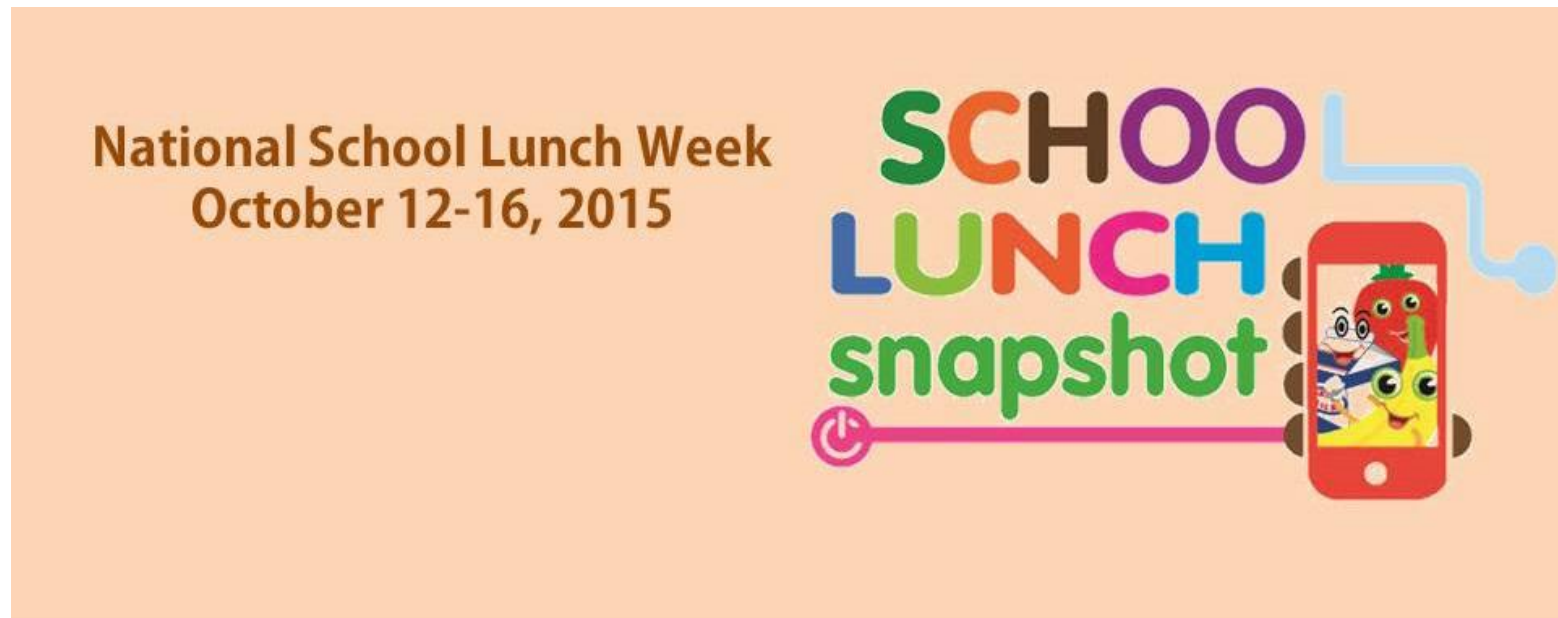


---

# **2015 National School Lunch Week and Farm to Preschool Week**

## **KSDE Menu Recipe Booklet**



---

Child Nutrition & Wellness, Kansas State Department of Education

*New: August 2015*



**Child Nutrition & Wellness**  
**Kansas State Department of Education**

900 SW Jackson St. Suite 251

Topeka, Kansas 66612

785-296-2276

FAX: 785-296-0232

[www.kn-eat.org](http://www.kn-eat.org)

---

For further information about this publication, please contact Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or email: [csjohnson@ksde.org](mailto:csjohnson@ksde.org).

---

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

---

This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

---

# Table of Contents

	Page
Asian Noodle Bowl.....	1
Baked Beans .....	3
Buffalo Chicken Wrap .....	4
Celery Ranch Slaw .....	5
Chinese Seasoning Blend .....	6
Corn 'n Peppers.....	7
Focaccia Buns with Herbs & Parmesan.....	8
Fresh Herb Ranch Dressing .....	10
Fruit Spring Roll.....	11
Garden Salad .....	12
Italian Seasoning Blend.....	13
Jicama Salad .....	14
Orange Veggie Bake .....	15
Seasoned Pinto Beans .....	16
Spaghetti with Quick Meat Sauce .....	17
Strawberries & Pineapple .....	19
Turkey & Swiss on Focaccia.....	20
Whole Wheat French Garlic Bread .....	21

# Asian Noodle Bowl

**Entrée**

**HACCP: #2 Same Day Service**

**Modified from  
Wichita Catholic Secondary Schools**

Ingredients	100 Servings (1 cup)		Servings		Directions
	Weight	Measure	Weight	Measure	
Water Spaghetti Noodles, whole wheat, dry	6 lb 4 oz	8 gal			1. Heat water to a rolling boil. 2. Slowly add pasta. Stir constantly, until water boils again. Cook pasta as directed until tender, but firm (al dente). Do not overcook. Drain and hold. Pasta can be chilled for later use in step 5.
Garlic, fresh, chopped Onions, chopped Carrots, julienned Celery, bias cut Red Pepper, cut in strips	1.5 oz 3 lb 11 oz AP 2 lb 10 oz AP 3 lb 15 oz AP 3 lb 15 oz AP	1/3 cup			3. Wash and cut vegetables as directed.
Sesame Oil Soy Sauce, low sodium  Chinese Seasoning Blend (see recipe) Black Pepper Sugar, brown	8 oz 1 lb 1 oz   5 oz	1 cup 2 cups + 1 Tbsp 1 cup + 1/2 Tbsp 1 1/2 Tbsp 1 cup + 1/2 Tbsp			4. Sauté onions and garlic in sesame oil. Add vegetables to wilt. Add soy sauce, Chinese seasoning blend, black pepper, and brown sugar.
Chicken Meat, cooked, no skin, no bone Parsley, fresh, chopped leaves (optional)	6 lb 4 oz  6 oz				5. Toss vegetable mixture with pasta. If pasta has been chilled, then heat it back up by quickly immersing it in boiling water. 6. Hold hot to serve. Garnish each bowl with 2 oz of cooked meat and 1 tablespoon of chopped fresh parsley.

## Asian Noodle Bowl, cont.

---

Serving Size	1 Serving Provides	Yield
K-5: 1 cup 6-8: 2 cups 9-12: 2 cups	K-5: 1 oz eq M/MA + 1 oz eq Grains + 0.125 cup vegetables, R/O + 0.375 cup vegetables, Other  6-12: 2 oz eq M/MA + 2 oz eq Grains + 0.25 cup vegetables, R/O + 0.75 cup vegetables, Other	6 gal + 1 qt

CACFP Notes: Serving size for 1-5 yr olds = ½ cup. See CACFP production records.

### Nutrients Per 1 Cup Serving

Calories	209	Vitamin A	2304 IU	Iron	2 mg
Protein	13.4 gm	Vitamin C	48.6 mg	Calcium	64.3 mg
Carbohydrate	30.2 gm	Fiber	4.8 gm	Cholesterol	23.5 mg
Fat	4.8 gm	% Fat	20.9 %	Sodium	147.9 mg
Saturated Fat	0.9 gm	% Saturated Fat	4.2 %		

# Baked Beans

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 188  
USDA Recipe, modified

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Pan Release Spray Beans, baked, canned, vegetarian		As needed 4¼ #10 cans			1. Wipe tops of cans clean before opening. Place canned beans into steam table pan (12" x 20" x 2½") that has been treated with pan release spray. Set aside.
Tomato Sauce, canned Onions, dehydrated flakes Dry Mustard Brown Sugar, packed Vinegar, cider	5 oz   8 oz	6 cups ¾ cup 4 Tbsp 2 cups 1 cup			2. In separate bowl, combine tomato sauce, onions, dry mustard, brown sugar, and cider vinegar. Blend well with a whisk. 3. Pour mixture over beans in each steam table pan. Stir to combine. 4. Cover pans with lid or aluminum foil.
					5. Bake: * Conventional oven: 350° F for 2¼ hours * Convection oven: 325° F for 1¼ hours Remove cover during last half hour of baking to brown beans. <b>CCP: Hold for hot service at 135°F or higher.</b>

Serving Size	1 Serving Provides	Yield
4 oz spoodle (1/2 cup)	0.50 cup vegetables, BP	100 servings
		3 gal + 2 cups

CACFP Notes: Serving size for 1-2 yr olds = 1/8 cup; Serving size for 3-5 yr olds = ¼ cup. See CACFP production records.

## Nutrients Per ½ Cup Serving

Calories	149	Vitamin A	204.4 IU	Iron	1.76 mg
Protein	6.58 gm	Vitamin C	2.09 mg	Calcium	53.62 mg
Carbohydrate	33.93 gm	Fiber	5.69 gm	Cholesterol	0 mg
Fat	0.51 gm	% Fat	3.1 %	Sodium	525 mg
Saturated Fat	0.1 gm	% Saturated Fat	0.59 %		

# Buffalo Chicken Wrap

Main Dish

HACCP: #2 Same Day Service

Modified from recipe submitted by  
USD 287 West Franklin

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Diced Chicken, precooked Buffalo Wing Sauce Pan Spray	12 lb 8 oz  2 lb 4 oz	  4½ cups As needed			1. Combine diced chicken and buffalo sauce in a mixing bowl. Gently toss until the chicken is evenly coated in sauce. 2. Transfer the sauced chicken to a paper lined bun pan that has also been lightly coated with pan spray. 3. Heat the chicken for 8-12 minutes or until the minimum internal temperature of the chicken is 145° F or higher. 4. Hold hot until time of service.
Celery Ranch Slaw (see KSDE recipe)		3 gal 2 cups			5. Prepare the Celery Ranch Slaw per KSDE recipe. 6. Hold cold until time of service.
Tortilla, whole wheat, 2 oz each		100 each			7. At time of service, scoop #12 disher (⅓ cup) of chicken onto tortilla, top with #8 disher (½ cup) of Celery Ranch Slaw. 8. Roll the tortilla up, closing both ends. 9. Serve immediately.

Serving Size	1 Serving Provides	Yield
1 wrap	2 oz eq M/MA + 2 oz eq Grains + 0.5 cup vegetables, Other	100 wraps

CACFP Notes: Serving size for 1-2 yr olds = 1 oz chicken, 1/8 cup celery ranch slaw, and ½ oz tortilla; Serving size for 3-5 yr olds = 1.5 oz chicken, ¼ cup celery ranch slaw, and 1 oz tortilla. See CACFP production records.

## Nutrients Per Serving

Calories	347	Vitamin A	112.5 IU	Iron	2.7 mg
Protein	22.7 gm	Vitamin C	11 mg	Calcium	208.8 mg
Carbohydrate	40.7 gm	Fiber	5.7 gm	Cholesterol	50.6 mg
Fat	10.5 gm	% Fat	27.4 %	Sodium	953.8 mg
Saturated Fat	3.2 gm	% Saturated Fat	8.3 %	Total Sugars	2.3 gm

# Celery Ranch Slaw

**Vegetable**

**HACCP: #1 No Cook**

**Modified from recipe submitted by  
USD 287 West Franklin**

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cole Slaw Mix, pre-made	6 lb 8 oz				1. Wash and finely dice celery. 2. Combine diced celery with cole slaw mix.
Celery, fresh, diced	2 lb 8 oz AP				
Ranch Dressing, light	2 lb 2 oz	3 Tbsp + 1 tsp 1 Tbsp + 1 tsp			3. Combine ranch dressing, vinegar, sugar, and pepper. 4. Pour dressing mix over vegetables and gently mix together until thoroughly combined. 5. Prepare at least 30 minutes prior to service to allow flavors to blend. 6. Hold cold for service at or below 41° F.
Vinegar, cider	11 oz				
Sugar, granulated					
Pepper, black					

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup vegetables, Other	3 gal + 2 cups

CACFP Notes: Serving size for 1-2 yr olds = 1/8 cup; Serving size for 3-5 yr olds = ¼ cup. See CACFP production records.

## Nutrients Per ½ Cup Serving

Calories	33	Vitamin A	83 IU	Iron	0.2 mg
Protein	0.5 gm	Vitamin C	11 mg	Calcium	20.5 mg
Carbohydrate	5.1 gm	Fiber	1 gm	Cholesterol	1.6 mg
Fat	1.2 gm	% Fat	35.3 %	Sodium	125.8 mg
Saturated Fat	0.1 gm	% Saturated Fat	3.8 %	Total Sugars	2.3 gm



# Chinese Seasoning Blend

**Seasonings**

**HACCP: Non-Hazardous/Other**

**Recipe Source: Culinary Champions - Menu Makeover & Healthy Flavorful Foods for Kids**

Ingredients	4 cups		_____ cups		Directions
	Weight	Measure	Weight	Measure	
Ginger, ground		7/8 cup			1. Mix all ingredients together well.  2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator.
Onion Powder		1 1/3 cups			
Anise Seeds, crushed		2/3 cup			
Allspice, ground		1/2 cup			
Cloves, ground		2 Tbsp			
Sesame Seeds		1/2 cup			

<b>Yield:</b> 4 cups
----------------------

# Corn 'n Peppers

## Vegetables

HACCP: #2 Same Day Service

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, canned		5 #10 cans			1. Wipe tops of cans clean before opening. 2. Place corn into steamtable pan (12" x 20" x 4"). 3. Wash and dice peppers. Mix chopped peppers with corn in steamtable pan. 4. Cook until temperature reaches 145° F. Hold hot for service.
Pepper, bell, green, finely diced	5 oz AP	1 medium			
Pepper, bell, red, finely diced	5 oz AP	1 medium			

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup vegetables, Starchy	3 gal + 2 cups

CACFP Notes: Serving size for 1-2 yr olds = 1/8 cup; Serving size for 3-5 yr olds = ¼ cup. See CACFP production records.

### Nutrients Per ½ Cup Serving

Calories	63	Vitamin A	84.4 IU	Iron	0.3 mg
Protein	2 gm	Vitamin C	5.6 mg	Calcium	4.3 mg
Carbohydrate	14.3 gm	Fiber	1.7 gm	Cholesterol	0 mg
Fat	0.8 gm	% Fat	11.3 %	Sodium	12.3 mg
Saturated Fat	0 gm	% Saturated Fat	0 %	Total Sugars	3.3 gm

# Focaccia Buns with Herbs and Parmesan

Grains

HACCP: Non-Hazardous/Other

Modified from recipe submitted by  
Wichita Catholic Secondary Schools

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Warm water (110-115° F) Sugar, granulated Yeast, instant	6 lb 7 oz	12¼ cups 1 cup 5 Tbsp			1. In a mixer with dough hood attachment, dissolve sugar and yeast in warm water.
Flour, all-purpose Flour, white whole wheat Salt Oil, corn or olive Cheese, parmesan Italian Seasoning Basil, dried Garlic, granulated  *Additional white whole wheat flour (if needed)	3 lb 9 oz 3 lb 9 oz  3 oz 10 oz 3 ½ oz	   5 Tbsp 1¼ cups 1 cup 2½ Tbsp 2½ Tbsp 2 tsp  (Up to 1 cup as needed)			2. Add all purpose flour and work dough 3 minutes on low speed. 3. Turn mixer off and add white whole wheat flour, salt, oil, parmesan cheese, and spices. Mix ingredients on low speed to incorporate. 4. Turn mixer up to medium speed and mix 5 minutes, working dough into a smooth ball. If dough is too sticky, add additional flour in ½ cup increments. 5. Place dough ball on a greased sheet pan and cover to rest 15 minutes. 6. To shape buns, portion dough into 2 oz balls, placing 24 per parchment lined pan (4 x 6). 7. Spray tops of dough balls with cooking spray and cover pan with plastic wrap. Allow to rest until dough balls are doubled in size. 8. After dough has rested, place empty sheet pan on top of covered rolls and press down firmly to flatten rolls into 4" buns. 9. Uncover and dimple dough with fingertips.
Marinara Sauce Cheese, mozzarella	2 lb 7 oz 1 lb 4 oz	4¼ cups			10. Brush each bun with 2 tsp of marinara sauce and sprinkle with 1 Tbsp mozzarella cheese. 11. Allow to rise again until doubled in size, approximately 20-30 minutes. 12. Bake for 8 minutes. Convection Oven: 350° F Conventional Oven: 375° F 13. Turn pans and bake an additional 4 minutes for even baking. 14. Allow to cool and slice for sandwiches.

## Focaccia Buns with Herbs and Parmesan, cont.

---

Serving Size	1 Serving Provides	Yield
1 bun	2 oz eq Grains	100 buns

CACFP Notes: Serving size for 1-5 yr olds = ½ oz bun. See CACFP production records.

### Nutrients Per 2 oz Bun Serving

Calories	170	Vitamin A	120 IU	Iron	1.9 mg
Protein	5.7 gm	Vitamin C	1.7 mg	Calcium	68.8 mg
Carbohydrate	27.4 gm	Fiber	2.5 gm	Cholesterol	4 mg
Fat	4.5 gm	% Fat	23.9 %	Sodium	425 mg
Saturated Fat	1.3 gm	% Saturated Fat	6.8 %	Total Sugars	2.5 gm

# Fresh Herb Ranch Dressing

**Salad Dressing**

**HACCP: #1 No Cook**

**Modified from: lowfatlifestyle.com**

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Buttermilk, lowfat	2 lb				<ol style="list-style-type: none"> <li>1. Put buttermilk, sour cream, mayonnaise, chives, parsley, garlic powder, and onion powder in a bowl.</li> <li>2. Stir well with a whisk to combine.</li> <li>3. Cover and refrigerate.</li> <li>4. Store at or below 41° F.</li> </ol>
Sour Cream, lowfat	2 lb				
Mayonnaise, fat free	2 lb				
Chives, fresh, chopped		½ cup			
Parsley, fresh, chopped		½ cup			
Garlic Powder		3 Tbsp			
Onion Powder		1 Tbsp			

Serving Size	Yield
2 Tbsp	12 ½ cups

## Nutrients Per Serving (per 2 Tbsp)

Calories	52	Vitamin A	79.2 IU	Iron	0 mg
Protein	0.7 gm	Vitamin C	0.7 mg	Calcium	25.5 mg
Carbohydrate	1.4 gm	Fiber	0 gm	Cholesterol	6.8 mg
Fat	4.8 gm	% Fat	83.8 %	Sodium	101.8 mg
Saturated Fat	1.1 gm	% Saturated Fat	20.3 %	Total Sugars	0.4 gm

# Fruit Spring Roll

**Dessert**

**HACCP: #1 No Cook**

**Recipe Source: Chefs Move to Schools**

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, small dice	3 lb 2 oz AP				<ol style="list-style-type: none"> <li>1. Wash all fruit with running water. Core strawberries and peel melons and pineapple using. Cut fruit into small dices.</li> <li>2. Chiffonade mint leaves.</li> <li>3. Mix all fruit and mint in bowl.</li> <li>4. Set aside for step 7.</li> </ol> <p style="text-align: center;"><b>CCP: Hold cold at 41° F or below if not using right away.</b></p>
Honeydew Melon, small dice	4 lb 2 oz AP				
Cantaloupe, small dice	4 lb 2 oz AP				
Pineapple, small dice	4 lb 2 oz AP				
Mint Leaves, fresh, chopped		½ cup			
Rice Paper or Spring Roll Wrappers		100 sheets			<ol style="list-style-type: none"> <li>5. Prepare a bowl of warm (90-100° F) water to soak rice paper.</li> <li>6. Soak paper one sheet at a time until it softens, but is still pliable.</li> <li>7. Place ¼ cup of fruit mix on the rice paper sheet on one end. Roll the paper over the fruit mix. Tuck sides over and continue to roll. Keep the roll tight.</li> <li>8. Let roll rest for a minute before cutting on bias. Refrigerate until service.</li> </ol> <p style="text-align: center;"><b>CCP: Hold for cold service at 41° F or below.</b></p>
Yogurt, lowfat, any flavor	6 lb 4 oz				<ol style="list-style-type: none"> <li>9. Serve with 1 oz yogurt for dipping.</li> </ol>

Serving Size	1 Serving Provides	Yield
1 roll	0.25 oz eq M/MA + 0.25 cup fruit	100 rolls

## Nutrients Per Serving

Calories	66	Vitamin A	673.5 IU	Iron	0.2 mg
Protein	3.8 gm	Vitamin C	27.9 mg	Calcium	56 mg
Carbohydrate	11.7 gm	Fiber	0.8 gm	Cholesterol	1 mg
Fat	0.9 gm	% Fat	13.3 %	Sodium	45 mg
Saturated Fat	0.2 gm	% Saturated Fat	3.3 %	Total Sugars	9.5 gm

# Garden Salad

**Vegetable**

**HACCP: #1 No Cook**

**Healthier Kansas Recipe 164  
(Team Nutrition modified)**

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, partly trimmed fresh, AP Romaine Lettuce, AP Tomatoes, fresh, AP Carrots, fresh, AP Cucumber, fresh, AP	6 lb 8 oz  6 lb 8 oz 1 lb 5 oz 15 oz 14 oz				1. Handle all produce with clean gloved hands or clean utensils. 2. Rinse and trim spinach and lettuce, if not purchased ready-to-eat. 3. Chop lettuce and spinach. Rinse, core and dice tomatoes. Rinse, peel and grate carrots. Rinse, peel (or score) and chop cucumbers. 4. Toss all ingredients together. <b>CCP: Hold for cold service at 41° F or lower.</b>

Serving Size	1 Serving Provides	Yield
1 cup	0.5 cup vegetable, DG	Approximately 6 gallons + 1 quart

CACFP Notes: Serving size for 1-2 yr olds = ¼ cup; Serving size for 3-5 yr olds = ½ cup. See CACFP production records.

**Nutrients Per 1 Cup Serving**

Calories	15	Vitamin A	6101.3 IU	Iron	1.12 mg
Protein	1.32 gm	Vitamin C	10.64 mg	Calcium	41.55 mg
Carbohydrate	2.82 gm	Fiber	1.48 gm	Cholesterol	0 mg
Fat	0.23 gm	% Fat	13.61 %	Sodium	28.96 mg
Saturated Fat	0.04 gm	% Saturated Fat	2.07 %		

# Italian Seasoning Blend

**Seasonings**

**HACCP: Non-Hazardous/Other**

**Recipe Source: Culinary Champions - Menu Makeover & Healthy Flavorful Foods for Kids**

Ingredients	4 cups		_____ cups		Directions
	Weight	Measure	Weight	Measure	
Garlic Powder		1 1/3 cups			1. Mix all ingredients together well.  2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator.
Parsley, dried		2/3 cup			
Basil, dried		2/3 cup			
Oregano, dried		2/3 cup			
Pepper, black		2 Tbsp			
Thyme, dried		2 Tbsp			
Onion Powder		7 Tbsp			

<b>Yield:</b> 4 cups
----------------------



# Jicama Salad

Vegetables

HACCP: #1 No Cook

Recipe Source: Iowa Gold Star Menu Recipe

Ingredients	8 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Jicama, peeled, diced ¼"	6 oz AP				1. Prep vegetables as directed. 2. Toss together jicama, bell peppers, red onion, carrots, and cilantro.
Red Bell Pepper, diced ¼"	6 oz AP				
Green Bell Pepper, diced ¼"	6 oz AP				
Onion, red, chopped ¼"	7 oz AP				
Carrots, peeled, diced ¼"	6 oz AP				
Cilantro, fresh, chopped	2 oz				
Lime Juice	1 oz	½ cup			3. Whisk together lime juice, red wine vinegar, honey, oil, cayenne pepper, and paprika. 4. Pour over vegetable mixture.
Vinegar, red wine		2 Tbsp			
Honey					
Oil, vegetable		¼ cup			
Pepper, cayenne		¼ tsp			
Paprika, dried		1 Tbsp			
Salt, table		¼ tsp			5. Season with salt and pepper, toss until well combined. 6. Refrigerate at least 30 minutes prior to service. <b>CCP: Hold for cold service at 41° F or below.</b> 7. Portion with #8 scoop (½ cup)
Pepper, black		½ tsp			

Serving Size	1 Serving Provides	Yield
½ cup	0.125 cup vegetables, R/O + 0.25 cup vegetables, Other	6 cups

CACFP Notes: Serving size for 1-2 yr olds = ¼ cup; Serving size for 3-5 yr olds = 1/3 cup. See CACFP production records.

## Nutrients Per ½ Cup Serving

Calories	77	Vitamin A	3183.4 IU	Iron	0.4 mg
Protein	gm	Vitamin C	35.1 mg	Calcium	75 mg
Carbohydrate	8.7 gm	Fiber	2.1 gm	Cholesterol	0 mg
Fat	4.7 gm	% Fat	55.8 %	Sodium	62.8 mg
Saturated Fat	0.7 gm	% Saturated Fat	8.5 %	Total Sugars	3.3 gm

# Orange Veggie Bake

Vegetables

HACCP: #2 Same Day Service

Recipe Source: Culinary Champions –  
Menu Makeover

Ingredients	100 Servings (1/4 cup)		Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, peeled, sliced ¼” thick	15 oz*				<ol style="list-style-type: none"> <li>1. Peel and cut carrots as instructed.</li> <li>2. Combine carrots and sweet potatoes in steamtable pan (12” x 20” x 2½”).</li> <li>3. Mix remaining ingredients and pour over vegetables.</li> <li>4. Toss to coat vegetables with liquid.</li> <li>5. Cover dish with foil.</li> <li>6. Bake until vegetables are tender, removing the foil in the last 15 minutes.</li> </ol> <p>Conventional oven: 400° F for 40-50 minutes. Convection oven: 375° F for 30-40 minutes.</p> <p><b>CCP: Hold for hot service at 135° F or above.</b></p>
Sweet Potato, chunks, frozen	2 lb + 4 oz				
Vegetable Broth, low sodium	9 oz				
Sugar, brown	2 oz	6 Tbsp			
Oil, vegetable	1 oz	2 Tbsp			
Salt		½ tsp			
Pepper, black		1 tsp			

Serving Size	1 Serving Provides	Yield
K-8: ¼ cup 9-12: ½ cup	K-8: 0.25 cup vegetables, R/O 9-12: 0.5 cup vegetables, R/O	1 gal + 9 cups

CACFP Notes: Serving size for 1-2 yr olds = 1/8 cup; Serving size for 3-5 yr olds = ¼ cup. See CACFP production records.

## Nutrients Per ¼ Cup Serving

Calories	70	Vitamin A	8001.1 IU	Iron	0.3 mg
Protein	0.9 gm	Vitamin C	6.9 mg	Calcium	25.1 mg
Carbohydrate	14 gm	Fiber	1.3 gm	Cholesterol	0 mg
Fat	1.3 gm	% Fat	16.9 %	Sodium	89.8 mg
Saturated Fat	0.2 gm	% Saturated Fat	2.6 %		

# Seasoned Pinto Beans

## Vegetables

HACCP: #2 Same Day Service

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pinto Beans, canned		5 ½ #10 cans			1. Wipe tops of cans clean before opening. Drain and rinse beans and place into two steamtable pans (12" x 20" x 2½"). 2. Pour chicken broth over beans and add spices. Stir well. 3. Bake: Convection oven: 325° F for 1 hour Conventional oven: 350° F for 1 hour 10 minutes  <b>CCP: Hold for hot service at 135° F or higher.</b>
Chicken Broth, low sodium Chili Powder Cumin Jalapenos (optional)	16 lb	2 gal			

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup vegetables, Legumes	3 gal + 2 cups

CACFP Notes: Serving size for 1-2 yr olds = 1/8 cup; Serving size for 3-5 yr olds = ¼ cup. See CACFP production records.

### Nutrients Per ½ Cup Serving

Calories	67	Vitamin A	203.3 IU	Iron	1.4 mg
Protein	4 gm	Vitamin C	1.1 mg	Calcium	35.2 mg
Carbohydrate	10.8 gm	Fiber	3.2 gm	Cholesterol	1.1 mg
Fat	0.97 gm	% Fat	13 %	Sodium	136.5 mg
Saturated Fat	0.25 gm	% Saturated Fat	3.4 %	Total Sugars	0.8 gm

# Spaghetti with Quick Meat Sauce

**Main Dish**

**HACCP: #2 Same Day Service**

**Recipe Source: ChooseMyPlate.gov**

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Spaghetti Noodles, whole wheat, dry	9 lb 6 oz				1. Cook pasta according to package directions. 2. Drain. Hold hot for step 8.  <b>CCP: Hold for hot service at 135° F or above.</b>
Oil, olive	8 oz				3. Chop vegetables as directed. 4. Heat oil in a large skillet over medium heat. Add onion, carrot, and celery and cook, stirring occasionally, until the onion is beginning to brown (about 5-8 minutes).
Onion, raw, yellow, finely chopped	3 lb 2 oz AP				
Carrot, peeled, finely chopped	3 lb 2 oz AP				
Celery, finely chopped	3 lb 2 oz AP				5. Stir in garlic and Italian seasoning; cook until fragrant (about 30 seconds).
Garlic Cloves, minced	4 oz				
Italian Seasoning Mix		1 cup			6. Add beef and cook, stirring and breaking up with a spoon, until temperature reaches 160° F or above.
Ground Beef, 80/20	14 lb + 10 oz				
Tomatoes, canned, crushed		3½ #10 cans			7. Increase heat to high. Stir in tomatoes and cook until thickened (about 4-6 minutes). 8. Stir in parsley and salt.  <b>CCP: Hold for hot service at 135° F or above.</b>
Parsley, fresh, chopped	13 oz				
Cheese, Parmesan, grated	2 lb				9. Serve 6 oz spoodle of sauce over ¾ cup pasta. 10. Sprinkle with parmesan cheese prior to service.

Serving Size	1 Serving Provides	Yield
¾ cup sauce + ¾ cup pasta	2 oz eq M/MA + 1.5 oz eq Grains + 0.375 cup vegetables, R/O + 0.125 cup vegetables, Other	4 gal + 11 cups each of sauce and pasta

CACFP Notes: Serving size for 1-2 yr olds = ½ cup meat sauce + ¼ cup pasta; Serving size for 3-5 yr olds = 2/3 cup meat sauce + ½ cup pasta. See CACFP production records.

## Spaghetti with Quick Meat Sauce, cont.

---

### Nutrients Per Serving (3/4 cup sauce + 3/4 cup pasta)

Calories	397	Vitamin A	3090.8 IU	Iron	4.7 mg
Protein	25.9 gm	Vitamin C	17 mg	Calcium	190.3 mg
Carbohydrate	43.6 gm	Fiber	7.2 gm	Cholesterol	58 mg
Fat	14.7 gm	% Fat	33.3 %	Sodium	400 mg
Saturated Fat	5.5 gm	% Saturated Fat	12.5 %		

# Strawberries & Pineapple

## Fruits

HACCP: #1 No Cook

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, frozen, unsweetened, slices	7 lb				1. Thaw strawberries under refrigeration.
Applesauce, canned, unsweetened Pineapple Tidbits, canned, drained		7 cups 4 #10 cans			2. Chill cans of applesauce and pineapple. Wipe tops of cans clean before opening. 3. Mix applesauce and pineapple into thawed strawberries.  <b>CCP: Hold for cold service at 41° F or lower.</b>

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup Fruit	3 gal + 2 cups

CACFP Notes: Serving size for 1-2 yr olds = 1/8 cup; Serving size for 3-5 yr olds = ¼ cup. See CACFP production records.

### Nutrients Per Serving (per ½ cup)

Calories	67	Vitamin A	60 IU	Iron	0.4 mg
Protein	0.5 gm	Vitamin C	21.2 mg	Calcium	19.1 mg
Carbohydrate	17.3 gm	Fiber	1.8 gm	Cholesterol	0 mg
Fat	0.1 gm	% Fat	1.8 %	Sodium	1.6 mg
Saturated Fat	0 gm	% Saturated Fat	0 %	Total Sugars	15.2 gm

# Turkey & Swiss on Focaccia

**Main Dish**

**HACCP: #1 No Cook**

**Modified from recipe submitted by  
Wichita Catholic Secondary Schools**

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Focaccia Buns		100 each			1. Prepare focaccia buns from KSDE recipe. 2. Cut each bun in half before assembling sandwiches.  3. Place turkey and cheese on bun. 4. Hold cold for service.
Turkey Ham, deli meat slices** Cheese, Swiss, slices	14 lb 1 oz  3 lb 2 oz	  100 slices (0.5 oz each)			

\*\*May also purchase turkey deli meat, but will need a CN label or PFS. Purchase amount needed to provide 1.5 oz eq M/MA per serving

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz eq M/MA + 2 oz eq Grains	100 sandwiches

CACFP Notes: Serving size for 1-2 yr olds = 1 oz turkey & cheese with ½ oz bun; Serving size for 3-5 yr olds = 1.5 oz turkey & cheese with ½ oz bun. See CACFP production records.

## Nutrients Per Serving

Calories	292	Vitamin A	237.6 IU	Iron	2.7 mg
Protein	19.6 gm	Vitamin C	1.7 mg	Calcium	180.9 mg
Carbohydrate	29.2 gm	Fiber	2.5 gm	Cholesterol	50.9 mg
Fat	10.7 gm	% Fat	33 %	Sodium	929.8 mg
Saturated Fat	4.3 gm	% Saturated Fat	13.5 %		

# Whole Wheat French Garlic Bread, 51%

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 163  
*Food for 50, modified*

Ingredients	120 Servings (1/2 slice per serving)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Sugar, granulated Salt Yeast, instant, dry	3 lb 2 oz 2 lb 14 oz  2¼ oz 2 oz 1¼ oz	  4½ Tbsp 3 Tbsp			1. Place flours, sugar, salt and yeast in mixer bowl. Using a dough hook, blend on low speed approximately 2 minutes.
Vegetable Oil	3 oz				
Water (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°)		2 qt ¼ cup			3. Slowly add water to the dry ingredients and mix for 1 minute on low speed or until all water is mixed with the dry ingredients. If dough is too stiff to mix well, add up to 1 cup extra water per 100 servings. 4. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
Cornmeal Pan Release Spray		4-6 Tbsp As needed			5. Divide dough evenly into balls weighing approximately 3 lb 6 oz each. 6. Shape each piece into a smooth loaf by rolling dough using rolling pin or sheeter to 24" x 18". Roll, jelly roll style, into tight 24" loaf. Place lengthwise, one or two per pan, on sheet pans (18" x 26" x 1") which have been lined with pan liners and sprinkled with approximately 2 tablespoons of cornmeal per pan. 7. Proof in a warm area (about 90° F) until double in size, approximately 30-50 minutes. 8. With a sharp knife, make 5 or 6 diagonal slits ¼" deep across the top of each loaf.



## Whole Wheat French Garlic Bread, 51%, cont.

Ingredients	120 Servings (1/2 slice per serving)		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Garlic-Flavored Spray	As needed				9. Bake until lightly browned. * Conventional oven: 400° F for 18-20 minutes * Convection oven: 375° F for 15-20 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 10. Lightly spray loaves with pan release spray when baking is complete to improve the appearance. Let cool. 11. Trim off the crusts on the ends of each loaf. 12. Cut each loaf into 20 slices. Cut each slice in half for 1 serving. 13. Lightly spray each slice with garlic-flavored spray. Hold and serve warm.
					<b>Optional:</b> For a shiny crust, brush loaves before baking with an egg wash made from one slightly beaten egg and one tablespoon water or milk.

Serving Size	1 Serving Provides	Yield
½ slice (1.35 oz)	<b>K-6:</b> 1.25 oz equivalent Grains	120 servings: ½ slice
		3 loaves

### Nutrients in 1/2 Slice

Calories	87	Vitamin A	0 IU	Iron	1.16 mg
Protein	2.66 gm	Vitamin C	1.18 mg	Calcium	8.0 mg
Carbohydrate	17.47 gm	Fiber	1.66 gm	Cholesterol	0 mg
Fat	1.02 gm	% Fat	10.58 %	Sodium	184.2 mg
Saturated Fat	0.16 gm	% Saturated Fat	1.63 %		