
Kansas School Recipes



Vegetables, Fruits, & Sides

Child Nutrition & Wellness, Kansas State Department of Education

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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.

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Kansas School Recipes were submitted to Child Nutrition & Wellness, KSDE by schools in Kansas. Recipes have not been tested by CNW. Nutritional analysis and component contribution have been reviewed for accuracy.

Applesauce Salad

Fruit

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp
Recipes 2005 (USD 489 Hays)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Candy, Cinnamon Red Hots Water, boiling Gelatin, flavored, dry	2 lbs.+ 5½ oz.	2⅓ cups			1. Dissolve red hots and cherry flavored gelatin in boiling water. Stir well.
		3 qt. + ½ cup			
Applesauce, canned, unsweetened		1 #10 can			2. Add applesauce to gelatin mixture and stir well. 3. Pour into a serving dish or pans. 4. Chill until set or overnight.

Serving Size	1 Serving Provides	Yield
¼ cup	0.12 F/V	100 servings

Nutrients Per Serving

Calories	66	Iron	0.24 mg	Protein	0.51 g	Protein%	3.08%
Cholesterol	0 mg	Calcium	4.5 mg	Carbohydrate	17.28 g	Carbohydrate%	104.12%
Sodium	1 mg	Vitamin A	28.3 IU	Total Fat	0.15 g	Total Fat%	2.00%
Dietary Fiber	1.38 g	Vitamin A	3.3 RE	Saturated Fat	0.04 g	Saturated Fat%	0.55%
		Vitamin C	19.07 mg	Trans Fat	0.00* g	Trans Fat%	0%

*- Denotes missing nutrient values

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Cinnamon Apples

Fruit

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp
Recipes 2005 (USD 489 Hays)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, canned, water pack, sliced		2 #10 cans			1. Drain ½ of the liquid from the canned apples.
Brown Sugar Cinnamon ground Sugar, granulated	6 oz. 3 oz. 3 oz.				2. Place apples in steam pan. Measure brown sugar, ground cinnamon and granulated sugar into pan with apples. Mix well.
Margarine	3 oz.				3. Melt margarine and pour over apple mixture. Blend well and place in 350°F oven. Heat until product reaches 150°F.

Serving Size	1 Serving Provides	Yield
¼ cup	0.25 F/V	100 servings

Nutrients Per Serving

Calories	45	Iron	0.18 mg	Protein	0.19 g	Protein%	1.69%
Cholesterol	0 mg	Calcium	12.72 mg	Carbohydrate	10.07 g	Carbohydrate%	90.14%
Sodium	9 mg	Vitamin A	55 IU	Total Fat	0.90 g	Total Fat%	18.10%
Dietary Fiber	1.66 g	Vitamin A	11.5 RE	Saturated Fat	0.16 g	Saturated Fat%	3.27%
		Vitamin C	0.13 mg	Trans Fat	0.13* g	Trans Fat%	2.55%

*- Denotes missing nutrient values

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Fruit Fluff

Fruit

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp
Recipes 2005 (USD 469 Lansing)

Ingredients	50 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Fruit cocktail, canned, light syrup		1 #10 can			1. Drain fruit cocktail well.
Whipped topping		2 cups			2. Fold in whipped topping. 3. Chill until ready to use. 4. Serve using a 2 oz. spoodle.

Serving Size	1 Serving Provides	Yield
¼ cup	0.23 F/V	50 servings

Nutrients Per Serving

Calories	28	Iron	0.12 mg	Protein	0.45 g	Protein%	6.30%
Cholesterol	0 mg	Calcium	11.7 mg	Carbohydrate	7.04 g	Carbohydrate%	99.25%
Sodium	14 mg	Vitamin A	142.5 IU	Total Fat	0.05 g	Total Fat%	1.44%
Dietary Fiber	0.59 g	Vitamin A	28.5 RE	Saturated Fat	0.01 g	Saturated Fat%	0.22%
		Vitamin C	0.77 mg	Trans Fat	0* g	Trans Fat%	0%

*- Denotes missing nutrient values

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Fruit Salad

Fruit

HACCP: Non-Hazardous/Other

Recipe Source: Taste of Kansas 1
(Submitted in 2000 by USD 488 Axtell
Bern Summerfield)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar, granulated Cornstarch		2 cups 6 Tbsp.			1. Mix sugar and cornstarch in a saucepan.
Orange Juice, chilled Pineapple juice, canned, unsweetened Lemon juice, canned/bottled		1 1/3 cup 2 cups 1/4 cup			2. Drain canned pineapple; reserve juice and set aside the pineapple. 3. Add fruit juice and bring to a boil. Boil for one minute. 4. Cool
Pineapple chunks, canned, drained Grapes, fresh Apples, fresh w/skin Bananas, fresh, sliced	7.5 lbs. 6 lbs.	1 #10 can 1 1/2 qt.			5. Wash grapes. 6. Wash and dice apples in 1/2 inch chunks*. 7. Slice banana in 1/2 inch slices*. 8. Add all fruits to cooled juice mixture. Refrigerate until served.

* If making a large amount, slice the apples and bananas into the cooled juice mixture and toss to prevent browning.

Serving Size	1 Serving Provides	Yield
1/2 cup	0.55 F/V	100 servings

Fruit Salad, continued

Nutrients Per Serving

Calories	80	Iron	0.22 mg	Protein	0.54 g	Protein%	2.68%
Cholesterol	0 mg	Calcium	8.46 mg	Carbohydrate	20.52 g	Carbohydrate%	102.61%
Sodium	1 mg	Vitamin A	52.5 IU	Total Fat	0.26 g	Total Fat%	2.93%
Dietary Fiber	1.91 g	Vitamin A	6.5 RE	Saturated Fat	0.06 g	Saturated Fat%	0.66%
		Vitamin C	9.62 mg	Trans Fat	0* g	Trans Fat%	0%

*- Denotes missing nutrient values

Fruit Slush

Fruit

HACCP: Non-Hazardous/Other

Recipe Source: Taste of Kansas 2, 2002

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Orange juice, frozen, unsweetened, undiluted Lemon juice, canned/bottled Water, cold Pineapple tidbits, canned, light syrup Strawberries, frozen, sweetened, sliced	4 lb. + 7 oz.	1 qt.+ ½ cup 4½ Tbsp. 1 qt. + ½ cup 1½ qt.+ ⅔ cup			1. Combine juices, water, pineapple (undrained) and strawberries.
Apricots, canned, halves, light syrup Bananas, fresh, EP*	5 lbs.+ 9 oz. EP	1½ qt.+ ⅔ cup			2. Dice the apricots and add (with apricot juice) to the fruit mixture. 3. Dice the bananas and add to the fruit mixture**. 4. Put in 4-ounce plastic portion cups and freeze. 5. Place in cooler (for approximately 2 hours) to partially thaw before serving.

Serving Size	1 Serving Provides	Yield
½ cup	0.36 F/V	100 servings

** Optional: Omit steps 3 & 4 and puree all ingredients in a blender.

Fruit Slush, continued

Nutrients Per Serving

Calories	83	Iron	0.34 mg	Protein	0.85 g	Protein%	4.10%
Cholesterol	0 mg	Calcium	12.14 mg	Carbohydrate	21.29 g	Carbohydrate%	102.81%
Sodium	3 mg	Vitamin A	299 IU	Total Fat	0.16 g	Total Fat%	1.74%
Dietary Fiber	1.55 g	Vitamin A	29 RE	Saturated Fat	0.03 g	Saturated Fat%	0.37%
		Vitamin C	30.35 mg	Trans Fat	0.00* g	Trans Fat%	0.00%

*- Denotes missing nutrient values

Macaroni & Cheese

Pasta

HACCP: Non-Hazardous/Other

Recipe Source: Taste of Kansas 2, 2002

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Water Food coloring, yellow (optional) Salt		6 gals 1 tsp. ½ Tbsp.			1. Heat water in a stock pot or steam jacketed kettle. 2. Add food coloring and salt and bring water to a boil.
Macaroni, dry, enriched	4 lb.+ 8 oz.				3. Add macaroni and stir well. 4. Cook for 3-5 minutes until just tender. Do not overcook. 5. Drain well.
Margarine Mustard, dry White Pepper	15⅛ oz.	1¼ tsp. ½ tsp.			6. Add margarine, mustard and white pepper to cooked, drained macaroni; stir well.
Milk, dry, nonfat Cheese Sauce, powdered Water	1 lb.+ 2¼ oz.	1¾ cup 1 gal + 3½ cup			7. Add powdered milk in three parts stirring well after each addition. 8. Add powdered cheese sauce in three parts, stirring well after each addition. 9. Add water in three parts, stirring to mix well. 10. Heat until liquid begins to boil around the edges of the pot.

Macaroni & Cheese, continued

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cheese American, shredded	3 lbs.+ 2½ oz.				11. Add shredded cheese and stir well. 12. Continue cooking until internal temperature of 150°F has been reached. Stir often to prevent sticking and scorching. 13. Place cooked macaroni and cheese into steam table pans for serving.

Serving Size	1 Serving Provides	Yield
½ cup	0.51 M/MA + 0.8 G/B	100 servings

Nutrients Per Serving

Calories	83	Iron	0.34 mg	Protein	0.85 g	Protein%	4.10%
Cholesterol	0 mg	Calcium	12.14 mg	Carbohydrate	21.29 g	Carbohydrate%	102.81%
Sodium	3 mg	Vitamin A	299 IU	Total Fat	0.16 g	Total Fat%	1.74%
Dietary Fiber	1.55 g	Vitamin A	29 RE	Saturated Fat	0.03 g	Saturated Fat%	0.37%
		Vitamin C	30.35 mg	Trans Fat	0.00* g	Trans Fat%	0.00%

*- Denotes missing nutrient values

Pasta Salad

Pasta

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp Recipes 2005 (USD 489 Hays)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Pasta, shell macaroni, dry	2 lb.+ 10 ² / ₃ oz.				1. Prepare macaroni as directed on package. Cook to al dente stage. 2. Rinse with cold water to stop cooking process. Drain well, cover and set aside in refrigerator.
Broccoli flowerets, raw Cauliflower, fresh, raw, (1" pieces) Tomatoes, fresh, red, ripe (chopped)		2 ² / ₃ cups 2 ² / ₃ cups 1 ¹ / ₃ cups			3. Cut broccoli and cauliflower into small flowerets. Cut tomatoes into bite-sized pieces. Combine vegetables in a mixing bowl. Toss lightly.
Salad Dressing, Italian	2 lbs.				4. Pour Italian dressing over vegetables. Allow to marinate in the refrigerator for 1-2 hours.
Cheese American, shredded Sunflower seed kernels, toasted w/o salt	1 lb.+ 5 ¹ / ₃ oz. 10 ² / ₃ oz.				5. Before serving, add shredded cheese and sunflower seeds. Toss all ingredients until blended.

Pasta Salad, continued

Serving Size	1 Serving Provides	Yield
¼ cup	0.32 M/MA + 0.47 G/B	100 servings

Nutrients Per Serving

Calories	112	Iron	0.65 mg	Protein	3.57 g	Protein%	12.71%
Cholesterol	6 mg	Calcium	39.38 mg	Carbohydrate	11.07 g	Carbohydrate%	39.37%
Sodium	241 mg	Vitamin A	90.3 IU	Total Fat	6.22 g	Total Fat%	49.82%
Dietary Fiber	0.88 g	Vitamin A	22 RE	Saturated Fat	1.71 g	Saturated Fat%	13.68%
		Vitamin C	3.27 mg	Trans Fat	0.00* g	Trans Fat%	0%

*- Denotes missing nutrient values

Pumpkin Pudding

Fruit

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp Recipes 2005 (USD 503 Parsons)

Ingredients	68 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Milk, skim Pudding, dry, vanilla, instant Pumpkin pie spice Pumpkin, canned	3 lb. + 10 ¹ / ₃ oz.	1 gal + 3 ¹ / ₂ cups ¼ cup + 2 ⁵ / ₈ tsp. 2 qt.+ 1 ³ / ₄ cups			1. Combine skim milk, instant pudding, spice and pumpkin. Beat well.
Whipped topping		2 qt. + 1 ³ / ₄ cups			2. Fold in already whipped topping mix. 3. Serve using a #8 disher.

Serving Size	1 Serving Provides	Yield
½ cup	0.14 F/V	68 servings

Nutrients Per Serving

Calories	158	Iron	0.52 mg	Protein	3.68 g	Protein%	9.64%
Cholesterol	1 mg	Calcium	129 mg	Carbohydrate	34.06 g	Carbohydrate%	89.18%
Sodium	305 mg	Vitamin A	5672 IU	Total Fat	0.18 g	Total Fat%	1.04%
Dietary Fiber	1.02 g	Vitamin A	830 RE	Saturated Fat	0.10 g	Saturated Fat%	0.58%
		Vitamin C	1.59 mg	Trans Fat	0.00* g	Trans Fat%	0%

*- Denotes missing nutrient values

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Strawberries & Bananas

Fruit

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp Recipes 2005 (USD 489 Hays)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, frozen	5 lb. + 8 oz.				1. Thaw frozen sliced strawberries in refrigerator.
All berry glaze, mix	10¾ oz.				2. Mix all berry glaze mix into strawberries. Let set until slightly thickened. Note: Actual amount of glaze mix may vary depending on the amount of juice on strawberries.
Bananas, AP	12 lbs.				3. Cut bananas into bite sized pieces and mix into strawberries until bananas are well coated.

Serving Size	1 Serving Provides	Yield
3 oz	0.26 F/V	100 servings

Nutrients Per Serving

Calories	66	Iron	0.24 mg	Protein	0.51 g	Protein%	3.08%
Cholesterol	0 mg	Calcium	4.5 mg	Carbohydrate	17.28 g	Carbohydrate%	104.12%
Sodium	1 mg	Vitamin A	28.3 IU	Total Fat	0.15 g	Total Fat%	2.00%
Dietary Fiber	1.38 g	Vitamin A	3.3 RE	Saturated Fat	0.04 g	Saturated Fat%	0.55%
		Vitamin C	19.07 mg	Trans Fat	0.00* g	Trans Fat%	0%

* - Denotes missing nutrient values

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Vegetable Salad

Vegetable

HACCP: Non-Hazardous/Other

Recipe Source: Culinary Camp
Recipes 2005 (USD 489 Hays)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Cauliflower, fresh, raw, AP	9 lb.				1. Cut broccoli and cauliflower into small flowerets. Place into mixing bowl. 2. Do not thaw peas. Mix the peas with the broccoli and cauliflower.
Broccoli, fresh, raw, AP	6 lb.				
Green peas, frozen	1 lb.				
Ranch Dressing	12 oz.				3. Pour ranch dressing over the vegetables and mix thoroughly. Refrigerate until serving.

Serving Size	1 Serving Provides	Yield
½ cup	0.56 F/V	100 servings

Nutrients Per Serving

Calories	32	Iron	0.45 mg	Protein	1.93 g	Protein%	24.06%
Cholesterol	0 mg	Calcium	22.77 mg	Carbohydrate	4.93 g	Carbohydrate%	61.56%
Sodium	58 mg	Vitamin A	268 IU	Total Fat	0.95 g	Total Fat%	26.80%
Dietary Fiber	1.93 g	Vitamin A	46 RE	Saturated Fat	0.13 g	Saturated Fat%	0.74%
		Vitamin C	44.17 mg	Trans Fat	0.00* g	Trans Fat%	0%

*- Denotes missing nutrient values

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