤</u> 640	<u>≤</u> 710	≤ <b>74</b> 0
Trans fat <sup>n,o</sup>	Nutrition label	or manufacture	r specifications m	ust indicate zer	o grams of tran	s fat per serving

<sup>&</sup>lt;sup>a</sup> In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

<sup>&</sup>lt;sup>b</sup> Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is % cup.

<sup>&</sup>lt;sup>c</sup> One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>&</sup>lt;sup>d</sup> For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups as defined in §210.10(c)(2)(iii).

<sup>&</sup>lt;sup>e</sup> The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014- 2015).

f Larger amounts of these vegetables may be served.

g This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

<sup>&</sup>lt;sup>h</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

<sup>&</sup>lt;sup>j</sup> In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

<sup>&</sup>lt;sup>k</sup>There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

<sup>&</sup>lt;sup>1</sup> Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>&</sup>lt;sup>n</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

o In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

P Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast

### DISCOVER THE goodness of ...

Powerful partners, oats and dairy help **fill food and nutrient gaps,** may provide important **health benefits**, and are a **simple and delicious** option – for breakfast and beyond.

### Nutrition and Health

Tremendous nutrition power can come from including oats and low-fat and fat-free dairy foods in a healthy diet. The Dietary Guidelines for Americans state that moderate evidence indicates intake of whole grains may reduce the risk of cardiovascular disease and is associated with lower body weight.<sup>2</sup> It also states that moderate evidence indicates intake of milk and milk products is linked with improved bone health, especially in children and adolescents, and reduced risk of cardiovascular disease and type 2 diabetes.<sup>2</sup>

### OATS AND DAIRY ARE COMPLEMENTARY

OATS

Heart Health\*

Key Nutrients for Health DAIRY

Reduced Risk of Cardiovascular Disease

Reduced Risk for Type 2 Diabetes

Bone Health'

FIBER for digestive health, IRON for healthy blood cells, CALCIUM and VITAMIN D for strong bones, POTASSIUM for healthy blood pressure

MORE THAN

1/3

OF KIDS\*
EAT CEREAL
(HOT OR COLD)
AND MILK

FOR BREAKFAST. THEY ARE MORE

LIKELY TO MEET

THEIR DAILY

GOALS FOR DAIRY
AND SEVERAL

NUTRIENTS.9

\*2-18 years

### Oats + Milk

### = Protein + Fiber + 9 Key Nutrients

iron calcium vitamin D potassium phosphorus magnesium

vitamin A vitamin B12 riboflavin

### oats+dairy

A serving of oatmeal made with milk is an affordable choice.12

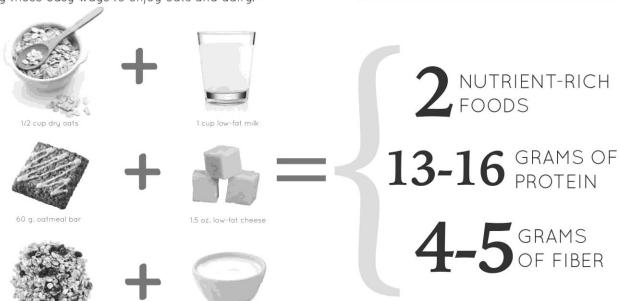


On average, it's: \$0.37

### A Simple and Delicious Way to Help Fill Food and Nutrient Gaps

Try these easy ways to enjoy oats and dairy.<sup>12,13</sup>

EACH COMBINATION IS LESS THAN



Make it with Milk 3		WITH WATER**	LOW-FAT MILK**
People may be missing an	CALCIUM	20 mg	330 mg
opportunity to boost the morning meal. Make oatmeal with low-fat	PHOSPHORUS	180 mg	415 mg
or fat-free milk for a delicious—and nutritious—start to the day.	POTASSIUM	140 mg	510 mg
2.5X PROTEIN	PROTEIN	5G	13G
THOTEIN	CALORIES	150	250

1 cup low-fat yogurt

VITAMINS & MINERALS (INCLUDING CALCIUM AND VITAMIN D)

1/2 cup granola

## CONTAINS ow's milk

## Helps build and maintain strong bones and

teeth and reduce the risk of stress fractures and osteoporosis later in life. It also plays a role in promoting normal blood pressure.

### Helps regulate the balance of fluids in the body and maintiain normal blood pressure. Potassium

Important for good vision, healthy skin, and a healthy immune system.

### Converts nutrients Niacin

the body's enzymes into energy to help function normally. Helps build and maintain all the essential amino lean muscle. Contains acids (the building blocks of protein).

### Vitamin Helps absorb calcium for healthy bones.

## Phosphorus

Works with calcuim and vitamin D to help keep bones strong.

### Vitamin B<sub>12</sub> Helps build red blood cells central nervous system. and helps maintain the

Riboflavin

Plays a vital role in the development Helps convert food into energy. of the central nervous system.

essential nutrients. But what about Cow's milk is a unique package of plant-based milk substitutes?

reading the nutrition labels. before, savvy consumers are encouraged to make the dairy aisle than ever With more choices in informed choices by

et's take a at how these beverages closer look



WinnersDrinkMilk.com

1 INDairy

( @INDairy

Indiana Dairy

(a) INDairy

INDairy



# MILK VS. MILK SUBSTITUTES

Not all milks are created equal... read the label and compare!

DRINK 120 Calories

4% DV

**2.5** g

8% DV

**23** g

2% DV

19

必

\*DV = Recommended Daily Value based on a 2,000 calorie diet. Source: Nutrition Facts on beverage package. Nutrient amounts may vary based on brand.

:.. † Based on gallon volume equivalents per IRI DMI Custom Database Data for 2014 (Jan-Dec) – National Average (Cow's milk based on Indiana half gallon average in April 2015.

SUNFLOWER OIL AND/OR CANOLA OIL, TRICALCIUM PHOSPHATE, SEA SALT, VITAMIN A PALMITATE, VITAMIN D2, VITAMIN B12

43¢

OLEIC SAFFLOWER AND/OR

FILTERED WATER, BROWN RICE (PARTIALLY MILLED), EXPELLER PRESSED HIGH

30% DV

added

### **Steps for a Successful Cafeteria**

### **Smarter Lunchroom**

The Smarter Lunchrooms Movement was established as part of the Cornell Center for Behavioral Economics in Child Nutrition Programs (BEN Center) in 2010 through a grant from the USDA. Smarter Lunchrooms helps us understand how environmental cues influence decision-making with the goal of promoting healthy choices in school lunchrooms. Strategies focus on making small changes to influence students' daily food choices. Smarter Lunchrooms strategies are simple, no cost or low-cost changes to the school lunchroom environment to:

- Increase selections of reimbursable school meals
- Increase selections of healthy foods such as vegetables and fruits
- Promote healthier a la carte options
- Improve school meal participation and profits while decreasing waste.

### Principles of Smarter Lunchroom

- 1. Manage portion sizes
- 2. Increase convenience— easy to reach
- 3. Improve visibility easy to see
- 4. Enhance taste expectations
- 5. Use suggestive selling
- 6. Set smart pricing strategies

### Areas of Intervention

- 1. Fruit
- 2. Vegetable
- 3. Dairy
- 4. Targeted main course
- 5. Reimbursable meal
- 6. Creating school synergies

### **4 STEPS TO A SMARTER LUNCHROOM**

### Spot

- Ways to Spot changes you may want to make:
- 1.Complete the Smarter Lunchroom Scorecard
- 2. Take Photographs

### Plan

- To develop your Smarter Lunchroom Action Plan:
  - 1. Review your Smarter Lunchroom Scorecard results and closely examine the photos of the lunchroom.
  - 2. Choose 3-5 Smarter Lunchroom Strategies to try.
  - 3. Create a plan for each strategy.

### Do

- •Be sure everyone on the lunchroom staff is aware of the changes that are going to be made. Give them a chance to ask questions and offer suggestions to the plan, it helps create buy-in.
- Make sure communication and training is a part of your plan!
- Make the changes!
- •Small changes can be made overnight or over the weekend.
- •Larger changes are better made over the summer or after a vacation.

### Prove

- Get your new Smarter Lunchroom score by repeating the instructions in Step 1 on how to complete the Scorecard.
- Take your after-photos. A picture is worth a thousand words.
   Take photos of the areas that changes. Try to take them from the same location/angle as your pre-photos, to make comparisons easy. Date, label and save your photos.
- Share your successes with school administration and parents!

**CATCHY NAMES** K-5 grade students enjoy imaginative, playful names. For example: X-ray Carrots, Big Bad Bean Burrito Match the adjective to the menu item: Green beans **Sweet Talking** Baked sweet potatoes Fiesta Baked apples Snappy Black bean soup Green lantern Peas Power Veggie pizza Rainbow 6-12 grade students are attracted to descriptive sensory words. For example: Spiced Butternut Squash, Fluffy Mashed Potatoes, Warm Baked Apples Match the adjective to the menu item: Green beans Harvest Baked sweet potatoes Homestyle Baked apples Spiced Black bean soup Fresh Garden Peas Veggie pizza **Texas** Add your own adjectives to these common menu items: Baked chicken: Turkey Sub: Chef Salad: Grilled Cheese Sandwich: Hamburger: Sides: Corn: Kale: Kiwi: Salad Bar: Rice: Squash: Mixed/Steamed Veggies: Your Favorite Menu Items:

### Food Naming Word Bank

Food Properties	Sensory – Taste/Smell	Appeal	Silly
Bubbly	Aromatic	Bright	Cool
Cheesy	Bitter	Colorful	Crazy
Chewy	Delectable	Delightful	Dazzling
Chunky	Delicious	Fresh	Dynamite
Creamy	Fiery	Gorgeous	Extraordinary
Crisp(y)	Flavorful	Green/Red	Fabulous
Crunchy	Fruity	Intense	Famous
Flaky	Gingery	Luscious	Fantastic
Fluffy	Lemony	Mouth-Watering	Heavenly
Frosty	Mild	Pure	Hip
Glazed	Nutty	Refreshing	Jazzy
Gooey	Peppery (ed)	Robust	Jolly
Hearty	Savory	Sunny	Lively
Hot	Scrumptious	Vivid	Snappy
Juicy	Spicy	Appetizing	Snazzy
Moist	Sugary	Delicious	Spectacular
Plump	Sweet	Local	Splashy
Rich	Tangy	Smothered	Superb
Ripe	Tart	Marvelous	Tantalizing
Saucy	Yummy	Wonderful	Wild
Seasoned	Zesty	Delectable	Wow
Silky	Zingy	Bubbling	Zippy
Sizzling	Chilled	Infused	Zesty
Sparkling	Cold		Zingy
Sticky	Mellow		
Toasy (ed)	lcy		
Velvety	Refreshing		
Whipped			

### **Food Naming Examples**

Fruits	Veggies	Main Dishes
Berrilicious Fruit Smoothie	Crazy Carrot Sticks	Fiery Chicken Fajitas
Savory Cinnamon Apples	Wild Potato Wedges	Tasty Turkey Burger
Jazzy Juice	Zesty Zucchini Pasta	Dynamite Turkey Dog
Outstanding Oranges	Tangy Vegetable Stir-Fry	Intense Chicken Chili
Super Power Strawberries	Snazzy Sugar Snap Peas	Dynamite Deli Sandwich
Sun-Ripened Kiwi	Luscious Leafy Greens	Chillin' Chicken
Peppy Pears	Cool Corn on the Cob	Surfs Up Fish Sandwich
Pump Me Up Pineapple	Spectacular Spinach	Touchdown Turkey Wrap
	<b>Energy Boosting Edamame</b>	Super Salad
	Be Strong Beans	Sporty Spaghetti w/ Meatballs
		Home Plate BBQ
		Fiesta Nachos
		Big Muscle Burger
		Tasty Taco Salad
		Strong Body Stir Fry
		Big Brain Burrito
		Top Score Tacos

Adapted from Ohio Smarter Lunchroom Movement,

https://ohios marter lunchrooms. files. wordpress. com/2015/11/food-naming-word-bank.pdf

### Cues for Positive Communication with Students and Staff

Occasion	Goal	Examples
Greeting	<ul> <li>Create a welcoming atmosphere</li> <li>Take the first step to building rapport</li> <li>Promote a reimbursable meal and/or targeted food item</li> </ul>	<ul> <li>"Good morning! What would you like to try today?"</li> <li>"Hello! Would you like to try the [entrée]?</li> <li>"Welcome to lunch! The [entrée] is popular today. Would you like to try it?"</li> <li>"Today is [entrée] day. Would you like some?"</li> <li>"Welcome to the lunchroom! What can I get for you today? The [targeted item] is a great choice."</li> </ul>
Serving	<ul> <li>Create a reimbursable meal</li> <li>Promote healthy sides</li> </ul>	<ul> <li>"The [vegetable] goes well with the [entrée]."</li> <li>"Which vegetable/side would you like with that?"</li> <li>"The [fruit] is perfectly ripe."</li> <li>"If you don't like [first side offered], how about trying the [other side]?"</li> <li>"You can make [the entree] a meal with some [fruit/vegetable sides]."</li> <li>"Today we're serving [list items]. Can I get you come [target item]?"</li> <li>"We have a great new recipe: [list targeted item(s)]. Would you like to try it? Tell us what you think!"</li> </ul>
Cash Register	<ul> <li>Create a reimbursable meal</li> <li>Prompt students to "fill out" an incomplete meal</li> </ul>	<ul> <li>"I see you don't have all of your items. Why not grab a [handheld fruit in nearby basket]?"</li> <li>"You get 3 sides with your meal. You can still take one – go ahead and pick."</li> <li>"Your meal's not complete! Don't forget to take a [fruit, vegetable, or juice] as a side."</li> <li>"You forgot milk! It's included with your lunch. How about getting some now?"</li> <li>"It's not too late, go back and get [missing item]."</li> <li>"You can make that a meal with [missing item(s)]."</li> </ul>
Special Requests	<ul> <li>Ensure all students are able to eat a complete meal</li> <li>Assist new readers (elementary, special needs, and ELL students)</li> </ul>	<ul> <li>To staff (discretely): "I see that [student] has a special diet. I will try to set aside a [preferred item]; however, to ensure he/she gets the correct meal, please bring him/her to the front of the line."</li> <li>To students still mastering reading: "Today's specials are [read menu]."</li> <li>To students still mastering reading: "Here is a menu (show picture menu). What would you like today? What looks the best to you?"</li> <li>To students still mastering reading: "Today's specials are [list items]. Would you like to try [target item(s)]?"</li> </ul>
Conflict	<ul> <li>De-escalate situation</li> <li>Avoid creating or allowing lasting negative feelings on either side</li> <li>Keep serving line moving smoothly and quickly</li> </ul>	<ul> <li>"I'm sorry you don't like [first item offered]; how about [other entrée option] instead?"</li> <li>"I'd be happy to explain what makes a reimbursable meal."</li> <li>"The USDA defines what counts as a reimbursable meal, we aren't allowed to make substitutions [ex. soda for milk, snack for fruit]."</li> </ul>

Adapted from Iowa Department of Education

 $https://www.educateiowa.gov/sites/files/ed/documents/1415\_np\_lt\_SLunch\_PositiveCommunicaton.pdf$ 

### HOW CAN YOU IMPROVE?

60 Ways to Become a Smarter Lunchroom

Review this list to see where you are excelling and where you could improve. Identify new ideas that you can do at your school.

1. At least two types of fruit are offered daily 2. Sliced or cut fruit is offered daily 3. A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans). 4. Fruit is offered in at least two locations on all service lines, one of which is right before each point of sale. 5. At least one fruit is identified as the featured fruit-of-the-day and is labeled with a creative, descriptive name at the point of selection. 6. A fruit taste test is offered at least once a year.  Vary the Vegetables 7. At least two types of vegetable are offered daily 8. Vegetables are offered on all service lines. 9. Both hot and cold vegetables are offered. 10. When cut, raw vegetables are offered, they are paired with a low-fat dip such as ranch, hummus. or salsa. 11. A serving of vegetables is incorporated into an entree item at least once a month (e.g., beef and broccoil bowl. spaghetti. black bean burrito). 12. Self-serve spices and seasonings are available for students to add flavor to vegetables. 13. At least one vegetable is identified as the featured vegetable of-the-day and is labeled with a creative. descriptive name at the point of selection. 14. A vegetable taste test is offered at least once a year.  Highlight the Salad 15. Pre-packaged salads or a salad bar is available to all students. 16. Pre-packaged salads or a salad bar is in a high traffic area. 17. Self-serve salad bar tongs. scoops. and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items. 18. Pre-packaged salads or salad bar choices are labeled with creative. descriptive names and displayed next to each choice.  Moving More White Milk 19. Milk cases/coolers are kept full throughout meal service. 20. White milk is offered in all beverage coolers. 21. White milk is offered in all beverage onlers. 22. White milk is displayed in front of other beverages in all coolers.	Foci	ısing on Fruit	A+	С	Will Try
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<ul> <li>23. 1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.</li> <li>Boost Reimbursable Meals</li> <li>24. Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.</li> <li>25. One entree is identified as the featured entree-of-the-day. is labeled with a creative name next to the point of selection, and is the first entree offered.</li> <li>26. Creative, descriptive names are used for featured items on the monthly menu.</li> <li>27. One reimbursable meal is identified as the featured combo meal and is labeled with a creative name.</li> <li>28. The combo meal of the day or featured entree-of-the-day is displayed</li> </ul>
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on a sample tray or photograph.
29. A (reimbursable) combo meal is offered as a grab-and-go meal.
30. Signs show students how to make a reimbursable meal on any service line (e.g., a sign that says "Add a milk. fruit and carrots to your pizza for the Power Pizza Meal Deal!")
31. Students can pre-order lunch in the morning or day before.
32. Students must use cash to purchase a la carte snack items if available.
33. Students have to ask a food service worker to select a la carte snack items if available.
34. Students are offered a taste test of a new entree at least once a year.
Lunchroom Atmosphere
35. Staff smiles and greets students upon entering the service line continually throughout meal service
36. Attractive, healthful food posters are displayed in dining and service areas
37. A menu board with today's featured meal options with creative names is readable from 5 feet away when approaching the service area
38. The lunchroom is branded and decorated in a way that reflects the student body
39. Cleaning supplies or broken/unused equipment are not visible during meal service
40. All lights in the dining and service work and are turned on
41. Compost/recycling and trcsh cans are at least 5ft away from dining students
42. There is a clear traffic pattern. Signs, floor decals, or rope lines are used when appropriate
43. Trash cans are emptied when full.
44. A menu board with tomorrow's featured meal with creative
names is readable from 5 feet away in the service or dining area
Student Involvement

45.	Student artwork is displayed in the service area or dining space		
46.	Students, teachers and/or administrators announce today's menu		
	in daily announcements		
47.	Students are involved in the development of creative and		
	descriptive names for menu items.		
48.	Students have the opportunity to volunteer in the lunchroom.		
49.	Students are involved in the creation of artwork or marketing		
	materials to promote menu items		
50.	Students provide feedback (informal-"raise your hand if you		
	like" or formal – focus groups, surveys) to inform menu		
	development		
Scho	ool Community Involvement		
51.	A monthly menu is posted in the main office		
52.	A menu board with creative, descriptive names for today's		
	featured meal options is located in the main office		
53.	A monthly menu is provided to students, families, teachers and		
	administrators		
54.	Information about the benefits of school meals is provided to		
	teachers and administration at least annually.		
55.	Nutrition education is incorporated into the school day		
56.	Students are engaged in gorwing food (for example, gardening,		
	seed planting, farm tours, etc.)		
57.	Elementary schools provide recess before lunch		
58.	The school participates in other food program promotions such		
	as: Farm to School, Chefs Move to Schools, Fuel Up to Play 60,		
	Share our Strength etc.)		
59.	The school has applied or been selected for the Healthier US		
	School Challenge		
60.	Smarter Lunchrooms strategies are included in the Local School		
	Wellness Policy.		

Adapted from *Smarter Lunchrooms Scorecard 2.0*©Smarter Lunchrooms Movement, Cornell University 2017
Funded in part by USDA FNS/ERS
SmarterLunchrooms.org

### **SMARTER LUNCHROOM RESOURCES:**



At the Cornell Center for Behavioral Economics in Child Nutrition Programs (BEN Center) Smarterlunchroom.org

USDA Team Nutrition, Healthy Meals Resource System, Smarter Lunchrooms https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms

Connecticut State Department of Education. *Smarter Lunchrooms Action Guide. January 2016* http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/nutrition/smartlunch/SLAG.pdf

Iowa Department of Education https://www.educateiowa.gov/smarter-lunchrooms

Ohio Smarter Lunchrooms https://ohiosmarterlunchrooms.com/

### Farm to School

The Healthy, Hunger-Free Kids Act of 2010 formally established a Farm to School Program within USDA to improve access to local foods in schools.

Farm to school enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and preschools. Farm to school implementation differs by location but always includes one or more of the following:

- 1. **Procurement:** Local foods are purchased, promoted and served in the cafeteria or as a snack or taste test
- 2. **Education:** Students participate in education activities related to agriculture, food, health or nutrition
- 3. **School gardens:** Students engage in hands-on learning through gardening. Farm to school empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities

### Benefits of Farm to School

Research shows that farm to school provides many benefits:

- Improves student health and achievement
  - Improves K-12 eating behaviors, including choosing healthier options in cafeteria and consuming more fruits and vegetables through farm to school meals and at home.
  - Increases knowledge and awareness about gardening, agriculture, healthy eating, local foods and seasonality.
- Lowers Food Service Costs & Increases Revenues
  - Improves food service operations such as increased cafeteria offerings of fruits and vegetables, development of new seasonal recipes, and changes in cafeteria waste management policies.
  - Increases student meal participation from 3% to 16% (average +9%) due to farm to school programming, generating increased revenue through school meal programs.
- Benefits Farmers, Communities & the Local Economy
  - Supports farming families by increasing market opportunities for farmers, fishers, ranchers, food processors and food manufacturers.
  - Strengthens the community. Farm to School programs create opportunities for developing meaningful community relationships between schools, parents and local farmers. Money spent on local food in schools stays within the local economy.

### **SUMMARY OF FARM TO SCHOOL BENEFITS**

Students	
Fruit & vegetable	Increased +0.99 to +1.3 servings/ day
consumption	
Physical activity	Reduced screen time and increased physical activity
Food-system awareness	Increased knowledge regarding: gardening, agriculture, healthy food, local
	food, seasonality
Food choices	Willingness to try new and healthy food; choosing healthier options in the
	cafeteria and at home
Academic achievement	Overall improvement (K-12)
Behavior	Improved life skills, self-esteem and social skills
Schools	
Meal participation	Average increase of 9% (range 3% to 16%)
Local Sourcing	Up to 50% of all produce purchases in season
Improved cafeteria	Increased offerings of fruits and vegetables, new seasonal recipes, new
operations	waste management policies
Food service staff	Improved morale, increased knowledge
Teachers	Positive diet and lifestyle changes
Farmers	
Income	Average increase of 5%
Markets	Increased diversification and new opportunities
Community	
Economy	\$2.16 economic activity generated for every \$1 spent
Job creation	Each new farm to school job contributes to the creation of additional 1.67
	jobs
Families	Increased food security and positive diet changes

Public Health	Farm to school activities provide healthy food options and nutrition and food-based
	education to influence healthy eating behaviors and healthy lifestyles in children and
	families. Through the use of school and community gardens, farm to school can
	contribute to healthy neighborhoods where communities have a better
	understanding of how food is grown and how food affects their health and wellness.
Economy	Farm to school provides economic development opportunities to producers (e.g.
	farmers, ranchers, fishers) and laborers, distributors, processors, cooks and
	foodservice staff, as well as others who support the local food system.
Education	Farm to school can support educational outcomes for students by increasing student
	access to healthy foods in schools and promoting food and agriculture-based
	learning activities to enhance the quality of the educational experience. Farm to
	school curriculum and experiential activities are a platform to teach core content
	areas such as science, math and language arts.
Environment	Farm to school activities can support environmentally sound, sustainable and socially
	just approaches to food production, processing, packaging, transportation and
	marketing. Farm to school activities may promote an ecological ethic among
	participants, develop infrastructure that supports healthy environments and
	promote agriculture and food distribution practices that mitigate climate change.

### **Getting Started**

Farm to school offers multiple strategies to improve the health of children and communities. But getting started can be a daunting endeavor. This list provides some simple first steps to develop a lasting farm to school program in your community.

Look at where you are and think about where you'd like to be.

- •Procurement of local foods to be served in school?
- •Establishing a school garden?
- •Integration of farm to school within the curriculum?
- •All of the above?

Form a team and collaborate.

- Many have an important role:
- School food service staff
- Teachers
- Administrators
- •Local farmers
- Students
- Parents
- Community organizations

Establish one or two attainable goals to get started.

- •Identify menu items that could use local products.
- Find a farmer or distributor to connect you to local items.
- •Plan a local meal event.
- •Bring a school garden planning team together.
- •Identify curricular connections to a school garden.
- •Plan a farm field trip or a tasting event with local produce.

Learn from others.

- •Some places to connect and learn from others include:
  - •The National Farm to School Network (www.farmtoschool.org).
- •Indiana Farm to School Network

Promote farm to school in your school and community.

- Signage in the cafeteria
- Bulletin boards throughout the school
- School newsletters (print and electronic)
- School website
- •School events / PTA /etc.
- •Local media

Adapted from the National Farm to School Network, Getting Started with Farm to School

### 10 FACTS ABOUT LOCAL FOOD IN SCHOOL CAFETERIAS

- 1. USDA supports and encourages the procurement of local foods. In USDA's vision, school cafeterias championing U.S. agriculture and proudly promoting locally sourced foods are the norm, not the exception.
- 2. The definition of "local" is different from school to school. Definitions for local vary widely depending on the unique geography and climate where a school is located and on the abundance of local food producers and manufacturers.
- 3. Many local products are easy to find and source. Some products are more likely to be local than others.
- 4. Food distributors and food service management companies can be great partners for local sourcing.
- 5. Locally sourced fruits and vegetables are available through the DoD Fresh Program. Schools can elect to spend a portion of their USDA Foods entitlement money on fresh fruits and vegetables through the DoD Fresh Fruit and Vegetable Program, operated by the Department of Defense.
- 6. The small purchase threshold determines whether to use a formal or informal procurement method and is key to understanding options for buying local.
- 7. Schools are free to choose from three or more local vendors in an informal procurement. When the value of a purchase falls below the small purchase threshold, schools can get quotes exclusively from local producers instead of issuing a formal IFB or RFP.
- 8. Certain product specifications can help when sourcing local foods.
- 9. In any solicitation for unprocessed agricultural products, schools can indicate (and put a monetary value on) a preference for local foods
- 10. Buying local foods is about more than fruits and vegetables. Local offerings can span the school meal tray and include everything from the salad bar and fresh fruit and vegetable servings to the wheat in the pizza crust, beans in the chili, rice in the stir fry, turkey in the sandwiches, and cheese in the quesadillas. Local buying includes all types of producers, such as farmers, ranchers, and fishermen, as well as many types of food businesses, including food processors, manufacturers, distributors and other value-added operations that enable school meals to showcase the full range of food products available in their respective regions.

Source: USDA Farm to School Program

### MICRO-PURCHASE (NONCOMPETITIVE PURCHASE)

Micro-purchases (less than \$3000) enable schools to purchase supplies or services without soliciting competitive quotes, if the school considers the price reasonable. Micro-purchases may also prove especially useful when purchasing local products. Perhaps a district is committed to purchasing a variety of products seasonally and has built flexibility into its menu to enable the district to purchase small quantities of produce when local farmers might have a surplus

### Five Basic Steps of a Micro-Purchase

- 1. Develop written specifications and required terms, conditions, and contract provisions
- 2. Conduct market research
- 3. Contact a vendor and make the purchase
- 4. Manage the contract
- 5. Distribute micro-purchases equitably among qualified suppliers

### **INFORMAL PROCUREMENT PROCESS**

Schools may use the informal process when the estimated amount of the purchase falls below the applicable small-purchase threshold (the lowest of the federal, state and local thresholds. Federal threshold is less than \$150,000).

Even though the informal procurement method is less rigorous, it is important to note that competition is still required, and the regulations must be followed. Schools must develop and provide written specifications to the vendor(s), and acquire bids from at least three vendors. Although bids might be received over the phone or face-to-face at a market, schools should document all bids. The award is made to the responsive and responsible bidder with the lowest price.

### Five Basic Steps of Informal Procurement

- 1. Draft specifications in writing
- 2. Identify and gather at least 3 quotes from suppliers that are eligible, able, and willing to provide product
- 3. Evaluate bidder's responses to your specifications
- 4. Determine most responsive and responsible bidder at lowest price and award contract
- 5. Manage the contract.

### Bid Documentation Chart example

Vendor	Date Received	Responsive and Responsible	Price per Pound
Tom's Toms	July 1	Yes	\$2.20
Vickie's Vines	July 1	Yes	\$2.05
Fresh Network	July 10	No, can only deliver 5 months of year	\$2.75

## **INFORMAL PROCUREMENT LOG AND EVALUATION MATRIX**

(Purchases costing less than \$150,000)

Signature of person completing this form:	Additional Notes:	Date contacted:	Name of person quoting pricing:	Method of contact: Email/Fax/Mail/In person/Phone		need to tell the bidders which option they will use for awarding the purchase when they are asking for pricing. Schools can state that either option may be	*Bidder Selected (BS); school can award all items to one bidder (lowest total price) or award purchase on a line item basis (lowest line item price). School	*Bidder Selected (BS)		6. Product name & specification:	5. Product name & specification:	4. Product name & specification:	3. Product name & specification:	2. Product name & specification:	1. Product name & specification:	<ul> <li>Items to be Purchased:</li> <li>Delivery Frequency:</li> <li>Bid will be honored for:         <ul> <li>(number of day(s)/week(s)/month(s)) (school will state time period)</li> </ul> </li> </ul>	Supplic
				ne		l use for aw	ems to one		Total:							Quantity estimate d to be purchase d	Supplier Name:
					used by the	varding the	bidder (lo		\$							Unit Price	
					used by the school to award the purchase	purchase whe	west total price									Extended Price (Quantity x Unit Price)	
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Date:						state that e	lowest line		\$							Unit Price	
						ither option m	item price). Sc									Extended Price (Quantity x Unit Price)	
						ay be	hool									*BS	

Source: scnweb.doe.in.gov/Instruction/KaleTemplate.doc

### Resources

Indiana Department of Education, School Nutrition, Farm to School Toolkit http://www.doe.in.gov/nutrition/farm-school Maggie Schabel Indiana Farm to School State Lead Indiana Department of Education School & Community Nutrition (317) 232-2130 mschabel@doe.in.gov

USDA Farm to School, http://www.fns.usda.gov/farmtoschool/farm-school

National Farm to School Network www.farmtoschool.org

The Farm to School Census, https://farmtoschoolcensus.fns.usda.gov/

### Fiber and Health

Dietary fiber is a form of carbohydrate in plant foods that is edible but not digested.

- Fiber adds no calories to the diet, it performs many vital functions important to health.
- Fiber is a mixture of several components including cellulose, hemicellulose and lignin.
  These substances, which act as the structural building materials in the cell walls of
  plants, are chains of glucose units connected by chemical bonds that human digestive
  enzymes cannot break down. Other components of fiber pectins and gums are part
  of plant cell structure and metabolism.
- The proportion of these fiber components varies considerably from food to food. Factors such as plant species, stage of plant maturity and parts of the plant have a strong influence on a food's fiber composition.

The fiber in food is divided into two basic types: soluble and insoluble. Each type has different and important functions in the body. For optimal health, it is best to eat foods that provide both types. It is better to eat a wide variety of foods rather than focus on any single food as a source of fiber in the diet.

- Soluble fibers dissolve in water and are found in beans (such as kidney or black beans), some fruits and vegetables, and oats and barley. These fibers play a role in lowering blood cholesterol by binding with bile acids in the intestinal tract. Cholesterol is then excreted from the body along with the bile acid molecules. Reduced blood cholesterol levels are associated with the prevention of heart disease. In addition, some soluble fibers, such as those found in vegetables of the cabbage (brassica) family, may reduce the incidence of some forms of cancer. Soluble fibers, such as those in oatmeal, also help regulate the body's use of sugars, slowing their digestion and absorption and delaying the sensation of hunger. This function helps control blood glucose levels in people with diabetes.
- Insoluble fibers do not dissolve in water. Instead, they absorb water and provide bulk in the diet, thus adding to the feeling of fullness after a meal, helping the body remove waste and lessening constipation. Adequate intake of insoluble fiber has been found to decrease risk of colon cancer. Foods such as wheat bran, whole grains, fruits with many small seeds, and vegetables also contain this type of fiber. Eating fruits and vegetables with their skins, such as apples, eggplant, pears, potatoes, etc., adds valuable fiber to the diet.

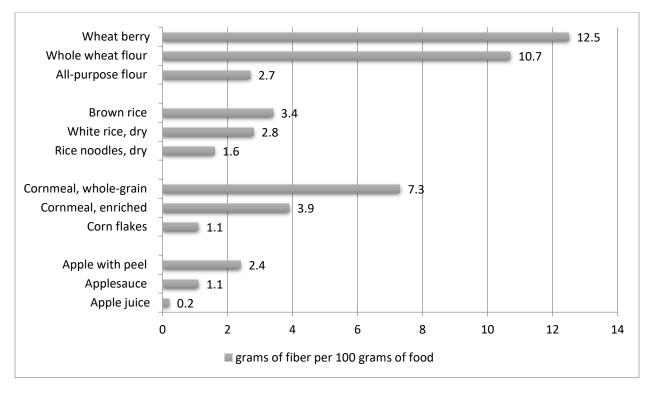
### Fiber Content in Select Grains, Beans, Nuts Fruits and Vegetables

Grains	Fiber
(per 1 cup cooked)	(grams)
Wheat, bulgur	8.2
Wheatberries	8
Kamut	6.7
Pearl barley, pearled	6
Teff	5.5
Quinoa	5.2
Amaranth (a seed)	5.2
Oatmeal	4.0
Rice, brown	3.5
Rice, wild	3.0
Millet	2.3
Rice, white	0.6
Beans	Fiber
(per 1 cup, cooked)	(grams)
Navy	19.1
Split peas	16.3
Lentils	15.6
Pinto beans	15.4
Black beans	15.0
Lima beans	14.0
Garbanzo beans	12.5
Kidney beans	11.3
Black-eyed peas	11.2
Soybeans	7.6
Fruit	Fiber
(per 1 cup)	(grams)
Prunes	12.4
Dates	11.8
Apricots, dried	9.5
Raspberries	8.0
Raisins, seedless	5.8
Banana	3.9
Strawberries	3.0
Apples	3.0

Cereal	Fiber
(per 1 cup)	(grams)
100% bran cereal	17.2
Bran flakes	7.0
Raisin bran	5.2-6.8
Shredded wheat squares	5.7
Oatmeal	4.0
Wheat flakes	3.5
Wheat squares	3.2
Oat circles	3.0
Seeds	Fiber
(per 1 ounces)	(grams)
Flax	7.7
Sesame	3.3
Sunflower	2.4
Pumpkin	1.7
Nuts	Fiber
(per 1 ounce)	(grams)
Almonds	3.5
Pistachios	2.8
Filberts, hazelnuts	2.7
Pecans	2.7
Macadamia	2.4
Peanuts	2.4
Brazil	2.1
Walnuts	1.9
Pine nuts or pignolia	1.1
Cashews	0.9
Vegetables	Fiber
(per 1 cup, cooked)	(grams)
Peas	8.8
Artichokes	7.7
Brussels sprouts	6.4
Winter squash	5.7
Broccoli	5.2
Sweet potatoes	3.2
Potatoes	1.8

### **Fiber Lost in Processing**

When foods are processed, fiber is sometimes lost. This table shows the effect of processing on select foods, comparing 100 gram portions.



### **Grains**

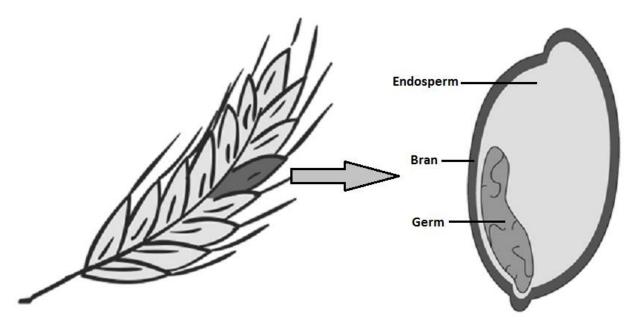
Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples of grain products.

Grains are divided into two groups:

- Whole grains contain all essential parts of the grain seed—the bran, germ and
  endosperm. In addition to fiber, whole grains provide protein, vitamins and minerals, as
  well as protective antioxidants in surprisingly large amounts similar to levels in fruits
  and vegetables. An unprocessed grain in its whole, natural form in which all parts of the
  kernel remain is called an intact grain (Examples include: barley, quinoa, and wheat
  berries).
- Refined grains have been milled, a process that removes the bran and germ. Milling
  gives grains a finer texture and improves their shelf life but also removes dietary fiber,
  iron and many B vitamins. Most refined grains are enriched. This means certain B
  vitamins (thiamin, riboflavin, niacin and folic acid) and iron are added back after
  processing. Fiber is not added back to enriched grains. Check the ingredient list on
  refined-grain products to make sure that the word "enriched" is included in the grain
  name.

Many food products are made from mixtures of whole grains and refined grains. Read labels carefully; "made with whole grain" is not the same as "whole-grain" bread. The ingredient list on the food label lists ingredients in order of weight, so it is easy to determine if there is more refined or whole grain in a product. Some brown breads have caramel color added. Breads and rolls with seeds (sesame, poppy, caraway, flax or millet) on top or within generally have more fiber.

### **Whole Grains**



### Whole grains:

- Whole (whole wheat, whole rye, whole cornmeal)
- Berries (wheat berries, rye berries)
- Groats (oat groats, buckwheat groats)
- Kernels (wheat kernels)

Bran	The multi-layered outer skin of the kernel that helps to protect the other two parts of the kernel from sunlight, pests, water, and disease. It contains fiber, important antioxidants, iron, zinc, copper, magnesium, B vitamins, and phytonutrients.
Germ	The embryo which, if fertilized by pollen, will sprout into a new plant. It contains B vitamins, vitamin E, antioxidants, phytonutrients, and unsaturated fats.
Endosperm	The germ's food supply, which, if the grain were allowed to grow would provide essential energy to the young plant. As the largest portion of the kernel, the endosperm contains starchy carbohydrates, proteins, and small amounts of vitamins and minerals.

Whole grains can be whole, cracked, crushed, flaked or ground

### **Utilizing speed scratch**

Speed scratch is a system of combining value-added food products with fresh fruits, vegetables and other components to create unique, signature dishes. It is the use of prepared products to enhance or finish fresh ingredients.

Meal	Advantages	Disadvantages			
Preparation					
Scratch Uses all	<ol> <li>Ingredient control</li> <li>Provides maximum variety and creativity in meal preparation.</li> </ol>	<ol> <li>Takes more time to plan</li> <li>Takes more time to purchase</li> <li>Takes more time to prepare</li> </ol>			
ingredients in the most basic form.	<ul><li>3. Control ingredients based on nutrition concerns.</li><li>4. Fewer additives and preservatives</li></ul>				
ALL cooking and assembly takes place on site.	<ol> <li>Usually less waste in packaging</li> <li>Uses quality fresh ingredients</li> <li>Lower ingredient costs</li> <li>Increased sales</li> <li>Flexibility with addressing allergy concerns</li> </ol>				
Speed Scratch	Saves time and energy by providing short cuts	Flavor may not be what you     wanted (example: too strongly			
Uses value- added or	Adds variety and creativity to recipes	flavored in some ways and not enough in others)			
minimally	Usually less expensive than convenience foods	2. Mixes tend to be higher in fat, salt and sugar.			
prepared ingredients.	4. Easier for inexperienced cooks to prepare recipes with more	<ul><li>3. Less meal appeal than scratch</li><li>4. More preservatives and additives</li></ul>			
MOST assembly	confidence than scratch recipes  5. Uses resources of food companies	than scratch 5. Extra packaging			
takes place on site.	to improve ingredients  6. Consistent product	6. Costlier than scratch			
	7. Less waste				
Finished/ Convenience	<ol> <li>Convenient</li> <li>Time saving</li> </ol>	More expensive than the other meal preparation strategies			
Convenience	3. Energy saving	2. Highest sodium/fat content than			
	Fear of cooking success is minimized	the other meal preparation strategies			
		3. Flavor and appearance may not compare as well as the other meal			
		preparation strategies  4. More additives and preservatives than all other meal preparation strategies			
		More packaging than the other meal preparation strategies			

### **Speed Scratch Foods**

Foods that are fully or partially prepared in advance by the manufacturer or by the processor to

- o save on-site preparation time,
- o reduce on-site labor costs,
- o take advantage of culinary skills, and
- o conserve energy.

These foods may be called *value-added*, *ready prepared*, or *convenience*.

### Rules for Speed Scratch

Follow package instructions.

Use the recommended

Equipment,

Temperature,

Time, and

Holding Procedures.

Poor quality comes from:

Overcooking

Wrong temperature

Improper holding

### **Nutrition of Speed Scratch**

Calories, Fat and Sodium in 1 Ounce of Salad Dressings

	Calories	Fat	Sodium
		(grams)	(milligrams)
French dressing	130	12.7	240
French dressing, reduced-calorie	55	3.7	285
Ranch dressing	140	14.5	230
Ranch dressing, reduced-fat	55	3.5	260
Blue cheese dressing	135	14.5	265
Blue cheese dressing, low-calorie	30	2.0	340
Italian salad dressing	80	8.0	470
Italian salad dressing, reduced-fat	20	1.8	390
House-made ranch dressing	35	2.5	50
House-made vinaigrette-style dressing	65	7.0	40

Spaghetti sauce	Sodium in ½ cup
Classico	350 mg
Prego	420 mg
Ragu	530 mg
Hunts	610 mg
Made on-site	40 mg

### **Speed Scratch Ideas**

### Stocks

- Enhance purchased bases or canned broths with vegetables, herbs and seasonings.
- Use commercial bases to prepare grains, such as rice.

### Soups

- Add fresh vegetables to enhance purchased soups.
- Add fresh herbs to purchased soups.

### Sauces

- Use premade sauces to enhance vegetables
- Use premade sauces with school made pizza

### Sandwich Spreads

- Season purchased mayonnaise with various flavorings such as wasabi, Buffalo sauce
- Enhance purchased ketchup with chipotle seasoning

### **Baked Goods**

- Bake frozen pizza dough
- Bake school-made rolls from frozen dough

### **Main Courses**

- Use premade stir-fry sauce to enhance school-made stir-fry
- Use premade meatballs with premade sauce.
- Purchase main course kits such as a fajita kit.

### Pizza

- Any component of pizza can be purchased premade and assembled
  - Dough
  - Sauce
- Add fresh vegetables for a customized pizza

### **Reduce the Sodium**

### What is sodium?

Sodium is a mineral which everyone needs to regulate body fluids. Sodium also helps nerves and muscles to function properly. Sodium is abundant in our food supply.

### Salt or sodium

- Sodium chloride is the chemical name for salt.
- 90 % of the sodium we consume is in the form of salt. Most of this is found in processed food and foodservice operations.
- Salt (NaCl) is 40% sodium (Na) and 60% chloride (CL)

### The problem with too much sodium

- Too much sodium is the leading risk factor for high blood pressure.
- High blood pressure is the major risk factor for heart disease and stroke, both are leading causes of death in the US.
- Americans consume substantially more sodium than recommended, more than 3400 mg of sodium daily

### Recommendations

- The 2015 Dietary Guidelines for Americans recommend limiting sodium to less than 2300 mg per day.
- Recommend 1500 mg per day for the following groups:
  - o individuals over 51
  - African Americans
  - o Individuals with hypertension, diabetes, or chronic kidney disease

### **SODIUM REDUCTION IN SCHOOLS:** TIMELINE & AMOUNT

Age/Grade	Baseline: average (mg) current	Target 1: (mg)
Group	sodium levels as offered	July 1, 2014
		SY 2014-2015
School Breakfas	st Program	
K-5	573 (elementary)	< 540
6-8	629 (middle)	< 600
9-12	686 (high)	< 640
<b>National Schoo</b>	l Lunch Program	
K-5	1,377 (elementary)	< 1,230
6-8	1,520 (middle)	< 1,360
9-12	1,588 (high)	< 1,420

source: http://www.fns.usda.gov/sites/default/files/sodium.pdf

Schools may be required to meet lower sodium targets in future years. USDA will complete research and additional analyses before those targets are implemented in 2017.

### Where is it found

- Salt, or sodium chloride, is the primary source of sodium in the diet.
- Processed foods

### **Sodium-Rich Ingredients**

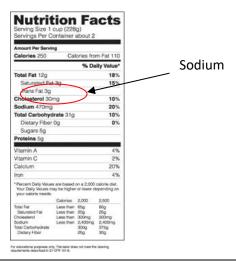
Sodium is in a variety of compounds used as food ingredients. Sodium both preserves food and enhances flavor. Look for added sodium in ingredient lists. Check labels for sodium content.

Ingredient	Function
Monosodium glutamate (MSG)	Flavor enhancer
Sodium benzoate	Preservative
Sodium caseinate	Thickener and binder
Sodium citrate	Buffer used to control acidity in soft drinks
Sodium nitrite	Curing agent in meat
Sodium phosphate	Emulsifier and stabilizer
Sodium propionate	Mold inhibitor
Sodium saccharin	Artificial sweetener

### Sodium labeling

Label term	Definition
Sodium free	Less than 5 mg per serving.
Very low sodium	35 mg or less per serving and, if the serving is 30 g or less
	or 2 tablespoons or less, per 50 g of the food.
Low sodium	140 mg or less per serving and, if the serving is 30 g or
	less or 2 tablespoons or less, per 50 g of the food.
Reduced or Less sodium	At least 25 percent less per serving than the reference
	food.
Unsalted or no salt added	no salt added during processing; however, the product
	may still contain sodium

### **Label Reading**



### SALT IN COOKING

- Tastes good and is inexpensive.
- Our taste (sensory preferences) for salt can be decreased.
- Make gradual changes to lessen the amount of sodium over time.

### **Functions of Salt**

- Added salt improves the sensory properties of virtually every food. It makes the food "taste" better.
- Salt was found to improve the perception of product thickness
- Salt will enhance other tastes, such as sweetness
- Used in curing meat, brining products
- Used in baking to control yeast
- Retains moisture
- In cheeses, salt removes excess water, creating a firmer texture and contributes to characteristics such as meltability, shredding, stretching, and flow
- Enhancing raw poultry, beef, pork, and seafood products with sodium-containing (salt, sodium phosphates) solutions to improve the tenderness (juiciness) of leaner cuts of meat.
  - A regular serving of meat (4 ounces) without enhancement contains 68 mg of sodium
  - Same serving of meat injected up to 10 percent of its weight with brine contains
     384 mg sodium per serving

### Strategies for sodium reduction

- Gradual reduction without students' knowledge
- Use of low-sodium foods
- Modification of the size and structure of salt particles
- Use of substitutes and enhancers

### Salt

Salt	Amount	Weight	Sodium
			(mg)
Table salt	1 teaspoon	6 grams	2325
Diamond Crystal kosher salt	1 teaspoon	2.8 grams	1120
Diamond Crystal sea salt	1 teaspoon	5.6 grams	2160
Morton kosher salt	1 teaspoon	4.8 grams	1920
Morton sea salt	1 teaspoon	5.6 grams	2240
Diamond Crystal Salt Sense	1 teaspoon	4 grams	1560
Ingredients: salt, silicon dioxide, tricalcium			
phosphate, sodium bicarbonate, dextrose,			
potassium iodine			
Morton Salt Substitute	1 teaspoon	5 grams	No
Ingredients: potassium chloride			sodium

### Sodium in condiments, sauces, salad dressings

Ingredients naturally low in sodium	
Vegetables, fresh, frozen	House-made stocks
Vegetable juices (fresh made)	Sun-dried tomatoes
Fruits and fruit juices	Herbs
Vinegars	Spices
Citrus juices	

Ingredients high in sodium	
Pre-prepared salad dressings	Spice salts (garlic salt, celery salt, etc.)
Pre-prepared sauces	Pre-prepared mayonnaise
Food bases (chicken, beef, vegetable, etc.)	Canned vegetable juices

Some high-sodium con	diments	
Onion salt Celery salt Garlic salt Seasoned salt Meat tenderizer Bouillon	Soy sauce Steak sauce Barbeque sauce Catsup	Mustard Worcestershire sauce Salad dressings Pickles Chili sauce Relish

### **Mean Sodium Content of Condiments, Sauces and Salad Dressings**

Packaged food category	mg sodium (mean value)
Barbecue sauce, ketchup, steak sauce, marinades	1081 mg / 100 gm
Salsa, dips, dipping sauces, tartar sauces, mustard sauce,	712 mg / 100 gm
sweet and sour sauce	
Asian-style condiments	706 mg/ tbsp
Salad dressing	1019 mg / 100 gm
Mayonnaise and mayonnaise-type dressing	713 mg / 100 gm
Entree sauces (tomato-based pasta sauces)	442 mg / 100 gm
Entree sauces (gravy, cheese, pizza, Alfredo)	550 mg / 100 gm
Dry seasoning mixes	415 mg / serving

### **Enhancing Flavor in Foods**

### It Makes Sense

The popping of corn, the crunch of a crusty bread, the sight of vibrant red strawberries, the aroma of cinnamon rolls, and the taste of juicy oranges. All five of our senses provide us with perceptions, when collected, become "flavor". It is this collective *flavor* that is the primary reasons why we eat what we do. Taste is the most important influence on our food choices. Concern about food not tasting good is the most often mentioned obstacle to buying healthful foods. Your message to students should focus on flavor while delivering healthful food!

### The Five Senses

- 1. Hearing
- 2. Sight
- 3. Touch
- 4. Smell
- 5. Taste

### The Components of Flavor

### Taste

Our sense of taste comes from the chemical receptors, or taste buds, in our mouth. These some 10,000 taste buds record five basic tastes:

- sweet
- salty
- sour
- bitter
- umami

Additionally, the insides of our mouths feel such sensations as the burn of hot chiles, the cooling effect of mint, or the fizz of carbonated beverages.

### Smell

Although the sense of taste is most often given credit for the appeal or dislike of a food, the sense of smell is most often the guilty party. Unlike our limited repertoire of tastes, the number of odors we can detect seems to be unlimited. When we put food in our mouth the chewing process releases volatile compounds that pass to the olfactory receptors cells at the top of our nasal passages. Our sense of smell is thought to be 10,000 times more sensitive than our sense of taste. Think about the last time you had a cold. Did you complain about foods having no taste?

### Visual

When food is placed in front of us one of the first senses that gives you flavor clues is sight. We can anticipate the sweetness of strawberries by the intensity of red color. Steam rising off the vegetables indicates they are piping hot. The golden brown of toast hints at its crispness. It is certainly true that "we eat with our eyes" Just by looking at a tray your students can anticipate how the food will feel and taste, even before the first bite.

### **Texture**

A piece of poached salmon that flakes away under the gentle prodding of a fork hints at the tenderness of the fish. On the contrary, when a blade of a knife refuses to penetrate a piece of meat it indicates that the meat will be tough and chewy. The velvet smoothness of a mousse, the crunchy crust of a bread, and the snap of a sugar snap pea are all texture indicators that give us insight into the "taste" of a food.

### **Temperature**

The temperature of our food affects our perception of its taste. Coldness suppresses sweetness. Bitterness is more intense with in cold solution. Sourness is more intense with a warm solution

### Sound

The sizzle of onions when they hit the sauté pan is a sign that tells us the pan is just the right temperature. The snap of a carrot tells of its freshness. There are many sounds in our culinary world that add to the enhancement of the *flavor* of foods.

### What can school nutrition operators do?

The first thing you can do as a foodservice operator is to take a moment and note the different ways in which all five of the senses are interacting in your operation and in the foods you are serving. Look for ways to enhance all of the aspects of flavor!

### The "Tastes"

- Sweet
- Sour (Acid)
- Salty
- Bitter (Alkaline)
- Umami

### Flavor in cooking is developed through...

- the selection of quality ingredients
- the appropriate use of seasonings and flavorings
- the application of processes that capture flavor
- the proper execution of cooking techniques

### **FLAVOR ENHANCERS**

Herbs	Fresh, Dried, Pestos		
Spices	Whole, Ground, Toasted		
Aromatic ingredients	Onions, Shallots, Garlic, Leeks, Ginger		
Peppers	Hot:     ancho, chipolte, jalapeno, poblano, serrano, habanero, Scotch bonnets  Sweet     green, red, yellow, orange, purple		
Acidic Ingredients	Vinegars:  malt, cider, balsamic, fruit, herb, garlic Citrus:  zest or peel, juice Tomatoes:  Juice, fresh, canned		
Flavorful liquids	Stocks:  vegetable, chicken, beef, fish Juices:  fruit or vegetable		
Other Condiments	Horseradish, Wasabi, Ginger, Mustards, Pickle Relishes, Olives, Salsas (Fruit & Vegetable), Ketchup, Infused Oils		
Cooking processes	Extraction Infusion Marination Reductions		
Cooking methods	Sauteing Searing Poaching Roasting Baking Toasting    Toast nuts and seeds to bring out the flavor. Roast vegetables for unique, robust flavors.		

### **HERBS**

**Herbs:** The leaves of annual and perennial low growing shrubs

**Aromatic seeds:** The seeds of graceful lacy annual plants (anise, caraway, coriander)

### **C**ULINARY HERBS

Variety	Description	Peak Season	Uses/Affinities
Basil	leaves are pointed, green. Purple varieties, large or small-leafed varieties available, also specialty types with cinnamon, clove and other flavors	Summer/ year-round	Flavoring for sauces, pesto sauce, dressings, infusing oils, vinegars etc. Also available in dried-leaf form. Chicken, fish and pasta dishes
Bay leaf	Smooth, rigid leaf	Summer	Available dried year-round. Used to flavor soups, stews, stocks, sauces and grain dishes
Chervil	Similar in shape to parsley, with finer leaves, licorice flavor	Summer	Component of "fines herbes" often used in "pluches" to garnish dishes. Egg, chicken, shellfish, dishes.
Cilantro	Similar in shape to parsley, with pronounced, unique flavor	Mid to late summer	Component of Asian and South/Central American dishes; flavoring for salsas and other uncooked sauces.
Dill	Feathery shape with strong aroma	Late summer	Fresh is used to flavor sauces, stews, braises (especially Central and Eastern European dishes). Seeds used in pickles.
Marjoram	Small, rounded leaves with a flavor similar to oregano	Throughout summer	Used in Greek, Italian and Mexican dishes. Especially suitable for vegetable dishes.
Mint	Pointed, textured leaves. Size varies by type, as does particular flavor.	Throughout summer	Used to flavor sweet dishes, beverages, as a "tisane" and in some sauces. Mint jelly is traditional with lamb.
Oregano	Small, oval leaves	Throughout summer	Used with a variety of sauces, with poultry, beef, veal, lamb and vegetables

Parsley	Feathered leaves; may be curly or flat	Year-round	Component of "fines herbs" and of bouquet garni. Flavoring for sauces, soups, dressings, and other dishes. Garnish.
Rosemary	Leaves shaped like pine needles with a pine aroma and flavor	Year-round	Large branches used as skewers. Popular in Middle Eastern dishes, grilled foods and in marinades. Dried is nearly as intense in flavor as fresh.
Sage	Large leaves, may be furry or velvety. Sage-green color	Summer	Popular as flavoring in stuffings, sausages and some stews. Dried, rubbed sage also available.
Savory	Summary savory has flavor similar to thyme. Winter savory is more like rosemary	Summer and fall	Used in salads, stuffings, sauces.
Tarragon	Narrow leaves with pronounced licorice flavor	Summer	Another component of "fines herbs." Used with chicken, fish, veal and egg dishes.
Thyme	Very small leaves. Varieties available with special flavors (nutmeg, mint, lemon, etc.)	Summer	Part of bouquet garni. Dried leaves may occasionally be used in place of fresh. Used to flavor soups, stocks, stews and braises.

source: The New Professional Chef (6th edition). The Culinary Institute of America. New York: Van Nostrand Reinhold. 1996.

### **S**PICES

Derived from the bark, root, fruit or berry of perennial plants Examples:

Bark - cinnamon Root - ginger Berry - pepper Fruit -nutmeg

### **S**PICES

Name Uses/Affinities

Braises, forcemeats, fish, pickles, desserts  Desserts and other baked goods, liqueur
Desserts and other baked goods, liqueur
Desset is and other barred goods, inducat
Rye bread, pork, cabbage, soups, stews, some cheeses,
Curries, some baked goods, pickling
Sauces, soups, most meats, some fish, and poultry
Salads (including cole slaw), salad
Chili and other Mexican dishes, curries
Desserts, some baked goods, sweet potatoes, hot beverages, curries, pickles, and preserves
Stocks, sauces, braises, marinades, curries, pickling, desserts, some baked goods
Curries, some forcemeats, pickling, some baked goods
Curries, chili, and other Mexican dishes
Pickling, sauerkraut
Sausage, fish and shellfish, tomatoes, some baked goods, marinades
Curries, meat, poultry, chutney
Fresh: Asian dishes, curries, braises: ground dry: some desserts and
baked goods
Sauces (for beef, chicken, fish), egg salad, potatoes, beets
Marinades, braises (especially game), sauerkraut, gin, and liqueurs
Some forcemeats, pork, fish, spinach, other vegetables, pickles, desserts, and baked goods
Pickling, meats, sauces, cheese and eggs, prepared mustard
Sauces and soups (especially cream), veal, chicken, aspics, spinach,
mushrooms, potatoes, other vegetables, desserts (especially custards),
baked goods
Braises and stews (including goulash), sauces, garnish
Stocks, sauces, meats, vegetables, many other uses
Poultry, seafood, rice pilafs, sauces, soups, some baked goods
Asian dishes, especially pork and duck
Curries, sauces, pickling, rice

### Pepper

Black peppercorns	Available as whole berries, cracked, or ground. The Telicherry peppercorn is one of the most prized. Mignonette or shot pepper is a combination of coarsely ground or crushed black and white peppercorns.
White peppercorn	Black peppercorns are allowed to ripen and then husks are removed. May be preferred for pale or lightly colored sauces. Available in same form as black peppercorns.
Green peppercorns	Unripe peppercorns that are packed in vinegar or brine; also available freeze-dried (they must be reconstituted in water before use).
Cayenne	A special type of chili, originally grown in Cayeene in French Guiana. The chili is dried and ground into a fine powder. The same chili is used to make hot pepper sauces.
Chili flakes	Dried, whole red chili peppers that are crushed or coarsely ground.
Paprika	A powder made from dried sweet peppers (pimientos). available as mild, sweet, or hot. Hungarian paprikas are considered superior in flavor.

source: The New Professional Chef (6th edition). The Culinary Institute of America. New York: Van Nostrand Reinhold. 1996.

### **SEASONINGS BLENDS**

Yield: 1 quart

<b>a</b>	œ	<u>а</u>	S	_
1/3 cup 1/3 cup 1/3 cup 1 ¼ cup 1 ¾ cup	1 cup 1 ¼ cup ¼ cup 1 ¼ cup ¼ cup	1 1/3 cup 1/3 cup 1 cup 1/3 cup	1 cup 1 cup 7/8 cup 1 tablespoon 1 cup	1/3 cup 2/3 cup 1 cup 1 cup 1 cup
Onion powder Garlic powder Paprika, smoked Cumin, ground Chili powder	Onion powder Garlic powder Paprika Chili pepper Red pepper	Basil, dried Oregano, dried Marjoram, dried Thyme, dried	Ginger, ground Black pepper, ground Orange peel, dried, ground Mace, ground Cloves, ground Brown sugar	Onion powder Garlic powder Paprika Oregano leaves Thyme leaves
Mexican adapted from USDA Recipe, Mexican Seasoning Mix, G- 01A	Buffalo	Italian adapted from USDA recipe, Italian Seasoning Mix, G-01	Caribbean Spice	Garlic & Herb

Barbecue	Onion powder	1 cup
	Garlic powder	1 cup
	Paprika, smoked	1/8 cup
	Cumin, ground	1/8 cup
	Black pepper	½ cup
Ranch	Garlic powder	1 ½ cup
	Onion powder	1 ½ cup
	Dill weed	1 ½ cup
	Black pepper	½ cup
Parmesan-Rosemary	Garlic powder	dno ¼
	Rosemary, crushed	% cup
	Parmesan cheese	2 ¾ cups
Spice Rub	Onion powder	2/8 cnp
	Garlic powder	2/8 cup
	Paprika	2/8 cup
	Cumin, ground	2/8 cup
	Chili powder	2/8 cup
	Black pepper	2 tablespoons
	Brown sugar	% cup
Tandoori	Paprika	2/3 cup
	Cumin, ground	2/3 cup
	Coriander	2/3 cup
	Cayenne Pepper	2/3 cup
	Ginger, ground	2/3 cup
	Turmeric	2/3 cup

**ADDING SALT** 

Salt may be added to any of these seasoning blends according to the flexibility you have.

Using 1 teaspoon of salt for 50 portions adds about 45 mg of sodium per portion. Using 1 tablespoon of salt for 100 portions adds about 70 mg of sodium per portion.

### **VINEGAR**

The term "vinegar" comes from the French vin aigre, or sour wine. Vinegar is an acidic liquid produced through fermentation. Souring is a natural process that occurs when an alcoholic liquid is exposed to the air. Bacteria present in the air converts the alcohol into a natural acetic acid, and it is this acid that gives vinegar its characteristic sharpness.

Vinegar is an essential ingredient in the kitchen and a highly versatile flavoring. Keep vinegars in a cool place away from light; they do not need to be refrigerated. Most vinegars can be kept almost indefinitely if stored correctly.

### Types Of Vinegar

Vinegar	Acetic Acid	Flavor	Uses
Wine vinegar	At least 6 %	Produced from both red	Wine vinegars are ideal for
France, Italy, Spain	acetic acid	and white wines, the	mayonnaise and all kinds of
		quality of the vinegar	salad dressings. They are
Champagne		depends on the quality of	also used in many classic
Sherry		the wine. There are almost	butter sauces, such as
Balsamic		as many types of wine	béarnaise.
		vinegar as there are wines.	
Malt vinegar	4-8 %	Malt vinegar is made from	Often used as a pickling
England		grain (malted barley) and	vinegar for onions and
		is strongly flavored.	other vegetables. It is also
			used in the manufacture of
			sauces and chutneys. Best
			with straight forward food
			such as fish and chips, cold
			meats, or when preparing
Cider vinegar	5-6 %	It has a strong, sharp	relishes and chutneys.  Apple cider vinegar is best
North America	3-0 %	flavor and so should only	for salads, dressings,
North America		be used where it	marinades, condiments,
		complements the other	and most general vinegar
		ingredients.	needs Cider vinegar is the
		mgreaterits.	best choice for deglazing
			pork chops accompanied
			by sautéed apples. Used in
			fruit pickling.
Rice wine vinegar	2-4 %	Japanese rice vinegars are	Rice vinegar is popular in
Far East		mellow and mild, while	Asian cooking and is great
		vinegar from China is	sprinkled on salads and
		sharp and sometimes	stir-fry dishes. Its gentle
		slightly sour.	flavor is perfect for fruits
			and tender vegetables.

### VINEGAR TASTING

Vinegar	Visual	Smell	Taste	Application
White wine				
Red wine				
Sherry				
Balsamic				
Balsamic, white				
Apple cider				
Malt				
Rice wine				

### **C**ITRUS

- Lemon
- Lime
- Orange
- Grapefruit
- Kumquat
- Tangerine

Zest	Use	Tool	Examples
Fine Zest	Dressings, sauces, cookies	Microplane	
Coarse zest	Muffins or salads	Zester	
Citrus peel	Flavoring soups, water Lemon extract powder	Vegetable peeler	

### **Zesting citrus:**

- Wash and dry fruit thoroughly before zesting.
- Remove zest from the fruit BEFORE cutting or juicing the fruit.
- Remove ONLY the outer part of the peel; do not include the bitter white pith.

### Citrus Salt

Kosher salt 1/4 cup

Lemon zest 1 tablespoon finely grated
Lime zest 1 tablespoon finely grated
Orange zest 1 tablespoon finely grated

adapted from: www.chow.com

### Citrus Sugar

Lemon zest1 teaspoonLime zest1 teaspoonGrapefruit zest1 teaspoonOrange zest1 teaspoonGranulated sugar1 cup

adapted from: www.marthastewart.com

### COOKING PROCESSES AND COOKING METHODS

### Processes to capture flavor

Flavor is an expensive commodity - something that has a value. Look at processes that help capturing flavors as opposed to loosing flavors.

Process	Examples	Examples
Extraction	Fruit juices Vegetable juices Coulis Purees	
Infusion	Vinegars Oils Stocks Herb infused juices	
Marination	Submerge Brush Dry rubs Wet rubs	
Reduction and concentration	Enhancing flavor through concentrating	

### **PROPER EXECUTION OF COOKING TECHNIQUES**

Which has more flavor - the char-broiled burger or the griddle burger? Does a hot smoked chicken breast taste different from a poached, or sautéed or grilled chicken breast? You can start with the same products but through the cooking process end up with completely different tasting products.

### Caramelization

Caramelization is the browning reaction that occurs when sugar is heated. This occurs with sugars (such as table sugar) and with high-sugar vegetables and fruits.

Caramelizing vegetables by slowly cooking them until they are richly browned is a wonderful way to pull flavor out of a simple ingredient. High-sugar vegetables include carrots, beets, parsnips and onion.

### **Maillard Reaction**

One of the most important flavor-producing reactions in cooking is the Maillard reaction. It is sometimes called the "browning reaction" but should really be called "the flavor reaction". The Maillard reaction creates brown pigments in cooked meat by rearranging amino acids and certain simple sugars.

The Maillard reaction occurs in cooking of many kinds of foods, although the simple sugars and amino acids present produce distinctly different aromas. This is why baking bread doesn't smell like roasting meat or frying fish, even though all these foods depend on Maillard reactions for flavor. The Maillard reaction, or its absence, distinguishes the flavors of boiled, poached, or steamed foods from the flavors of the same foods that have been grilled or roasted. Dryness and temperature, are the key controls for the rate of the Maillard reaction.

One of the challenges to getting the Maillard reaction going is getting the surface hot and dry enough without overcooking the underlying flesh or at least overcooking it as little as possible. Raising the temperature above 355 °F risks burning (or pyrolysis). People typically like foods a little charred, but with too much burning comes bitterness.

The Maillard reaction is responsible for many colors and flavors in foodstuffs:

- caramel made from milk and sugar
- the browning of bread into toast
- the color of beer, chocolate, coffee, and maple syrup
- the flavor of roast meat
- the color of dried or condensed milk

### **FLAVOR POINTS FOR COOKING**

### **Poaching**

Although the image of a poached salmon filet or chicken breast often conjures a picture of a bland, or insipid product nothing could be further from the truth. If done properly you can create elegant, tasty dishes.

Important taste points with poaching:

- use a flavorful liquid (stock or broth, wine, vegetable or fruit juices)
- add aromatics to the liquid (herbs, spices, citrus zest, vegetables)
- reduce the poaching liquid to prepare the sauce
- en papillote is another moist cooking method that "steams" the item encased in parchment paper; the natural juices from the product are captured in the paper; the aroma is released in front of the guest - the smell romances the taste buds.

### **Braising**

Braising and stewing are not generally thought to be healthful cooking methods, but if executed properly the dishes can be lower in fat and very flavorful. To lower the fat in braised and stewed dishes use lean products or trim away excess fat, dry sear in minimal fat, and use cornstarch or arrowroot in place of roux.

Important taste points with braising:

- marinate product prior to braising
- use a flavorful liquid for braising
- add tomato product (tomato puree, tomato paste, tomato concasse) to tenderize and add flavor
- add other vegetables for texture and flavor variation

### **Broiling and Grilling**

Grilled foods carry a unique smoky, slightly charred flavor resulting from the flaring of juices and fats rendered out as the items cooks. Almost any product can be grilled - meat, fish, poultry, vegetables and fruits.

*Important taste points with grilling:* 

- marinate the product prior to grilling
- add special wood to introduce special flavor
- baste with flavorful sauce during cooking (such as barbecue)
- "rub" the product with a spice blend prior to grilling

### **Roasting**

Roasting or baking is a technique that cooks food by surrounding them with dry air. All items should be roasted on a rack or a bed of vegetables to allow the fat to drip away from the product. *Important taste points with roasting:* 

- season the product with herbs or spices prior to roasting
- sear meat to develop flavor prior to roasting
- stuff the product with a lean, flavorful product
- do not overcook to create a tender and moist product

### **Dry Sautéing**

This is a version of a traditional sauté where you cook the product over high heat using little or no added fat. The pan used should be well-seasoned, wiped lightly with oil, or have a non-stick coating.

Important taste points with dry sautéing:

- use high heat to allow the product to sear properly
- deglaze the pan with stock, wine or cognac to capture the fond
- add shallots, garlic, peppercorns or other seasonings to the sauce

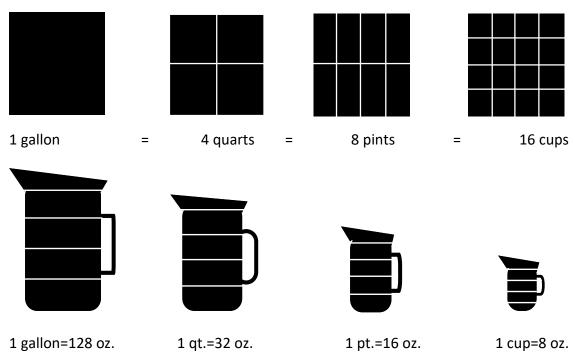


### Resources



### **RESOURCES**

### **WEIGHTS AND MEASURES**



### Weights and Measures Equivalencies

<u> </u>	
dash	 less than 1/8 teaspoon
3 teaspoons (tsp.)	 1 Tablespoon (1/2 fl. oz.)
2 Tablespoons (Tbsp.)	 1/8 cup (1 fl. oz.)
4 Tablespoons	 1/4 cup (2 fl. oz.)
8 Tablespoons	 1/2 cup (4 fl. oz.)
16 Tablespoons	 1 cup (8 fl. oz.)
1 gill	 1/2 cup
2 cups	 1 pint
2 pints	 1 quart (approx. 1 liter)
4 quarts	 1 gallon
8 quarts	 1 peck
4 pecks	 1 bushel

### **S**COOPS

The number on the scoop indicates how many level scoops make one quart.

Scoop Number	Measure	Weight in Fluid Ounces (fl oz)	Scoops per Cup
4	1 cup	8 fl oz	1
5	3/4 cup	6.4 fl oz	1.25
6	2/3 cup	5.3 fl oz	1.5
8	1/2 cup	4 fl oz	2
10	3/8 cup	3.2 fl oz	2.5
12	1/3 cup	2.6 fl oz	3
16	1/4 cup	2 fl oz	4
20	3 1/3 tablespoons	1.6 fl oz	5
24	8 teaspoons	1.33 fl oz	6
30	2 tablespoons	1 fl oz	7.5
40	1 2/3 tablespoons	.75 fl oz	10
50	3 3/4 teaspoons	.64 fl oz	12.5
60	1 tablespoon	.5 fl oz	15
70	2 3/4 teaspoons	.45 fl oz	17.5
100	2 teaspoons	.32 fl oz	25

### **L**ADLES

Ladles are labeled "oz." "fl oz", fluid ounce, would be more accurate since they measure volume, not weight.

Ladle (Fluid ounce)	Approximate measure
1 oz	1/8 cup
2 oz	1/4 cup
3 oz	3/8 cup
4 oz	1/2 cup
6 oz	3/4 cup
8 oz	1 cup
12 oz	1 1/2 cups

Source: adapted from National Food Service Management Institute. (2004). *Basics at a glance poster*. Available at http://www.nfsmi.org.

### **CAN SIZE: FLUID OUNCES AND CUPS**

Can Size	Fluid Ounces	Cups
		(approximate)
Number 1 (picnic)	10.5 – 12	1 1/4 – 1 1/3
Number 300	14 – 16	1 3/4
Number 303	16 – 17	2
Number 2	20	2 1/2
Number 2 1/2	27 – 29	3 1/2
Number 3 cylinder	50 – 51	5 3/4 – 6 1/8
Number 5	56	7 – 7 1/3
Number 10	104 – 116	12 – 13

### HOTEL OR STEAMTABLE PAN CAPACITY

Pan Size	Approximate Pan Capacity		Approximate Pan Capacity	
	Full		85 Percent	
	Quarts	Cups	Quarts	Cups
Full Size 12" x 20" x 2 1/2"	8 1/4	33	7	28
4"	14	56	12	48
6"	21	84	18	72
Half Pan 12" x 10" x 2 1/2"	4	16	3 1/2	14
4"	6 1/2	26	5 1/2	22
6"	9 1/2	38	8	32
Third size 12' x 6" x 2 1/2"	2 2/5	9 3/5	2	8
4"	3 7/8	15 1/2	3 1/4	13
6"	6	24	5	20 1/2
Fourth size 10' x 6" x 2 1/2"	1 7/8	7 1/2	1 1/2	6 3/8
4"	3	12	2 1/2	10
6"	4 1/2	18 1/4	3 7/8	15 1/2
Sixth size 6' x 6" x 2 1/2	1 1/4	5	1	4 1/4
4"	1 7/8	7 1/2	1 1/2	6 3/8
6"	2 3/4	11	2 1/3	9 1/3

K-5 Cycle Menus

			=	
Meatball Sub Sandwich	Baked Potato Bar	<b>BBQ Chicken Drumstick</b>	Baked Penne or Ziti	Beef/Cheese Street Taco
Roasted Turmeric	Chili	Cinnamon-Chili Roasted	Zucchini Fries with	Refried Black Bean
Cauliflower	Cheese Sauce	Sweet Potato Wedges	Marinara	Salsa
Roasted Cinnamon	Steamed Broccoli	Corn Pudding	Breadstick	Orange Wedges
Peaches	Dinner Roll	Applesauce	Frozen Grapes	
	Dried Cranberries			
Breakfast for Lunch	Chicken Bruschetta Pasta	Italian Flatbread	Teriyaki Chicken Over	Chili
French Toast Sticks OR	Tuscan White Bean Salad		Oven-Fried Rice	Cornbread
Apple-French Toast Bake	Garlic Breadstick	Tomato Soup	Sugar Snap Peas	Spinach & Strawberry
Turkey Sausage Patty	Frozen Blueberries		Sesame Breadstick	Salad
Potato Wedges		Roasted Pear Crumble	Pineapple Chunks	Mandarin Oranges
Cinnamon Baked Apples				
Cheeseburger on Bun	Chicken & Noodles	Pulled BBQ Pork	Southwestern Turkey	Cheese Pizza
Lettuce/Tomato	Mashed Potatoes	Homestyle Baked Beans	Burrito Bowl	Broccoli Salad
Pickled Carrots	Green Bean, Cranberry &	Confetti Coleslaw	Brown Rice	Banana
Ranch Roasted Potato	Sunflower Seed Salad	Quick Pickle Cukes	Fiesta Lime Corn	
Wedges	Small Roll	Peaches	Pico de Gallo	
Mixed Fruit	Fresh Red Grapes		Mango	
Chicken Tenders	Pasta Bar (Meat Sauce,	Beef Tamale Pie	Chicken & Cheese	Alaska Pollock Po'Boy
Dipping Sauces	Chicken & Garlic)	Orange Glazed Carrots	Quesadilla	Roasted Potato Wedges
Brown Rice	Garden Salad with	Blueberry Oat Bars	Salsa	Roasted California Blend
Lemon Zest Broccoli	Chickpeas		Black Bean, Corn &	Sliced Pear
Strawberry Cup	Garlic Bread		Tomato Fiesta Salad	
	Apple Wedges		Oranges	

Daily Offer: Veggie Cruncher Cup

<sup>\*</sup>Recipes prepared in class

## 6-8 Cycle Menus

Meatball Sub	Baked Potato Bar	BBQ Chicken Drumstick	Baked Penne	Chipotle Chicken Street
Roasted Turmeric	Chili	Chipotle-Cinnamon	Zucchini Fries	Тасо
Cauliflower	BBQ Pork	Roasted Sweet	Breadstick	Refried Beans
Roasted Cinnamon	Cheese Sauce	Potato Wedges	Frozen Grapes	Salsa
Peaches	Steamed Broccoli	Cornbread		Orange Wedges
	Dinner Roll	Applesauce		
	Dried Cranberries			
Breakfast for Lunch	Chicken Bruschetta Pasta	Italian Flatbread	Teriyaki Chicken Over	Chili
French Toast Sticks	Tuscan White Bean Salad	Tomato Soup	Oven-Fried Rice	Mexican-style Cornbread
Turkey Sausage Patty	Garlic Breadstick	Roasted Pear Crumble	Sugar Snap Peas	Spinach & Strawberry
Roasted Potato Wedges	Frozen Blueberries		Sesame Breadstick	Salad
with Garlic & Herbs			Pineapple	Mandarin Oranges
Cinnamon Baked Apples				
Cheeseburger on Bun	Chicken & Noodles	Pulled BBQ Pork	Burrito-Build Your Own	Cheese Pizza
Lettuce/Tomato	Mashed Potatoes	Homestyle Baked Beans	Turkey Carnitas	
Pickled Onions/Pickles	Green Bean, Cranberry &	Confetti Coleslaw	Cilantro & Lime Brown	Broccoli Salad
Pickled Carrots	Sunflower Seed Salad	Quick Pickle Cukes	Rice	
Ranch Roasted Potato	Small Roll	Peaches	Fiesta Lime Corn	Banana
Wedges	Fresh Red Grapes		Pico De Gallo	
Mixed Fruit			Mango	
Chicken Tenders	Pasta Bar	Beef Tamale Pie	Southwestern Chicken &	Alaska Pollock Po'Boy with
Dipping Sauce	(Marinara, Meat Sauce,	Orange Glazed Carrots	Cheese Quesadilla	Cajun Mayo
Brown Rice	Chicken & Garlic)	Blueberry oat bars	Black Bean, Corn and	Ranch Roasted Potato
Lemon Zest Broccoli	Garlic Bread		Tomato Fiesta	Wedges
Strawberry Cup	Garden Salad		Oranges	Roasted California Blend
	Sliced Apples			Sliced Pear
V:- 0b pl				

**Veggie Cruncher Bowl:** cucumber, carrots, broccoli \*Recipes prepared in class

Indiana School Menus	lenus		6	9-12 Cycle Menus
Meatball Sub	Baked Potato Bar	BBQ Chicken Drumstick	Baked Penne	Chipotle Chicken Street
Roasted Turmeric	Chili	Chipotle-Cinnamon	Marinated Cucumber	Тасо
Cauliflower	BBQ Pork	Roasted Sweet Potato	Salad	Refried Black Bean
Roasted Cinnamon	Queso Blanco	Wedges	Breadstick	Salsa
Peaches	Steamed Broccoli	Cornbread	Frozen Grapes	Pineapple Salsa
Apples	Dinner Roll	Applesance	Smoothie	Orange Wedges
	Dried Cranberries	Watermelon		
	Banana			
Breakfast for Lunch	Chicken Bruschetta Pasta	Spicy Italian Flatbread	Teriyaki Chicken Over	Chili
Egg, Ham & Cheese	Tuscan White Bean Salad	Tomato Soup	Oven-Fried Rice	Cornbread
Sandwich	Garlic Breadstick	Roasted Pear Crumble	Asian Pineapple Slaw	Spinach & Strawberry
Roasted Potato Wedges	Frozen Blueberries	Orange Wedges	Sesame Breadstick	Salad
with Garlic & Herbs	Mixed Fruit		Pineapple	Mandarin Oranges
Cinnamon Baked Apples			Melon, Citrus & Jicama	Red Grapes
Banana			Salad with Mint	
Cheeseburger on Bun	Chicken & Noodles	Pulled BBQ Pork	Burrito-Build Your Own	Cheese Pizza
Lettuce/Tomato	Mashed Potatoes	Homestyle Baked Beans	Turkey Carnitas	Broccoli Salad
Pickled Onions/Pickles	Green Bean, Cranberry &	Confetti Coleslaw	Cilantro & Lime Brown	Banana
Pickled Carrots	Sunflower Seed Salad	Quick Pickle Cukes	Rice	Smoothie
Ranch Roasted Potato	Small Roll	Peaches	Fiesta Lime Corn	
Wedges	Fresh Red Grapes	Watermelon	Pico De Gallo	
Mixed Fruit	Mandarin Oranges		Mango	
Apples			Tropical Fruit Salad	
Chicken and Waffles	Pasta Bar	Beef Tamale Pie	Southwestern Chicken &	Alaska Pollock Po'Boy
Chicken Tenders	(Marinara, Meat Sauce,	Orange Glazed Carrots	Cheese Quesadilla	with Cajun Mayo
Waffles	Chicken & Garlic)	Blueberry Oat Bars	Marinated Black Bean &	Ranch Roasted Potato
Lemon Zest Broccoli	Garlic Bread	Banana	Corn Salad	Wedges
Spiced Peach Compote	Garden Salad		Mojito Fruit Salad	Roasted California Blend
Strawberry Cup	Apples		Oranges	Sliced Pear
	Raisins			Green Grapes
Lelen			/	

**Daily- Hoosier Super Salad**: Romaine(%), diced tomatoes(%), matchstick carrots(%), corn (%), black beans(%)

### SALADS

\*Asian Noodle Salad

Buffalo Chicken & Rice Shaker Salad

\*Chicken Caesar Salad

\*Chef's Salad

\*Taco Salad

Southwest - Chipotle Chicken, Cilantro-Lime Rice, Lettuce, Black Bean, Corn & Tomato Fiesta

Salad

### SANDWICHES

\*Turkey Deli Sub (turkey, Swiss cheese, bacon, spinach pesto)

\*Thai Chicken and Brown Rice Lettuce Wraps

\*Bahn Mi Vietnamese Sandwich

\*Mediterranean Chicken Salad with Pita

**Buffalo Wrap** 

Italian Sub

<sup>\*</sup>Recipes prepared in class

# **School Nutrition Recipe Resources**

Alaska Pollock Beyond Fish and Chips	http://www.greatfishforgreatkids.org/resourcesRecipes.html
C.H.E.F. Cookbook and Promising Practices	https://healthymeals.nal.usda.gov/hsmrs/Maryland/CHEF_Cookbook.pdf
Maryland's 2009 Team Nutrition Grant	
Fresh from the Farm: The Massachusetts Farm to School Cookbook	http://www.massfarmtoschool.org/wp-content/uploads/2012/05/farm_to_school_cookbook.pdf
Fruit and Veggie Quantity Cookbook, revised edition	http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf
New Hampshire Obesity Prevention Program/HHS	
Healthier Kansas Menus	http://www.kn-eat.org/snp/snp_menus/snp_resources_healthier_kansas_menus.htm
Child Nutrition & Wellness, Kansas State Department of Education	
Iowa Gold Star Cycle Recipes	https://www.educateiowa.gov/sites/files/ed/documents/1314_np_lt_goldstar_cycleRecip
Bureau of Nutrition and Health Services, Iowa Dept. of Ed- 2013	es_v2.pdf
John Stalker Institute	http://johnstalkerinstitute.org/recipes/recipes.pdf
Food Service Created, Kid Approved Commodity Recipes	
Ohio Department of Education	http://education.ohio.gov/Topics/Other-Resources/Food-and-Nutrition/Resources-and-
"Menus that Move"	Tools-for-Food-and-Nutrition/Menus-that-Move
Oklahoma F2S Cooking	http://www.kidchenexpedition.com/cookbook-download/
Oklahoma State Department of Health and Human Services	
On, Wisconsin! Menus	http://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/lunch-recipes-on-wi-cycle-
Wisconsin Department of Public Instruction	menu.pdf
OSPI Child Nutrition Services	http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/pubdocs/ChildNutritionRecipeBoo
"Washington State Schools Scratch Cooking Recipe Book"	k.pdf
Project Bread	http://www.projectbread.org/reusable-components/accordions/download-files/school-
"Let's Cook Healthy School Meals"	food-cookbook.pdf
Sizzling School Lunches: Indiana Cooks with Chef Cyndie	http://www.doe.in.gov/sites/default/files/nutrition/sizzling-school-lunches-chef-
Indiana Department of Education	cyndie.pdf
The Institute of Child Nutrition	http://theicn.org/Templates/TemplateDefault.aspx?qs=cElEPTEwMg==
USDA Recipes	
VT Feed	http://vtfeed.org/download/165/New_School_Cuisine_Cookbook.pdf?redirect=node/330
"New School Cuisine: Nutritious and Seasonal Recipes for School	
Cooks by School Cooks"	
Now We're Cooking	http://www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCookin
A Collection of Simple Scratch Recipes Served in Minnesota Schools	g,pdf

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# **Culinary Skills for A+ School Meals**

Plan for Success

\_ Team\_

Day\_

285 Culinary Skills for A+ School Meals

Resources

# **CULINARY SKILLS FOR A+ SCHOOL MEALS**

### PERSONAL REFLECTION

Salads and Salad Bars	Build a Better Sandwich	Great Grains	Vegetable Cooking	Culinary Basics	Topic What did I learn?
					learn?
					How am I going to use this information?

### **ACTION PLAN**

From your Personal Reflection notes, identify your top 3 priorities that you want to address when you return to your school. Develop

an action plan for accomplishing each one.	ich one.		
Goal	Action Steps	People who can help me Resources needed	Date to accomplish
Priority One			
Priority Two			
Priority Three			

Resources