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File No: WIDPI-1
Adapted from: Healthier Kansas Recipe 158

RECIPE NAME: All American Chicken Wrap

Grade Group: K-12
Number of Portions: 100
Portion Size: 1 each
Serving Utensil: Gloved hand
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Chicken Patties, WG Breading, WI Processed C526, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 6673	265 oz	100 patties
Tortilla, whole-wheat, 2 oz		100 each
Cheddar Cheese, Reduced Fat, Shredded	1 lb 9 oz	1 qt 2 ¼ cups

Procedure:

1. Heat chicken according to manufacturer's directions and cut into strips.
2. For each wrap, serve 2.65 oz of chicken strips.
3. Sprinkle with approximately 1 Tbsp of cheese. Wrap tortilla around filling.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2 oz eq.					Calories: 318
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.89
						Sodium (mg): 863
Fruits						
Grains	2.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION

File No: WIDPI-2

RECIPE NAME: Assorted Fresh Melon Bowl

Grade Group: K-8	Grade Group: 9-12	HACCP Process: ☑ #1 No Cook ❑ #2 Cook & Serve Same Day ❑#3 Includes Cooling Step
Number of Portions: 80	Number of Portions: 40	
Portion Size: ½ cup	Portion Size: 1 cup	
Serving Utensil: ½ cup spoodle	Serving Utensil: 1 cup spoodle	
Servings Per Pan:	Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Cantaloupe, fresh, 18 count Whole honeydew melon, fresh Watermelon, fresh, whole	10 lb 10 lb 10 lb		1. Slice cantaloupe, honeydew and watermelon into cubes. a. 10 lb cantaloupe should yield about 3 qt 1 ¾ cups cubed fruit. b. 10 lb honeydew should yield about 2 qt 1 ¼ cups cubed fruit. c. 10 lb watermelon should yield about 3 qt 3 cups cubed fruit. 2. Mix fresh fruit together in bowl. 3. Chill thoroughly. **CCP: Hold for cold service at 41° F or lower.**

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

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
Meat/Meat Alternate										
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
Fruits	½ cup					1 cup				
Grains										
Calories	27					54				
Saturated Fat (g)	0					0				
Sodium (mg)	12					24				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-3
Adapted from: USDA Recipe (Grains B-24r)

RECIPE NAME: Aztec Grain Salad

Grade Group: 6-8	Grade Group: 9-12
Number of Portions: 100	Number of Portions: 50
Portion Size: ½ cup	Portion Size: 1 cup
Serving Utensil: ½ cup spoodle	Serving Utensil: 1 cup spoodle
Servings Per Pan: 50	Servings Per Pan: 25

HACCP Process:
- ❑ #1 No Cook
- ❑ #2 Cook & Serve Same Day
- ☑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Quinoa, dry	4 lb 6 oz	2 qt 3 cups
Water		1 gal 1 ½ qt
Fresh Granny Smith Apples, peeled, cored, cubed ¾”	3 lb 10 oz	2 qt 2 cups
Fresh Butternut Squash, peeled, cubed ½”	4 lb	3 qt 2 cups
Canola Oil		½ cup
Ground Ginger		2 tsp
Ground Cinnamon		1 Tbsp 2 tsp
Frozen Orange Juice Concentrate	12 oz	1 ½ cup
Extra Virgin Olive Oil		2/3 cup
Honey		2 Tbsp 2 tsp
Dijon Mustard		1 Tbsp
Red Wine Vinegar		1 cup
Salt		1 tsp
Ground Black Pepper		2/3 tsp
Ground White Pepper		½ tsp
Fresh Cilantro, finely chopped		2 Tbsp
Dried Cranberries, finely chopped	1 lb. 4 oz.	1 qt
Golden Raisins, seedless, finely chopped	1 lb. 4 oz.	1 qt

Procedure:

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
2. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Refrigerate at 41° F or below.
3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.
4. Transfer apple/squash mixture to a sheet pan (18” x 26” x 1”). For 50 servings, use 2 pans.
5. Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK.
   Conventional oven: 400° F for 15-20 minutes
   Convection oven: 400° for 12-15 minutes
6. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined.
7. In steam table pan (12” x 20” x 4”) combine quinoa, apple/squash mixture, cranberries, raisins, and dressing. Mix well. For 50 servings, use 2 pans. Optional: garnish with additional chopped cilantro. Cover and refrigerate at 40° F to allow flavors to combine. **CCP: Use pre-chilled shallow pans to cool from 135° F to 70° F within 2 hours. Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.**

Total Yield		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 19 lb.	Measure (volume): 2 gal 2 qt	Pan Size: 12” x 20” x 4”	

Meal Component Contribution/Nutrition Analysis Based on Portion Size										
Specify the grade group in the columns:	**Grade Group:** 6-8					**Grade Group:** 9-12				
Meat/Meat Alternate										
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
								1/8 c.		
Fruits	¼ cup					3/8 cup				
Grains	0.5 oz eq.					1 oz eq.				
Calories	149					298				
Saturated Fat (g)	0.46					0.91				
Sodium (mg)	29					58				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-4
Adapted from: Willmar Public Schools, Minnesota

RECIPE NAME: Baked Apples

Grade Group: K-8	Grade Group: 9-12
Number of Portions: 50	Number of Portions: 50
Portion Size: ½ apple	Portion Size: 1 apple
Serving Utensil:	Serving Utensil:
Servings Per Pan:	Servings Per Pan:

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure	Procedure:
Apples, raw, with skin Honey Pineapple juice, canned, unsweetened		25 medium 1½ cups 1 Tbsp 3 qt ½ cup	1. Combine the pineapple juice and honey. 2. On the top of the range or in the steamer, warm the pineapple and honey mixture. 3. Split the apple in half along the core, cut out stems, seeds and blossom ends. 4. Place cut side down on the steam table or sheet pan. 5. Pour in the pineapple honey mixture to a depth of ¼ inch to ½ inch. 6. Bake for 35 minutes at 350° to an internal temperature of 140 degrees or higher. 7. Serve ½ an apple with some of the baking juice poured over the apples and a light dust of cinnamon. **CCP: Hold for hot service at 135° F or higher.**

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

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
Meat/Meat Alternate										
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
Fruits	¼ cup					½ cup				
Grains										
Calories	113					226				
Saturated Fat (g)	0					0				
Sodium (mg)	3					5				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-5
Adapted from: Erin #2 School District, WI

RECIPE NAME: Baked Beans

Grade Group: K-12
Number of Portions: 46
Portion Size: ½ cup
Serving Utensil: ½ cup spoodle
Servings Per Pan: 46

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Vegetarian baked beans, USDA Foods 100364		2 No. 10 cans
Onions, dehydrated		2 ¼ cups
Mustard, dry		2 Tbsp
Sugar, brown		1 cup

Procedure:

1. Combine all ingredients in steamtable pan.
2. Bake covered at 350° F for 1 hour.
3. Uncover and continue cooking 1 hour, or until internal temperature reaches 165° F.
   CCP: Hold at 135° F or higher for hot service.

*The above crediting is based on offering the bean/pea/legume in the dish as the VEGETABLE, LEGUME. If NOT doing this, then crediting is as follows: 2 oz m/ma

Total Yield		Number of Pans: 1
Weight: 14 ½ lb	Measure (volume): 1 ½ gal	Pan Size: 12” x 20” x 4”

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:						Calories: 149
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0
		½ cup				Sodium (mg): 390
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-6
Adapted from: USDA Recipe (Vegetables I-07)

RECIPE NAME: Baked Sweet Potato and Apples

Grade Group: K-8	Grade Group: 9-12
Number of Portions: 50	Number of Portions: 12 ½
Portion Size: ¼ cup	Portion Size: 1 cup
Serving Utensil:	Serving Utensil:
Servings Per Pan: 50	Servings Per Pan: 12 ½

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Canned, cut sweet potatoes, USDA Foods 100317, drained	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)
Canned unsweetened sliced apples solid packed, USDA Foods 100206, drained	3 lb 11 oz	2 qt (2/3 No. 10 can)
Brown sugar, drained	5 ¾ oz	¾ cup
Ground cinnamon		1 tsp
Ground nutmeg (optional)		1 tsp
Butter	2 ½ oz	1/3 cup
Water		¾ cup

Procedure:

1. Place 3 lbs 13 oz (2 qt ¾ cup) sweet potatoes into each steam table pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray.
2. Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan.
3. Combine brown sugar, cinnamon, and nutmeg (optional).
4. Sprinkle ¾ cup sugar mixture over apples in each pan.
5. Dot each pan with 1/3 cup butter, and sprinkle remaining sugar.
6. Add ¾ cup water to each pan.
7. Bake:
   Conventional oven: 350° F for 25-30 minutes
   Convection oven: 300 °F for 13-20 minutes
   CCP: Heat to 140° F or higher.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans: 1	Equipment (if not specified in procedures above):
Weight: 7 lb 15 oz	Measure (volume): 3 qt ½ cup	Pan Size: 1 steamtable pan	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
Meat/Meat Alternate										
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
			1/8 cup					½ cup		
Fruits	1/8 cup					½ cup				
Grains										
Calories	78					312				
Saturated Fat (g)	0.28					1.12				
Sodium (mg)	29					116				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-7
Adapted from: Recipes for Healthy Kids

RECIPE NAME: Bean and Rice Burrito

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 each
Serving Utensil:
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Brown rice, dry	3 lb 4 oz	2 qt
Olive oil		3 Tbsp
Onion, raw, ¼" diced		1 qt
Garlic, minced		¼ cup
Tomatoes, crushed		1 qt
Chili powder		3 Tbsp
Cumin		4 tsp
Kidney beans, cooked		12 ½ cups
Cheese, shredded jack and cheddar, reduced fat	2 lb	2 qt
Scallions, sliced		1 qt
Whole grain tortilla, 2 oz	6 lb 4 oz	50 each

Procedure:

1. Cook rice in advance (See Recipe WIDPI-13). Heat olive oil in pot, add diced onions and sauté until transparent. Add garlic and spices and sauté until they release their aroma. Then add the rice and sauté until it is coated with the oil and spices. Add crushed tomatoes and water and bring up to a simmer. Cover and cook for 35 to 45 minutes or until rice is tender. Cool completely.
2. In a large bowl, mix the seasoned rice, kidney beans, shredded cheeses and sliced scallions.
3. Divide mixture equally between the tortillas (about 1 cup each). Place mixture in center of tortilla, fold in sides and roll up, placing the seal side down on a parchment lined baking pan.
4. Bake at 350° F until internal temperature reaches 165° F. **CCP: Hold at 135° F or higher for hot service.**
5. Serve 1 burrito per person.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	1.5 oz eq.					Calories: 251
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 3.25
						Sodium (mg): 265
Fruits						
Grains	3 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-8
Adapted from: USDA Recipe (Main Dish D-43)

RECIPE NAME: Beef Shepherd's Pie

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 piece
Serving Utensil:
Servings Per Pan: 25

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Raw ground beef, USDA Foods 110085	8 lb 8 oz	
Fresh onions, diced OR Dehydrated onions	8 oz OR 1 ½ oz	1 1/3 cups OR ¾ cup
Frozen, sliced, carrots	2 lb 6 oz	2 qt ½ cups
Frozen peas	2 lb 6 oz	1 qt 3 ½ cups
Beef stock, low sodium		2 qt
Cornstarch	4 oz	¾ cup 2 Tbsp
Water, cold		1 cup
Dried thyme		1 Tbsp
Ground black or white pepper		2 tsp
Onion salt		2 tsp
Salt		2 tsp
Water, boiling		1 qt 2 cups
Lowfat 1% milk, hot		1 qt 2 cups
Margarine or butter	6 oz	¾ cup
Potato flakes	2 lb	1 gal 2 cups
Salt		2 ½ tsp
Paprika		1 tsp

Procedure:

1. Brown ground beef. Drain. Continue immediately.
2. Add onions to ground beef and sauté for 5 minutes or until translucent.
3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.
4. Gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil. Remove from heat and reserve for step 5.
5. Add thyme, pepper, onion salt and salt to cornstarch gravy.
6. Add gravy to ground beef mixture.
7. Pour 3 qt 3 cups (8 lbs) of ground beef mixture into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans.
8. Place boiling water and milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle attachment for 1 minute until well blended.
9. Spread 4 lb 2 oz (2 qt ¾ cup) of mashed potatoes over the ground beef mixture in each steamtable pan. Sprinkle with paprika.
10. Bake:
    - Conventional oven: 375° F for 45 minutes
    - Convection oven: 350° F for 30 minutes

    CCP: Heat to 165° F or higher for at least 15 seconds.
    CCP: Hold for hot service at 135° F or higher.
11. Cut each pan 5 x 5 (25 portions per pan).

Total Yield
Weight: 25 lb | Measure (volume):

Number of Pans: 2
Pan Size: 12" x 20" x 2 ½"

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2 oz eq.					Calories: 294
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 5.09
				5/8 cup	1/8 cup	Sodium (mg): 442
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-9
Adapted from: USDA Recipe (Main Dish D-14)

RECIPE NAME: Beef Stew

Grade Group: K-8	Grade Group: 9-12	HACCP Process: ❑ #1 No Cook ☑ #2 Cook & Serve Same Day ❑#3 Includes Cooling Step
Number of Portions: 100	Number of Portions: 50	
Portion Size: ½ cup	Portion Size: 1 cup	
Serving Utensil: 4 fl oz ladle	Serving Utensil: 8 fl oz ladle	
Servings Per Pan:	Servings Per Pan:	

Ingredients:	Weight	Measure
Raw Beef Stew Meat, practically free of fat	10 lb 4 oz	
Vegetable Oil		½ cup
Fresh Onions, quartered OR	1 lb	
Dehydrated Onions	1 ¼ oz	2/3 cup
Enriched All-Purpose Flour	12 oz	2 ¾ cup
Granulated Garlic		1 Tbsp 1 ½ tsp
Paprika		1 Tbsp
Ground Black or White Pepper		1 ½ tsp
Salt		1 Tbsp
Dried Thyme		1 tsp
Water or Beef Stock, non-MSG		1 gal 2 qt
Canned Sliced Carrots, drained	4 lb 6 oz	2 qt 2 cup (1 No. 10 can)
Canned Small Whole Potatoes, drained	3 lb 8 oz	1 qt 2 cup (¾ No. 10 can)
Canned Green Peas, drained	3 lb 3 oz	1 qt 3 cup (¾ No. 10 can)

Procedure:

1. Brown beef cubes in oil. Drain. Continue immediately.
2. Add onions, flour, granulated garlic, paprika, pepper, salt, and thyme. Cook 5 minutes.
3. Add water or stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.
4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
   CCP: Heat to 165° F or higher at least 15 seconds.
5. Pour into medium half-steamtable pans (10” x 12” x 4”). For 50 servings, use 3 pans.
   CCP: Hold for hot service at 135° F or higher.

Total Yield		Number of Pans: 3	Equipment (if not specified in procedures above):
Weight:	Measure (volume):	Pan Size: 10” x 12” x 4”	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
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
				1/8 cup				1/8 cup	¼ cup	
Fruits										
Grains										
Calories	109					218				
Saturated Fat (g)	1.19					2.38				
Sodium (g)	205					409				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-10a
Adapted from: Sartell-St. Stephen Public Schools Minnesota

RECIPE NAME: Berry Chicken Salad with Red Jam Dressing

Grade Group: K-12
Number of Portions: 1
Portion Size: 1 salad
Serving Utensil:
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Romaine		2 cups
Blueberries, raspberries or strawberries		¼ cup
Onions, red, raw, sliced		1/8 cup
Sugar snap peas, raw		1/8 cup
Grilled Chicken Patty, WI Processed C524, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 26624, thawed, sliced	2.5 oz	

Procedure:

1. Portion into serving bowl in the following order:
   - Romaine
   - Berries
   - Red onion
   - Sugar snap peas
   - Sliced chicken
2. Dress with 2 Tbsp dressing just prior to serving.
   CCP: Hold at 41° F or below for cold service.

Serve with 2 Tbsp Red Jam Dressing (Recipe #WIDPI-10b).

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2 oz eq.					Calories: 141
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.06
	1 cup				¼ cup	Sodium (mg): 321
Fruits	¼ cup					
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-10b
Adapted from: Sartell-St. Stephen Public Schools Minnesota

RECIPE NAME: Red Jam Dressing

Grade Group: K-12
Number of Portions: 40
Portion Size: 2 Tbsp
Serving Utensil: 1 fl oz ladle
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Cider vinegar		1 ¾ cups
Red raspberry jam, seedless		1 ¼ cups
Dijon mustard	1 oz	
Olive oil		2 ½ cups
Salt		1 tsp
Black pepper, ground		1 tsp

Procedure:

1. Blend vinegar, jam, mustard, olive oil, salt and pepper until well combined.
2. Chill overnight before service.
   CCP: Hold at 41° F or below for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:						Calories: 150
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.8
						Sodium (mg): 85
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-11a
Adapted from: Iowa Dept. of Education (Chef Cyndie Story Recipe)

RECIPE NAME: Bistro Spinach Salad

Grade Group: K-12
Number of Portions: 1
Portion Size: 1 salad
Serving Utensil:
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Romaine, fresh, chopped		1 cup
Baby spinach, fresh, chopped		1 cup
Carrots, grated		¼ cup
Egg, large, hard cooked, quartered or sliced		½ egg
Grilled chicken patty, WI Processed C524, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 26624, thawed, sliced	1.25 oz	½ of patty

Procedure:

1. Assemble salads by combining the following in a bowl:
   - 1 cup romaine
   - 1 cup baby spinach
   - ¼ cup grated carrots
   - ½ egg
   - ½ sliced grilled chicken patty
2. Serve with Bistro Spinach Salad dressing (WIDPI-11b).
   CCP: Hold at 41° F or lower for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume): 1 salad	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate	2.0 oz eq.					Calories: 112
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.36
	1 cup		¼ cup			Sodium (mg): 233
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-11b
Adapted from: Iowa Dept. of Education (Chef Cyndie Story Recipe)

RECIPE NAME: Bistro Spinach Salad Dressing

Grade Group: K-12
Number of Portions: 56 servings
Portion Size: 2 Tbsp
Serving Utensil: 1 fl oz ladle
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Red wine vinegar		2 cups
Honey		½ cup
Dijon mustard		½ cup
Salt		1 tsp
Vegetable oil		4 cups

Procedure:

1. Mix ingredients for salad dressing.
2. Portion in 2 Tbsp containers.
3. Package with salad.
   CCP: Hold at 41° F or below for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume): 7 cups	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate						Calories: 150
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.38
						Sodium (mg): 68
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-12
Adapted from: Recipes for Healthy Kids

RECIPE NAME: Black Bean Quesadilla

Grade Group: K-8	Grade Group: 9-12	HACCP Process: ❑ #1 No Cook ☑ #2 Cook & Serve Same Day ❑ #3 Includes Cooling Step
Number of Portions: 50	Number of Portions: 50	
Portion Size: 1 quesadilla	Portion Size: 1 quesadilla	
Serving Utensil: Gloved hand	Serving Utensil: Gloved hand	
Servings Per Pan:	Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Whole wheat tortilla Black beans, canned, drained and rinsed Medium-hot salsa Part-skim mozzarella cheese, shredded	 6 lbs 2 lbs 2 lbs	50 (56 g) each 2 #10 cans 2 qt 2 qt	1. Preheat oven to 400° F. 2. Add 8 cups of salsa to half the beans in the food processor, and process together until the mixture is creamy. 3. Add to the whole black beans in a bowl and mix well so that the mixture is spreadable and resembles refried beans. 4. Lightly spray one side of each tortilla with vegetable oil. 5. Place tortillas on baking sheet. 6. Spread the tortillas with bean mixture, then 2 Tbsp of shredded cheese. 7. Fold each one in half, like a half moon, pat it flat. 8. When baking sheet is filled, bake for 15 minutes or until cheese has melted and the tortilla is crisp. 9. Cut into wedges and serve with reserved salsa. **CCP: Hold at 135° or higher for hot service.** 10. Serve with an extra ½ oz (1/8 cup) of shredded cheese as topping to students in 9-12.

Total Yield		Number of Pans: 1	Equipment (if not specified in procedures above):
Weight: 7 lb 15 oz	Measure (volume): 3 qt ½ cup	Pan Size: 1 steamtable pan	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
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
Fruits										
Grains	2 oz eq.					2 oz eq.				
Calories	247					287				
Saturated Fat (g)	2.4					3.9				
Sodium (mg)	490					514				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-13
Adapted from: USDA Food Fact Sheet

RECIPE NAME: Brown Rice

Grade Group: K-8	Grade Group: 9-12
Number of Portions: 66	Number of Portions: 50
Portion Size: ¾ cup	Portion Size: 1 cup
Serving Utensil: 2- #10 scoops	Serving Utensil: 2- #8 scoops
Servings Per Pan: 16 ½	Servings Per Pan: 12 ½

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Water Rice, brown, long grain, regular, dry, USDA Foods 100499	6 lb 4 oz	2 gal 1 ¾ qt

Procedure:

1. Boil water.
2. Place 1 lb 9 oz brown long grain rice into each steam table pan (12" x 20" x 2 ½"), totaling 4 pans.
3. Pour 2 qt 1 ¾ cups of boiling water in each pan.
4. Cover pans tightly. Bake in conventional oven at 350° F for 50 minutes. Remove from oven or steamer.
   CCP: Hold hot at 135° F or above for hot service.

Total Yield		Number of Pans: 4
Weight:	Measure (volume): 3 gal 2 cups	Pan Size: 12" x 20" x 2 ½"

Equipment (if not specified in procedures above):

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group: K-8**					**Grade Group: 9-12**				
Meat/Meat Alternate										
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
Fruits										
Grains	1.5 oz eq.					2.0 oz eq.				
Calories	162					216				
Saturated Fat (g)	0.27					0.36				
Sodium (mg)	8					10				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-14
Adapted from: Charles County Public Schools, Maryland

RECIPE NAME: Buffalo Chicken Wrap

Grade Group: K-8	Grade Group: 9-12	HACCP Process: ❑ #1 No Cook ☑ #2 Cook & Serve Same Day ❑#3 Includes Cooling Step
Number of Portions: 100	Number of Portions: 50	
Portion Size: ½ wrap	Portion Size: 1 wrap	
Serving Utensil: Gloved hand	Serving Utensil: Gloved hand	
Servings Per Pan:	Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Chicken fajita strips, WI Processed C520, Goldkist/Pilgrim's Pride, Commercially Eq. Code: 1325 Flour Tortilla, whole-grain rich, 3 oz Blue cheese crumbles Hot sauce Lettuce, iceberg, shredded	11 ¾ lb 150 oz ¾ lb 1 oz	 100 each 3 1/8 cups 1 cup 3 qt ½ cups	1. Roast chicken fajita trips according to manufacturer's instructions and hold hot. **CCP: Hold at 135° F or higher.** 2. Just before serving, lay wrap on tray or plate and place 3.75 oz of chicken on each wrap. 3. Top with ¼ cup shredded lettuce, 1 Tbsp blue cheese crumbles and 1 tsp hot sauce. 4. Wrap tightly and serve immediately. **CCP: Hold at 135° F or higher for hot service.**

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

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
Meat/Meat Alternate	1.75 oz eq.					3.5 oz eq.				
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
					1/8					1/8
Fruits										
Grains	1.5 oz eq.					3 oz eq.				
Calories	183					365				
Saturated Fat (g)	0.79					1.58				
Sodium (mg)	720					1440				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-15
Adapted from: USDA Recipe (Main Dish D-54r)

RECIPE NAME: Chicken Alfredo with a Twist

Grade Group: K-8	Grade Group: 9-12	HACCP Process: ❑ #1 No Cook ☑ #2 Cook & Serve Same Day ❑#3 Includes Cooling Step
Number of Portions: 100	Number of Portions: 50	
Portion Size: ½ cup	Portion Size: 1 cup	
Serving Utensil: ½ cup spoodle	Serving Utensil: 1 cup spoodle	
Servings Per Pan:	Servings Per Pan:	

Ingredients:	Weight	Measure
Water		6 gal
Rotini Pasta, whole-grain, dry	4 lb	5 qt 1 ½ cups
Cream of Chicken Soup, reduced fat, low sodium, condensed	9 lb 6 oz.	1 gal ¾ qt (3 No. 3 cans)
Fat-free Half and Half		3 qt
Ground White Pepper		2 tsp
Garlic Powder		1 tsp
Parmesan Cheese, grated	1 lb 1 oz.	1 qt 2 cups
Frozen, Cooked Diced chicken, thawed, ½" pieces	6 lb 8 oz.	1 gal 1 qt 1 cup

Procedure:

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.
3. Pour into steam table pans (12" x 20" x 4"). For 50 servings, use 2 pans.
   CCP: Hold pasta at 135° F or higher.
4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often.
   CCP: Heat to 165° F or higher for at least 15 seconds.
5. Combine noodles and sauce immediately before serving.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 26 lb 8 oz	Measure (volume): 3 gal	Pan Size: 12" x 20" x 4"	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
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	0.5 oz eq.					1 oz eq.				
Calories	173					345				
Saturated Fat (g)	1.80					3.59				
Sodium (g)	286					572				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-16
Adapted from: USDA Recipe (Soup H-02)

RECIPE NAME: Chicken Noodle Soup

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 cup
Serving Utensil: 8 fl oz ladle
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Chicken or turkey stock, low-sodium		3 gal 3 ½ qt
Fresh celery, chopped	1 lb 8 oz	1 qt 1 ¾ cup
Fresh carrots, chopped	12 oz	3 cups
Fresh onions, chopped OR Dehydrated onion	14 oz OR 2 ½ oz	2 1/3 cups OR 1 ¼ cups
Dried parsley		¼ cup
Ground black or white pepper		1 tsp
Poultry seasoning		1 tsp
Whole grain medium noodles, dry	1 lb 9 oz	
Cooked chicken, chopped, USDA Foods 100101	1 lb 9 ½ oz	1 qt 1 cup

Procedure:

1. Combine stock, celery, carrots, onions, parsley, pepper and poultry seasoning.
2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.
3. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.
   CCP: Heat to 165° F or higher for at least 15 seconds.
4. Pour 9 lb (1 gal 2/3 cup) into medium steamtable pan (12” x 20” x 4”). For 50 servings, use 6 pans.
   CCP: Hold at 135° F or higher for hot service.
5. Portion with 8 fl oz ladle (1 cup).

Total Yield		Number of Pans: 6
Weight:	Measure (volume): 3 gal 2 cup	Pan Size: 12” x 20” x 4”

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	0.5 oz eq.					Calories: 98
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.55
						Sodium (mg): 207
Fruits						
Grains	0.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-17

RECIPE NAME: Chicken Patty Sandwich

Grade Group: K-12
Number of Portions: 1
Portion Size: 1 each
Serving Utensil: Gloved hand
Servings Per Pan: 1

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Chicken Patties, WG breading, WI Processed C-526, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 6673	2.65 oz	1 each
Whole-Grain Rich Bun, 1.5 oz		1 each

Procedure:

1. Heat chicken patty in conventional oven at 350° F for 15-20 minutes.
2. Place heated chicken patty on whole grain rich bun.
3. Place in warming oven until ready for service.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2 oz eq.					Calories: 330
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.00
						Sodium (mg): 853
Fruits						
Grains	2 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-18
Adapted from: USDA Recipe (Main Dish D-20)

RECIPE NAME: Chili

Grade Group: K-12
Number of Portions: 50
Portion Size: ½ cup
Serving Utensil: 4 fl oz ladle
Servings Per Pan: 50

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Raw ground beef, 15-18% fat, USDA Foods 100158	7 lb	2 1/3 cups
Fresh Onions, chopped OR	14 oz	1 ¼ cup
Dehydrated Onions	2 ½ oz	1 Tbsp 1 ½ tsp
Granulated Garlic		1 ½ cup 2 Tbsp
Fresh Green Pepper, chopped (optional)	8 oz	1 ½ cup 2 Tbsp
Ground Black or White Pepper		2 tsp
Chili Powder		3 Tbsp
Paprika		1 Tbsp
Onion Powder		1 Tbsp
Ground Cumin	1 oz	¼ cup
Canned Diced Tomatoes, not drained	3 lb 3 oz	1 qt 2 ¼ cup (1/2 No. 10 can)
Water		2 qt 1 cup
Canned Tomato Paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)
Canned Pinto or Kidney Beans, drained OR	3 lb 6 oz	1 qt 3 ½ cups (½ No. 10 can)
Dry Pinto or Kidney Beans, cooked	2 lb 4 oz	1 qt 2 cups

Procedure:

1. Brown ground beef. Drain. Continue immediately.
2. Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.
3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
4. Stir in beans. Cover and simmer. Stir occasionally.
   CCP: Heat to 155° F or higher for at least 15 seconds. OR
   If using previously cooked and chilled beans:
   CCP: Heat to 165° F or higher for at least 15 seconds.
5. Pour into servings pans.
   CCP: Hold for hot service at 135° F or higher.

Total Yield
Weight: 16 lb 4 oz
Measure (volume): 1 gal 2 ¼ qt

Number of Pans:
Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate	2 oz eq.					Calories: 180
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 3.57
			¼ cup		1/8 cup	Sodium (mg): 204
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-19
Adapted from: Michigan's Showcase of Chefs (by Chef Dave)

RECIPE NAME: Cilantro-Lime Brown Rice

Grade Group: K-12
Number of Portions: 100
Portion Size: ½ cup
Serving Utensil: #8 scoop
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Water		2 gal 1 ¾ qt
Rice, brown, long grain, regular, dry, USDA Foods 100499	6 lb 4 oz	
Lime juice		1 ½ cup
Fresh cilantro, chopped		2 ½ cups

Procedure:

1. Boil water.
2. Place 1 lb 9 oz brown long grain rice into each steam table pan (12" x 20" x 2 ½"), totaling 4 pans.
3. Pour 2 qt 1 ¾ cups of boiling water in each pan.
4. Cover pans tightly. Bake in conventional oven at 350° F for 50 minutes. Remove from oven or steamer.
5. Mix in lime juice and chopped cilantro prior to service (about 3/8 cup of lime juice and 5/8 cup cilantro per pan).
   CCP: Hold hot at 135° F or above for hot service.

Total Yield		Number of Pans: 2
Weight: 9 lb	Measure (volume): 1 gal 2 ¼ qt	Pan Size: 12" x 20" x 2 ½"

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						**Nutrient Analysis Based on Portion Size:**
Meat/Meat Alternate						**Calories:** 110
Vegetable Subgroups	D/G	B/P	R/O	S	O	**Saturated Fat (g):** .18
						Sodium (mg): 6
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-20
Adapted from: USDA Recipe (Soups H-09r)

RECIPE NAME: Confetti Soup

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 cup
Serving Utensil: 8 fl oz ladle
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Canola oil		¼ cup 1 Tbsp
Fresh onions, diced	1 lb 14 oz	1 qt 2 cups
Fresh celery, diced	1 lb 14 oz	1 qt 2 cups
Fresh carrots, diced	1 lb 14 oz	1 qt 2 cups
Salt		1 Tbsp 1 tsp
Black pepper, ground		1 Tbsp 1 tsp
Fennel seed, whole		2 tsp
Crushed red pepper (optional)		1 tsp
Canned black-eyed peas, drained, rinsed OR	5 lb 10 oz	3 qt 1 cup
Frozen black-eyed peas	5 lb 10 oz	1 gal
Water		1 gal 3 qt
Turkey Ham, extra lean, USDA Foods 100126, diced ¼"	3 lb	1 qt 2 ½ cups
Fresh kale, coarsely chopped	4 oz	2 ½ cups
Fresh parsley, finely chopped		2/3 cup

Procedure:

1. Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender.
2. Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.
3. Add peas and water. Cook uncovered over medium heat for 20-25 minutes. Note: cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.
4. Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender.
   CCP: Heat to 165° F or higher for at least 15 seconds.
   CCP: Hold at 135° F or higher for hot service.
5. Add parsley immediately before serving.

*This recipe's crediting is based on offering the bean/pea/legume in the dish as a vegetable. If NOT doing this, then one portion credits as 1 oz eq. meat/meat alternate.

Total Yield
Weight: 23 lb | Measure (volume): 3 gal

Number of Pans:
Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate	½ oz eq.					**Calories:** 94
Vegetable Subgroups	D/G	B/P	R/O	S	O	**Saturated Fat (g):** 0.40
		¼ cup			¼ cup	**Sodium (mg):** 488
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-21
Adapted from: USDA Recipe (Soups H-12r)

RECIPE NAME: Country Smoked Turkey and Bean Soup

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 cup (8 oz)
Serving Utensil: 8 fl oz ladle
Servings Per Pan:

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Fresh onions, diced ½"	1 lb	3 cups 2 Tbsp
Fresh celery, diced	12 oz	2 ½ cups
Fresh carrots, diced	12 oz	2 ½ cups
Fresh kale, no stems, coarsely chopped	1 lb	3 qt ½ cup
Canned low-sodium tomato paste	9 oz	1 cup (1/3 No. 2 ½ can)
Fresh garlic, minced		½ cup
Low-sodium chicken stock		2 gal
Canned low-sodium navy beans, drained, rinsed	5 lb 12 oz	3 qt 3 1/3 cups (1 ½ No 10 can)
Salt		2 Tbsp 2 tsp
Ground black pepper		2 tsp
Smoked turkey breast, ¼" pieces	2 lb 12 oz	1 gal
Fresh parsley, chopped		½ cup
Fresh thyme, finely chopped		½ cup
Fresh basil, finely chopped		½ cup

Procedure:

1. Place onions, celery, carrots, kale, tomato paste and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
2. Add stick, beans, salt, and pepper.
3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
4. Add turkey, parsley, thyme and basil. Stir well. Simmer a minimum of 10 minutes.
   CCP: Heat to 165 degrees F or higher for at least 15 minutes.
   CCP: Hold for hot service at 135 degrees F or higher.

*The crediting below is based on offering the bean/pea/legume in the dish as the MEAT/MEAT ALTERNATE. If NOT doing this, then crediting is as follows: ½ oz m/ma, 3/8 cup legume, 1/8 dark green, ¼ cup other, 1/8 cup fruit.

Total Yield
Weight: 25 lb 8 oz
Measure (volume): 3 gal

Number of Pans:
Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size

Meat/Meat Alternate:	1.5 oz eq.				
Vegetable Subgroups	D/G	B/P	R/O	S	O
			1/8 cup		1/8 cup
Fruits					
Grains					

Nutrient Analysis Based on Portion Size
Calories: 134
Saturated Fat (g): 0.67
Sodium (mg): 524

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-22
Adapted from: USDA Recipe (Sauces, Gravies, and Seasoning Mixes G-13)

RECIPE NAME: Cucumber Sauce

Grade Group: K-12
Number of Portions: 50
Portion Size: 2 Tbsp
Serving Utensil: 1 fl oz ladle
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Fresh cucumbers, peeled, seeded	1 lb 10 oz	
Fresh onions, minced	2 oz	1/3 cup
Reduced calorie salad dressing	8 oz	1 cup
OR		
Low-fat mayonnaise	8 oz	1 cup
White vinegar		2 Tbsp 1 tsp
Low-fat plain yogurt	1 lb	2 cups
Dried parsley		2 Tbsp
Salt		¼ tsp
Ground pepper, black or white		¼ tsp

Procedure:

1. Grate cucumbers using a food processor or a grater. Place grated cucumbers in colander and press to remove juice.
2. In a separate bowl, mix together the rest of the ingredients.
3. Fold cucumbers into mixture.
4. Chill at least 2 hours before serving. For best results, to develop flavor, prepare the night before.
   CCP: Hold at 41° F or below for cold service.

Total Yield		Number of Pans:
Weight: 3 lb 2 oz	Measure (volume): 1 qt 2 ½ cups	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate						Calories: 20
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.24
						Sodium (mg): 58
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-23
Adapted from: Baltimore City Schools

RECIPE NAME: Deli Boardwalk Sandwich

Grade Group: K-12
Number of Portions: 100
Portion Size: 1 each
Serving Utensil: Gloved hand
Servings Per Pan: 1

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338	11 lb 12 oz	100 slices
Ham, reduced sodium, USDA Foods 110296	3 lb 14 oz	50 slices
Salami	4 lb	200 slices
Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253	3 lb 2 oz	100 slices
Whole wheat bread	12 lb 8 oz	200 slices
Lettuce, iceberg, shredded	3 lb 7 oz	6 qt 1 cup
Raw tomatoes, sliced	2 lb 8 oz	1 qt 2 ¼ cups

Procedure:

1. On a large, clean work service lay out 100 slices of bread.
2. Top the bread with about ½ oz of shredded lettuce and 1 to 2 slices of tomatoes.
3. Top the vegetables with 1 slice of turkey (1.875 oz), ½ slice of ham, 2 slices of salami, and 1 slice of cheese.
4. Top the sandwich with final layer of bread.
5. Cut each sandwich in half diagonally. Cover and refrigerate for service.
   CCP: Hold at 41° or below for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2 oz eq.					Calories: 306
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 3
						Sodium (mg): 1299
Fruits						
Grains	2 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-24
Adapted from: USDA FNS

RECIPE NAME: Deluxe Refried Bean Dip

Grade Group: 9-12
Number of Portions: 98
Portion Size: ¼ cup
Serving Utensil: #16 Scoop
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Refried beans, low sodium, USDA Foods 100362 Fat-free sour cream	14 lb 6 oz.	2 No.10 cans 3 cups

Procedure:

1. Heat beans and sour cream in large skillet over medium heat for about 5 minutes.
2. Stir in until well combined.
3. Portion with #16 scoop and serve.
   CCP: Hold at 135° F or higher for hot service.

*This recipe's crediting is based on offering the bean/pea/legume in the dish as a meat. If NOT doing this, then crediting for one portion of the recipe ½ cup bean/pea/legume.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	1 oz eq.					Calories: 85
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.25
						Sodium (mg): 100
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-25
Adapted from: USDA Recipe (Main Dish D-40)

RECIPE NAME: Fiesta Chicken Fajitas

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 fajita
Serving Utensil:
Servings Per Pan: 50

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Vegetable stock, non-MSG		2 cups
Cornstarch		¼ cup
Vegetable Oil		2 cups
White Vinegar		2 cups
Sugar	12 oz	1 ½ cups
Ground black or white pepper		1 Tbsp 1 tsp
Granulated Garlic		1 Tbsp 1 tsp
Chili Powder		2 Tbsp
Ground Cumin		1 ¼ tsp
Dried Oregano		2 tsp
Chicken fajita strips, WI Processed C520, Goldkist/Pilgrim's Pride, Commercially Eq. Code: 1325	7 lb 10 ½ oz	
Whole-Kernel Corn, Frozen	2 lb 4 oz	1 qt 2 ¼ cups
Fresh Onions, diced	12 oz	2 cups
Fresh Green Peppers, diced	8 oz	1 ½ cups 2 Tbsp
Canned Diced Tomatoes, Drained	1 lb	1 ¾ cups 2 Tbsp (1/4 No. 10 can)
Canned Salsa	1 lb	1 ¾ cups 2 Tbsp
Whole Wheat Rich/100% Corn Tortillas	50 oz	50 each
Fresh Tomatoes, diced		1 qt 2 ¼ cups
Fresh Romaine, shredded		3 qt ½ cup

Procedure:

1. Dissolve the cornstarch in the vegetable stock.
2. Heat over medium heat until thickened. Cool.
3. Add the oil to the cooled, thickened stock mixture.
4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.
6. Drain the chicken. Discard any leftover marinade.
7. Prepare no more than 50 portions per batch.
8. Preheat grill to 350° F. Add 7 lb 10 ½ oz of the chicken and sauté according to package directions. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
9. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
   CCP: Heat to 165° F or higher for at least 15 seconds.
   CCP: Hold for hot service at 135° F or higher.
10. For each serving, place No. 8 scoop (1/2 cup) of filling on each tortilla. Top with ¼ cup shredded romaine and 1/8 cup fresh diced tomatoes.

Total Yield	50 servings	Number of Pans: 1
Weight:	Measure (volume):	Pan Size: 12" x 20" x 2 ½"

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate	2 oz eq.					Calories: 290
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.88
	1/8 cup		1/8 cup		1/8 cup	Sodium (mg): 539
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-26
Adapted from: USDA Recipe (Main Dish D-62r)

RECIPE NAME: Fiesta Mexican Lasagna

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 Piece
Serving Utensil:
Servings Per Pan: 25

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Canola Oil		¼ cup 1 Tbsp
Fresh green bell peppers, diced	10 oz	1 ½ cups
Canned, low-sodium corn, drained, rinsed	3 lb	1 qt 2 ½ cups
Fresh onions, diced	3 lb	2 qt 1 3/8 cup
Fresh butternut squash, peeled, cubed ½”	3 lb 8 oz	3 qt 3 cups
Ground oregano		1 Tbsp 1 tsp
Ground cumin		1 Tbsp 1 tsp
Granulated garlic		1 Tbsp 1 tsp
Chili powder		1 Tbsp 1 tsp
Paprika		1 Tbsp 1 tsp
Salt		1 Tbsp 1 tsp
Canned, low-sodium black beans, drained, rinsed	8 lb 8 oz	3 qt 3 1/3 cups
Canned, low-sodium meatless spaghetti sauce	5 lb 8 oz	2 qt 2 cups
Canned, low-sodium salsa, mild	3 lb 8 oz	1 qt 3 cups
Low-sodium, whole corn tortilla chips	3 lb	About 530 Chips

Procedure:

1. Combine oil, green peppers, corn and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18” x 26” x 1”). For 50 servings, use 2 pans.
2. Roast uncovered until lightly brown around edges:
   Conventional oven: 350° F for 20 minutes.
   Convection oven: 350° F for 12 minutes.
3. Place squash in perforated steam table pan. (12” x 20” x 2 ½”) and steam for 15 minutes or until tender. For 50 servings, use 2 pans.
4. Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5. Mix well. Set aside.
5. Lightly coat nonstick pan with pan release spray. Sauté remaining onions, oregano, and cumin with garlic, chili powder, paprika and salt for 5 minutes or until soft.
6. Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother. For 50 servings, use about ¼ cup water. Set aside.
7. Combine spaghetti sauce and salsa. Set aside.
8. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers.
9. Assembly:
   a. Lightly coat steam table pan (12” x 20” x 2 ½”) with pan release spray. For 50 servings, use 2 pans.
   b. First layer: 1 qt ¼ cup sauce
   c. Second layer:
      i. 8 oz. whole chips (about 85 chips), slightly overlapping.
      ii. 1 qt 1 cup bean mixture
      iii. 1 qt ½ cup squash/vegetable mixture

d. Third layer: Repeat second layer.
e. Fourth layer:
   i. 1 qt ¼ cup sauce
   ii. 8 oz crumbled chips, about 2 ½ cups

10. Tightly cover pans.
11. Bake:
    a. Conventional oven: 350° F for 40 minutes.
    b. Convection oven: 350° F for 30 minutes.

    CCP: Heat to 135° F or higher for at least 15 seconds.
12. Remove from oven. Uncover. Allow to set for 15 minutes before serving.

    CCP: Hold at 135° F or higher for hot service.
13. Cut each pan 5 x 5 (25 pieces). Serve 1 piece (2" x 3 ¾" square).

*The above crediting is based on offering the bean/pea/legume in the dish as the MEAT/MEAT ALTERNATE. If NOT doing this, then crediting is as follows: ¼ cup legume, 3/8 cup red/orange, ¼ cup starchy, 1/8 cup other, and 0.75 oz. eq. grains.

Total Yield		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 36 lb	Measure (volume): 2 steam table pans	Pan Size: 12" x 20" x 2 ½"	

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	1 oz eq.					Calories: 264
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.51
			3/8 cup	¼ cup	1/8 cup	Sodium (mg): 425
Fruits						
Grains	0.75 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-27
Adapted from: Iowa Gold Star Recipes

RECIPE NAME: Fish Taco

Grade Group: K-12
Number of Portions: 100
Portion Size: 1 taco with ½ cup coleslaw
Serving Utensil:
Servings Per Pan: 100

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Sour cream, nonfat	3 lb	1 qt 2 cups
Mayonnaise, low-fat	2 lb	1 qt
Lemon Juice		½ cup
Fresh Cilantro, roughly chopped	5 oz	1 qt
Taco Seasoning Mix, low sodium	11 oz	2 cups
Red and Green Cabbage, shredded	6 lb 2 oz	2 gal 6 cups
Tomatoes, fresh, diced	7 lb 6 oz	1 gal
Pollock, unbreaded*	16 lb 4 oz	100 each
Olive Oil		1 cup 1 ½ tsp
Lemon Juice		2 cup 1 Tbsp 1 ½ tsp
Taco Seasoning Mix, low sodium	12 oz	2 ¼ cups
Tortilla, whole grain, 33 g each		100 each

*Weight based on CN label for Pollock wedge, 2.6 oz = 2 oz M/MA

Procedure:

1. Add sour cream, mayonnaise, lemon juice, cilantro, and taco seasoning to a food processor. Process until well blended.
2. Add sour cream mixture to cabbage and tomatoes, fold until well mixed.
   CCP: Hold at 41° F or below for cold service.
3. Cut fish portions into ¾" pieces.
4. Mix olive oil, lemon juice, and taco seasoning. Toss with fish.
5. Transfer fish to oiled steam table pan, arrange into single layer. Discard extra marinade.
6. Bake:
   Conventional oven: 425° F for 18-20 minutes
   Convection oven: 375° F for 13-15 minutes
   Fish should flake easily when tested with a fork.
   CCP: Heat to 145° F or higher for at least 15 seconds.
7. Place tortillas in warmer to prevent tearing when folding or steam tortillas for 3 minutes until warm to prevent tearing.
8. Fill each corn tortilla with 2.0 oz. portion of fish immediately before service.
   CCP: Hold at 135° F or higher for hot service.
9. Serve with ½ cup (No. 8 scoop) coleslaw mixture on the side.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate	2 oz eq.					Calories: 220
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.96
			1/8 cup		3/8 cup	Sodium (mg): 480
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-28

RECIPE NAME: Flame Broiled Cheeseburger

Grade Group: K-12
Number of Portions: 1
Portion Size: 1 each
Serving Utensil: Gloved hand
Servings Per Pan: 1

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Char-broiled Beef Patty, WI Processed C408, JTM, Commercial Eq. Code: 5682CE	2.05 oz	1 each
Cheese slices, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253	½ oz	1 slice
Whole-Grain Rich Bun	2 oz	1 bun

Procedure:

1. Heat burger patty according to directions on package.
2. Place heated burger on whole grain rich bun.
3. Place 1 slice cheese on top of burger patty and cover with other side of whole grain rich bun.
4. Place in warming oven until ready for service.
   CCP: Hold at 135° or higher for hot service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2.5 oz eq.					Calories: 328
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 5.25
						Sodium (mg): 721
Fruits						
Grains	2 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-29
Adapted from: Healthier Kansas Recipe 183

RECIPE NAME: Fresh Mixed Fruit Cup

Grade Group: K-8	Grade Group: 9-12
Number of Portions: 100	Number of Portions: 50
Portion Size: ½ cup	Portion Size: 1 cup
Serving Utensil: ½ cup spoodle	Serving Utensil: 1 cup spoodle
Servings Per Pan:	Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Apples, fresh	6 lb 4 oz	1 gal 2 cups
Bananas, fresh	10 lb 4 oz	3 qt 2 cups
Fruit cocktail, light syrup		2 #10 cans

Procedure:

1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening. Drain.
2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.
3. Slice bananas.
4. Mix fresh fruit with canned fruit.
5. Chill thoroughly.
   CCP: Hold at 41° F or lower for cold service.

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

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
Meat/Meat Alternate										
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
Fruits	½ cup					1 cup				
Grains										
Calories	46					92				
Saturated Fat (g)	0					0				
Sodium (mg)	2					4				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-30a
Adapted from: Minneapolis Public Schools

RECIPE NAME: Greek Grilled Chicken Salad

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 Salad
Serving Utensil:
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Romaine lettuce, shredded	9 lb 12 oz	
Grilled chicken patty, WI Processed C524, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 26624, thawed, sliced	7 lb 13 oz	50 patties
Cherry tomatoes	4 lb 4 oz	150 each
Black olives, whole	14 oz	100 each
Pepperoncini peppers	18 oz	6 ¼ cups (50)
Cucumber, chopped	12 lb 8 oz	6 ¼ cup
Red onions, sliced 1/8" thick	1 lb	3 cups 2 Tbsp
Feta cheese	12 ½ oz	

Procedure:

1. Place 1 ½ cups of lettuce in an individual salad dish.
2. Place 1 chicken patty, sliced, on lettuce.
3. Garnish each with 3 tomatoes,1 pepperoncini, 1/8 cup cucumber, and 2 olives.
4. Place 2 slices of onion and ¼ oz (1 Tbsp) of feta cheese on top of chicken.
5. Serve with Greek Yogurt Balsamic Vinaigrette (WIDPI-30b).
   CCP: Hold at 41° F or lower for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2.25 oz eq.					Calories: 155
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.24
	¾ cup		¼ cup		¼ cup	Sodium (mg): 465
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-30b
Adapted from: Alliance for a Healthier Generation

RECIPE NAME: Greek Yogurt Balsamic Vinaigrette

Grade Group: K-12
Number of Portions: 16
Portion Size: 2 Tbsp
Serving Utensil: 1 fl oz ladle
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Extra virgin olive oil		½ cup
Greek yogurt, non-fat		½ cup
Balsamic vinegar		1 cup
Honey		2 Tbsp
Salt		1 tsp
Pepper		1 tsp

Procedure:

1. Combine all ingredients into a small bowl and whisk until well combined.
2. Store in refrigerator.
   CCP: Hold at 41° F or lower for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:						Calories: 83
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.93
						Sodium (mg): 150
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-31
Adapted from: Iowa Gold Star Recipes

RECIPE NAME: Harvest Glazed Carrots

Grade Group: K-8	Grade Group: 9-12	HACCP Process: ❑ #1 No Cook ☑ #2 Cook & Serve Same Day ❑ #3 Includes Cooling Step
Number of Portions: 200	Number of Portions: 100	
Portion Size: ¼ cup	Portion Size: ½ cup	
Serving Utensil: #16 scoop	Serving Utensil: #8 scoop	
Servings Per Pan:	Servings Per Pan:	

Ingredients:	Weight	Measure
Carrots, frozen, sliced	21 lb 4 oz	2 qt 2 cups
Butter	1 lb	2 cup
Sugar	10 oz	1 ¼ cup 3 Tbsp
Frozen orange juice concentrate	14 oz	1 ½ cup
Honey	14 oz	1 ¼ cup
Ground nutmeg		1 Tbsp 1 tsp
Ground cinnamon		1 Tbsp 1 tsp
Water, cold		1 qt
Cornstarch		2/3 cup
Dried cherries, chopped	8 ½ oz	2 cup

Procedure:

1. Divide carrots evenly into steam table pans (12” x 20” x 2 1/2"), placing about 12.5 lbs per pan.
2. For glaze: combine butter, sugar, orange juice, concentrate, honey, nutmeg and cinnamon.
3. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend.
4. Bring glaze to a boil, stirring constantly. Remove from heat.
5. Add dried cherries to carrots
6. Pour 2 ¾ cups glaze over each pan of carrots.
7. Bake:
   Conventional oven: 375° F for 20-30 minutes
   Convection oven: 325° F for 15-20 minutes

CCP: Hold for hot service at 135° F or higher.

Total Yield		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 18 lb	Measure (volume): 1 gal 2 qt	Pan Size: 12” x 20” x 2 ½”	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
Meat/Meat Alternate										
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
			¼ cup					½ cup		
Fruits										
Grains										
Calories	60					120				
Saturated Fat (g)	1.25					2.5				
Sodium (g)	45					90				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-32a
Adapted from: Michigan's Showcase of Chefs (by Chef Dave)

RECIPE NAME: Harvest Salad

Grade Group: K-12
Number of Portions: 72 salads
Portion Size: 1 salad
Serving Utensil:
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑#3 Includes Cooling Step

Ingredients:	Weight	Measure
Green bell pepper, sliced		1 qt ½ cup
Carrots, shredded		1 qt ½ cup
Edamame, shelled	4 lb 8 oz	
Iceberg lettuce, chopped or shredded		3 gal
Romaine lettuce, chopped or shredded		3 gal
Spinach, chopped or shredded		3 gal
Grilled chicken patty, WI Processed C524, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 26624, thawed, sliced	11 lb 4 oz	72 patties
Dried cherries, pitted		1 qt ½ cup
Apples, cored and sliced		1 qt 2 cups

Procedure:

1. Prepare peppers by washing and cutting in Julienne style.
2. Roast the edamame beans until soft.
3. Mix the lettuces together.
4. Place 2 cups of mixed lettuces in each serving container.
5. Assemble individual salads by layering ingredients on top of lettuce mix: grilled chicken patty (2.5 oz patty), cherries (1 Tbsp), apples (4 slices), edamame (1 oz), green peppers (1 Tbsp), and shredded carrots (1 Tbsp).
   CCP: Cool to 41° F or lower within 4 hours.
6. Serve each salad with 2 Tbsp of dressing (see recipe WIDPI-31b). Salads may be dressed lightly prior to service with no more than 2 Tbsp of dressing per salad.
   CCP: Hold at 41° F or lower for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate	2 oz eq.					Calories: 178
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.04
	5/8 cup	1/8 cup			3/8 cup	Sodium (mg): 341
Fruits	1/8 cup					
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-32b
Adapted from: Michigan's Showcase of Chefs (by Chef Dave)

RECIPE NAME: Harvest Salad Dressing

Grade Group: K-12

Number of Portions: 72

Portion Size: 2 Tbsp

Serving Utensil: 1 fl oz ladle

Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes cooling step

Ingredients:	Weight	Measure
Olive Oil		3 cups
Orange Juice		1 ½ cups
Lemon Juice		1 ½ cups
Honey		3 cups
Hot Sauce		3/4 cup
Sweet & Sour Sauce		3/4 cup
Poppy Seeds		1 Tbsp

Procedure:

1. Prepare dressing by whipping the oil, juices, and honey.
2. Add seasonings and whip. If a hotter dressing is desired, the hot sauce can be doubled.

Total Yield		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: 131
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.25
						Sodium (mg): 28
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-33
Adapted from: USDA Recipe (Soups H-11r)

RECIPE NAME: Hearty Spanish Stew

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 cup
Serving Utensil: 8 fl oz ladle
Servings Per Pan:

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Extra virgin olive oil		1 ½ cups
Fresh garlic, minced	3 oz	¼ cup 1 1/3 Tbsp
Fresh onions, diced	5 lb	1 gal
Sweet paprika		¼ cup 1 1/3 Tbsp
Ground cumin		1 Tbsp
Frozen spinach, chopped	4 lb 8 oz	1 gal 2 qt
Canned low-sodium garbanzo beans, drained, rinsed	8 lb 2 oz	1 gal 1 qt (2 No 10 cans)
Golden seedless raisins	2 lb 6 oz	1 qt 3 ½ cups
Canned low-sodium diced tomatoes	2 lb 10 oz	1 qt 1 cup (½ No. 10 can)
Low-sodium chicken stock		3 qt ½ cup
Red wine vinegar		½ cup
Salt		2 tsp
Ground black pepper		2 tsp

Procedure:

1. Heat oil in roasting pan/square head pan (20 7/8" x 17 3/8" x 7"). Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent.
2. Mix in paprika and cumin.
3. Add spinach and sauté for 15 minutes.
4. Mix in garbanzo beans, raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.
5. Add vinegar, salt and pepper. Mix well.
   CCP: Heat to 135° F or higher for at least 15 seconds.
   CCP: Hold at 135° F or higher for hot service.

*The crediting below is based on offering the bean/pea/legume in the dish as the MEAT/MEAT ALTERNATE. If NOT doing this, then crediting is as follows: 3/8 cup bean/pea, 1/8 dark green, ¼ cup other, 1/8 cup fruit.

Total Yield
Weight: 27 lb 8 oz | Measure (volume): 3 gal 2 qt

Number of Pans:
Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate:	1.5 oz eq.					Calories: 241
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.1 g
	1/8 cup				¼ cup	Sodium (mg): 156 mg
Fruits	1/8 cup					
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-34
Adapted from: Healthier Kansas Recipe 39

RECIPE NAME: Honey Apple Crisp

Grade Group: K-12
Number of Portions: 96
Portion Size: 1 piece cut 6 x 8
Serving Utensil:
Servings Per Pan: 48

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Flour, White Whole Wheat	1 lb 14 oz	
Oats, Rolled or Quick	1 lb 2 oz	
Brown Sugar	1 lb 14 oz	
Cinnamon, Ground		4 Tbsp
Margarine, Melted	1 lb 8 oz	3 cups
Apples, Sliced, Canned in water		2 #10 cans
Water		As needed
Honey	20 oz	
Lemon Juice		1/2 cup

Procedure:

1. For topping: Combine flour, rolled oats, brown sugar, 3 Tbsp. of cinnamon, and margarine. Mix until crumbly. Set aside for Step 6.
2. For filling: Drain apples, reserving juice. For 96 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for Step 5.
3. Place 5 lb. 9 oz. (2 qt. + 3 ¼ c. or 1 #10 can) apples into each steam table pan (12" x 20" x 2 ½"). For 96 servings, use 2 pans.
4. Spread 10 oz. honey, ½ Tbsp cinnamon, and ¼ c. lemon juice over apples in each pan. Stir to combine.
5. Pour 1 ½ c. liquid over apples in each pan.
6. Divide topping among pans. Sprinkle 3 lb. 6 oz. (approximately 2 qt. + 1 c.) topping evenly over apples in each steam table pan.
7. Bake until topping is browned and crisp.
   Conventional oven: 425° F for 35-45 minutes
   Convection oven: 350° for 25-35 minutes
8. Cut each pan 6 x 8 (48 pieces).
   CCP: Hold at 135° F or higher for hot service.

Total Yield 2 steam table pans	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: 181
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.14
						Sodium (mg): 59
Fruits	1/4 cup					
Grains	0.75 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-35
Adapted From: Iowa Gold Star Recipes

RECIPE NAME: Honey Mustard Deli Wrap

Grade Group: K-12
Number of Portions: 100 wraps
Portion Size: 1 wrap (2 halves)
Serving Utensil:
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Mustard	2 lb	1 qt
Mayonnaise, low-fat	3 lb	1 qt 2 cups
Honey	1 lb 4 oz	1 ¼ cups
Flour tortilla, whole grain	9 lb 6 oz	100 each
Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338	12 lb 8 oz	
Ham, USDA Foods #100184, sliced	7 lb 13 oz	
Tomatoes, fresh, sliced	6 lb 14 oz	200 slices
Leaf lettuce, shredded	4 lb 12 oz	1 gal 2 ¼ qt

Procedure:

1. Mix mustard, mayonnaise, and honey together. Chill overnight.
2. Steam tortillas 3 min until warm or place in a warmer to prevent tearing when folding.
3. Spread 2 Tbsp honey mustard sauce on each tortilla.
4. Arrange 2 oz of turkey and 1.25 oz of ham on each tortilla.
5. Top with ¼ cup leaf lettuce and 2 tomato slices.
6. Fold the top and bottom of tortilla into the center. Beginning at either side, roll the tortilla, until all contents cannot be seen.
7. Cut diagonally in half and serve 1 wrap (2 halves) each.
8. Place each half seam side down in pan.
   CCP: Hold at 41° F or below for cold service.

Weight: Measure (volume): Number of Pans: Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	2 oz eq.					Calories: 285
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.88
	1/8 cup		1/8 cup			Sodium (mg): 1194
Fruits						
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-36

RECIPE NAME: Hot Dog on a Bun

Grade Group: K-12
Number of Portions: 100
Portion Size: 1 hot dog with 1 bun
Serving Utensil:
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Hot dog, turkey, frankfurter (crediting as 1.5 oz eq. Meat/Meat Alternate each)		100
Hot dog bun, whole grain rich	9 lb 6 oz	100

Procedure:

1. Heat hot dog in conventional oven at 350° F for 15-20 minutes.
2. Place heated hot dog on whole grain rich bun.
3. Place in warming oven until ready for service.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate	1.5 oz eq.					Calories: 213
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.13
						Sodium (mg): 882
Fruits						
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-37
Adapted from: Garrett County Public Schools

RECIPE NAME: Hot Ham, Broccoli and Cheese Pita

Grade Group: K-12
Number of Portions: 1 pita
Portion Size: 1 pita
Serving Utensil:
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Broccoli, frozen, chopped, thawed, steamed		½ cup
Whole wheat pita round	2.0 oz	1 pita
Ham, water added, sliced, USDA Foods #100184, sliced	2.5 oz	
American Cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253	0.5 oz	1 slice

Procedure:

1. Fill pita with ½ cup broccoli florets, 2.5 oz of ham, 1 slice of cheese.
2. Place stuffed pita pockets on parchment paper lined sheet pans and cover pan with foil. Heat in oven until browned and cheese has melted.
   Conventional oven: 350° F for 10-15 minutes
   Convection oven: 350° F for 7-9 minutes
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate	2.5 oz eq.					Calories: 280
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 2.51
	½ cup					Sodium (mg): 1234
Fruits						
Grains	2.0 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-38
Adapted from: USDA Recipe (Salads E-24)

RECIPE NAME: Hummus

Grade Group: K-12
Number of Portions: 50
Portion Size: ½ cup
Serving Utensil: #8 scoop
Servings Per Pan: 25

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Canned garbanzo beans or chickpeas, drained	8 lb 8 oz	5 qt 1 cup (2 #10 cans)
Frozen lemon juice concentrate, reconstituted		3 ¼ cups
Sunflower Seed butter OR Peanut butter	1 ½ lb	2 ½ cups
Garlic cloves, peeled	5 oz	1 cup 1 Tbsp
Water		3 ¼ cups
Ground black or white pepper		1 Tbsp

Procedure:

1. Combine all ingredients in a food processor and puree to a smooth consistency.
2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans.
3. Cover. Refrigerate until service.
   CCP: Hold at 41° F or below for cold service.
4. Portion with #8 scoop (½ cup).

*This recipe's crediting is based on offering the bean/pea/legume in the dish as a vegetable. If NOT doing this, then crediting for one portion of the recipe is 2 oz eq. meat/meat alternate.

Total Yield		Number of Pans: 2
Weight: 13 lb 9 oz	Measure (volume): 1 gal 2 ¼ qt	Pan Size: Sheet pan

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate	0.25 oz eq.					Calories: 133
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.81
		3/8 cup				Sodium (mg): 173
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-39
Adapted from: Healthier Kansas Recipe 144

RECIPE NAME: Loaded Turkey Sub

Grade Group: K-12
Number of Portions: 2
Portion Size: ½ sub
Serving Utensil:
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Sub Roll, whole grain rich	3 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

Procedure:

1. Place 2 slices (3.75 oz) of turkey and 2 slices (1 oz) of cheese on each sub roll.
2. Slice sandwich into 2 equal halves.
3. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually.
   CCP: Hold at 41° F or below for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	1.5 oz eq.					Calories: 198
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.38
						Sodium (mg): 610
Fruits						
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-40
Adapted from: Healthier Kansas Recipe 118

RECIPE NAME: Macaroni & Cheese

Grade Group: K-12
Number of Portions: 100
Portion Size: ½ cup
Serving Utensil: #8 scoop

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Water		6 gal
Macaroni, elbow, whole grain	6 lb 4 oz	
Milk, skim	11 lb 2 oz	1 gal 1 ½ qt
Margarine, liquid	1 lb 2 oz	2 ¼ cup
Pepper		1 tsp
Cheese, American, shredded, USDA Foods 100036	6 lb 15 oz	

Procedure:

1. Bring water to a boil**.**
2. Slowly add macaroni. Stir constantly until water boils again. Cook 8 minutes, or until tender. **Do not overcook.** Drain well, rinse with cool water, and drain again.
3. Transfer cooked macaroni to pans and set aside.
4. Heat milk.
5. Add margarine, pepper, and shredded cheese to the warm milk.
6. Pour hot cheese sauce over macaroni and fold together until mixed.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans:
Weight:	Measure (volume): 3 gal 2 cups	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size							**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate	1 oz eq.						Calories: 237
Vegetable Subgroups	D/G	B/P	R/O	S	O		Saturated Fat (g): 3.65
							Sodium (mg): 402
Fruits							
Grains	1 oz eq.						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-41a
Adapted from: Kent Co Public Schools, MD

RECIPE NAME: Mandarin Sesame Chicken Salad

Grade Group: K-12
Number of Portions: 1
Portion Size: 1 salad
Serving Utensil:
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Cabbage mix, shredded		1 cup
Green onions, thinly sliced		1/8 cup
Mandarin oranges, drained		¼ cup
Fresh carrots, shredded		¼ cup
Grilled chicken patty, WI Processed C524, Goldkist/Pilgrim's Pride, Commercial Eq. Code: 26624, thawed, sliced	2.5 oz	1 patty

Procedure:

1. Assemble salads by combining the following in a bowl:
   - 1 cup salad shredded
   - 1/8 cup green onions
   - 1 sliced grilled chicken breast
   - ¼ cup mandarin oranges
2. Serve with Mandarin Sesame Chicken Salad Dressing.
   CCP: Hold at 41° F or lower for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume): 1 salad	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate	2.0 oz eq.					Calories: 128
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0
			¼ cup		1 1/8 cups	Sodium (mg): 396
Fruits	¼ cup					
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-41b
Adapted from: Kent Co Public Schools, MD

RECIPE NAME: Mandarin Sesame Chicken Salad Dressing

Grade Group: K-12
Number of Portions: 32
Portion Size: 2 Tbsp
Serving Utensil: 1 fl oz ladle
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes cooling step

Ingredients:	Weight	Measure
Soy sauce, low sodium		½ cup
Canola oil		1 cup
Sesame oil		2 Tbsp
Rice wine vinegar		¼ cup
Garlic powder		1 Tbsp
Ginger powder		1 Tbsp
Sweet and sour sauce		½ cup

Procedure:

1. Mix ingredients for salad dressing.
2. Portion in 2 Tbsp containers.
3. Package with salad.
   CCP: Hold at 41° F or below for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume): 4 cups	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate						Calories: 81
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.65
						Sodium (mg): 288
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-42
Adapted from: USDA Recipe (Grains B-25r)

RECIPE NAME: Mediterranean Quinoa Salad

Grade Group: K-12
Number of Portions: 50
Portion Size: ¾ cup
Serving Utensil: ¾ cup spoodle
Servings Per Pan: 25

HACCP Process:
❑ #1 No Cook
❑#2 Cook & Serve Same Day
☑#3 Includes Cooling Step

Ingredients:	Weight	Measure
Quinoa, dry	3 lb 6 oz	2 qt ½ cup
Low-sodium chicken broth		1 gal
Lemon juice		½ cup
Red wine vinegar		2 Tbsp
Fresh garlic, minced		½ cup
Olive oil		1 Tbsp 1 tsp
Salt ground white pepper		1 tsp
Fresh red bell peppers, diced	11 oz	2 cups
Fresh green onions, diced	4 oz	1 cup
Fresh red onions, diced	6 oz	1 cup
Fresh cherry tomatoes, halved	1 lb 6 ½ oz	1 qt
Black olives, sliced	5 oz	1 cup
Feta cheese, crumbled	6 oz	1 cup
Fresh parsley, finely chopped		2 cups

Procedure:

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
2. Combine quinoa and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff, cover, and refrigerate.
   CCP: Use pre-chilled shallow pans to cool from 135° F to 70° F within 2 hours. Cool to 41° F or lower within 4 hours.
3. Dressing: combine lemon juice, vinegar, garlic, oil, salt and ground pepper. Mix well. Set aside.
4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.
5. Mix in cooled quinoa. Fold in feta cheese and parsley.
6. Transfer to 2 steam table pans (12” x 20” x 2 ½”).
   CCP: Hold at 41°F or lower for cold service.

Total Yield		Number of Pans: 2
Weight: 9 lb	Measure (volume): 1 gal 2 cups	Pan Size: 12” x 20” x 2 ½”

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate						Calories: 166
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.21
					1/8 cup	Sodium (mg): 278
Fruits						
Grains	1.0 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-43
Adapted from: USDA Recipe (Main Dish D-28)

RECIPE NAME: Nachos with Ground Beef

Grade Group: K-12
Number of Portions: 50
Portion Size: ¼ cup meat mixture over 2 oz chips
Serving Utensil: #16 scoop and tongs
Servings Per Pan:

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Raw ground beef, USDA Foods 110085, no more than 18% fat	4 lb 8 oz	
Chili powder		2 Tbsp
Ground cumin		1 Tbsp 1 ½ tsp
Paprika		1 ½ tsp
Onion powder		1 ½ tsp
Instant nonfat dry milk, reconstituted		1 qt
Cheese blend of American and skim milk cheese, shredded	3 lb 2 oz	3 qt ½ cup
Fresh green chili peppers (optional)	2 oz	¼ cup 2 Tbsp
Whole grain corn chips	6 lb 4 oz	

Procedure:

1. Brown ground beef. Drain. Continue immediately.
2. Add seasonings and mix.
3. Add milk to ground beef mixture. Stir frequently over medium heat. When simmering add cheese. Stir frequently over medium heat, approximately 15 minutes.
   CCP: Heat to 155 degrees F or higher for at least 15 seconds.
4. Add green chili peppers (optional). Stir to combine.
5. To maintain consistency, serve immediately or hold hot.
   CCP: Hold at 135° F or higher for hot service.
6. Portion with #16 scoop (¼ cup) over 2 oz chips.
7. If desired, garnish with chopped green peppers, chopped tomatoes, or chopped green chili peppers.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2 oz eq.					Calories: 319
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 5.42
						Sodium (mg): 638
Fruits						
Grains	2 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-44
Adapted from: USDA Recipe (Grains B-26r)

RECIPE NAME: Oodles of Noodles

Grade Group: 9-12
Number of Portions: 100
Portion Size: ½ cup
Serving Utensil: Gloved hand
Servings Per Pan: 1

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Water		4 gal
Penne Pasta, whole-wheat, dry	5 lb 8 oz	1 gal 3 qt
Extra Virgin Oil		2/3 cups
Fresh Grape Tomatoes, halved	6 lb	1 gal
Dried Basil		¼ cup
Sea Salt		2 Tbsp
Ground Black Pepper		1 Tbsp
Fresh Garlic, minced	4 oz	½ cup
Whole-Wheat Flour	7 oz	1 ½ cups
Vegetable Broth, low sodium		1 gal ½ cup
Fresh Swiss Chard, stems removed, chopped	2 lb 8 oz	3 qt 1 cup

Procedure:

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
3. Heat oil. In a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove, sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape. Reserve remaining tomatoes for step 6.
4. Add basil, salt, pepper, and garlic.
5. Sprinkle flour over tomatoes. Sauté over medium heat for an additional 1-2 minutes. When mixture begins to thicken add broth. Bring to a boil uncovered. Reduce heat to low.
6. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. **CCP: Heat to 135° F or higher for at least 15 seconds.**
7. Pour over pasta and serve. **CCP: Hold at 135° F or higher for hot service.**

Total Yield
Weight: Measure (volume):
Number of Pans:
Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate:						Calories: 117
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): .28
						Sodium (mg): 162
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-45
Adapted from: IowaFoodandFitness.org
(Donna Miner, Chicopee High School)

RECIPE NAME: Oven Roasted Potato Wedges

Grade Group: K-8	Grade Group: 9-12
Number of Portions: 50	Number of Portions: 33
Portion Size: 1/2 cup	Portion Size: 3/4 cup
Serving Utensil:	Serving Utensil:
Servings Per Pan:	Servings Per Pan:

HACCP Process:
- ❑ #1 No Cook
- ❑ #2 Cook & Serve Same Day
- ☑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Russet Potatoes, USDA Foods 100340	15 lb	
Paprika		1 Tbsp 1 tsp
Onion powder		2 Tbsp 1 tsp
Garlic powder		2 Tbsp 1 tsp
Adobo seasoning		1 ¼ tsp
Pepper, black		½ tsp

Procedure:

Day ahead of service:
1. Poke well scrubbed potatoes with a fork.
2. Bake whole in oven until cooked through.
   Conventional oven: 425° F about 50 minutes
   Convection oven: 375° F about 40 minutes
   CCP: Heat to 140° F or higher.
   CCP: Use pre-chilled shallow pans to cool from 135° F to 70°. F within 2 hours. Cool to 41° F or lower within 4 hours.

Day of service:
3. Halve the potatoes lengthwise, and cut each half into 4-5 wedges.
4. Divide potatoes equally among parchment covered sheets pans, single layer, skin side down.
5. Mix paprika, onion & garlic powder, adobo spice, and pepper in a small bowl. Sprinkle seasoning mixture evenly over wedges.
6. Bake right before service until hot crisp and lightly browned.
   Convection oven: 400° F about 20 minutes
   Conventional oven: 425° F about 25 minutes
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Measure (volume): 25 cups	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size										
Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
Meat/Meat Alternate										
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
				½ cup					¾ cup	
Fruits										
Grains										
Calories	104					158				
Saturated Fat (g)	0					0				
Sodium (mg)	96					144				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-46
Adapted from: Healthier Kansas Recipe 45

RECIPE NAME: Pumpkin Bar

Grade Group: K-12
Number of Portions: 60 bars
Portion Size: 1 bar
Serving Utensil:
Servings Per Pan: 60

HACCP Process:
❑ #1 No Cook
❑ #2 Cook & Serve Same Day
☑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Sugar, granulated	1 lb 7 oz	
Vegetable oil	7 oz	
Salt		1 ¾ tsp
Pumpkin, canned	2 lb 6 oz	1 qt ¾ cup
Eggs, whole, raw	12 oz	7 large
Milk, low-fat, 1%	1 lb 4 oz	2 ½ cups
Flour, white whole wheat	2 lb	
Baking powder		1 Tbsp
Baking soda		1 ¾ tsp
Cinnamon, ground		2 ½ tsp
Nutmeg, ground		2 ½ tsp
Pan release spray		As needed
Powdered sugar	8 oz	1 ½ cups
Vanilla		2 ½ tsp
Water, cold		2 Tbsp 2 tsp

Procedure:

1. Mix sugar, oil, and salt in a mixer with a paddle attachment for 8 minutes. Mixture will appear grainy.
2. Add pumpkin and mix for 2 minutes. Scrape down sides of bowl
3. Slowly add eggs. Scrape down sides of bowl.
4. Slowly add milk. Scrape down sides of bowl.
5. In a separate bowl, mix flour, baking powder, baking soda, cinnamon, and nutmeg.
6. Add to above mixture. Mix at low speed for 1 minute.
7. Spray an 18" x 26" x 1" sheet pan with pan release spray. Distribute batter evenly in pan.
8. Bake until lightly browned:
   Conventional oven: 350° F for 40 minutes
   Convection oven: 325° F for 30-35 minutes
   Turn pan half way through baking to cook evenly, if needed.
9. Cool and cut each pan 6 x 10.
10. Mix powdered sugar, vanilla, and water to make a glaze. Add just enough water to make the glaze pourable.
11. As close to serving time as possible, drizzle the glaze in random lines over the pumpkin bars. Use about 10 Tbsp of glaze per pan. Glaze disappears into bars as they sit.

Total Yield:
Weight: Measure (volume):

Number of Pans: 1
Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 158
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.84
						Sodium (g): 144
Fruits						
Grains	0.75 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-47
Adapted from: Iowa Gold Star Recipe

RECIPE NAME: Roasted Squash

Grade Group: K-12
Number of Portions: 125
Portion Size: ½ cup
Serving Utensil: ½ cup spoodle
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Butternut Squash	33 lb 8 oz	
Olive oil		1 ½ cup

Procedure:

1. Preheat convection oven to 375° F.
2. Using a vegetable peeler, remove skin from squash.
3. Cut squash in half using a chef's knife, and remove seeds with a large spoon. To prevent injury, wear a safety glove on the hand not holding the chef's knife.
4. Use the chef's knife to dice the squash into medium dice pieces (1/2").
5. Pour olive oil over diced squash. Toss and coat well.
6. Place 4 lbs 2 ½ oz of diced squash on each full sized sheet pan (18" x 26" x 1"). Do not overload pan as the bottom layer will steam, not roast.
7. Roast squash at 375° F for approximately 40 minutes until golden brown.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans: 8
Weight:	Measure (volume):	Pan Size: 18" x 26" x 1"

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						**Nutrient Analysis Based on Portion Size:**
Meat/Meat Alternate						**Calories:** 70
Vegetable Subgroups	D/G	B/P	R/O	S	O	**Saturated Fat (g):** 0
			½ cup			**Sodium (mg):** 1
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-48A
Adapted from: USDA Fact Sheet

RECIPE NAME: Roasted Turkey

Grade Group: K-12
Number of Portions: 100 servings
Portion Size: 2 oz
Serving Utensil:
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Turkey Roast, USDA Foods 100125	20 lb	

Procedure:

1. Thaw turkey roasts in the refrigerator for 24 hours. Place in single lays on sheet pans or trays. Space on shelves so that air can circulate around wrapped poultry.
2. Cook within 24 hours after thawing. Do not partially cook one day and finish the next. Do not refreeze after thawing or heating. Do not wash before cooking
3. Cook with or without netting. Place roasts of similar sizes in shallow roasting pans. Insert a meat thermometer into the center of one roast in each pan.
4. Bake at 325° F in either a convection oven or a conventional oven for 3-5 hours. The roasts of the greater diameter may need to cook longer.
   CCP: Cook turkey products to an internal temperature of 165° F for 15 seconds.
5. Slice into 2 oz portions to serve. Serve with turkey gravy if desired (WIDPI-48B).
   CCP: Hold for hot service at 135° F or higher.

Total Yield
Weight: Measure (volume):
Number of Pans:
Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	2 oz eq.					Calories: 80
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.08
						Sodium (mg): 300
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-48B
Adapted from: Iowa Gold Star Recipe

RECIPE NAME: Turkey Gravy

Grade Group: K-12
Number of Portions: 128 servings
Portion Size: 2 Tbsp
Serving Utensil: 1 oz ladle
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes cooling step

Ingredients:	Weight	Measure
Margarine or butter	8 oz	1 cup
All-purpose flour, enriched	10 oz	1 ¾ cup 2 Tbsp
Chicken or turkey stock, low sodium, non-MSG, hot		1 gal 1 cup
Poultry seasoning		2 tsp
Onion powder		1 Tbsp 1 tsp
Pepper, black or white, ground		½ tsp

Procedure:

1. Melt margarine or butter in stockpot. Blend in flour and cook on medium heat, stirring frequently until light brown, 5 minutes.
2. Slowly stir in chicken or turkey stock, poultry seasoning, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes.
   CCP: Heat to 165° F or higher for at least 15 seconds.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Measure (volume): 1 gal	Pan Size:	

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate						Calories: 23
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.30
						Sodium (mg): 35
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-49

RECIPE NAME: Romaine Salad

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 ¼ cups
Serving Utensil: tongs
Servings Per Pan: 50

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Romaine Lettuce, shredded or chopped Fresh Tomatoes, chopped or sliced		3 gal 2 cups 3 qt ½ cup

Procedure:

1. Combine all ingredients in a bowl and toss.
   CCP: Hold at 41° F or lower for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume): 3 gal 3 qt 2½ cups	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						**Nutrient Analysis Based on Portion Size:**
Meat/Meat Alternate						**Calories:** 16
Vegetable Subgroups	D/G	B/P	R/O	S	O	**Saturated Fat (g):** 0.00
	½ cup		¼ cup			**Sodium (mg):** 6
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-50
Adapted from: Minnesota – Wayzata Public School

RECIPE NAME: Santa Fe Wrap

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 wrap
Serving Utensil:
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Chicken fajita strips, WI Processed C520, Goldkist/Pilgrim's Pride, Commercially Eq. Code: 1325, thawed	7 lb 10 ½ oz	
Tortilla, whole grain, 1.5 oz each		50 each
Salsa		1 cup
Ranch dressing, light		1 cup
Romaine lettuce, shredded		1 gal
Tomatoes, diced		1 qt 3 cups
Corn kernels, thawed		1 qt 3 cups
Cheddar cheese, shredded, USDA Foods 100012	½ lb	

Procedure:

6. In a bowl, mix together salsa, and ranch dressing until well combined.
7. In a separate bowl, combine the lettuce, tomatoes, corn and cheese. Toss with dressing mixture until evenly coated.
8. Arrange 2.45 oz of chicken strips down the middle of a tortilla. Lay about ½ cup of lettuce mixture on top. Fold in edges and roll tortilla over.
9. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually.
   CCP: Hold at 41° F or below for cold service.

Total Yield		Number of Pans:
Weight:	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2 oz eq.					Calories: 260
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.50
	1/8 cup		1/8 cup	1/8 cup		Sodium (mg): 834
Fruits						
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-51
Adapted from: Tray Talk

RECIPE NAME: Southwest Veggie Wrap

Grade Group: K-8	Grade Group: 9-12	HACCP Process:
Number of Portions: 1	Number of Portions: 1	☑#1 No Cook
Portion Size: 1 wrap	Portion Size: 1 wrap	❑#2 Cook & Serve Same Day
		❑#3 Includes Cooling Step

Ingredients:	Weight	Measure
Whole grain tortilla		
K-8: 1.5 oz eq. tortilla	1.5 oz	1 each
9-12: 2.0 oz eq. tortilla	2.0 oz	1 each
Coleslaw mix		1/8 cup
Cucumber, diced		1/8 cup
Low sodium black bean		1/8 cup
Salsa		1/4 cup
Romaine lettuce, shredded		¼ cup
Fresh spinach, chopped		¼ cup
Reduced-fat cheddar cheese, shredded		
K-8: 1 oz, ¼ cup	1 oz	¼ cup
9-12: 2 oz, ½ cup	2 oz	½ cup

Procedure:

1. Drain and rinse black beans.
2. Mix coleslaw, diced cucumbers, black beans and salsa in a bowl. Refrigerate until ready to use.
   CCP: Hold at 41° F or below.
3. Combine romaine and spinach.
4. Assemble wrap with romaine/spinach, black bean mixture, top with cheese.
5. Roll wrap and tuck in ends.
6. Cut wrap in half and serve 1 whole wrap (2 halves).
   CCP: Hold at 41° F or below for cold service.

Total Yield: 1 wrap

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group: K-8**					**Grade Group: 9-12**				
Meat/Meat Alternate	1.5 oz eq.					2.5 oz eq.				
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
	¼ cup		¼ cup		¼ cup	¼ cup		¼ cup		¼ cup
Fruits										
Grains	1.5 oz eq.					2.0 oz eq.				
Calories	256					376				
Saturated Fat (g)	3.84					7.29				
Sodium (mg)	656					974				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-52
Adapted from: USDA Recipe (Main Dishes D-35)

RECIPE NAME: Homestyle Spaghetti and Meat Sauce

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 cup
Serving Utensil: 1 cup spoodle
Servings Per Pan: 16

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Raw ground beef, USDA Foods 110085, no more than 18% fat	8 lb 8 oz	
Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 1/3 cups OR ¾ cup
Granulated garlic		1 Tbsp 1 ½ tsp
Ground black or white pepper		1 ½ tsp
Canned tomato puree	5 lb	2 qt 1 cup
Water		2 qt
Salt		1 Tbsp
Dried parsley		¼ cup
Dried basil		2 Tbsp
Dried oregano		2 Tbsp
Dried marjoram		1 Tbsp
Dried thyme		1 ½ tsp
Water		6 gal
Salt		2 Tbsp
Whole wheat spaghetti, dry	4 lb 12 oz	3 qt 3 ½ cups

Procedure:

1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.
   CCP: Heat to 155° F or higher for at least 15 seconds.
3. Heat water to rolling boil. Add salt.
4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir into meat sauce.
6. Divide mixture equally into medium half-steamtable pans (10” x 12” x 4”) which have been lightly coated with pan release spray. For 50 servings, use 3 pans.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans: 3
Weight:	Measure (volume): 3 gal 2 cups	Pan Size: 10” x 12” x 4”

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2 oz eq.					Calories: 322
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 4.38
			¼ cup		1/8 cup	Sodium (mg): 310
Fruits						
Grains	1.5 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-53
Adapted from: Michigan's Showcase of Chefs (by Chef Dave)

RECIPE NAME: Sweet Thai Chili Chicken Bowl

Grade Group: K-12
Number of Portions: 80
Portion Size: ½ cup
Serving Utensil:
Servings Per Pan: 26 2/3

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Green onions, or scallions, sliced		3 ½ cups
Bell pepper, sweet red, diced		1 qt 3 cups
Pineapple tidbits in juice, drained		1 No. 10 can
Diced chicken, USDA Foods 100101	10 lb	
Oil, vegetable		1/3 cup
Water		1 qt
Sweet Thai Chili Sauce		1 qt 2 cups

Procedure:

1. Combine vegetables, pineapple and chicken in a large bowl.
2. Spread 2 Tbsp of vegetable oil each on three 18" x 26" sheet pans.
3. Spread 1/3 of the chicken/vegetable mixture on each pan.
4. Roast in 350° F convection oven on low fan for 15 minutes.
5. Add water to Sweet Thai Chili Sauce.
   CCP: Heat to 165° F or higher for at least 15 seconds.
6. Just prior to service add the heated sauce to the heated chicken mixture.
   CCP: Hold at 135° F or higher for hot service.
7. Serve over rice (see recipe WIDPI-13).

Total Yield		Number of Pans: 3
Weight:	Measure (volume): 2 ½ gal	Pan Size: 18" x 26"

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate	2.0 oz eq.					Calories: 161
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.84
					1/8 cup	Sodium (mg): 247
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-54
Adapted from: USDA Recipe (Main Dish D-45B)

RECIPE NAME: Taco Pie

Grade Group: K-12

Number of Portions: 50

Portion Size: 1 piece (12” x 20” x “ 2.5” cut 5 x 5)

Serving Utensil:

Servings Per Pan: 25

HACCP Process:
- ❑ #1 No Cook
- ☑ #2 Cook & Serve Same Day
- ❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Canned Pinto Beans, drained	8 lb 7 oz	1 gal 3 cups (2 No. 10 cans)
OR		
Dry Pinto Beans, cooked	8 lb. 7 oz	1 gal 1 qt 3 cups
Taco Seasoning Mix	6 oz	1 cup
Water		2 ½ cups
Canned Salsa	2 lb 3 oz	1 qt ¼ cup
Canned Tomato Puree	2 lb 6 oz	1 qt ¼ cup
Water		1 qt
Whole Grain Flour or Corn Tortillas, 1.5 oz each	3 lb 12 oz	40 each
Reduced-fat Cheddar Cheese, shredded	2 lb	2 qt

Procedure:

1. Drain beans and mash. Sprinkle the taco seasoning mix over beans. Add water and allow to simmer for 15 minutes.
2. In a bowl, combine salsa, tomato puree, and water to make taco sauce.
3. Cut tortillas in half.
4. Lightly coat steamtable pan (12” x 20” x 2 ½”) with pan release spray. For 50 servings, use 2 pans.
5. Assembly:
   Bottom layer: Place 32 tortilla-halves in bottom of pan. Distribute 1 lb 8 oz. (3 ½ cups) of the bean mixture on top of tortillas. Spread 1 lb 3 oz. (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz. (1 ½ cups) shredded cheese over taco sauce.
   Middle layer: Place 24 tortilla-halves on top of the taco sauce. Distribute 1 lb 8 oz. (3 1/3 cups) of bean mixture on top of the tortillas. Spread 1 lb 3 oz. (3 cups) taco sauce over the bean mixture. Sprinkle 6 oz. (1 ½ cups) shredded cheese over taco sauce.
   Top layer: Place 24 tortilla-halves on top of the taco sauce. Divide the remaining bean mixture on top of the tortillas. Divide the remaining taco sauce over the bean mixture. Sprinkle 4 oz (1 cup) of cheese evenly over the taco sauce.
6. Tightly cover pans.
7. Bake:
   Conventional oven: 350° F for 30 minutes
   Convection oven: 325° F for 20 minutes
   CCP: Heat to 165° F or higher for at least 15 seconds
8. Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 16 lb 3 oz	Measure (volume): 2 pans	Pan Size: 12” x 20” x 2 ½”	

Meal Component Contribution Based on Portion Size:						**Nutrient Analysis Based on Portion Size:**
Meat/Meat Alternate	2 oz eq.					**Calories:** 240
Vegetable Subgroups	D/G	B/P	R/O	S	O	**Saturated Fat (g):** 2.61
			¼ cup			**Sodium (mg):** 1,053
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-55
Adapted from: USDA Recipe (Salad & Salad Dressings E-11)

RECIPE NAME: Three Bean Salad

Grade Group: K-12
Number of Portions: 50
Portion Size: ½ cup
Serving Utensil: ½ cup spoodle
Servings Per Pan:

HACCP Process:
☑ #1 No Cook
❑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Canned kidney beans, chilled, drained	2 lb 4 oz	3 cups 2 Tbsp (½ No. 10 can)
Canned wax beans, chilled, drained	1 lb 14 oz	1 qt 1 ½ cups (½ No. 10 can)
Canned cut green beans, chilled, drained	4 lb 11 oz	1 gal (1 ¼ No. 10 can)
Fresh white or red onions, chopped	6 oz	1 cup
Fresh green peppers, chilled, chopped (optional)	13 oz	2 ½ cups
Vegetable oil		1 1/3 cups
White vinegar		1 1/3 cups
Sugar	4 ½ oz	2/3 cup
Dried basil		2 Tbsp
Ground black or white pepper		2 tsp
Granulated garlic		2 tsp

Procedure:

1. Rinse kidney beans in cold water and drain well.
2. Combine kidney beans, wax beans, green beans, onions, and green peppers (optional).
3. Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix until well blended.
4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 5 lb 12 ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans.
   CCP: Cool to 41° F or lower with 4 hours.
5. Refrigerate until ready to serve.
6. Mix lightly before serving.
   CCP: Hold at 41° F or below for cold service.

Total Yield
Weight: 11 lb 9 oz
Measure (volume): 1 gal 2 ½ quarts

Number of Pans: 2
Pan Size: 12" x 20" x 2 ½"

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:					
Meat/Meat Alternate					
Vegetable Subgroups	D/G	B/P	R/O	S	O
					½ cup
Fruits					
Grains					

Nutrient Analysis Based on Portion Size:
Calories: 94
Saturated Fat (g): 0.84
Sodium (mg): 220

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-56
Adapted from: USDA Recipe (Sandwich F-07)

RECIPE NAME: Toasted Cheese Sandwich

Grade Group: K-8	Grade Group: 9-12	HACCP Process: ❑ #1 No Cook ☑ #2 Cook & Serve Same Day ❑ #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	

Ingredients:	Weight	Measure	Procedure:
Margarine Blend Whole Wheat Bread, 1 oz slices Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253	 6 lb 4 oz 100 oz	¾ cup 100 slices 200 slices	1. Brush approximately ½ oz (1 Tbsp) margarine on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. One pan will only have 10 slices. 3. Top each slice of bread with 4 slices (2 oz) of cheese. 4. Cover with remaining bread slices. 5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan. 6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes Do not over bake. 7. If desired, cut each sandwich diagonally in half. **CCP: Hold at 135° F or higher for hot service.**

Total Yield		Number of Pans: 3	Equipment (if not specified in procedures above):
Weight:	Measure: 50 sandwiches	Pan Size: 18" x 26" x 1"	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
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				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-57
Adapted from: USDA Recipe (Sandwiches F-07)

RECIPE NAME: Toasted Turkey and Cheese Sandwich

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 sandwich
Serving Utensil:
Servings Per Pan: 20

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑#3 Includes Cooling Step

Ingredients:	Weight	Measure
Margarine Blend		¾ cup
Whole Wheat Bread, 1 oz slices	6 lb 4 oz	100 slices
Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253	3 lbs 2 oz	100 slices
Turkey Deli Breast, WI Processed C305, House of Raeford, Commercial Eq. Code: 93338	23 lbs 8 oz	100 slices

Procedure:

1. Brush approximately ½ oz (1 Tbsp) margarine blend on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans.
2. Place 20 slices of bread on each sheet pan, 4 across and 5 down.
3. Top each slice of bread with 2 slices (3.75 oz) turkey and 2 slices (1 oz) of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine blend, approximately 1 ½ oz (3 Tbsp) per pan.
6. Bake until lightly browned:
   Conventional oven: 400° F for 15-20 minutes
   Convection oven: 350° F for 10-15 minutes
   Do not over bake.
7. If desired, cut each sandwich diagonally in half.
   CCP: Hold at 135° F or higher for hot service.

Total Yield	**50 sandwiches**	Number of Pans: 3
Weight:	Measure (volume):	Pan Size: 18" x 26" x 1"

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						**Nutrient Analysis Based on Portion Size:**
Meat/Meat Alternate	3 oz eq.					**Calories:** 354
Vegetable Subgroups	D/G	B/P	R/O	S	O	**Saturated Fat (g):** 5.25
						Sodium (mg): 1270
Fruits						
Grains	2 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-58
Adapted from: USDA Recipe (Sandwich F-08)

RECIPE NAME: Tuna Salad Sandwich

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 sandwich
Serving Utensil: Gloved hand
Servings Per Pan:

HACCP Process:
☑#1 No Cook
❑#2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Canned Chunk Style Water Packed Tuna, chilled	8 lb 5 oz	1 gal 2 qt (2-66 ½ oz. cans)
Fresh Onions, chopped	1 lb	2 ¾ cups
Fresh Celery, chilled, chopped	2 lb	1 qt 3 ½ cups
Sweet Pickle Relish, un-drained	8 ¾ oz	1 cup
Dry Mustard		1 ½ tsp
Reduced Calorie Salad Dressing OR	2 lb 11 oz	1 qt 1 ½ cups
Lowfat Mayonnaise	2 lb 11 oz	1 qt 1 ½ cups
Whole Grain Rich Bread	6 lb 4 oz	100 slices

Procedure:

1. Drain and flake tuna.
2. Combine tuna, onions, celery, pickle relish, dry mustard, and salad dressing or mayonnaise. Mix lightly until well blended.
   CCP: Cool to 41° F or lower within 4 hours.
3. Cover and refrigerate until ready to use.
4. Portion with No. 8 scoop (½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half.
5. Cover. Refrigerate until service.
   CCP: Hold at 41° F or lower for cold service.

Total Yield		Number of Pans:
Weight: 12 lb 6 oz (filling)	Measure (volume):	Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:	2 oz eq.					Calories: 307
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.70
					1/8 cup	Sodium (mg): 745
Fruits						
Grains	2 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-59
Adapted from: USDA Recipe (Main Dish D-38)

RECIPE NAME: Turkey & Dressing Supreme

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 piece
Serving Utensil:
Servings Per Pan: 50

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Whole Grain Rich Soft Bread Cubes	3 lb 2 oz	2 gal 1 qt
Poultry Seasoning		2 tsp
Ground Black or White Pepper		2 tsp
Dried Thyme (optional)		2 Tbsp
Fresh Onions, chopped OR Dehydrated Onions	8 oz OR 1 ½ oz	1 1/3 cups OR ¾ cup
Margarine or Butter, melted	12 oz	1 ½ cups
Chicken Stock, non-MSG		2 qt
Cooked Turkey, chopped	6 lb 4 oz	1 gal 1 qt
Margarine or Butter	6 oz	¾ cup
Enriched All-Purpose Flour	7 oz	1 ½ cups 2 Tbsp
Salt		2 tsp
Chicken Stock, non-MSG, hot		3 qt

Procedure:

1. Lightly coat steamtable pans (12” x 20” x 2 ½”) with pan release spray. For 50 servings, use 2 pans.
2. For dressing: Combine bread cubes, poultry seasoning, pepper, thyme, onions, and margarine or butter in a bowl. Mix lightly until well blended.
3. Add stock to bread mixture. Mix gently until dressing is moist.
4. Spread 4 lb. (1 gal 1 ¾ qt) of dressing evenly into each steamtable pan.
5. Cover each pan of dressing with 3 lb 2 oz (2 ½ qt) cooked, chopped turkey.
6. For gravy: Melt margarine or butter. Blend in flour and salt. Stir frequently until mixture is lightly brown, 5 minutes.
7. Gradually add stock to flour mixture. Stir to blend well. Cook until thickened, 8-10 minutes.
8. Pour 1 qt 1 ¾ cups gravy over each pan of turkey and dressing.
9. Bake:
   Conventional oven: 350° F for 30 minutes
   Convection oven: 325° F for 30 minutes
   CCP: Heat to 165° F or higher for at least 15 seconds.
10. Cut each pan 5 x 5 (25 portions per pan). If desired, serve with extra gravy.
    CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans: 2
Weight: 19 lb 4 oz	Measure (volume): 2 steamtable pans	Pan Size: 12” x 20” x 2 ½”

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						**Nutrient Analysis Based on Portion Size:**
Meat/Meat Alternate	2 oz eq.					**Calories:** 270
Vegetable Subgroups	D/G	B/P	R/O	S	O	**Saturated Fat (g):** 3.09
						Sodium (mg): 867
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-60
Adapted from: Healthier Kansas Recipe 283

RECIPE NAME: Two Potato Mash

Grade Group: K-12
Number of Portions: 98
Portion Size: ½ cup
Serving Utensil: #8 scoop
Servings Per Pan: 98

HACCP Process:
❑ #1 No Cook
☑ #2 Cook & Serve Same Day
❑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Potatoes, instant, dehydrated granules, prepared Sweet Potatoes, mashed, canned, USDA Foods 100318		1 gal 2 qt ½ cup 2 #10 cans

Procedure:

1. Prepare instant potatoes per directions on package to get 25 cups per 100 servings.
   CCP: Hold at 135° F or higher.
2. Place canned mashed sweet potatoes in mixer bowl and add prepared white mashed potatoes.
3. Mix on low speed with whip for 1-2 minutes or until sweet and white potatoes are combined well.
4. Place mixed potatoes into 1 full steam table pan (12” x 20” x 4”) per 100 servings and cover well with plastic wrap.
5. Place in steamer for 15-20 minutes or until temperature reaches 135° F or higher.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans: 1
Weight:	Measure (volume): 50 cups	Pan Size: 12” x 20” x 4”

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						**Nutrient Analysis Based on Portion Size:**
Meat/Meat Alternate						**Calories:** 123
Vegetable Subgroups	D/G	B/P	R/O	S	O	**Saturated Fat (g):** 0.64
			¼ cup	¼ cup		**Sodium (mg):** 137
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-61
Adapted from: USDA Recipe (Sauces G-08A)

RECIPE NAME: Velvety Cheese Sauce

Grade Group: K-8	Grade Group: 9-12	HACCP Process: ❑#1 No Cook ☑ #2 Cook & Serve Same Day ❑#3 Includes Cooling Step
Number of Portions: 128	Number of Portions: 64	
Portion Size: 2 Tbsp	Portion Size: ¼ cup	
Serving Utensil: 1 fl oz ladle	Serving Utensil: 2 fl oz ladle	
Servings Per Gallon: 128	Servings Per Gallon: 64	

Ingredients:	Weight	Measure
Margarine or butter	7 oz	¾ cup 2 Tbsp
Enriched all-purpose flour	8 oz	1 ¾ cups
Salt		1 tsp
Instant nonfat dry milk, reconstituted, hot		3 qt 1 cup
Cheese blend of American and skim milk cheeses, shredded	2 lb 8 oz	2 qt 2 cups

Procedure:

1. Melt margarine or butter. Add flour and salt. Stir until smooth.
2. Add milk gradually, stirring constantly.
3. Add shredded cheese blend. Cook for 12-15 minutes, stirring frequently, until smooth and thick.
   CCP: Hold at 135° F or higher for hot service.

Total Yield		Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Measure (volume): 1 gal	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	**Grade Group:** K-8					**Grade Group:** 9-12				
Meat/Meat Alternate	0.25 oz eq.					0.5 oz eq.				
Vegetable Subgroups	D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
Fruits										
Grains										
Calories	49					98				
Saturated Fat (g)	1.21					2.4				
Sodium (g)	175					350				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-62
Adapted from: Recipes for Healthy Kids Challenge (Ridgecrest Elementary)

RECIPE NAME: Whole Grain Cornbread

Grade Group: K-12
Number of Portions: 50
Portion Size: 1 piece
Serving Utensil:
Servings Per Pan: 50

HACCP Process:
❑ #1 No Cook
❑ #2 Cook & Serve Same Day
☑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Whole Wheat Flour, USDA Foods 100409	1 lb 2/3 oz	
Cornmeal, USDA Foods 100472	8 oz	
Granulated Sugar	5 oz	
Baking Powder	1 oz	
Salt		1 1/8 tsp
Eggs		2/3 cup
Buttermilk, low-fat		3 2/3 cup
Vegetable Oil, USDA Foods 100439		¼ cup 2 ¾ tsp

Procedure:

1. Preheat oven to 400° F.
2. Lightly grease sheet pan.
3. Blend flour, cornmeal, sugar, baking powder, and salt in mixer on low speed for one minute.
4. Mix eggs, buttermilk, and oil.
5. Add dry ingredients and blend for 30 seconds on low speed.
6. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. Do not over mix, batter will be slightly lumpy.
7. Pour batter (approximately 2 qt 2 cups) into half sheet pan (18” x 13” x 1”).
8. Bake 30-35 minutes.
9. Cut half sheet pan 5 x10 for 50 pieces.

Total Yield	**50 pieces**	Number of Pans: 1
Weight:	Measure (volume):	Pan Size: 18” x 13” x 1”

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate						Calories: 84
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.44 g
						Sodium (mg): 137 mg
Fruits						
Grains	0.75 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-63
Adapted from: Healthier Kansas Recipe B-120

RECIPE NAME: Whole Wheat Biscuit

Grade Group: K-12
Number of Portions: 100
Portion Size: 1 biscuit
Serving Utensil: Gloved hand
Servings Per Pan: 100

HACCP Process:
- ❑ #1 No Cook
- ❑ #2 Cook & Serve Same Day
- ☑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
White Whole Wheat Flour	2 lb 10 oz	
All-Purpose Flour	2 lb 2 oz	
Yeast, instant	2 oz	3 Tbsp
Sugar, granulated	8 oz	1 1/8 cup
Baking Powder		1 Tbsp ¾ tsp
Baking Soda		1 Tbsp ¾ tsp
Salt		1 Tbsp ¾ tsp
Vegetable Shortening	15 oz	
Buttermilk, low-fat	3 lb 12 oz	1 qt 3 ½ c
Flour for kneading: White Whole Wheat Flour	4 oz	1 c

Procedure:

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 a 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" thickness; cut with a 2" biscuit cutter. Biscuits should weigh approximately 1.5 oz. each.
7. Place the biscuits on a paper lined sheet pan.
8. Bake until golden brown:
   Convection oven at 450° F for 9 minutes
   Conventional oven at 475° F for 12 minutes

Total Yield		Number of Pans: 1
Weight:	Measure (volume): 100 biscuits	Pan Size: Sheet pan

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size:						Nutrient Analysis Based on Portion Size:
Meat/Meat Alternate						Calories: 133
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.81
						Sodium (mg): 173
Fruits						
Grains	1.25 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-64
Adapted from: Healthier Kansas Recipe 877

RECIPE NAME: White Whole Wheat Breadstick

Grade Group: K-12
Number of Portions: 100
Portion Size: 1 breadstick
Serving Utensil:
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
❑ #2 Cook & Serve Same Day
☑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Flour, white whole wheat	1 lb 14 oz	
Flour, all-purpose, enriched	1 lb 12 oz	
Dry milk, instant, nonfat	4 oz	
Sugar, granulated	6 oz	¾ cup
Yeast, instant, dry	2 oz	¼ cup
Salt	1 oz	1 Tbsp 1 tsp
Vegetable oil	7 oz	
Water		1 qt 2 Tbsp (add up to ½ cup if dough is stiff)
Pan release spray		As needed
Garlic flavored spray		As needed

Procedure:

1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.
2. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed.
4. Add first amount of water to the dry ingredients. If dough appears too stuff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients.
5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
6. Pinch 1 oz dough balls stretching to make “sticks”. Place in rows 3 across and 17 down on sheet pans (18” x 26” x 1”) which have been lined with pan liners. Note: Another option would be to weigh out 3 lb 3 oz dough balls and roll out one ball per pan. Cut 3 across and 17 down in each pan.
7. Spray breadsticks with garlic-flavored spray.
8. Place in a warm area (about 90° F) or until double in size, approximately 45-60 minutes.
9. Bake until lightly browned.
   Conventional oven: 400° F for 18-20 minutes
   Convection oven: 350° F for 12-14 minutes
   Turn pans half-way through the baking time to promote even baking.
   Recommended internal temperature for baked rolls is 196-198° F.
10. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.

Total Yield		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 6 lbs 4 oz DOUGH	Measure (volume):	Pan Size: 18" x 26" x 1"	

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:						Calories: 85
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.33
						Sodium (mg): 101
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-65a
Adapted from: Healthier Kansas Recipes 127

RECIPE NAME: Whole Wheat Cinnamon Rolls, 51%

Grade Group: K-12
Number of Portions: 144
Portion Size: 1 each
Serving Utensil:
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
❑ #2 Cook & Serve Same Day
☑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
51% White whole wheat roll dough (See Recipe WIDPI-65b)	12 lb 8 oz (2 Recipes for Roll)	
Pan release spray		As needed
Sugar, granulated	1 lb	2 cups
Cinnamon, ground		2/3 cup
Vegetable oil	2 oz	¼ cup
Powdered sugar	1 lb 4 oz	3 ¾ cup
Vanilla extract		2 Tbsp
Water	4 oz	½ cup

Procedure:

1. Prepare dough according to Recipe WIDPI-65b. Form dough into 3 lb balls (4 ½ balls for 144 servings) and spray with pan release spray or cover with plastic wrap.
2. Mix sugar and cinnamon in separate bowl.
3. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into a rectangle 24” x 10” x ¼” thick.
4. Brush dough with oil. Sprinkle with approximately ½ cup cinnamon-sugar mixture per rectangle.
5. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 ¾-inch circles. Cut the ½ roll into 12 circles.
6. Place rolls on sheet pans (18” x 26” x 1”) lined with pan liners in 8 rows with 6 per row (48 per pan).
7. Place in a warm area (90° F) until double in size (30-50 minutes).
8. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking.
   - Conventional oven: 400° F for 18-20 minutes
   - Convection oven: 350° F for 12-14 minutes
   - Recommended internal temperature for baked rolls is 196-198° F.
9. Let rolls cool 5-10 minutes.
10. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed.
11. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm.

Total Yield
Weight:
Measure (volume): 3 gal 2 cups

Number of Pans:
Pan Size:

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:						Calories: 149
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.52
						Sodium (mg): 141 mg
Fruits						
Grains	1.25 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-65b
Adapted from: Healthier Kansas Recipe 877

RECIPE NAME: White Whole Wheat Rolls

Grade Group: K-12
Number of Portions: 100
Portion Size: 1 Roll
Serving Utensil:
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
❑ #2 Cook & Serve Same Day
☑ #3 Includes cooling step

Ingredients:	Weight	Measure
Flour, white whole wheat	1 lb 14 oz	
Flour, all-purpose, enriched	1 lb 12 oz	
Dry milk, instant, nonfat	4 oz	
Sugar, granulated	6 oz	¾ cup
Yeast, instant, dry	2 oz	¼ cup
Salt	1 oz	1 Tbsp 1 tsp
Vegetable oil	7 oz	
Water		1 qt 2 Tbsp (add up to ½ cup if dough is stiff)
Pan release spray		As needed

Procedure:

1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.
2. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed.
4. Add first amount of water to the dry ingredients. If dough appears too stuff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients.
5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
6. Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18” x 26” x 1”) which have been lined with pan liners. (See variations below for shaping bread sticks and hamburger buns).
7. Place in a warm area (about 90° F) or until double in size, approximately 45-60 minutes.
8. Bake until lightly browned.
   Conventional oven: 400° F for 18-20 minute
   Convection oven: 350° F for 12-14 minutes
   Turn pans half-way through the baking time to promote even baking.
   Recommended internal temperature for baked rolls is 196-198° F.
9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.

Total Yield		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 6 lbs 4 oz DOUGH	Measure (volume):	Pan Size: 18" x 26" x 1"	

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:						Calories: 85
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.33
						Sodium (mg): 101
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-66
Adapted from: Healthier Kansas Recipe 877

RECIPE NAME: White Whole Wheat Roll Dough

Grade Group: K-12
Number of Portions: 100
Portion Size: 1 Roll
Serving Utensil:
Servings Per Pan:

HACCP Process:
❑ #1 No Cook
❑ #2 Cook & Serve Same Day
☑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Flour, white whole wheat	1 lb 14 oz	
Flour, all-purpose, enriched	1 lb 12 oz	
Dry milk, instant, nonfat	4 oz	
Sugar, granulated	6 oz	¾ cup
Yeast, instant, dry	2 oz	¼ cup
Salt	1 oz	1 Tbsp 1 tsp
Vegetable oil	7 oz	
Water		1 qt 2 Tbsp (add up to ½ cup if dough is stiff)
Pan release spray		As needed

Procedure:

1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.
2. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed.
4. Add first amount of water to the dry ingredients. If dough appears too stuff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients.
5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.
6. Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18” x 26” x 1”) which have been lined with pan liners. (See variations below for shaping bread sticks and hamburger buns).
7. Place in a warm area (about 90° F) or until double in size, approximately 45-60 minutes.
8. Bake until lightly browned.
   Conventional oven: 400° F for 18-20 minute
   Convection oven: 350° F for 12-14 minutes
   Turn pans half-way through the baking time to promote even baking.
   Recommended internal temperature for baked rolls is 196-198° F.
9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven.

Total Yield		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 6 lbs 4 oz DOUGH	Measure (volume):	Pan Size: 18" x 26" x 1"	

Meal Component Contribution Based on Portion Size						**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate:						Calories: 85
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.33
						Sodium (mg): 101
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

File No: WIDPI-67
Adapted from: USDA Recipe (Desserts C-30)

RECIPE NAME: Whole Wheat Sugar Cookies

Grade Group: 6-12
Number of Portions: 50
Portion Size: 1 Cookie
Serving Utensil: Gloved hand
Servings Per Pan: 20

HACCP Process:
❑ #1 No Cook
❑ #2 Cook & Serve Same Day
☑ #3 Includes Cooling Step

Ingredients:	Weight	Measure
Margarine or butter	12 oz	1 ½ cups
Sugar	1 lb 8 oz	3 cups
Frozen whole eggs, thawed OR Fresh large eggs	6 oz	¾ cup OR 4 each
Vanilla		1 Tbsp
Lowfat 1% milk		3/8 cup
Whole wheat flour	1 lb 13 oz	1 qt 2 cups
Baking powder		1 Tbsp
Baking soda		1 ½ tsp
Salt		1 ½ tsp
Ground nutmeg		1 tsp
Ground cinnamon		1 tsp
Sugar	4 oz	½ cup
Ground cinnamon		2 tsp

Procedure:

1. Cream margarine or butter and sugar in mixer with paddle attachment on medium speed for 10 minutes.
2. Add eggs, vanilla and milk. Mix for 1 minute on low speed or until smooth. Scrape down sides of bowl.
3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg and cinnamon. Gradually add to the creamed mixture for 1 minute on low speed until blended.
4. Lightly coat each sheet pan (18” x 26” x 1”) with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows of 4 across and 5 down. For 50 servings, use 3 pans.
5. Combine sugar and cinnamon and sprinkle over cookies.
6. Bake until light brown:
   Conventional oven: 375° F for 12 minutes
   Convection oven: 350° F for 6 minutes

Total Yield
Weight: 36 lb
Measure (volume): 2 steam table pans

Number of Pans: 2
Pan Size: 12” x 20” x 2 ½”

Equipment (if not specified in procedures above):

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate:						Calories: 173
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat (g): 1.29
						Sodium (mg): 207
Fruits						
Grains	1 oz eq.					

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other