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# Healthier Kansas Menus - Breakfast



## RECIPES

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Child Nutrition & Wellness, Kansas State Department of Education – 2014  
*Updated Summer 2014*



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Healthier Kansas Menus Breakfast recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *School Nutrition* magazine, November 2009, [www.schoolnutrition.org](http://www.schoolnutrition.org)
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- National Pork Board, [www.pork.org](http://www.pork.org)
- Pinnacle Foodservice, [www.foodservice.pinnaclefoodscorp.com](http://www.foodservice.pinnaclefoodscorp.com)
- USD 201 Washington County
- USD 320 Wamego
- USD 345 Seaman

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# Biscuit & Gravy

**Breakfast**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 33**  
(KSDE, Child Nutrition & Wellness)

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Angel Biscuit Recipe (HKM Recipe 120) <b>OR</b> Purchased Whole Wheat Biscuits weighing at least 2 oz		100 each			1. Prepare angel biscuits according to recipe <b>or</b> Slice and warm pre-made whole wheat biscuits.
Gravy, country style		2 gal 2 qt			2. Prepare country style gravy mix according to the directions on package. <b>CCP: Heat to 135°F or higher.</b> 3. Place sliced biscuit on tray. At time of service, cover with 3/8 cup (3 oz ladel) of gravy.

Serving Size	1 Serving Provides	Yield
1 each (1 biscuit + 3 oz of gravy)	2 oz equivalent Grains	100 servings

## Nutrients Per Serving

Calories	245	Vitamin A	11.52 IU	Iron	1.8 mg
Protein	4.83 gm	Vitamin C	3.08 mg	Calcium	87.85 mg
Carbohydrate	38.83 gm	Fiber	2.71 gm	Cholesterol	0.98 mg
Fat	7.17 gm	% Fat	26.37%	Sodium	555.96 mg
Saturated Fat	1.64 gm	% Saturated Fat	6.02%		

# Breakfast Pita

**Breakfast**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe B-131**  
(SNA Magazine, modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Pita Bread, whole wheat, pocket, large(6 ½" diameter)		50 each			1. Cut full round pitas in half to form 2 pita pockets each.
Eggs, frozen, whole, thawed Pan Release Spray	9 lb 6 oz	As Needed			2. Pour eggs into 2 steam table pans sprayed with pan release spray. Steam for 3-4 minutes or bake in convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up to look like scrambled eggs.  <b>CCP: Heat eggs to an internal temperature of 145° F or above for 15 seconds.</b>
American Cheese, shredded, low-fat	3 lb 2 oz				3. Scoop eggs with #20 scoop into each pita half and top with 2 Tbsp of cheese. 4. Place filled pita pockets on paper lined sheet pans and cover pan with foil OR wrap each individually in foil. <b>CCP: Hold for hot service at 135° F or higher.</b>

Serving Size	1 Serving Provides	Yield
½ pita sandwich	2 oz equivalent M/MA + 1 oz equivalent grains	100 (1/2) sandwiches

## Nutrients Per Serving

Calories	201	Vitamin A	336.6 IU	Iron	1.82 mg
Protein	11.23 gm	Vitamin C	0 mg	Calcium	176.6 mg
Carbohydrate	18.41 gm	Fiber	2.37 gm	Cholesterol	172.2 mg
Fat	9.38 gm	% Fat	41.93%	Sodium	329.9 mg
Saturated Fat	3.96 gm	% Saturated Fat	17.69%		

# Chicken Biscuit Breakfast Sandwich

**Breakfast**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe B-126**  
(KSDE, Child Nutrition & Wellness)

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Angel Biscuit Recipe (Healthier Kansas Recipe B-120)  <b>OR</b> Purchased Whole Wheat Biscuit 2 oz equivalent Grains		100 each			1. Prepare angel biscuits according to recipe OR Slice and warm pre-made whole wheat biscuits.
Chicken Patty, breaded, CN labeled, whole grain rich 1 oz equivalent M/MA and 0.25 oz equivalent Grains		100 each			2. Heat chicken patties in oven according to manufacturer's instructions. 3. Cut biscuit in ½, place one chicken patty between each biscuit. 4. Product will hold better if placed in a foil wrap.  <b>CCP: Hold for hot service at 135° F or higher.</b>

Serving Size	1 Serving Provides	Yield
1 sandwich	1 oz equivalent M/MA + 2.25 oz equivalent grains	100 sandwiches

## Nutrients Per Serving

Calories	268	Vitamin A	11.52 IU	Iron	2.51 mg
Protein	11.83 gm	Vitamin C	3.08 mg	Calcium	73.93 mg
Carbohydrate	34.19 gm	Fiber	3.71 gm	Cholesterol	10.98 mg
Fat	10.37 gm	% Fat	34.75%	Sodium	421.9 mg
Saturated Fat	2.64 gm	% Saturated Fat	8.84%		

# Excellent Egg Tacos

Breakfast

HACCP: #2 Same Day Service

Healthier Kansas Recipe B-102  
(Egg Board, modified by KSDE)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, frozen, whole, thawed Onion, AP Pan Release Spray	11 lb 2 oz 6 oz	As needed			<ol style="list-style-type: none"> <li>1. Beat eggs. Add diced onions. Pour eggs into steam table pan (1/2 pan for 24 servings and full pan for 50 servings) sprayed with pan release spray.</li> <li>2. Dice onions and add to eggs. Steam for 3-4 minutes or bake in convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up to look like scrambled eggs. <b>CCP: Heat eggs to an internal temperature of 145° F or above for 15 seconds.</b></li> </ol>
Mexican Seasoning Mix (Healthier Kansas Recipe #79) or Taco Seasoning Cheddar Cheese, reduced fat, shredded	3 oz 2 lb				<ol style="list-style-type: none"> <li>3. Stir Mexican seasoning and cheese into the egg mixture. <b>CCP: Hold for hot service at 135° F or above.</b></li> </ol>
Whole Grain Corn Taco Shells ½ oz equivalent Grains		100 shells			<ol style="list-style-type: none"> <li>4. Portion #10 scoop of egg mixture into each taco shell. Transfer tacos to 12 x 20 x 4 inch steam table pan.</li> <li>5. Heat convection oven to 300° F. Bake tacos 3-5 minutes or until tacos are heated through.</li> </ol>

Serving Size	1 Serving Provides	Yield
1 taco	2.25 oz equivalent M/MA + 0.5 oz equivalent grains	100 servings

## Nutrients Per Serving

Calories	162	Vitamin A	496.5 IU	Iron	1.39 mg
Protein	9.97 gm	Vitamin C	0.16 mg	Calcium	127.3 mg
Carbohydrate	9.25 gm	Fiber	1.12 gm	Cholesterol	192.8 mg
Fat	9.3 gm	% Fat	51.74%	Sodium	175.5 mg
Saturated Fat	3.42 gm	% Saturated Fat	19.06%		



# Kansas Granola Bar

**Breakfast**

**HACCP: Non-Hazardous/Other**

**Healthier Kansas Recipe 13**  
(KSDE, Child Nutrition & Wellness)

Ingredients	96 – Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, old fashioned Baking Powder Salt Cinnamon, ground Cranberries, dried, unsweetened	6 lb   2 lb 8 oz	 ½ cup 1 Tbsp ½ cup			1. Preheat oven: <ul style="list-style-type: none"> <li>• Convection - 325° F</li> <li>• Conventional - 350° F</li> </ul> 2. Combine oats, baking powder, salt, cinnamon, and cranberries in a bowl. Make a well in the center.
Eggs, large Bananas, ripe, AP Applesauce, unsweetened, canned Milk, skim Maple Syrup Brown sugar, unpacked Vanilla Pan Release Spray	4 lb 12 oz 1 lb 3 oz  4 lb 2 lb As needed	16 eggs 2 cups 64 fl oz ½ cup ½ cup			3. In a separate bowl, combine eggs, mashed banana, applesauce, milk, syrup, brown sugar and vanilla until mixed. 4. Incorporate wet ingredients into dry ingredients and mix well, mixture will appear runny. 5. Spread onto 10-3/8" x 12-3/4" sheet pans (four pans per 96 servings) lined with parchment paper and bake for 25-30 minutes, rotating pans half way through, until golden brown. 6. Cut into 24 granola bars per ½ sheet pan.

Serving Size	1 Serving Provides	Yield
1 granola bar	1.75 oz equivalent grains + 0.25 cup fruit + 0.25 oz equivalent M/MA	96 bars

## Nutrients per Serving

Calories	235	Vitamin A	65.73 IU	Iron	1.75 mg
Protein	6.57 gm	Vitamin C	2.05 mg	Calcium	127.7 mg
Carbohydrate	44.7 gm	Fiber	4.23 gm	Cholesterol	31.38 mg
Fat	2.7 gm	% Fat	10.34%	Sodium	220.1 mg
Saturated Fat	0.62 gm	% Saturated Fat	2.36%		

# Mexican Seasoning Mix

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Seasonings

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 79  
(USDA G-01A modified)

Ingredients	4 Cups				Directions
	Weight	Measure	Weight	Measure	
Chili Powder Cumin, ground Paprika Onion Powder		1¾ cup 1⅓ cup ¼ cup 3 Tbsp ¼ cup 3 Tbsp			1. Mix all ingredients together well.  2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator.

Yields 1 quart

# Quick Blueberry Bubble Bread

**Breakfast**

**HACCP: Non-Hazardous/Other**

**Healthier Kansas Recipe B-82**  
(KSDE, Child Nutrition & Wellness)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Brown Sugar, packed Cinnamon, ground Refrigerated or Frozen Biscuits, whole grain Margarine, melted Pan Release Spray	1 lb 4 oz  9 lb 6 oz  1 lb 4 oz	1 Tbsp 2 tsp   As needed			1. Combine brown sugar and cinnamon in mixing bowl with paddle. 2. Cut biscuits into quarters with a pizza cutter. Add quartered biscuits to mixing bowl. 3. Add melted margarine and gently mix just to coat. 4. Spray an 18 x 26 x 2 inch pan for 80 servings or an 8 x 10 x 2 inch pan for 20 servings with pan release spray. Spread batter evenly.
Oatmeal, quick  Blueberries, frozen or fresh Sugar, granulated	1 lb 14 oz  5 lb 15 oz  1 lb 4 oz				5. Sprinkle ½ the oatmeal evenly over the mixture in the pan. 6. Combine blueberries and sugar in a bowl and toss to coat. 7. Spoon the blueberries over the oatmeal and biscuits and then sprinkle with the remaining ½ of the oatmeal.
					8. Bake as follows: Convection oven: 350° F for 15 minutes or until golden brown, <b>or</b> Conventional oven: 375° F for 20 minutes or until golden brown. 9. Cut 18 X 26 x 2 inch pan in 8 x 10 for 80 servings and 8 x 10 x 2 inch pan in 4 x 5 for 20 servings.

Serving Size	1 Serving Provides	Yield
1 piece	1.75 oz equivalent grains + 0.125 cup fruit	100 portions

## Quick Blueberry Bubble Bread, continued

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### Nutrients Per Serving

Calories	241	Vitamin A	215.2 IU	Iron	0.82 mg
Protein	4.5 gm	Vitamin C	0.68 mg	Calcium	52.69 mg
Carbohydrate	34.75 gm	Fiber	2.65 gm	Cholesterol	0 mg
Fat	10.17 gm	% Fat	37.95%	Sodium	296.9 mg
Saturated Fat	3.42 gm	% Saturated Fat	12.76%		

# Sausage Breakfast Sandwich

Breakfast

HACCP: #2 Same Day Service

Healthier Kansas Recipe B-127  
(KSDE, Child Nutrition & Wellness)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Bread, whole grain, sliced, 1.5 oz per 2 slices Sausage Patty, CN labeled, providing 1 oz equivalent M/MA American cheese, low-fat, slice, 0.5 oz each	3 lb 2 oz	200 slices  100 each			<ol style="list-style-type: none"> <li>1. Heat sausage patty in oven according to manufacturer's instructions.</li> <li>2. Place one sausage patty on one slice of bread. Top with 1 slice of American cheese.</li> <li>3. Place 2<sup>nd</sup> slice of bread on each sandwich.</li> <li>4. Product will hold better if placed in a foil wrap.</li> </ol> <p><b>CCP: Hold for hot service at 135° F or higher.</b></p>

Serving Size	1 Serving Provides	Yield
1 sandwich	1.5 oz equivalent M/MA + 2 oz equivalent grains	100 sandwiches

## Nutrients Per Serving

Calories	224	Vitamin A	174 IU	Iron	2.47 mg
Protein	15.14 gm	Vitamin C	0 mg	Calcium	169 mg
Carbohydrate	22.23 gm	Fiber	4 gm	Cholesterol	40.5 mg
Fat	9.93 gm	% Fat	39.9%	Sodium	517 mg
Saturated Fat	4.39 gm	% Saturated Fat	17.64%		

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# Scrumptious Coffee Cake

**Breakfast**

**HACCP: Non-Hazardous-Other**

**Healthier Kansas Recipe B-105**  
(KSDE, Child Nutrition & Wellness)

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, all purpose, enriched Flour, white whole wheat Baking Powder Baking Soda Cinnamon, ground Sugar, granulated Salt	2 lb 3 lb 2 oz    3 lb 8 oz	  2 Tbsp 2 tsp 2 Tbsp 2 tsp 2 Tbsp 2 tsp  1 Tbsp 1 tsp			1. Mix flours, baking powder, soda, cinnamon, sugar and salt in mixing bowl.  <i>Note: Weighing flour is most accurate. If measuring, stir the flour and spoon into the measure. Do not pack the flour.</i>
Eggs, large Milk, low-fat Oil, vegetable Frozen Orange Juice Concentrate Applesauce, unsweetened, canned Pan Release Spray	1 lb 4 lb 1 lb   1 lb	8 large   2 $\frac{2}{3}$ cups  As needed			2. Add eggs, milk, oil, orange juice, and applesauce. Mix only until moistened. Do not over mix. For 24 servings, pour batter into a 12" x 20" x 2 $\frac{1}{2}$ " pan which has been lightly coated with pan release spray. For 96 servings, use 4 pans (3 lb 12 oz batter per pan).
Sugar, brown Margarine Nuts (optional)	2 lb 8 oz 2 lb				3. Mix brown sugar, margarine and nuts together and sprinkle over the batter before baking. Bake in conventional oven at 350° F for 30 minutes or bake in convection oven at 325° F for 20-25 minutes.  <i>Note: Coffee cake can be made the day ahead and then warmed in the proofing cabinet before drizzling with glaze right before serving.</i>
<b>Glaze:</b> Milk, low-fat Sugar, powdered Vanilla	  1 lb 12 oz	1 cup  1 Tbsp 1 tsp			5. Combine milk, powdered sugar and vanilla. Drizzle over coffee cake. 6. Cut each pan 4x6.

Serving Size	1 Serving Provides	Yield
1 piece	1.5 oz equivalent grains + 0.125 cup fruit	96 portions

## Scrumptious Coffee Cake, continued

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### Nutrients Per Serving

Calories	301	Vitamin A	182.6 IU	Iron	1.48 mg
Protein	4.36 gm	Vitamin C	11.89 mg	Calcium	50.27 mg
Carbohydrate	56.92 gm	Fiber	2.2 gm	Cholesterol	15.93 mg
Fat	7.28 gm	% Fat	21.76%	Sodium	306.1 mg
Saturated Fat	1.24 gm	% Saturated Fat	3.71%		



# Star Spangled Pancakes

**Breakfast**

**HACCP: #1 No Cook and  
#2 Same Day Service**

**Healthier Kansas Recipe B-95**  
(Pinnacle Foodservice, Modified by KSDE)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Yogurt, vanilla flavor, low-fat, bulk	12 lb 8 oz				1. Place yogurt in serving bowl. Chill for service. <b>CCP: Hold for cold service at 41° F or below.</b>
Strawberries, fresh, AP Blueberries, fresh, AP	9 lb 5 lb				2. Wash and remove stems from strawberries. Quarter strawberries. 3. Wash blueberries. Mix with prepared strawberries. Place in serving bowl. <b>CCP: Hold for cold service at 41° F or below.</b>
Pancakes, whole grain, heat and serve, 1 oz equivalent Grains		200 pancakes			4. Heat pancakes according to manufacturer's instructions. Hold warm for service. <b>CCP: Hold for hot service at 135° F or higher.</b> 5. To serve, place 2 pancakes on serving plate. Ladle 2 oz yogurt on pancakes. Top with 3/8 cup mixed fruit.

Serving Size	1 Serving Provides	Yield
2 pancakes, 2 oz yogurt, 3/8 cup fruit	0.5 oz equivalent M/MA + 0.375 cup fruit + 2 oz equivalent grains	100 servings

## Nutrients Per Serving

Calories	216	Vitamin A	267.2 IU	Iron	2.03 mg
Protein	5.52 gm	Vitamin C	26.2 mg	Calcium	97.89 mg
Carbohydrate	44.17 gm	Fiber	4.69 gm	Cholesterol	7.92 mg
Fat	2.57 gm	% Fat	10.72%	Sodium	386.89 mg
Saturated Fat	0.6 gm	% Saturated Fat	2.48%		

# Western Omelet Quesadilla

**Breakfast**

**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe B-93**  
(Egg Board, modified by KSDE)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Tortilla, whole wheat, 6" (at least 1 oz each)	Approx. 6 lb 4 oz	100 each			1. Line sheet pans (18" x 26" x 1") with pan liners.
Eggs, frozen, whole, thawed	5 lb 12 oz				2. Dice onions and peppers. 3. Blend eggs, milk, granulated onion, black pepper, onions, green peppers and ham. Pour into 2" steam table pans sprayed with pan release spray. Steam for 3-4 minutes or bake in convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up to look like scrambled eggs. <b>CCP: Heat eggs to an internal temperature of 165° F or above for 15 seconds.</b> 4. Add cheese to egg mixture and stir to melt. 5. With a #16 scoop, place 1 scoop on half a 6" tortilla. Fold the tortilla in half and shingle quesadilla's on a bun sheet. Bake in convection oven at 350° F for 8-10 minutes and rotate pans half way through.
Milk, low-fat	1 lb	2 cups			
Onion Powder		2 tsp			
Pepper, black		1 tsp			
Ham, diced	2 lb				
Onions, AP	2 lb 4 oz				
Green Peppers, AP	2 lb 8 oz				
Cheese, Mexican Blend, reduced-fat, shredded	2 lb 8 oz				
Pan Release Spray	As needed				6. Bake until tops are golden brown:

Serving Size	1 Serving Provides	Yield
1 Quesadilla	1.5 oz equivalent M/MA + 1 oz equivalent grains	100 quesadillas

## Nutrients Per Serving

Calories	178	Vitamin A	571.9 IU	Iron	1.27 mg
Protein	10.74 gm	Vitamin C	15.25 mg	Calcium	233.5 mg
Carbohydrate	18.03 gm	Fiber	2.42 gm	Cholesterol	108.1 mg
Fat	6.97 gm	% Fat	35.16%	Sodium	440.6 mg
Saturated Fat	3.22 gm	% Saturated Fat	16.23%		

# Fresh Citrus Fruit Cup

Fruit

HACCP: #Non-Hazardous/Other

Healthier Kansas Recipe 134

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Mandarin Oranges, canned in 100% juice or light syrup Bananas, fresh, AP Apples, fresh, AP Grapes, fresh, AP	8 lb 8 oz  9 lb 3 lb 8 oz 3 lb 8 oz				1. Chill cans of mandarin oranges. Wipe tops of cans clean before opening. 2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container. 3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges. 4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. 5. Wash and remove stems from grapes. 6. Add apples and grapes to bananas and oranges. 7. Chill thoroughly. <b>CCP: Hold for cold service at 41°F or lower.</b>  <i>Note: Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.</i>

Serving Size	1 Serving Provides	Yield
4 oz spoodle (1/2 cup)	0.5 cup fruit	Approximately 3 gal + 2 cups

## Nutrients Per Serving

Calories	97	Vitamin A	567.8 IU	Iron	0.35 mg
Protein	0.88 gm	Vitamin C	14.04 mg	Calcium	10.34 mg
Carbohydrate	25.13 gm	Fiber	2.86 gm	Cholesterol	0 mg
Fat	0.33 gm	% Fat	3.05%	Sodium	3.54 mg
Saturated Fat	0.08 gm	% Saturated Fat	0.77%		

# Fresh Mixed Fruit Cup

Fruit

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 183

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, AP Bananas, fresh, AP Fruit Cocktail, canned in 100% juice or light syrup	4 lb 7 lb	2 #10 cans			<ol style="list-style-type: none"> <li>1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening.</li> <li>2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.</li> <li>3. Slice bananas.</li> <li>4. Mix fresh fruit with canned fruit.</li> <li>5. Chill thoroughly. <b>CCP: Hold for cold service at 41°F or lower.</b></li> </ol>

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

## Nutrients Per Serving

Calories	65	Vitamin A	203.4 IU	Iron	0.23 mg
Protein	0.64 gm	Vitamin C	5.33 mg	Calcium	7.41 mg
Carbohydrate	16.76 gm	Fiber	1.88 gm	Cholesterol	0 mg
Fat	0.18 gm	% Fat	2.43 %	Sodium	2.59 mg
Saturated Fat	0.05 gm	% Saturated Fat	0.64 %		

# Rosy Applesauce

Fruits

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 125

Ingredients	100 – Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Applesauce, canned, unsweetened		4 ½ #10 cans			1. Chill applesauce. Wipe tops of cans clean before opening.  2. Mix gelatin mix into applesauce and refrigerate.  <b>CCP: Hold for cold service at 41° F or lower.</b>
Strawberry Gelatin Mix		1 ¼ cups			

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

## Nutrients per Serving

Calories	61	Vitamin A	35 IU	Iron	0.15 mg
Protein	0.41 gm	Vitamin C	1.5 mg	Calcium	44 mg
Carbohydrate	16.27 gm	Fiber	2 gm	Cholesterol	0 mg
Fat	0.6 gm	% Fat	0.9%	Sodium	8.5 mg
Saturated Fat	0.01 gm	% Saturated Fat	0.18%		

# Strawberries & Bananas

Fruit

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 124

Ingredients	100 –Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, frozen, unsweetened, sliced Applesauce, canned, unsweetened Bananas, AP	11 lb	½ #10 can			<ol style="list-style-type: none"> <li>1. Thaw strawberries in refrigerator.</li> <li>2. Chill cans of applesauce. Wipe tops of cans clean before opening.</li> <li>3. Mix applesauce into thawed strawberries.</li> <li>4. Handle bananas with gloved hands. Peel and slice bananas. Add to strawberries. Combine gently.</li> </ol> <p><b>CCP: Hold for cold service at 41°F or lower.</b></p>
	14 lb				

Serving Size	1 Serving Provides	Yield
½ cup (4 oz)	0.5 cup fruit	100 servings

## Nutrients per Serving

Calories	60	Vitamin A	52.66 IU	Iron	0.5 mg
Protein	0.68 gm	Vitamin C	24.27 mg	Calcium	10.5 mg
Carbohydrate	15.49 gm	Fiber	2.28 gm	Cholesterol	0 mg
Fat	0.20 gm	% Fat	2.95 %	Sodium	1.64 mg
Saturated Fat	0.05 gm	% Saturated Fat	0.75 %		

# Tomato Salsa

Vegetable

HACCP: #1 No Cook

Healthier Kansas Recipe 129

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Tomatoes, crushed, salsa-ready, canned, not drained Garlic Powder Cilantro, dried Cumin, ground Lemon Juice, canned Onion, dehydrated flakes Jalapeno Peppers, canned, drained (optional)	2 oz	1 #10 can  ½ tsp 1 tsp 2 Tbsp 2 Tbsp ½ cup			1. Mix all ingredients except jalapeno peppers. 2. Optional: Mince or puree optional jalapeno peppers before adding to the salsa. Mix well. 3. Refrigerate for at least one hour to blend flavors. <b>CCP: Refrigerate until served. Hold for cold service at 41°F or lower.</b> 4. May be pre-portioned.
					<b>Substitutions and Variations:</b> <ul style="list-style-type: none"> <li>▪ May increase or decrease the amount of jalapeno peppers and/or seasonings to taste.</li> <li>▪ May substitute fresh peppers for canned peppers; fresh garlic for garlic powder; fresh onions for dried onions, lime juice for lemon juice, and/or fresh cilantro for dried cilantro.</li> <li>▪ May substitute diced tomatoes for crushed tomatoes.</li> </ul>

Serving Size	1 Serving Provides	Yield
1 fl oz (2 Tbsp)	0.125 cup vegetables, RO	3 quarts

## Nutrients Per Serving

Calories	14	Vitamin A	199 IU	Iron	0.42 mg
Protein	.86 gm	Vitamin C	5.57 mg	Calcium	7.44 mg
Carbohydrate	3.07 gm	Fiber	0.37 gm	Cholesterol	0 mg
Fat	0.13 gm	% Fat	8.06 %	Sodium	102.8 mg
Saturated Fat	0.02 gm	% Saturated Fat	0.94 %		

# Angel Biscuits, Whole Wheat

**Grains**

**HACCP: Non-Hazardous/Other**

**Healthier Kansas Recipe 120**  
(Cooking Light, modified by KSDE)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Yeast, instant Sugar, granulated Baking Powder Baking Soda Salt	4 lb 3 lb 2½ oz 10 oz	1 Tbsp 2 tsp 1 Tbsp 2 tsp 1 Tbsp 2 tsp			1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed.  2. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes).  3. Add buttermilk to flour mixture, mix just until ingredients are moistened. 4. Cover and chill 1 hour.  5. Turn the dough out onto a floured surface; knead lightly 5 times. 6. Roll dough into a ½ inch thickness; cut with a 2½ inch biscuit cutter. Biscuits should weight approximately 2 oz each. 7. Place the biscuits on a paper lined sheet pan. 8. Bake in a convection oven at 450°F for 9 minutes <b>or</b> a conventional oven at 475°F for 12 minutes, or until golden brown.
Vegetable Shortening, Trans Fat Free	1 lb 4 oz				
Buttermilk, low-fat		2 qt 2 cups			
Flour for kneading: Flour, whole wheat	7 oz				

Serving Size	1 Serving Provides	Yield
1 biscuit	2.0 oz equivalent Grains	100 biscuits

## Nutrients Per Serving

Calories	188	Vitamin A	11.52 IU	Iron	1.79 mg
Protein	4.83 gm	Vitamin C	3.08 mg	Calcium	53.93 mg
Carbohydrate	29.19 gm	Fiber	2.71 gm	Cholesterol	0.98 mg
Fat	6.37 gm	% Fat	30.40%	Sodium	231.9 mg
Saturated Fat	1.64 gm	% Saturated Fat	7.82%		