



# Home Grown: Menus of Wisconsin



## Standardized Recipe Index

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<b>RECIPE NAME: Berry Chicken Salad</b>					File No: WITN- 01 Source: <i>Modified from Minnesota's Now We're Cooking!</i>			
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 40 each								
Portion Size: 1 each								
Serving Utensil:								
Servings Per Pan:								
<b>Ingredients:</b>			<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Cider vinegar Red raspberry jam, seedless Dijon mustard Olive oil Salt Black pepper Romaine Blueberries, raspberries, or strawberries Onions, red, raw, sliced Garbanzo beans Sugar snap peas, raw Chicken, cooked, diced			1 oz           5 lbs 5 lbs	1 ¾ c 1 ¼ c  2 ½ c 1 tsp 1 tsp 12 ⅓ lbs 10 c 1 c 5 c	<ol style="list-style-type: none"> <li>Blend vinegar, jam, mustard, olive oil, salt and pepper until well combined. Chill overnight.</li> <li>Portion into container in the following order: <ul style="list-style-type: none"> <li>2 cups romaine</li> <li>¼ cup berries</li> <li>1/8 cup garbanzo beans</li> <li>2 slices red onion</li> <li>2-3 sugar snap peas</li> <li>2 oz diced chicken</li> </ul> </li> <li>Portion 2 tbsp of dressing with salad.</li> </ol> <p>CCP: Hold for cold service at 41° F or lower.</p>			
<b>Total Yield</b> Portion determined on volume.			Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):		Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>			
Meat/Meat Alternate			2 oz eq.		Calories: 301			
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 3.7g
			1 c	1/8 c				
Fruits			¼ c					
Grains								

<b>RECIPE NAME: Brunch Casserole</b>					File No: WITN-02 Source: <i>Cindy Kacmarcik, Greendale School District</i>			
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 48								
Portion Size: 3"x3" cut (cut pan 6x4)								
Serving Utensil: spatula								
Servings Per Pan: 24								
<b>Ingredients:</b>			<b>Weight (AP)</b>	<b>Measure (EP)</b>	<b>Procedure:</b>			
Yellow Onion			3.2 lbs	2 cup chopped	1. Dice onions and peppers.			
Green Pepper			1 lb	4 cups chopped	2. Cut ham into cubes.			
Thick-Cut Deli Ham			1 lb	4 cups chopped	3. Crack eggs into a large bowl and whisk. Add salt, pepper, and milk. Whisk until blended.			
Large Eggs			2 dozen	6 cups	4. Add hash browns, onion, green pepper, ham, and 2 cups of cheese. Stir to combine.			
Frozen Shredded Hash Browns			2.5 lbs	5 cups	5. Spray two 20x12x4 pans with cooking spray.			
Medium Cheddar Cheese, low-fat, shredded			1 lb	4 cups	6. Pour half of the mixture into each pan and top each pan with 1 cup of cheese.			
Low-Fat Milk			32 oz	4 cups	7. Cook at 325° F in a convection oven for 30 minutes.			
Salt				1 Tbsp	CCP: Heat to internal temp of 155° F. Hold for hot service at 135° F or higher.			
Ground Black Pepper				1 Tbsp				
<b>Total Yield</b>			Number of Pans: 2		Equipment (if not specified in procedures above): chefs knives, cutting board			
Weight: 9#	Measure (volume):		Pan Size: 20"x12"x4"					
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>			
Meat/Meat Alternate			1.5 oz eq.		Calories:106			
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 2.26g
							1/8 c	Sodium: 363mg
Fruits								
Grains								

<b>RECIPE NAME: Chicken Caesar Wrap</b>					File No: WITN-03 Source: <i>Maryland C.H.E.F. Cookbook and Promising Practices</i>			
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 1 each								
Portion Size: 1 each								
Serving Utensil: Gloved hand								
Servings Per Pan: 1								
<b>Ingredients:</b>			<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Chicken fajita strips (WI USDA Foods)			2.45 oz	½ cup	<ol style="list-style-type: none"> <li>1. Assemble each wrap spreading 2 Tbsp dressing on tortilla.</li> <li>2. Layer 2.45oz chicken strips in the center of the tortilla.</li> <li>3. Top with ½ cup lettuce and 1 Tbsp parmesan cheese.</li> <li>4. Roll tortilla from edge halfway, tuck in sides and continue to roll until all contents are completely wrapped.</li> <li>5. Wrap tortilla tightly with plastic wrap.</li> <li>6. Cut tortilla wrap in half diagonally.</li> </ol> <p>CCP: Hold for cold service at 41° F or lower.</p>			
Romaine lettuce, shredded								
Parmesan cheese, grated			0.168 oz	1/16 cup				
Caesar salad dressing, fat-free				1/8 cup				
Whole grain rich tortilla			2 oz	1 each				
<b>Total Yield Portion determined on volume.</b>			Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):		Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>			
Meat/Meat Alternate			2 oz eq.		Calories: 321			
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 2.42g
			¼ c					Sodium: 1076mg
Fruits								
Grains			2 oz eq.					

<b>RECIPE NAME: Chicken Philly Sub</b>					File No: WITN-04 Source: <i>Stacey Weichelt, Marshfield School District (modified)</i>		
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50							
Portion Size: 1 each							
Serving Utensil: Glove Hand							
Servings Per Pan:							
<b>Ingredients:</b>			<b>Weight (AP)</b>	<b>Measure (EP)</b>	<b>Procedure:</b>		
Hamburger bun, whole wheat				50 each	<ol style="list-style-type: none"> <li>1. Warm chicken strips.</li> <li>2. Place hamburger bun bottom on tray.</li> <li>3. Place 1.22 oz (by weight) of chicken on bun.</li> <li>4. Mix peppers and onions.</li> <li>5. Place ¼ cup of pepper and onion mixture on chicken.</li> <li>6. Sprinkle with 1 oz of mozzarella cheese.</li> <li>7. Place top of bun on sub.</li> <li>8. Cover pains with foil and heat to 350° F.</li> </ol> <p>CCP: Heat to internal temp of 165° F. Hold for hot service at 135° F or higher.</p>		
Chicken strips, precooked (USDA Foods Chicken Fajita Strips)			3.828 lbs				
Mozzarella cheese, part-skim, shredded			3.125				
Green Peppers, chopped, frozen			3 lbs				
Onions, chopped, frozen			3 lbs				
<b>Total Yield</b>			Number of Pans:		Equipment (if not specified in procedures above):		
Weight:	Measure (volume):		Pan Size:				
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate	2 oz eq.					Calories: 297	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 4.5g	
					1/8 c	Sodium: 618mg	
Fruits							
Grains	2 oz eq.						

<b>RECIPE NAME: Chicken Pot Pie</b>			File No: WITN-05 Source: Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District ( <i>modified</i> )
Grade Group: K-12		HACCP Process:	
Number of Portions: 50		<input type="checkbox"/> #1 No Cook	
Portion Size: 4"x2.5" cut		<input checked="" type="checkbox"/> #2 Cook & Serve Same Day	
Serving Utensil: solid spoon		<input type="checkbox"/> #3 Includes Cooling Step	
Servings Per Pan: 25			
<b>Ingredients:</b>	<b>Weight (AP)</b>	<b>Measure (EP)</b>	<b>Procedure:</b>
<u>Stew Ingredients</u>			<p>To make stew:</p> <ol style="list-style-type: none"> <li>Preheat a convection oven to 325°F.</li> <li>Peel and de-seed the squash and cut into 1-inch cubes*.</li> <li>Peel onions and carrots. Dice onions, carrots, tomatoes, and celery. Chop green beans into 1" pieces.</li> <li>Roast all vegetables on a greased baking sheet for 25 minutes.</li> <li>Divide vegetable mixture evenly between two 20x12x4 pans. Add evenly divided chicken to pans.</li> <li>Melt butter in a large pot and stir in flour.</li> <li>Microwave 4 cups of the milk for 2 minutes and add the warm milk to pot and stir well. Add the remaining milk, stirring constantly.</li> <li>Stir in the chicken broth, lemon juice, paprika, salt, pepper, and parsley. Let the sauce simmer for 45 minutes, stirring frequently. Remove from heat.</li> <li>Pour 8.5 cups of sauce into each pan.</li> </ol> <p>To make biscuit topping:</p> <ol style="list-style-type: none"> <li>Mix flours, sugar, baking powder, and salt together.</li> <li>Add butter and cut in until the size of small peas.</li> <li>Add eggs and buttermilk and blend until incorporated. Do not over mix.</li> <li>Pour half the batter over each pan and spread over top. Place pans in the 325° convection oven for 60-75 minutes. CCP: Heat to internal temp of 165° F. Biscuits should golden brown and the sauce should be bubbling.</li> <li>Let cool slightly and cut each pan into 5 horizontal sections and 5 vertical sections (25 cuts per pan).3 CCP: Hold for hot service at 135° F or higher.</li> </ol>
Frozen, precooked chicken breast slices (thawed)	6 lbs 4 oz		
Butternut squash, raw, whole*	4 lbs	7.5 cups, cubed	
Onion	2 lbs	3 cups, diced	
Carrot	3 lbs	6 cups, diced	
Tomato	3 lbs	6 cups, diced	
Celery	5 lbs	6 cups, diced	
Green beans	3 lbs	5 cups, chopped	
Milk, 1%	64 oz.	8 cups	
Chicken Broth	64 oz.	8 cups	
Flour	13.2 oz	3 cups	
Butter	1 lbs	2 cups	
Dried parsley		2 Tbsp.	
Lemon juice	2 oz.	¼ cup	
Paprika		1 Tbsp.	
Salt		1 Tbsp.	
Ground black pepper		1 Tbsp.	
<u>Biscuit Ingredients</u>			
Whole-wheat flour	1 lb 12 oz	1 quart 2 cups	
All-purpose flour, enriched	1 lb 4 oz	1 quart ½ cup	
Granulated sugar		6 Tbsp	
Baking powder		¼ cup	
Salt		2 Tbsp	
Butter, unsalted, cold, cubed	1 lb	2 cups	
Eggs		4 large	
Buttermilk		3 quarts	
* May use pre-cubed, frozen butternut squash.			

<b>Total Yield</b>		Number of Pans: 2			Equipment (if not specified in procedures above):		
Weight :35#	Measure (volume): 640 oz.	Pan Size: 20x12x4					
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate		2 oz eq.			Calories: 438		
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 10.78g
				¼ c		¼ c	Sodium: 651.37 mg
Fruits							
Grains		1.5 oz eq.					

<b>RECIPE NAME: Cranzy Chicken Tacos</b>					File No: WITN-06 Source: <i>US Cranberries School Foodservice Toolkit</i>		
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 48 each							
Portion Size: 1 each							
Serving Utensil: Gloved hand, #8 scoop							
Servings Per Pan: 1							
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Cranberry sauce, whole berry Honey Chicken, cooked, diced, thawed Cheese, parmesan, grated  <i>Bean Salad</i> Beans, Northern, canned, drained, rinsed Cranberries, dried, sweetened Apple juice, 100% juice Scallions, chopped Garlic, fresh, minced Pepper, black, ground  <i>Cranberry Mayo</i> Mayonnaise, reduced fat Cranberry sauce, whole-berry Scallions, minced Pepper, black, ground Spinach, fresh, chopped Tortilla, whole-grain (1.75oz eq.)		4 ½ lbs	1 ½ quart 1/3 cup  ¾ cup  3 quarts 3 quarts 1 ½ cups 1 cup 1 Tbsp 1 tsp  1 ½ cups 1 ½ cups ¼ cup 1 tsp 6 quarts 48 each	<ol style="list-style-type: none"> <li>In a large sauce pan, melt cranberry sauce with honey, about two minutes.</li> <li>Add chicken and cheese to cranberry-honey mixture and toss to coat well.</li> <li>Lay chicken pieces on parchment-covered sheetpans in a single layer and bake in 350 ° F convection oven for 6 to 8 minutes.  CCP: Heat to internal temp of 165° F. Hold for hot service at 135° F or higher.</li> <li>In a bowl, toss together all bean salad ingredients, mix well, cover and refrigerate at least 2 hours before serving.</li> <li>In a separate bowl, whisk together mayonnaise, cranberry sauce, scallions, and pepper until combined and place in a wide mouth squeeze bottle.  CCP: Hold for cold service at 41° F or lower.</li> <li>Serve by portioning ¼ c chicken, ½ c bean salad, and ½ c spinach onto tortilla then drizzle with 1 Tbsp mayo.</li> </ol>			
<b>Total Yield</b>		<b>Portion determined on volume.</b>		Number of Pans:		Equipment (if not specified in procedures above):	
Weight:		Measure (volume):		Pan Size:			
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>	
Meat/Meat Alternate		1.5 oz eq.				Calories: 471	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 1.69g
		¼ c	¼ c				Sodium: 527mg
Fruits		½ c					
Grains		1.75 oz eq.					

<b>RECIPE NAME: Greek Turkey Pita</b>					File No: WITN-07		Source: <i>Washington State Schools "Scratch Cooking" Recipe Book (modified)</i>	
					Grade Group: 9-12		HACCP Process:	
Number of Portions: 1 each					<input checked="" type="checkbox"/> #1 No Cook			
Portion Size: 1 each					<input type="checkbox"/> #2 Cook & Serve Same Day			
Serving Utensil: Gloved hand					<input type="checkbox"/> #3 Includes Cooling Step			
Servings Per Pan: 1								
<b>Ingredients:</b>			<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Deli turkey breast (WI USDA Foods)			3.75 oz		1. Cut pita in half.			
Hummus (see recipe)				¼ cup	2. Fill pita half with 1.875 oz of sliced turkey, 1/8 cup hummus, and ½ cup spinach.			
Baby spinach				½ cup	3. Package one whole pita for grab-n-go service.			
Whole grain rich pita (2.5 oz equivalent)				1 each	CCP: Hold for cold service at 41° F or lower.			
					*Planned portion for K-8 is ½ pita			
<b>Total Yield</b>			<b>Portion determined on volume.</b>		Number of Pans:		Equipment (if not specified in procedures above):	
Weight:		Measure (volume):		Pan Size:				
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate			2 oz eq.			Calories: 483		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 2.6g
			½ c	¼ c				Sodium: 1101mg
Fruits								
Grains			2.5 oz eq.					

**RECIPE NAME: Hamburger on a Bun**

Grade Group: K-12					HACCP Process:					
Number of Portions: 1 each					<input type="checkbox"/> #1 No Cook					
Portion Size: 1 each					<input checked="" type="checkbox"/> #2 Cook & Serve Same Day					
Serving Utensil: Gloved hand					<input type="checkbox"/> #3 Includes Cooling Step					
Servings Per Pan: 1										
<b>Ingredients:</b>			<b>Weight</b>		<b>Measure</b>		<b>Procedure:</b>			
Hamburger patty (WI USDA Foods)			2.25 oz		1 each		1. Heat burger patty according to directions on package.			
Whole grain rich hamburger bun			2 oz		1 each		CCP: Heat to internal temp of 155° F			
							2. Place heated burger on whole grain rich bun.			
							3. Place in warming oven until ready for service.			
							CCP: Heat to internal temp of 155° F. Hold for hot service at 135° F or higher.			
<b>Total Yield</b>			<b>Portion determined on volume.</b>		Number of Pans:		Equipment (if not specified in procedures above):			
Weight:		Measure (volume):		Pan Size:						
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>				
Meat/Meat Alternate		2 oz eq.				Calories: 279				
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 3.7g			
							Sodium: 434mg			
Fruits										
Grains		2 oz eq.								

<b>RECIPE NAME: Pork Taco</b>					File No: WITN-09 Source: <i>USDA Quantity Recipes, D-13 (modified)</i>	
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 50						
Portion Size: 2 each						
Serving Utensil: Gloved hand						
Servings Per Pan:						
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>		
Pork Taco Filling (WI USDA Foods)		10 lbs		<ol style="list-style-type: none"> <li>Heat pork taco filling according to directions on package.</li> <li>Place in warming oven until ready for service.</li> </ol> <p>CCP: Heat to internal temp of 145° F. Hold for hot service at 135° F or higher.</p> <ol style="list-style-type: none"> <li>Place 3 1/3 Tbsp of heated pork taco filling on whole grain tortilla.</li> <li>Top each taco with 1/4 oz cheese, 1/16 cup salsa, 1/16 cup lettuce, 1/16 cup tomatoes, and 1/16 cup peppers.</li> </ol>		
Whole grain rich tortilla		6 1/4 lbs	100 each			
<u>Taco Toppings</u>						
Cheddar cheese, reduced-fat		3 1/8 lbs				
Salsa, canned, low-sodium			6 1/4 c			
Romaine lettuce, shredded			6 1/4 c			
Tomatoes, chopped			6 1/4 c			
Green peppers, chopped			6 1/4 c			
<b>Total Yield</b>		<b>Portion determined on volume.</b>		Number of Pans:		Equipment (if not specified in procedures above):
Weight:	Measure (volume):		Pan Size:			
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>	
Meat/Meat Alternate		2.5 oz eq.			Calories: 326	
Vegetable Subgroups		D/G	B/P	R/O	S	O
				3/8 c		1/4 c
Fruits						
Grains		2 oz eq.				

<b>RECIPE NAME: Pork Taco Salad</b>					File No: WITN-10 Source: <i>WI Team Nutrition</i>	
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 1 each						
Portion Size: 1 each						
Serving Utensil:						
Servings Per Pan: 1						
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>		<b>Procedure:</b>	
Pork taco filling (WI USDA Foods)		1.585 oz	3 1/3 Tbsp (#20 scoop)		<ol style="list-style-type: none"> <li>1. Remove frozen meat day before service and unthaw in refrigerator.</li> <li>2. Assemble each salad by layering romaine, southwest salad, pork taco filling, and shredded cheese.</li> <li>3. Package salad for grab-n-go service.</li> </ol> <p style="text-align: center;">CCP: Hold for cold service at 41° F or lower.</p>	
Cheddar cheese, low-fat		1 oz	2 c			
Romaine, shredded			1 1/2 c			
Southwest salsa (WITN-34)						
<b>Total Yield</b>		<b>Portion determined on volume.</b>			Equipment (if not specified in procedures above):	
Weight:		Measure (volume):				
		Number of Pans:				
		Pan Size:				
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>	
Meat/Meat Alternate		2 oz eq.			Calories: 247	
Vegetable Subgroups		D/G	B/P	R/O	S	O
		1 c	1/8 c			1/8 c
Fruits					Saturated Fat: 5.0g	
Grains					Sodium: 431mg	

**RECIPE NAME: Sloppy Joe on a Roll**

File No: WITN-11

Source: *USDA Quantity Recipes, F-05 (modified)*

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50 each	
Portion Size: 1 each	
Serving Utensil: Gloved hand	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Raw ground beef (no more than 20% fat)	8 lb 10 oz		<ol style="list-style-type: none"> <li>1. Brown ground beef. Drain.</li> <li>2. Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, ketchup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes.  CCP: Heat to internal temp of 155° F.</li> <li>3. Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steam table pan.  CCP: Hold for hot service at 135° F or higher.</li> <li>4. Portion with No. 12 scoop onto bottom half of each roll. Cover with top half of roll.</li> </ol>
Fresh onions, chopped	10oz	1 2/3 cup	
OR	OR	OR	
Dehydrated onions	1 ¼ oz	¾ cup 2 Tbsp	
Granulated garlic		1 Tbsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp	
Ketchup	1 lb 13 oz	3 cups	
Water		2 cups	
White vinegar		1 cup 2 Tbsp	
Dry mustard		2 Tbsp	
Ground bask or white pepper		1 tsp	
Brown sugar, packed	2 ¾ oz	¼ cup 2 Tbsp	
Whole grain rich hamburger buns (2 oz each)		50 each	

<b>Total Yield</b>	<b>Portion determined on volume.</b>	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	2 oz eq.					Calories: 369
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 5.1g
			¼ c			Sodium: 493mg
Fruits						
Grains	2 oz eq.					

<b>RECIPE NAME: Spaghetti with Meat Sauce</b>					File No: WITN-12 Source: <i>USDA Quantity Recipe, D-35 (modified)</i>							
Grade Group: K-8			Grade Group: 9-12			<b>HACCP Process:</b> <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions: 67			Number of Portions: 50									
Portion Size: ¾ cup			Portion Size: 1 cup									
Serving Utensil: ¾ cup ladle			Serving Utensil: 1 cup ladle									
Servings Per Pan:			Servings Per Pan:									
<b>Ingredients:</b>			<b>Weight</b>		<b>Measure</b>		<b>Procedure:</b>					
Raw ground beef (no more than 20% fat)			8 lbs 8oz				1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.					
Fresh onions, chopped or dehydrated onions			8 oz or 1 ½ oz		1 ⅓ c or ¾ c		2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer 1 hour.					
Granulated garlic					1 Tbsp 1 ½ tsp		CCP: Heat to internal temp of 155° F.					
Ground black or white pepper					1 ½ tsp							
Canned tomato puree					2 qt 1 cup		CCP: Hold for hot service at 135° F or higher.					
Water			5 lbs		2 qt							
Salt					1 Tbsp		3. Heat water to rolling boil. Add salt.					
Dried parsley					¼ cup		4. Slowly add spaghetti. Stir constantly, until water boils again.					
Dried basil					2 Tbsp		Cook 10-12 minutes or until tender; stir occasionally. <b>DO NOT OVERCOOK.</b> Drain well. Run cold water over spaghetti to cool slightly.					
Dried oregano					2 Tbsp		5. Stir into meat sauce.					
Dried marjoram					1 Tbsp		6. Divide mixture equally into 10" x 12" x 4" steamtable pans which have been lightly coated with pan release spray.					
Dried thyme					1 ½ tsp							
Water					6 gal							
Salt					2 Tbsp							
Enriched spaghetti, broken into thirds			4 lb 12 oz									
<b>Total Yield</b>			Number of Pans: 3			Equipment (if not specified in procedures above):						
Weight:		Measure: 3 gal 2 cups		Pan Size: Half steam table								
<b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b>												
<i>Specify the grade group in the columns:</i>			<b>Grade Group: K-8</b>					<b>Grade Group: 9-12</b>				
Meat/Meat Alternate			1.5 oz eq.					2 oz eq.				
Vegetable Subgroups			D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
							¼ c			1/8 c		¼ c
Fruits												
Grains			0.75 oz eq.					1 oz eq.				
Calories			261					348				
Saturated Fat (g)			3.5					4.7				
Sodium (mg)			380					506				

<b>RECIPE NAME: Toasted Cheese Sandwich</b>					File No: WITN-13 Source: <i>USDA Quantity Recipe, F-07 (modified)</i>							
Grade Group: K-8			Grade Group: 9-12			<b>HACCP Process:</b> <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions: 100			Number of Portions: 50									
Portion Size: ½ sandwich			Portion Size: 1 sandwich									
Serving Utensil:			Serving Utensil:									
Servings Per Pan: 40			Servings Per Pan: 20									
<b>Ingredients:</b>			<b>Weight</b>		<b>Measure</b>		<b>Procedure:</b>					
Margarine Blend			6 lb 4 oz		¾ cup		<ol style="list-style-type: none"> <li>Brush approximately ½ oz (1 Tbsp) margarine on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans.</li> <li>Place 20 slices of bread on each sheet pan, 4 across and 5 down. One pan will only have 10 slices.</li> <li>Top each slice of bread with 4 slices (2 oz) of cheese.</li> <li>Cover with remaining bread slices.</li> <li>Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.</li> <li>Bake until lightly browned (do not over bake).</li> </ol> <p>Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes</p> <ol style="list-style-type: none"> <li>If desired, cut each sandwich diagonally in half.</li> </ol> <p>CCP: Hold at 135° F or higher for hot service.</p>					
Whole Wheat Bread, 1 oz slices					100 oz					200 slices		
Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253												
<b>Total Yield</b>			Number of Pans: 3			Equipment (if not specified in procedures above):						
Weight:		Measure: 50 sandwiches		Pan Size: 18" x 26" x 1"								
<b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b>												
<i>Specify the grade group in the columns:</i>			<b>Grade Group: K-8</b>							<b>Grade Group: 9-12</b>		
Meat/Meat Alternate			1 oz eq.					2 oz eq.				
Vegetable Subgroups			D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
Fruits												
Grains			1 oz eq.					2 oz eq.				
Calories			151					301				
Saturated Fat (g)			3.31					6.62				
Sodium (mg)			563					1,126				

**RECIPE NAME: Tuna Salad Sandwich**

File No: WITN-14  
Source: *USDA Quantity Recipes, F-08*

Grade Group: K-12	HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50 each	
Portion Size: 1 each	
Serving Utensil:	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Canned chunk style, water packed tuna, chilled	8 lb 5oz	1 gal 2 qt	<ol style="list-style-type: none"> <li>1. Drain and flake tuna.</li> <li>2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.  CCP: Cool to 41° F or lower within 4 hours.</li> <li>3. Cover and refrigerate until ready to use.  CCP: Hold for cold service at 41° F or lower.</li> <li>4. Portion with No. 8 scoop (1/2 cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.</li> </ol>
Fresh onions, chopped	1 lb	2 2/3 cups	
Fresh celery, chilled, chopped	2 lb	1 qt 3 1/2 c	
Sweet pickle relish, undrained	8 3/4 oz	1 cup	
Dry mustard		1 1/2 tsp	
Fresh large eggs, hard cooked, peeled, chopped (optional)	2 lb 11 oz	8 each 1 qt 1 1/2 c	
Reduced calorie salad dressing			
OR	2 lb 11oz	1 qt 1 1/2 c	
Low fat mayonnaise			
Whole grain rich bread	6 lb 4 oz	100 slices	

<b>Total Yield</b> Portion determined on volume.	Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	2 oz eq.					Calories: 309
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 1.7g
					1/8 c	Sodium: 707mg
Fruits						
Grains	2 oz eq.					

<b>RECIPE NAME: Turkey and Cheese Sub Sandwich</b>					File No: WITN-15 Source: <i>Healthier Kansas Recipe 144 (modified)</i>	
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 1 each						
Portion Size: 1 sub						
Serving Utensil:						
Servings Per Pan:					<b>Procedure:</b>  1. Place 2 slices (3.75 oz) of turkey and 2 slices (1 oz) of cheese on each sub roll. 2. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually.  CCP: Hold for cold service at 41° F or lower.	
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>			
Sub Roll, whole grain rich		2 oz	1 roll			
Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338		3.75 oz				
Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253		1 oz	2 slices			
<b>Total Yield</b> <b>Portion determined on volume.</b>		Number of Pans:			Equipment (if not specified in procedures above):	
Weight:	Measure (volume):	Pan Size:				
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>	
Meat/Meat Alternate		2 oz eq.			Calories: 339	
Vegetable Subgroups		D/G	B/P	R/O	S	O
Fruits						
Grains		2 oz eq.				

**RECIPE NAME: Two Zucchini Linguine with Chicken**

File No: WITN-16

Source: *Cindy Kacmarcik, Greendale School District*

Grade Group:	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 8 oz. by weight (approximately 1 ½ c)	
Serving Utensil:	
Servings Per Pan: 50	

Ingredients:	Weight (AP)	Measure (EP)	Procedure:
Linguine pasta	6#	48 cups cooked	<ol style="list-style-type: none"> <li>Bring 10 quarts of water to a boil, add pasta, and cook for 12 minutes until al dente.</li> <li>Heat chicken in a 400° convection oven on baking sheets for 10 minutes. CCP: Heat to internal temp of 165° F.</li> <li>Finely chop the parsley and garlic.</li> <li>Cut the green and yellow zucchini into matchsticks.</li> <li>In a large pot, heat olive oil and add the minced garlic. Sautee for about one minute.</li> <li>Add the zucchini to the pot and stir.</li> <li>Add salt, pepper, lemon rind and lemon juice and stir.</li> <li>Pour all of the diced tomatoes into the pot and stir. Simmer for 30 minutes.</li> <li>Stir the parsley into the pot and simmer for 5 more minutes.</li> <li>Add the pasta to the vegetables and toss with pesto into. Make sure all pasta and vegetables are evenly coated with the pesto. CCP: Hold for hot service at 135° F or higher.</li> </ol>
Parsley, chopped	0.3#	3 cups	
Garlic, minced	0.3#	¾ cup	
Canned diced tomatoes	101.5 oz	12.75 cups	
Green Zucchini	2.5#	7 cups, chopped	
Yellow Zucchini Squash	2.5#	7 cups, chopped	
Olive Oil	4 oz.	½ cup	
Ground black pepper	0.5 oz.	3 tsp.	
Salt	0.25 oz.	1.5 tsp.	
Lemon rind, grated	3 lemons	½ cup	
Lemon Juice	6 oz.	¾ cup	
Chicken, frozen pre-cooked chunks/strips	4#	8 cups	

<b>Total Yield</b>	Number of Pans: 1	Equipment (if not specified in procedures above):
Weight:      Measure (volume):	Pan Size: 20x12x6	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	1.25 oz eq.					Calories:295
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat:0.7g
			¼ c		¼ c	Sodium: 222mg
Fruits						
Grains	1.75 oz eq.					

<b>RECIPE NAME: Yogurt and Granola Parfait</b>					File No: WITN-17 Source: WI Team Nutrition			
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 1 each								
Portion Size: 1 each								
Serving Utensil:								
Servings Per Pan:								
<b>Ingredients:</b>			<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Granola (Recipe #WITN-22) Yogurt, low-fat				12.5 c 37.5 c	<ol style="list-style-type: none"> <li>1. Combine ¼ c granola and ¾ c yogurt in individual serving dish.</li> <li>2. Parfaits can be assembled prior to meal service or ingredients can be offered individually on the meal line.</li> </ol> <p>CCP: Hold for cold service at 41° F or lower.</p>			
<b>Total Yield</b> Portion determined on volume.			Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):		Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate			1.5 oz eq.			Calories: 274		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 1.8g
								Sodium: 161mg
Fruits								
Grains			1 oz eq.					

**RECIPE NAME: Buttered Toast**

Grade Group: 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step
Number of Portions:100	
Portion Size: 1 each	
Serving Utensil: Tongs	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Whole-grain rich bread Butter	3.1 lbs	100	1. Brush bread with butter. 2. Bake in oven at 350° F until toasted.

<b>Total Yield</b>	Number of Pans:	Equipment (if not specified in procedures above):
Weight:      Measure (volume):	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 121
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 3.0g
						Sodium: 140mg
Fruits						
Grains	1oz eq.					

<b>RECIPE NAME: Butternutty Mac and Cheese</b>			File No: WITN-19 Source: <i>Chef Monique Hooker</i>
Grade Group: K-12		HACCP Process:	
Number of Portions: 48		<input type="checkbox"/> #1 No Cook	
Portion Size: 3"x3" cut (cut pan 6x4) or #8 scoop		<input checked="" type="checkbox"/> #2 Cook & Serve Same Day	
Serving Utensil: spatula or #8 scoop		<input type="checkbox"/> #3 Includes Cooling Step	
Servings Per Pan: 24			
<b>Ingredients:</b>	<b>Weight (AP)</b>	<b>Measure (EP)</b>	<b>Procedure:</b>
Butternut Squash, raw, whole* Elbow Macaroni Sharp Cheddar cheese, grated American cheese, grated Butter All-Purpose Flour Skim Milk Salt Black Pepper, ground	9 lbs 3 lbs dry 1 lb 1 lb   48 oz.	 4 cups 4 cups 1/2 cup 2/3 cup 6 cups 2 Tbsp 3 Tbsp	<ol style="list-style-type: none"> <li>1. Preheat convection oven to 325° F.</li> <li>2. Melt butter in 4 quart pot. Stir in flour and cook for 1 minute, stirring occasionally.</li> <li>3. Take pot off of heat and stir in milk. Place pot back on heat, allowing milk to warm. Stir occasionally. Add grated cheese and mix until melted. Stir in salt and pepper. Stir in squash puree, adding 2 cups at a time. Allow sauce to thicken on low heat while pasta is prepared.</li> <li>4. Bring 3 quarts of water salted with ½ cup salt to a boil. Add the macaroni and cook for 8 minutes. There should still be a bit of chew to the pasta.</li> <li>5. In the largest pot or a very large bowl, combine the pasta and the sauce. Divide mixture evenly and pour into two 20x12x4 pans.</li> <li>6. Cover the pans with foil and bake for 25 minutes.</li> <li>7. Remove the foil and cook for about 10 minutes until top is golden brown. CCP: Heat to internal temp of 165° F. Hold for hot service at 135° F or higher.</li> </ol> <p>To make butternut squash puree:</p> <ol style="list-style-type: none"> <li>1. Cut all squash in half lengthwise and lightly oil. Do not remove seeds, they are more easily removed after roasting.</li> <li>2. Bake on sheets in convection at 375° F for 35 minutes. Let cool for minutes until cool enough to handle.</li> <li>3. Scoop out seeds and discard. Scoop squash meat out of skin. Place two halves of squash meat into food processor. Puree for about 15 seconds for a smooth puree. Remove puree before placing next two halves in processor.</li> </ol> <p>Note: Puree may be used immediately or frozen for later use.</p>
*10 c of butternut squash puree may be purchased and used instead of making puree from scratch.			
<b>Total Yield</b>		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 10#	Measure (volume): 192 oz.	Pan Size: 20x12x4	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	0.5 oz eq.					Calories:192
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 3.26g
						Sodium: 522mg
Fruits						
Grains	1 oz eq.					

<b>RECIPE NAME: Cheesy Garlic Bread</b>				File No: WITN-20 Source: <i>Iowa Gold Star Recipes 2013 (modified)</i>		
Grade Group: 9-12				<input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50						
Portion Size: 1 slice						
Serving Utensil:						
Servings Per Pan:						
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>		
Whole wheat sub buns (65g) Garlic butter spray Mozzarella cheese, low moisture, part skim, shredded Garlic powder		3 lb 2 oz	25 each As needed 12 ½ cups  ¼ cup	<ol style="list-style-type: none"> <li>1. Split sub buns in half lengthwise. Set on sheet pan open side up.</li> <li>2. Spray lightly with butter spray.</li> <li>3. Portion 1 oz cheese onto each split sub bun.</li> <li>4. Sprinkle each cheese bun half with approximately ½ tsp garlic powder.</li> <li>5. Bake at 375° F for 5-8 minutes or until cheese begins to brown.</li> </ol> <p style="text-align: center;">CCP: Hold for hot service at 135° F or higher.</p>		
<b>Total Yield</b>		<b>Portion determined on volume.</b>		Equipment (if not specified in procedures above):		
Weight:		Measure (volume):				
		Number of Pans:		Pan Size:		
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>	
Meat/Meat Alternate		1 oz eq.			Calories: 174	
Vegetable Subgroups		D/G	B/P	R/O	S	O
Fruits					Saturated Fat: 4.3 g	
Grains		1 oz eq.			Sodium: 328mg	

<b>RECIPE NAME: Curried Rice</b>					File No: WITN-21 Source: <i>Emily Lund, Deerfield School District</i>						
Grade Group: K-8		Grade Group: 9-12			HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions: 160		Number of Portions: 80									
Portion Size: ½ cup		Portion Size: 1 cup									
Serving Utensil: ½ cup scoop		Serving Utensil: 1 cup scoop									
Ingredients:		Weight	Measure	Procedure:							
Water			42 cups	<ol style="list-style-type: none"> <li>Boil water.</li> <li>Place rice in 6 inch pan. Pour boiling water over rice and cover pans tightly. Bake in oven 325 degrees for 40 minutes.</li> <li>While rice is cooking simmer oil, broth, carrots, celery, and onions until very tender. About 20 minutes. (Broth is 6 cups water and 2 T. chicken base).</li> <li>Mix the rest of the ingredients.</li> <li>When rice mixture done, stir vegetable and yogurt mixture into rice and put in 6 inch pan.</li> </ol> <p>CCP: Heat to internal temp of 140° F. Hold for hot service at 135° F or higher.</p>							
Brown Rice			9 lbs								
Oil			1 ½ cups								
Chicken Broth			6 cups								
Carrots, shredded			30 cups								
Celery, diced			13 ½ cups								
Onions, chopped			15 cups								
Curry powder			¾ cup								
Garlic powder			6 Tbsp								
Black pepper			3Tbsp								
Salt			3 Tbsp								
Plain yogurt			12 cups								
<b>Total Yield</b>		Number of Pans:			Equipment (if not specified in procedures above):						
Weight:	Measure: 80 cups	Pan Size:									
<b>Meal Component Contribution/Nutrition Analysis Based on Portion Size</b>											
<i>Specify the grade group in the columns:</i>		<b>Grade Group: K-8</b>				<b>Grade Group: 9-12</b>					
Meat/Meat Alternate											
Vegetable Subgroups		D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
				1/8 c		1/8 c			¼ c		¼ c
Fruits											
Grains		0.75 oz eq.				1.5 oz eq.					
Calories		143				286					
Saturated Fat (g)		0.7				1.5					
Sodium (mg)		168				336					

<b>RECIPE NAME: Granola</b>					File No: WITN-22 Source: <i>USDA Quantity Recipes, J-01</i>			
Grade Group:K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes cooling step			
Number of Portions:100								
Portion Size: ¼ cup								
Serving Utensil:1/4 cup scoop								
Servings Per Pan:100								
<b>Ingredients:</b>			<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Quick oats Brown sugar Apple Juice Vegetable oil Honey Cinnamon Vanilla				20 cups 1 ¾ cups 2 cups ½ cup +2Tbsp 2 cups 2 Tbsp 2 Tbsp	<ol style="list-style-type: none"> <li>1. Preheat oven to 325° F.</li> <li>2. Put oats in large mixing container.</li> <li>3. Mix the brown sugar, apple juice, vegetable oil, honey, cinnamon and vanilla in a small stock pot. Heat on medium for 4 minutes. Do not boil.</li> <li>4. Spray two full size sheet pans with non-stick coating. Spread ½ of the mixture on each pan. Bake in oven for 15 minutes.</li> <li>5. Remove from oven and cool. When cool store in air tight container.</li> </ol>			
<b>Total Yield</b>			Number of Pans:		Equipment (if not specified in procedures above): Stove top and oven			
Weight:	Measure (volume):25 cups		Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate						Calories111		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat :0.6g
								Sodium: 49mg
Fruits								
Grains			1.0 oz eq.					

<b>RECIPE NAME: Harvest Apple Muffin</b>					File No: WITN-23 Source: <i>Chef Monique Hooker</i>	
Grade Group:K-12			HACCP Process:			
Number of Portions: 24			<input type="checkbox"/> #1 No Cook			
Portion Size: 1 muffin			<input checked="" type="checkbox"/> #2 Cook & Serve Same Day			
Serving Utensil: gloved hand			<input type="checkbox"/> #3 Includes Cooling Step			
Servings Per Pan: 24						
<b>Ingredients:</b>		<b>Weight (AP)</b>	<b>Measure (EP)</b>	<b>Procedure:</b>		
Zucchini, grated		¾ lb		Apple Bottom		
Carrots, grated		½ lb		1. Peel, core, and slice apples.		
<b><u>Dry ingredients</u></b>				2. Mix sugar, lemon juice, flour, and cinnamon in bowl.		
Sugar		½ lb		3. Add apples, mix well, and set aside.		
Unbleached All purpose Flour		¼ lb		<b>Muffin</b>		
Whole wheat flour		½ lb		4. Preheat oven to 350° F.		
Baking powder			1 ½ Tbsp	5. Drain the grated zucchini and mix with the grated carrots.		
Baking Soda			1Tbsp	6. In large bowl, combine all dry ingredients.		
Nutmeg (or cinnamon)			¼ tsp	7. In a separate bowl, combine all wet ingredients.		
Salt			¼ tsp	8. Gradually fold the wet ingredients and vegetables into the dry ingredients by alternating the ingredients being added. Batter will appear lumpy.		
<b><u>Wet Ingredients</u></b>				9. Line muffin pan with paper cups.		
Whole large Eggs		¼ lb		10. Using a #8 scoop, place apple mixture at bottom of muffin liner.		
Canola oil			¼ cup	11. Top apples with muffin mix to fill muffins 2/3 full.		
Apple sauce			½ cup	12. Bake in oven until done, approximately 35 minutes.		
<b><u>Apple Bottom</u></b>				13. Remove from oven pan and allow to cool. Muffins can be served warm or at room temperature.		
Apple		5 lbs	½ cup	Note: Recipe can be done using sheet pans and cut into squares. Muffins also freeze well and can be removed from the freezer the day before service.		
Sugar			2 Tbsp			
Lemon juice			½ cup			
Whole wheat flour			1 tsp			
Cinnamon						
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>	
Meat/Meat Alternate					Calories:192	
Vegetable Subgroups		D/G	B/P	R/O	S	O
						1/8 c
Fruits		3/8 c				
Grains		1 oz eq.				

**RECIPE NAME: Sweet Potato Muffins**

File No: WITN-24  
 Source: *Katie Delaney, University of WI - Madison (modified from recipe submitted by Kerry Johnson, Onalaska)*

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step
Number of Portions: 50	
Portion Size: 1 muffin	
Serving Utensil: tongs	
Servings Per Pan: 50	

Ingredients:	Weight (AP)	Measure (EP)	Procedure:
All-Purpose Flour		3 cups	Sweet Potatoes: 1. Scrub sweet potatoes to remove dirt and cut into quarters. 2. Roast on a baking sheet in a convection oven at 400° F for 35 minutes. 3. Freeze full sheet for 15 minutes and then remove from the freezer. 4. Peel and discard the skin and place the potatoes in a large bowl and mash with a potato masher until a smooth but slightly chunky.  Muffins: 1. Preheat a convection oven to 375° F. Grease muffin pans or line with muffin liners. 2. In a medium bowl, combine flour, baking powder, salt, nutmeg, and cinnamon. 3. In mixing bowl, combine milk, eggs, oil, vanilla extract and brown sugar. Mix at a low speed until all combined. 4. Add mashed sweet potatoes to the wet ingredients and mix at a low speed. 5. Gradually add the dry ingredients to the mixing bowl. 6. Mix at a low speed until batter is all combined. 7. Scoop batter into muffin pan with a #16 scoop or ¼ cup measuring cup. 8. Bake for 30 minutes. 9. Let cool and serve in a 20x12x4 pan.
Whole Wheat Flour		5 cups	
Baking Powder		¼ cup	
Salt		2 tsp	
Nutmeg		2 tsp	
Cinnamon		1 Tbsp	
Brown Sugar		3 cups	
Milk, skim		4 cups	
Eggs	8 eggs	2 cups	
Canola oil		1 cup	
Vanilla extract		4 tsp	
Sweet Potatoes*	6 lbs	6 ½ cups, mashed	

\*Canned sweet potatoes may be used in place of raw if desired.

<b>Total Yield</b>	Number of Pans: 1	Equipment (if not specified in procedures above): cake tester
Weight: 7.5#	Measure (volume): 100 oz.	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate						Calories	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 1.04g	
					1/8 c	Sodium: 132 mg	
Fruits							
Grains	1.5 oz eq.						

<b>RECIPE NAME: Citrus Fruit Cup</b>					File No: WITN-25 Source: <i>Healthier Kansas Recipe #134</i>			
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 50								
Portion Size: ½ cup								
Serving Utensil: ½ cup spoodle								
Servings Per Pan:								
<b>Ingredients:</b>			<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Mandarin oranges, canned Bananas, fresh Grapes, fresh			9 lbs 7 lbs	13 cup	<ol style="list-style-type: none"> <li>1. Chill cans of mandarin oranges.</li> <li>2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container.</li> <li>3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges.</li> <li>4. Wash and remove stems from grapes.</li> <li>5. Add grapes to bananas and oranges.</li> <li>6. Chill thoroughly.</li> </ol> <p style="text-align: center;">CCP: Hold for cold service at 41°F or lower.</p> <p><i>Note:</i> Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.</p>			
<b>Total Yield</b> Portion determined on volume.			Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume): 12 ½ qt		Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate						Calories: 70		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0.1g
								Sodium: 3mg
Fruits			½ c					
Grains								

<b>RECIPE NAME: Razzy Cran-Grape Gelatin</b>				File No: WITN-26 Source: <i>US Cranberries School Foodservice Toolkit</i>			
Grade Group: k-12				HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes Cooling Step			
Number of Portions:48							
Portion Size:1/2 cup							
Serving Utensil: #8 scoop							
Servings Per Pan:							
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Grapes, seedless, red, off the stem Grape juice, 100% fruit juice Gelatin, raspberry-flavored Cranberry sauce, whole-berry  Optional: Whipped Topping (File No: WITN-40)		6 lb  18 oz	5 quarts 1 ½ quarts  5 cups  12 cups	<ol style="list-style-type: none"> <li>1. Wash grapes thoroughly and remove any stems.</li> <li>2. Process grapes in a food processor until finely chopped. Hold for step 6.</li> <li>3. In a large sauce pot, bring grape juice to a boil.</li> <li>4. Remove boiling juice from heat and stir in gelatin until dissolved.</li> <li>5. Mix in cranberry sauce and mix/mash until dissolved.</li> <li>6. Stir in grapes and mix thoroughly.</li> <li>7. Ladle or scoop (#8) ½ cup portions into 6 oz cups or dishes or place in a deep quarter hotel pan. Place in refrigerator and chill at least three hours to set properly.</li> </ol> <p>CCP: Cool to 70° F within two hours and from 70° F to 40° F within four more hours. Hold for cold service at 41° F or lower.</p> <ol style="list-style-type: none"> <li>8. Top each serving with 2 Tbsp of whipped topping.(Optional)</li> </ol>			
<b>Total Yield</b> Portion determined on volume.		Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):6 qt	Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate					Calories : 141		
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 0.08g
							Sodium:121mg
Fruits		½ c					
Grains							

<b>RECIPE NAME: Strawberries and Bananas</b>				File No: WITN-27 Source: <i>Healthier Kansas Recipe #124</i>	
Grade Group: k-12				HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions:100					
Portion Size:1/2 cup					
Serving Utensil: #8 scoop					
Servings Per Pan:					
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>	
Strawberries, frozen, unsweetened, sliced Applesauce, canned, unsweetened Bananas, AP		11 lb  14 lbs	½ - #10 can	<ol style="list-style-type: none"> <li>1. Thaw strawberries in refrigerator.</li> <li>2. Chill cans of applesauce.</li> <li>3. Mix applesauce into thawed strawberries.</li> <li>4. Peel and slice bananas.</li> <li>5. Add bananas to strawberries and combine gently.</li> </ol> <p style="text-align: center;">CCP: Hold for cold service at 41° F or lower.</p>	
<b>Total Yield</b>		<b>Portion determined on volume.</b>		Equipment (if not specified in procedures above):	
Weight:	Measure (volume):	Number of Pans:			
		Pan Size:			
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>
Meat/Meat Alternate					Calories : 80
Vegetable Subgroups					Saturated Fat: 0.08g
					D/G
Fruits					
Grains					

<b>RECIPE NAME: Apple Cranberry Coleslaw</b>					File No: WITN-28 Source: <i>Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (modified)</i>			
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 50								
Portion Size: ½ cup (#8 scoop)								
Serving Utensil: #8 scoop								
Servings Per Pan: 50								
<b>Ingredients:</b>			<b>Weight (AP)</b>	<b>Measure (EP)</b>	<b>Procedure:</b>			
Cabbage			5.5 lbs	14 cups	<ol style="list-style-type: none"> <li>Shred the cabbage.</li> <li>Chop the apples (skin on) into thin strips.</li> <li>In a large bowl, combine cabbage, apples, and cranberries.</li> <li>In a medium bowl, whisk together honey, vinegar, olive oil, and lemon juice until emulsified into a dressing.</li> <li>Add dressing to the cabbage mixture and stir to evenly coat with dressing.</li> <li>Pour into a 20"x12"x6" pan to serve.</li> </ol> <p>CCP: Hold at 41° F degrees until service.</p> <p>Notes: This coleslaw is best served the same day it is prepared after a short period of covered refrigeration.</p>			
Red Delicious Apples			3 lbs	shredded				
Dried Cranberries			0.5 lb	10 cups				
Honey			8 oz.	chopped				
Apple Cider Vinegar			8 oz.	2 cups				
Olive Oil			16 oz.	1 cup				
Lemon Juice			4 oz.	1 cup				
				1 cup				
				½ cup				
<b>Total Yield</b>			Number of Pans: 1		Equipment (if not specified in procedures above):			
Weight: 7#	Measure (volume): 25 cups		Pan Size: 20"x12"x6"					
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>			
Meat/Meat Alternate						Calories: 102		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0.61g
							¼ c	Sodium: 10mg
Fruits			¼ c					
Grains								

<b>RECIPE NAME: Bean Salad</b>				File No: WITN-29 Source: <i>Emily Lund, Deerfield School District</i>						
Grade Group: k-12				HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions:64										
Portion Size:1/2 cup										
Serving Utensil:										
Servings Per Pan:										
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>						
No. 10 can northern bean (drained and rinsed)			3 cans	1. Put beans in large mixing container. 2. Mix beans with other ingredients ingredients and toss.						
Chopped red onion			2 cups	CCP: Hold for cold service at 41°F or lower.						
Fresh Basil			½ cup							
Lemon juice			8 T.							
Lemon zest			2T.							
Honey			2 T.							
Black pepper			½ t.							
Granulated garlic			1 T.							
<b>Total Yield Portion determined on volume.</b>		Number of Pans:		Equipment (if not specified in procedures above):						
Weight:	Measure (volume):	Pan Size:								
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>					
Meat/Meat Alternate					Calories: 40					
Vegetable Subgroups					D/G	B/P	R/O	S	O	Saturated Fat: 0.04g
						3/8 c				Sodium:2.3mg
Fruits										
Grains										

<b>RECIPE NAME: Cherr-ific Salad</b>					File No: WITN-30 Source <i>Healthier Kansas Recipe #74</i> (modified)			
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 50 each								
Portion Size: 1 cup								
Serving Utensil:								
Servings Per Pan:								
<b>Ingredients:</b>			<b>Weight (AP)</b>	<b>Measure (EP)</b>	<b>Procedure:</b>			
Spinach, partly trimmed fresh			3 lbs 12 oz	25 cups	1. Chop lettuce and spinach. 2. Toss lettuce, spinach, and dried cherries together.  CCP: Hold for cold service at 41°F or lower.			
Romaine Lettuce, untrimmed			5 lbs	25 cups				
Cherries, dried			1 lb 1 oz	3 1/8 cups				
<b>Total Yield Portion determined on volume.</b>			Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):		Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>			
Meat/Meat Alternate						Calories: 41		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0.03g
			1/2 c					
Fruits			1/8 c					
Grains								

<b>RECIPE NAME: Hummus</b>					File No: WITN-31 Source: <i>University of Minnesota - Extension</i>			
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 50								
Portion Size: ¼ cup								
Serving Utensil: No. 16 scoop								
Servings Per Pan:								
<b>Ingredients:</b>			<b>Weight</b>		<b>Measure</b>			
Chickpeas, canned, drained, rinsed Garlic, minced Cumin, ground Olive oil Lemon juice Yogurt, plain, low-fat					1 No. 10 can 2 Tbsp 1 tsp 2 Tbsp 1 tsp 2/3 cup 1 Tbsp 1 tsp 3 ½ cup			
					<b>Procedure:</b>			
					<ol style="list-style-type: none"> <li>1. Process beans in a food processor.</li> <li>2. Add remaining ingredients and process until well combined.</li> </ol> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>*Recipe can also credit as 0.5 oz Meat/Meat Alternate, but cannot credit as both Meat/Meat Alternate and Beans/Peas.</p>			
<b>Total Yield</b> <b>Portion determined on volume.</b>			Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):		Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate						Calories: 92		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0.8g
				1/8 c				Sodium: 2mg
Fruits								
Grains								

**RECIPE NAME: Minestrone Soup**

File No: WITN-32

Source: *Lauren Spoke, Sauk Prairie School District*

Grade Group: K-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 64	
Portion Size: 8 fl oz	
Serving Utensil: 8oz ladle	
Servings Per Pan: 32	

Ingredients:	Weight (AP)	Measure (EP)	Procedure:
Onions, diced		1 ½ cups	<ol style="list-style-type: none"> <li>Sauté onions and celery in vegetable oil in a pan over medium heat.</li> <li>In a separate pot, dilute tomato paste with water over medium heat until blended.</li> <li>Add diced tomatoes, green beans, carrots and additional water to tomato base.</li> <li>Add beans and dry seasonings to pot and allow to simmer for approximately 10 minutes. Add the sautéed vegetables and simmer while stirring.  CCP: Heat to internal temp of 165° F.</li> <li>Remove and discard bay leaves.  CCP: Hold for hot service at 135° F or higher.</li> </ol>
Celery, diced		1 ½ cups	
Vegetable oil		2 tablespoons	
Tomato paste		3 – 18oz cans	
Water – to dilute paste		2 quarts	
Diced tomatoes		1 - #10 can	
Green beans, frozen	3 ½ lbs		
Carrots, frozen, diced	1 ½ lbs		
Water		2 gallons 2 qts	
Kidney Beans		1 - #10 can	
Bay leaves		2 leaves	
Basil		1 ½ tsp	
Oregano		1 ½ tsp	
Italian Seasoning		1 ½ tsp	
Thyme		1 ½ tsp	
Pepper		1 ½ tsp	
Salt		1 ½ tsp	

<b>Total Yield</b>	Number of Pans: 2	Equipment (if not specified in procedures above):
Weight:	Measure (volume): 512 fl oz.	
	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	0.5 oz eq.					Calories: 48
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 0.1g
		1/8 c	½ c		1/8 c	Sodium: 175 mg
Fruits						
Grains						

<b>RECIPE NAME: Romaine Salad</b>					File No: WITN-33a Source: <i>Healthier Kansas Recipe #164</i>		
Grade Group: 9-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50							
Portion Size: 1 7/8 cup							
Serving Utensil: Tongs							
Servings Per Pan:					<b>Procedure:</b>  1. Combine all ingredients in a bowl and toss.  CCP: Hold for cold service at 41°F or lower.		
<b>Ingredients:</b>	<b>Weight</b>	<b>Measure</b>					
Romaine lettuce, shredded		75 cups					
Tomatoes, chopped		6 ¼ cup					
Carrots, shredded		6 ¼ cup					
Cucumber, sliced		6 ¼ cup					
<b>Total Yield</b> Portion determined on volume.		Number of Pans:			Equipment (if not specified in procedures above):		
Weight:	Measure (volume): 23.4 qt	Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate					Calories: 24		
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 0g
		¾ c		¼ c		1/8 c	Sodium: 17mg
Fruits							
Grains							

<b>RECIPE NAME: Romaine Salad</b>					File No: WITN-33b Source: <i>Healthier Kansas Recipes #164</i>			
Grade Group: K-8					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 50								
Portion Size: 1 ¼ cup								
Serving Utensil: Tongs								
Servings Per Pan:								
<b>Ingredients:</b>			<b>Weight</b>		<b>Measure</b>			
Romaine lettuce, shredded Tomatoes, chopped Carrots, shredded					50 cups 6 ¼ cup 6 ¼ cup			
					<b>Procedure:</b>			
					1. Combine all ingredients in a bowl and toss.  CCP: Hold for cold service at 41° F or lower.			
<b>Total Yield</b> Portion determined on volume.			Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume): 15.625 qt		Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>		
Meat/Meat Alternate						Calories: 18		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0g
			½ c		¼ c			
Fruits								
Grains								

<b>RECIPE NAME: Southwest Salsa</b>					File No: WITN-34 Source: <i>Marshall School District</i>	
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 40						
Portion Size: ½ cup						
Serving Utensil: #8 scoop						
Servings Per Pan:						
<b>Ingredients:</b>			<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>	
Black beans, canned, drained				1 qt	<ol style="list-style-type: none"> <li>1. Thaw corn overnight.</li> <li>2. Drain and rinse beans and tomatoes.</li> <li>3. Chop cilantro and green onions.</li> <li>4. Combine beans, corn, green onion, and tomato in 4" pan.</li> <li>5. In separate bowl, combine lemon juice, garlic powder, and oil.</li> <li>6. Pour dressing over salad and toss lightly.</li> <li>7. Add cilantro and mix evenly into product.</li> <li>8. Refrigerate until service.</li> </ol> <p style="text-align: center;">CCP: Hold for cold service at 41° F or lower.</p> <p>Note: It is recommended to prepare dish one day prior to service, time permitting.</p>	
Pinto beans, canned, drained				1 qt		
Corn, frozen, whole-kernel, thawed				1 qt		
Green onion, raw, minced				1 ½ cup		
Tomato, canned, diced, rinsed				1 qt		
Garlic, powder, granulated				3 Tbsp		
Lemon juice				1 cup		
Vegetable oil				1 cup		
Cilantro, chopped				½ cup		
<b>Total Yield</b>			<b>Portion determined on volume.</b>		Equipment (if not specified in procedures above):	
Weight:		Measure (volume):		Number of Pans:		
				Pan Size:		
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>
Meat/Meat Alternate						Calories: 45
Vegetable Subgroups:						Saturated Fat: 0.4g
						D/G
Fruits						
Grains						

<b>RECIPE NAME: Sweet Cinnamon Squash</b>				File No: WITN-35 Source: <i>New School Cuisine – Fresh from Vermont (modified)</i>						
Grade Group: k-12				HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions:50										
Portion Size:1/2 cup										
Serving Utensil: #8 scoop										
Servings Per Pan:25										
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>						
Butternut squash		16 lbs (AP)	25 cups (EP)	<ol style="list-style-type: none"> <li>1. Peel butternut squash and cut into 2-inch cubes. Alternatively, schools may use 25 cups (approximately 13 ½ lbs) of frozen, cubed butternut squash.</li> <li>2. Place squash in two roasting pans sprayed with non-stick spray.</li> <li>3. Mix oil, brown sugar, and cinnamon until combined thoroughly.</li> <li>4. Divide mixture evenly among pans and pour over squash.</li> <li>5. Stir until squash is well coated.</li> <li>6. Roast, uncovered until cooked through and lightly browned.</li> </ol> <p>Convection oven: 350° F about 20-30 minutes Conventional oven: 375° F about 30-35 minutes</p> <p>CCP: Heat to internal temp of 135° F. Hold for hot service at 135° F or higher.</p>						
Oil, vegetable			1 cup							
Brown sugar, packed			2 ¼ cup							
Cinnamon			2 Tbsp							
<b>Total Yield</b>		<b>Portion determined on volume.</b>				Equipment (if not specified in procedures above):				
Number of Pans:		Pan Size:								
Weight:		Measure (volume):								
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>					
Meat/Meat Alternate					Calories : 118					
Vegetable Subgroups					D/G	B/P	R/O	S	O	Saturated Fat: 0.7g
							½ c			Sodium:249mg
Fruits										
Grains										

<b>RECIPE NAME: Tomato and Corn Salad</b>					File No: WITN-36 Source: <i>Fresh from Vermont: New School Cuisine</i>						
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step						
Number of Portions: 32											
Portion Size: ¾ cup											
Serving Utensil: ¾ cup spoodle											
Servings Per Pan:											
<b>Ingredients:</b>		<b>Weight</b>	<b>Measure</b>		<b>Procedure:</b>						
Corn, frozen, thawed Basil, fresh Cherry or grape tomatoes Mozzarella cheese, part-skim, shredded Olive oil Lemon juice Salt		8 oz	10 cups  6 pints 3 cups ¼ cup Juice of 1 lemon 1 tsp		1. Thaw frozen corn. 2. Finely chop basil leaves. 3. Mix frozen corn, basil, tomatoes, cheese, oil, lemon juice, and salt in a large bowl. Toss to combine.  CCP: Hold for cold service at 41° F or lower.						
<b>Total Yield</b>			Number of Pans:		Equipment (if not specified in procedures above):						
Weight:	Measure (volume):		Pan Size:								
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>						
Meat/Meat Alternate					Calories: 101						
Vegetable Subgroups					D/G	B/P	R/O	S	O	Saturated Fat: 1.4g	
							3/8 c	¼ c		Sodium: 131mg	
Fruits											
Grains											

<b>RECIPE NAME: Apple Crisp</b>					File No: WITN-37 Source: <i>Carla Marr, Gibraltar School District</i>
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50					
Portion Size: 2/3 cup					
Serving Utensil: #6 scoop					
Servings Per Pan: 50					
<b>Ingredients:</b>		<b>Weight (AP)</b>	<b>Measure (EP)</b>	<b>Procedure:</b>	
Granny Smith Apples		4 ¼ lbs	8 cups	<ol style="list-style-type: none"> <li>1. Chop apples into chunks about 1" thick and toss with lemon juice in a large bowl.</li> <li>2. Add the sugar and cinnamon to the apples and toss to coat evenly.</li> <li>3. Add the applesauce and stir to combine.</li> <li>4. Completely melt butter in microwave-safe bowl, microwaving for about 2 minutes.</li> <li>5. In a separate bowl combine oats, brown sugar, flour and melted butter until cookie-dough-like consistency is reached.</li> <li>6. Grease a 20"x12"x4" pan and pour apple/applesauce mixture into pan. Spread so mixture is evenly distributed in pan.</li> <li>7. Pour oat mixture on top and spread so it evenly covers the entire surface.</li> <li>8. Bake in a convection oven at 350° F for 40 minutes. Crisp top should be golden brown.</li> <li>9. Serve warm.</li> </ol>	
Apple Sauce		48 oz	6 cups		
Lemon juice		5 1/3 oz	1/3 cup		
White Sugar		½ lb	1 cup		
Cinnamon		2 oz	¼ cup		
Oats		¾ lb	3 ½ cups		
Brown sugar		0.8 lb	2 cups		
Flour		0.7 lb	2 cups		
Butter		¾ lb	1 ½ cups		
<b>Total Yield</b>		Number of Pans: 1		Equipment (if not specified in procedures above): spoons or gloved hands to mix, spatula	
Weight: 9#	Measure (volume): 270 oz.	Pan Size: 20"x12"x4"			
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>
Meat/Meat Alternate					Calories: 142
Vegetable Subgroups					Saturated Fat: 3.6g
					Sodium: 3mg
Fruits					¼ c
Grains					0.5 oz eq.

<b>RECIPE NAME: Oatmeal Cookie</b>					File No: WITN-38 Source: <i>USDA Quantity Recipes, C-10</i>	
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 50 each						
Portion Size: 1 each						
Serving Utensil: Gloved hand						
Servings Per Pan:						
<b>Ingredients:</b>	<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Flour, whole wheat	14 ½ oz	3 ½ c	<ol style="list-style-type: none"> <li>Blend flour, baking soda, salt, rolled oats, sugar, brown sugar, cinnamon, cloves, and nutmeg (optional) in mixer for 2 minutes on low speed.</li> <li>Add shortening, margarine or butter, eggs, and vanilla. Mix for 1 minute on medium speed.</li> <li>Add raisins (optional) and blend for 30 seconds on low speed.</li> <li>Portion with level No. 40 scoop (1 ⅔ Tbsp) in rows of 5 across and 5 down onto each sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans (Cookie machine may be used, but adjustments may be necessary).</li> <li>Bake until lightly browned: Conventional oven: 350° F for 12-14 minutes. Convection oven: 300° F for 6-8 minutes. <b>DO NOT OVERBAKE.</b></li> <li>Cool completely. Remove from sheet pans.</li> </ol>			
Baking soda		2 tsp				
Salt		1 tsp				
Rolled oats	10 oz	3 ½ c				
Sugar	7 oz	1 c				
Brown sugar, packed	9 ½ oz	1 ¼ c				
Ground cinnamon		1 tsp				
Ground cloves		¼ tsp				
Ground nutmeg		½ tsp				
Shortening	8 oz	1 ¼ c				
Margarine or butter	7oz	¾ c 2 Tbsp				
Frozen whole eggs, thawed	5 ½ oz	2/3 c				
OR						
Fresh large eggs		3 each				
Vanilla		1 Tbsp				
Raisins (optional)	9 ¼ oz	1 ½ c				
<b>Total Yield</b>	<b>Portion determined on volume.</b>		Number of Pans:		Equipment (if not specified in procedures above):	
Weight:	Measure (volume):		Pan Size:			
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>	
Meat/Meat Alternate					Calories: 161	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 2.5g
						Sodium: 141mg
Fruits						
Grains	0.75 oz eq.					

<b>RECIPE NAME: Cheese Sauce</b>					File No: WITN-39 Source: <i>USDA Quantity Recipes, C-19</i>											
Grade Group:K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step											
Number of Portions:32																
Portion Size: 2 Tbsp																
Serving Utensil:#100 scoop																
Servings Per Pan:32																
<b>Ingredients:</b>			<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>											
Margarine or butter				3 Tbsp 1 ½ tsp	<ol style="list-style-type: none"> <li>1. Melt margarine/butter.</li> <li>2. Add flour and salt and stir until smooth.</li> <li>3. Add milk gradually while stirring constantly.</li> <li>4. Add shredded cheese.</li> <li>5. Cook for 12-15 minutes while stirring frequently until smooth and thick.</li> </ol> <p style="text-align: center;">CCP: Hold for hot service at 135° F or higher.</p>											
Enriched all-purpose flour			2 oz	½ cup												
Salt				¼ tsp												
Instant nonfat dry milk, reconstituted, hot				3 ¼ cups												
Cheese blend of American and skim milk cheeses, shredded			10 oz	2 ½ cups												
<b>Total Yield</b>			Number of Pans:		Equipment (if not specified in procedures above): Stove top											
Weight:	Measure (volume):1 qt		Pan Size:													
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>										
Meat/Meat Alternate						Calories:19										
Vegetable Subgroups						D/G	B/P	R/O	S	O	Saturated Fat: 0.01g					
											Sodium: 36mg					
Fruits																
Grains																

<b>RECIPE NAME: Whipped Topping</b>					File No: WITN-40 Source: <i>USDA Quantity Recipes, C-19</i>			
Grade Group:K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step			
Number of Portions:50								
Portion Size: 2 Tbsp								
Serving Utensil:#100 scoop								
Servings Per Pan:50								
<b>Ingredients:</b>			<b>Weight</b>	<b>Measure</b>	<b>Procedure:</b>			
Gelatin				2 tsp	<ol style="list-style-type: none"> <li>1. Soften gelatin in cold water. Set aside for step 3.</li> <li>2. Combine dry milk and water and whip until free of lumps.</li> <li>3. Heat to scalding and remove from heat.</li> <li>4. Add softened gelatin and stir until dissolved.</li> <li>5. Cover and refrigerate overnight.</li> <li>6. Whip chilled mixture in mixer for 10 minutes at high speed.</li> <li>7. Add sugar, salt, and vanilla.</li> <li>8. Mix for 5 minutes on high speed until very stiff. Use immediately or refrigerate until served.</li> </ol>			
Water, cold				¼ c				
Instant nonfat dry milk			4 oz	1 2/3 c				
Water				1 ¼ c				
Sugar			4.5 oz	½ c 2 Tbsp				
Salt				½ tsp				
Vanilla				2 tsp				
<b>Total Yield</b>			Number of Pans:		Equipment (if not specified in procedures above): Stove top and oven			
Weight:		Measure (volume):1 qt 2 cups		Pan Size:				
<b>Meal Component Contribution Based on Portion Size</b>					<b>Nutrient Analysis Based on Portion Size</b>			
Meat/Meat Alternate						Calories:19		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0.01g
								Sodium: 36mg
Fruits								
Grains								