



Home Grown: Menus of Wisconsin



Standardized Recipe Index

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RECIPE NAME: Berry Chicken Salad					File No: WITN- 01 Source: <i>Modified from Minnesota's Now We're Cooking!</i>			
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 40 each								
Portion Size: 1 each								
Serving Utensil:								
Servings Per Pan:								
Ingredients:			Weight	Measure	Procedure:			
Cider vinegar			1 oz	1 ¾ c	<ol style="list-style-type: none"> Blend vinegar, jam, mustard, olive oil, salt and pepper until well combined. Chill overnight. Portion into container in the following order: <ul style="list-style-type: none"> 2 cups romaine ¼ cup berries 1/8 cup garbanzo beans 2 slices red onion 2-3 sugar snap peas 2 oz diced chicken Portion 2 tbsp of dressing with salad. <p>CCP: Hold for cold service at 41° F or lower.</p>			
Red raspberry jam, seedless				1 ¼ c				
Dijon mustard								
Olive oil				2 ½ c				
Salt				1 tsp				
Black pepper				1 tsp				
Romaine				12 ⅓ lbs				
Blueberries, raspberries, or strawberries				10 c				
Onions, red, raw, sliced				1 c				
Garbanzo beans				5 c				
Sugar snap peas, raw			5 lbs					
Chicken, cooked, diced			5 lbs					
Total Yield			Portion determined on volume.		Number of Pans:			
Weight:			Measure (volume):		Pan Size:			
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size			
Meat/Meat Alternate			2 oz eq.		Calories: 301			
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 3.7g
			1 c	1/8 c				
Fruits			¼ c					
Grains								

RECIPE NAME: Chicken Alfredo					File No: WITN-41 Source: <i>USDA Quantity Recipes, D-54r</i>		
Grade Group:K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step		
Number of Portions:50							
Portion Size: 1 cup							
Serving Utensil:1 cup scoop							
Servings Per Pan:25							
Ingredients:		Weight	Measure	Procedure:			
Cream of chicken soup, condensed, low-fat, reduced sodium		9lb 6oz	1 gal ³ / ₄ qt (3 No. 3cans)	<ol style="list-style-type: none"> 1. Combine soup, cream, pepper, garlic, parmesan cheese, and chicken in stock pot. 2. Cook mixture 20-25 minutes, stirring occasionally. <p style="text-align: center;">CCP: Heat to internal temperature of 165° F.</p> <ol style="list-style-type: none"> 3. While chicken mixture is cooking, cook pasta according to packaging until tender. 4. Drain noodles. 5. Spray two 20"x12"x2" steam table pans with non-stick cooking spray. 6. Pour half of the rotini and chicken mixture into each pan and mix together. <p style="text-align: center;">CCP: Hold for hot service at 135° F or higher.</p>			
Half and half, fat-free			3 qt				
White pepper, ground			2 tsp				
Garlic powder			1 tsp				
Parmesan cheese, grated		1 lb 1 oz	1 ¹ / ₂ qt				
Chicken, diced, frozen (USDA Foods product)		6 lb 8 oz					
Rotini, whole grain-rich (USDA Foods product)		4 lb					
Total Yield		Number of Pans: 2		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):	Pan Size: 20"x12"x2"					
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size		
Meat/Meat Alternate		2 oz eq.			Calories: 344		
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 3.59g
							Sodium: 571mg
Fruits							
Grains		1 oz eq.					

RECIPE NAME: Chicken Caesar Wrap					File No: WITN-03 Source: <i>Maryland C.H.E.F. Cookbook and Promising Practices</i>			
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 1 each								
Portion Size: 1 each								
Serving Utensil: Gloved hand								
Servings Per Pan: 1								
Ingredients:			Weight	Measure	Procedure:			
Chicken fajita strips (WI USDA Foods)			2.45 oz		<ol style="list-style-type: none"> Assemble each wrap spreading 2 Tbsp dressing on tortilla. Layer 2.45oz chicken strips in the center of the tortilla. Top with ½ cup lettuce and 1 Tbsp parmesan cheese. Roll tortilla from edge halfway, tuck in sides and continue to roll until all contents are completely wrapped. Wrap tortilla tightly with plastic wrap. Cut tortilla wrap in half diagonally. <p>CCP: Hold for cold service at 41° F or lower.</p>			
Romaine lettuce, shredded				½ cup				
Parmesan cheese, grated			0.168 oz	1/16 cup				
Caesar salad dressing, fat-free				1/8 cup				
Whole grain rich tortilla			2 oz	1 each				
Total Yield			Portion determined on volume.		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: 321		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 2.42g
			¼ c					
Fruits								
Grains			2 oz eq.					

RECIPE NAME: Chicken Philly Sub					File No: WITN-04 Source: <i>Stacey Weichelt, Marshfield School District (modified)</i>			
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 50								
Portion Size: 1 each								
Serving Utensil: Glove Hand								
Servings Per Pan:								
Ingredients:			Weight (AP)	Measure (EP)	Procedure:			
Hamburger bun, whole wheat			3.828 lbs	50 each	<ol style="list-style-type: none"> 1. Warm chicken strips. 2. Place hamburger bun bottom on tray. 3. Place 1.22 oz (by weight) of chicken on bun. 4. Mix peppers and onions. 5. Place ¼ cup of pepper and onion mixture on chicken. 6. Sprinkle with 1 oz of mozzarella cheese. 7. Place top of bun on sub. 8. Cover pains with foil and heat to 350° F. <p>CCP: Heat to internal temp of 165° F. Hold for hot service at 135° F or higher.</p>			
Chicken strips, precooked (USDA Foods Chicken Fajita Strips)								
Mozzarella cheese, part-skim, shredded								
Green Peppers, chopped, frozen								
Onions, chopped, frozen								
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	2 oz eq.					Calories: 297		
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 4.5g		
					1/8 c	Sodium: 618mg		
Fruits								
Grains	2 oz eq.							

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

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

RECIPE NAME: Greek Turkey Pita					File No: WITN-07 Source: <i>Washington State Schools "Scratch Cooking" Recipe Book (modified)</i>			
Grade Group: 9-12					HACCP Process:			
Number of Portions: 1 each					<input checked="" type="checkbox"/> #1 No Cook			
Portion Size: 1 each					<input type="checkbox"/> #2 Cook & Serve Same Day			
Serving Utensil: Gloved hand					<input type="checkbox"/> #3 Includes Cooling Step			
Servings Per Pan: 1								
Ingredients:			Weight	Measure	Procedure:			
Deli turkey breast (WI USDA Foods)			3.75 oz		1. Cut pita in half.			
Hummus (see recipe)				¼ cup	2. Fill pita half with 1.875 oz of sliced turkey, 1/8 cup hummus, and ½ cup spinach.			
Baby spinach				½ cup	3. Package one whole pita for grab-n-go service.			
Whole grain rich pita (2.5 oz equivalent)				1 each	CCP: Hold for cold service at 41° F or lower.			
Total Yield			Portion determined on volume.		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: 483		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 2.6g
			½ c	¼ c				Sodium: 1101mg
Fruits								
Grains			2.5 oz eq.					

RECIPE NAME: Hamburger on a Bun

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

Ingredients:	Weight	Measure	Procedure:
Hamburger patty (WI USDA Foods)	2.25 oz	1 each	1. Heat burger patty according to directions on package. CCP: Heat to internal temp of 155° F 2. Place heated burger on whole grain rich bun. 3. Place in warming oven until ready for service. CCP: Heat to internal temp of 155° F. Hold for hot service at 135° F or higher.
Whole grain rich hamburger bun	2 oz	1 each	

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

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate	2 oz eq.					Calories: 279	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 3.7g	
						Sodium: 434mg	
Fruits							
Grains	2 oz eq.						

RECIPE NAME: Pork Taco					File No: WITN-09 Source: <i>USDA Quantity Recipes, D-13 (modified)</i>		
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50							
Portion Size: 2 each							
Serving Utensil: Gloved hand							
Servings Per Pan:							
Ingredients:		Weight	Measure	Procedure:			
Pork Taco Filling (WI USDA Foods)		10 lbs		<ol style="list-style-type: none"> Heat pork taco filling according to directions on package. Place in warming oven until ready for service. <p>CCP: Heat to internal temp of 145° F. Hold for hot service at 135° F or higher.</p> <ol style="list-style-type: none"> Place 3 1/3 Tbsp of heated pork taco filling on whole grain tortilla. Top each taco with 1/4 oz cheese, 1/16 cup salsa, 1/16 cup lettuce, 1/16 cup tomatoes, and 1/16 cup peppers. 			
Whole grain rich tortilla		6 1/4 lbs	100 each				
<u>Taco Toppings</u>							
Cheddar cheese, reduced-fat		3 1/8 lbs					
Salsa, canned, low-sodium			6 1/4 c				
Romaine lettuce, shredded			6 1/4 c				
Tomatoes, chopped			6 1/4 c				
Green peppers, chopped			6 1/4 c				
Total Yield		Portion determined on volume.		Number of Pans:		Equipment (if not specified in procedures above):	
Weight:	Measure (volume):		Pan Size:				
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size		
Meat/Meat Alternate		2.5 oz eq.			Calories: 326		
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 4.7g
				3/8 c		1/4 c	Sodium: 621mg
Fruits							
Grains		2 oz eq.					

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

RECIPE NAME: Sloppy Joe on a Roll					File No: WITN-11 Source: <i>USDA Quantity Recipes, F-05 (modified)</i>	
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 50 each						
Portion Size: 1 each						
Serving Utensil: Gloved hand						
Servings Per Pan:						
Ingredients:		Weight	Measure	Procedure:		
Raw ground beef (no more than 20% fat)		8 lb 10 oz		<ol style="list-style-type: none"> Brown ground beef. Drain. Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, ketchup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to internal temp of 155° F. Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steam table pan. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop onto bottom half of each roll. Cover with top half of roll. 		
Fresh onions, chopped		10oz	1 2/3 cup			
OR		OR	OR			
Dehydrated onions		1 ¼ oz	¾ cup 2 Tbsp			
Granulated garlic			1 Tbsp			
Canned tomato paste		1 lb 12 oz	3 cups 2 Tbsp			
Ketchup		1 lb 13 oz	3 cups			
Water			2 cups			
White vinegar			1 cup 2 Tbsp			
Dry mustard			2 Tbsp			
Ground balk or white pepper			1 tsp			
Brown sugar, packed		2 ¾ oz	¼ cup 2 Tbsp			
Whole grain rich hamburger buns (2 oz each)			50 each			
Total Yield		Portion determined on volume.		Number of Pans:		Equipment (if not specified in procedures above):
Weight:	Measure (volume):	Pan Size:				
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate		2 oz eq.			Calories: 369	
Vegetable Subgroups		D/G	B/P	R/O	S	O
				¼ c		
Fruits						
Grains		2 oz eq.				

RECIPE NAME: Spaghetti with Meat Sauce					File No: WITN-12 Source: <i>USDA Quantity Recipe, D-35 (modified)</i>							
Grade Group: K-8			Grade Group: 9-12			HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions: 67			Number of Portions: 50									
Portion Size: ¾ cup			Portion Size: 1 cup									
Serving Utensil: ¾ cup ladle			Serving Utensil: 1 cup ladle									
Servings Per Pan:			Servings Per Pan:									
Ingredients:			Weight		Measure		Procedure:					
Raw ground beef (no more than 20% fat)			8 lbs 8oz				<ol style="list-style-type: none"> 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 1 hour. CCP: Heat to internal temp of 155° F. 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 10" x 12" x 4" steamtable pans which have been lightly coated with pan release spray. CCP: Hold for hot service at 135° F or higher. 					
Fresh onions, chopped or dehydrated onions			8 oz or 1 ½ oz		1 ⅓ c or ¾ c							
Granulated garlic					1 Tbsp 1 ½ tsp							
Ground black or white pepper					1 ½ tsp							
Canned tomato puree					2 qt 1 cup							
Water			5 lbs		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							
Enriched spaghetti, broken into thirds			4 lb 12 oz									
Total Yield			Number of Pans: 3			Equipment (if not specified in procedures above):						
Weight:		Measure: 3 gal 2 cups		Pan Size: Half steam table								
Meal Component Contribution/Nutrition Analysis Based on Portion Size												
<i>Specify the grade group in the columns:</i>			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
							¼ c			1/8 c		¼ c
Fruits												
Grains			0.75 oz eq.					1 oz eq.				
Calories			261					348				
Saturated Fat (g)			3.5					4.7				
Sodium (mg)			380					506				

RECIPE NAME: Stromboli				File No: WITN-42 Source: <i>Modified from Badger Ridge MS (Verona Area School District), 2015 Student Chef Competition</i>		
Grade Group:K-12		HACCP Process:				
Number of Portions:48		<input type="checkbox"/> #1 No Cook				
Portion Size:1 piece (3x3.25")		<input checked="" type="checkbox"/> #2 Cook & Serve Same Day				
Serving Utensil: spatula		<input type="checkbox"/> #3 Includes cooling step				
Servings Per Pan: 48						
Ingredients:		Weight	Measure	Procedure:		
Whole Wheat Pizza Dough (WITN-44)*		4 lbs	As needed	1. Preheat convection oven to 325°F or conventional oven to 350°F.		
Cornmeal for sprinkling				2. Coat sheet pan with non-stick cooking spray and sprinkle with corn meal.		
Mozzarella cheese, part-skim, shredded (USDA Foods Product)		4 lbs	3 Tbsp	3. Using prepared dough from WITN-44, portion dough into 2 lb balls. Roll one ball out into an 18"x26"x1" sheet pan. Press dough to edges as needed.		
Italian seasoning				4. Mix cheese and 2 Tbsp of Italian seasoning.		
Ham, fully cooked, diced (USDA Foods Product)		3 lbs		5. Top dough half of cheese, spreading evenly to edges. To with ham and remaining cheese.		
*May use frozen whole wheat dough loaves as an alternative.				6. Roll out remaining bread dough to fit over the top of the pan. Lay on top of cheese. Stretch to fit to the edge of the pan and crimp.		
				7. Prick the top layer of dough with a meat fork to allow for air expansion.		
				8. Spray with cooking spray and sprinkle top with 1 Tbsp Italian seasoning.		
				9. Bake until golden brown, approximately 20-25 minutes.		
				CCP: Heat to 135 °F or higher.		
				10. Remove from oven. Let stand 10-15 minutes before cutting to prevent cheese from running.		
				11. Cut into 48, 3x3.25" servings (cut rows 6 x 8). Serve one piece with ¼ c marinara sauce drizzled over top (optional).		
				CCP: Hold for hot service at 135 °F or higher.		
Total Yield		Number of Pans:1		Equipment (if not specified in procedures above):		
Weight:	Measure:	Pan Size:18" x 26"				
Meal Component Contribution Based on Portion Size				Nutrient Analysis Based on Portion Size		
Meat/Meat Alternate		2 oz eq.		Calories: 283		
Vegetable Subgroups		D/G	B/P	R/O	S	O
				Saturated Fat: 4.99g		
				Sodium: 889mg		
Fruits						
Grains		2oz eq.				

File No: WITN-43

Source: *Modified from Minnesota's Now We're Cooking!*

RECIPE NAME: Sweet and Sour Chicken Rice Bowl

Grade Group: K-8		Grade Group: 9-12			HACCP Process:						
Number of Portions: 50		Number of Portions: 50			<input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Portion Size: 3/8 cup chicken, 1/2 cup rice		Portion Size: 3/8 cup chicken, 1 cup rice									
Serving Utensil: #10 scoop, # 8 scoop		Serving Utensil: #10 scoop, 1 cup scoop									
Ingredients:		Weight	Measure	Procedure:							
Chicken, diced, frozen (USDA Foods product)		6 lb 4 oz		<ol style="list-style-type: none"> 1. Prepare rice according to the package directions. Omit salt if directions call for salt. 2. Combine chicken and sauce. CCP: Heat to internal temp of 165° F. 3. Plate 1/2 c rice (K-8) or 1 c rice (9-12). Scoop 3/8 c of chicken mixture over brown rice. 							
Sweet and sour sauce		5 cups									
Rice, brown, long grain, dry		3 lb 2 oz*									
		*6 lb 4 oz needed for 9-12 grade group									
Total Yield		Number of Pans:			Equipment (if not specified in procedures above):						
Weight:	Measure:	Pan Size:									
Meal Component Contribution/Nutrition Analysis Based on Portion Size											
<i>Specify the grade group in the columns:</i>		Grade Group: K-8				Grade Group: 9-12					
Meat/Meat Alternate		2 oz				2 oz					
Vegetable Subgroups		D/G	B/P	R/O	S	O	D/G	B/P	R/O	S	O
Fruits											
Grains		1 oz				2 oz					
Calories		233				341					
Saturated Fat (g)		1.4				1.6					
Sodium (mg)		121				126					

RECIPE NAME: Toasted Cheese Sandwich					File No: WITN-13 Source: <i>USDA Quantity Recipe, F-07 (modified)</i>		
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50							
Portion Size: 1 sandwich							
Serving Utensil: Gloved hand							
Servings Per Pan: 20							
Ingredients:		Weight	Measure	Procedure:			
Margarine Blend			¾ cup	1. Brush approximately ½ oz (1 Tbsp) margarine on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans.			
Whole Wheat Bread, 1 oz slices		6 lb 4 oz	100 slices	2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. One pan will only have 10 slices.			
Sliced cheese, WI Processed C706, Land O' Lakes, Commercial Eq. Code: 46253		100 oz	200 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 (do not over bake).			
				Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes			
				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		
Meat/Meat Alternate		2 oz eq.			Calories: 301		
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 6.62 g
							Sodium: 1126 mg
Fruits							
Grains		2 oz eq.					

RECIPE NAME: Tuna Salad Sandwich					File No: WITN-14 Source: <i>USDA Quantity Recipes, F-08</i>		
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50 each							
Portion Size: 1 each							
Serving Utensil:							
Servings Per Pan:							
Ingredients:			Weight	Measure	Procedure:		
Canned chunk style, water packed tuna, chilled			8 lb 5oz	1 gal 2 qt	1. Drain and flake tuna. 2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended. CCP: Cool to 41° F or lower within 4 hours.		
Fresh onions, chopped			1 lb	2 ² / ₃ cups			
Fresh celery, chilled, chopped			2 lb	1 qt 3 ¹ / ₂ c			
Sweet pickle relish, undrained			8 ³ / ₄ oz	1 cup			
Dry mustard				1 ¹ / ₂ tsp	3. Cover and refrigerate until ready to use. CCP: Hold for cold service at 41° F or lower.		
Fresh large eggs, hard cooked, peeled, chopped (optional)			2 lb 11 oz	8 each			
Reduced calorie salad dressing			2 lb 11oz	1 qt 1 ¹ / ₂ c			
OR							
Low fat mayonnaise			6 lb 4 oz	100 slices	4. Portion with No. 8 scoop (¹ / ₂ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.		
Whole grain rich bread							
Total Yield Portion determined on volume.			Number of Pans:		Equipment (if not specified in procedures above):		
Weight:	Measure (volume):		Pan Size:				
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size		
Meat/Meat Alternate			2 oz eq.		Calories: 309		
Vegetable Subgroups			D/G	B/P	R/O	S	Saturated Fat: 1.7g
							1/8 c
Fruits							
Grains			2 oz eq.				

RECIPE NAME: Turkey and Cheese Sub Sandwich					File No: WITN-15 Source: <i>Healthier Kansas Recipe 144 (modified)</i>			
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 1 each								
Portion Size: 1 sub								
Serving Utensil:								
Servings Per Pan:								
Ingredients:			Weight	Measure	Procedure:			
Sub Roll, whole grain rich			2 oz	1 roll	1. Place 2 slices (3.75 oz) of turkey and 2 slices (1 oz) of cheese on each sub roll. 2. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually. CCP: Hold for cold service at 41° F or lower.			
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				
Total Yield Portion determined on volume.			Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume):		Pan Size:					
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size		
Meat/Meat Alternate			2 oz eq.			Calories: 339		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 3.97g
								Sodium: 1302mg
Fruits								
Grains			2 oz eq.					

RECIPE NAME: Yogurt and Granola Parfait					File No: WITN-17 Source: <i>WI Team Nutrition</i>			
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 1 each								
Portion Size: 1 each								
Serving Utensil:								
Servings Per Pan:								
Ingredients:			Weight	Measure	Procedure:			
Granola (Recipe #WITN-22) Yogurt, low-fat				12.5 c 37.5 c	<ol style="list-style-type: none"> 1. Combine ¼ c granola and ¾ c yogurt in individual serving dish. 2. Parfaits can be assembled prior to meal service or ingredients can be offered individually on the meal line. <p style="margin-left: 40px;">CCP: Hold for cold service at 41° F or lower.</p>			
Total Yield Portion determined on volume.			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			1.5 oz eq.			Calories: 274		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 1.8g
								Sodium: 161mg
Fruits								
Grains			1 oz eq.					

RECIPE NAME: Buttered Toast

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

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

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: 121	
Vegetable Subgroups	D/G	B/P	R/O	S	O	Saturated Fat: 3.0g	
						Sodium: 140mg	
Fruits							
Grains	1oz eq.						

RECIPE NAME: Butternutty Mac and Cheese			File No: WITN-19 Source: <i>Chef Monique Hooker</i>
Grade Group: K-12		HACCP Process:	
Number of Portions: 48		<input type="checkbox"/> #1 No Cook	
Portion Size: 3"x3" cut (cut pan 6x4) or #8 scoop		<input checked="" type="checkbox"/> #2 Cook & Serve Same Day	
Serving Utensil: spatula or #8 scoop		<input type="checkbox"/> #3 Includes Cooling Step	
Servings Per Pan: 24			
Ingredients:	Weight (AP)	Measure (EP)	Procedure:
Butternut Squash, raw, whole*	9 lbs		1. Preheat convection oven to 325° F.
Elbow Macaroni	3 lbs dry	4 cups	2. Melt butter in 4 quart pot. Stir in flour and cook for 1 minute, stirring occasionally.
Sharp Cheddar cheese, grated	1 lb	4 cups	3. Take pot off of heat and stir in milk. Place pot back on heat, allowing milk to warm. Stir occasionally. Add grated cheese and mix until melted. Stir in salt and pepper. Stir in squash puree, adding 2 cups at a time. Allow sauce to thicken on low heat while pasta is prepared.
American cheese, grated	1 lb	1/2 cup	4. Bring 3 quarts of water salted with ½ cup salt to a boil. Add the macaroni and cook for 8 minutes. There should still be a bit of chew to the pasta.
Butter		2/3 cup	5. In the largest pot or a very large bowl, combine the pasta and the sauce. Divide mixture evenly and pour into two 20x12x4 pans.
All-Purpose Flour		6 cups	6. Cover the pans with foil and bake for 25 minutes.
Skim Milk	48 oz.	2 Tbsp	7. Remove the foil and cook for about 10 minutes until top is golden brown. CCP: Heat to internal temp of 165° F. Hold for hot service at 135° F or higher.
Salt		3 Tbsp	
Black Pepper, ground			
*10 c of butternut squash puree may be purchased and used instead of making puree from scratch.			To make butternut squash puree: 1. Cut all squash in half lengthwise and lightly oil. Do not remove seeds, they are more easily removed after roasting. 2. Bake on sheets in convection at 375° F for 35 minutes. Let cool for minutes until cool enough to handle. 3. Scoop out seeds and discard. Scoop squash meat out of skin. Place two halves of squash meat into food processor. Puree for about 15 seconds for a smooth puree. Remove puree before placing next two halves in processor.
			Note: Puree may be used immediately or frozen for later use.
Total Yield		Number of Pans: 2	Equipment (if not specified in procedures above):
Weight: 10#	Measure (volume): 192 oz.	Pan Size: 20x12x4	

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

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

RECIPE NAME: Curried Rice					File No: WITN-21 Source: <i>Emily Lund, Deerfield School District</i>							
Grade Group: K-8			Grade Group: 9-12			HACCP Process:						
Number of Portions: 160			Number of Portions: 80			<input type="checkbox"/> #1 No Cook						
Portion Size: ½ cup			Portion Size: 1 cup			<input checked="" type="checkbox"/> #2 Cook & Serve Same Day						
Serving Utensil: ½ cup scoop			Serving Utensil: 1 cup scoop			<input type="checkbox"/> #3 Includes Cooling Step						
Ingredients:			Weight		Measure		Procedure:					
Water					42 cups		1. Boil water.					
Brown Rice					9 lbs		2. Place rice in 6 inch pan. Pour boiling water over rice and cover pans tightly. Bake in oven 325 degrees for 40 minutes.					
Oil					1 ½ cups		3. While rice is cooking simmer oil, broth, carrots, celery, and onions until very tender. About 20 minutes. (Broth is 6 cups water and 2 T. chicken base).					
Chicken Broth					6 cups		4. Mix the rest of the ingredients.					
Carrots, shredded					30 cups		5. When rice mixture done, stir vegetable and yogurt mixture into rice and put in 6 inch pan.					
Celery, diced					13 ½ cups		CCP: Heat to internal temp of 140° F. Hold for hot service at 135° F or higher.					
Onions, chopped					15 cups							
Curry powder					¾ cup							
Garlic powder					6 Tbsp							
Black pepper					3Tbsp							
Salt					3 Tbsp							
Plain yogurt					12 cups							
Total Yield			Number of Pans:			Equipment (if not specified in procedures above):						
Weight:		Measure: 80 cups		Pan Size:								
Meal Component Contribution/Nutrition Analysis Based on Portion Size												
<i>Specify the grade group in the columns:</i>			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 c		1/8 c			¼ c		¼ c
Fruits												
Grains			0.75 oz eq.					1.5 oz eq.				
Calories			143					286				
Saturated Fat (g)			0.7					1.5				
Sodium (mg)			168					336				

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

RECIPE NAME: Harvest Apple Muffin				File No: WITN-23 Source: <i>Chef Monique Hooker</i>		
Grade Group:K-12				HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 24						
Portion Size: 1 muffin						
Serving Utensil: gloved hand						
Servings Per Pan: 24						
Ingredients:		Weight (AP)	Measure (EP)	Procedure:		
Zucchini, grated Carrots, grated <p style="text-align: center;"><u>Dry ingredients</u></p> Sugar Unbleached All purpose Flour Whole wheat flour Baking powder Baking Soda Nutmeg (or cinnamon) Salt <p style="text-align: center;"><u>Wet Ingredients</u></p> Whole large Eggs Canola oil Apple sauce <p style="text-align: center;"><u>Apple Bottom</u></p> Apple Sugar Lemon juice Whole wheat flour Cinnamon		¾ lb ½ lb ½ lb ¼ lb ½ lb 1 ½ Tbsp 1Tbsp ¼ tsp ¼ tsp ¼ lb ¼ cup ½ cup 5 lbs	1 ½ Tbsp 1Tbsp ¼ tsp ¼ tsp ¼ cup ½ cup ½ cup 2 Tbsp ½ cup 1 tsp	Apple Bottom 1. Peel, core, and slice apples. 2. Mix sugar, lemon juice, flour, and cinnamon in bowl. 3. Add apples, mix well, and set aside. Muffin 4. Preheat oven to 350° F. 5. Drain the grated zucchini and mix with the grated carrots. 6. In large bowl, combine all dry ingredients. 7. In a separate bowl, combine all wet ingredients. 8. Gradually fold the wet ingredients and vegetables into the dry ingredients by alternating the ingredients being added. Batter will appear lumpy. 9. Line muffin pan with paper cups. 10. Using a #8 scoop, place apple mixture at bottom of muffin liner. 11. Top apples with muffin mix to fill muffins 2/3 full. 12. Bake in oven until done, approximately 35 minutes. 13. Remove from oven pan and allow to cool. Muffins can be served warm or at room temperature. Note: Recipe can be done using sheet pans and cut into squares. Muffins also freeze well and can be removed from the freezer the day before service.		
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories:192
Vegetable Subgroups						Saturated Fat:0.59 g
						D/G
Fruits						1/8 c
Grains						3/8 c
						1 oz eq.

RECIPE NAME: Whole Wheat Pizza Dough				File No: WITN-44 Source: <i>Modified from New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks</i>		
Grade Group:K-12		HACCP Process:				
Number of Portions:40		<input type="checkbox"/> #1 No Cook				
Portion Size:1 piece		<input checked="" type="checkbox"/> #2 Cook & Serve Same Day				
Serving Utensil: spatula		<input type="checkbox"/> #3 Includes cooling step				
Servings Per Pan: 40						
Ingredients:		Weight	Measure	Procedure:		
<i>Whole Wheat Pizza Dough</i>				1. Stir together water and yeast in a large mixing bowl until dissolved. Add honey, let stand for 5 minutes.		
Warm (not hot) water			1 qt + ¼ cup	2. Mix white whole-wheat flour and all-purpose flour together, then add to the yeast mixture. Add oil and salt to mixture.		
Dry yeast		.75 oz		3. Using a dough hook on a standing mixer, knead the dough on the lowest speed for 10minutes. Watch the dough carefully in the first few minutes to make sure that it comes together in a ball and is soft but not too sticky. It should be stuck just on the bottom of the mixing bowl but pull away from the sides. If it is very sticky then add flour, a cup at a time, until it's the right consistency.		
Honey		1 oz		4. Oil a large bowl and transfer the dough to the bowl. Cover loosely with a plastic wrap and let rise until doubled in bulk, about 1 hour.		
Olive oil			½ cup	5. Transfer the dough to a floured surface. Portion dough into two balls, about 3 lbs each. Place on a floured surface and cover with a plastic wrap. Let rise for 30 minutes.		
Flour, white whole wheat (USDA Foods product)*		3 lbs		6. Preheat convection oven to 450°F or conventional oven to 475°F. Coat 2 full sheet pans with cooking spray and sprinkle with cornmeal.		
Flour, enriched, all-purpose *		8 oz		7. Roll and stretch each ball into a rectangle and place on the prepared sheet pans. Top as desired. Bake until the crust is light brown, 15 to 18 minutes. Cut each full sheet pan into 20 pieces.		
Salt			2 Tbsp + 1 tsp			
Cornmeal for sprinkling						
May substitute 2 lbs whole wheat flour and 1 lb 8 oz enriched, all-purpose flour for above flour mixture.						
Total Yield		Number of Pans:2		Equipment (if not specified in procedures above):		
Weight:6 lbs	Measure:	Pan Size:18" x 26"				
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate					Calories: 175	
Vegetable Subgroups		D/G	B/P	R/O	S	O
					Saturated Fat (g): 0.35	
					Sodium (mg): 276	
Fruits						
Grains		2.25 oz eq.				

RECIPE NAME: Citrus Fruit Cup					File No: WITN-25 Source: <i>Healthier Kansas Recipe #134</i>						
Grade Group: K-8		Grade Group: 9-12			HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions: 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	Procedure:							
Mandarin oranges, canned		8 lbs 8 oz		1. Chill cans of mandarin oranges. 2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container. 3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges. 4. Wash and remove stems from grapes. 5. Add grapes to bananas and oranges. 6. Chill thoroughly. CCP: Hold for cold service at 41°F or lower. <i>Note:</i> Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.							
Bananas, fresh		9 lbs									
Grapes, fresh		7 lbs									
Total Yield		Number of Pans:			Equipment (if not specified in procedures above):						
Weight:	Measure: 12 ½ qt	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 c				1 c					
Grains											
Calories		70				140					
Saturated Fat (g)		0.1				0.2					
Sodium (mg)		3				6					

RECIPE NAME: Razy Cran-Grape Gelatin				File No: WITN-26 Source: <i>US Cranberries School Foodservice Toolkit</i>		
Grade Group: k-12				HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes Cooling Step		
Number of Portions:48						
Portion Size:1/2 cup						
Serving Utensil: #8 scoop						
Servings Per Pan:						
Ingredients:		Weight	Measure	Procedure:		
Grapes, seedless, red, off the stem		6 lb	5 quarts	<ol style="list-style-type: none"> 1. Wash grapes thoroughly and remove any stems. 2. Process grapes in a food processor until finely chopped. Hold for step 6. 3. In a large sauce pot, bring grape juice to a boil. 4. Remove boiling juice from heat and stir in gelatin until dissolved. 5. Mix in cranberry sauce and mix/mash until dissolved. 6. Stir in grapes and mix thoroughly. 7. Ladle or scoop (#8) 1/2 cup portions into 6 oz cups or dishes or place in a deep quarter hotel pan. Place in refrigerator and chill at least three hours to set properly. <p>CCP: Cool to 70° F within two hours and from 70° F to 40° F within four more hours. Hold for cold service at 41° F or lower.</p> <ol style="list-style-type: none"> 8. Top each serving with 2 Tbsp of whipped topping.(Optional) 		
Grape juice, 100% fruit juice			1 1/2 quarts			
Gelatin, raspberry-flavored		18 oz	5 cups			
Cranberry sauce, whole-berry						
Optional: Whipped Topping (File No: WITN-40)			12 cups			
Total Yield		Portion determined on volume.		Number of Pans:		
Weight:		Measure (volume):6 qt		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 : 141
Vegetable Subgroups						Saturated Fat: 0.08g
						Sodium:121mg
Fruits						1/2 c
Grains						

RECIPE NAME: Strawberries and Bananas				File No: WITN-27 Source: <i>Healthier Kansas Recipe #124</i>	
Grade Group: k-12				HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions:100					
Portion Size:1/2 cup					
Serving Utensil: #8 scoop					
Servings Per Pan:					
Ingredients:		Weight	Measure	Procedure:	
Strawberries, frozen, unsweetened, sliced Applesauce, canned, unsweetened Bananas, AP		11 lb 14 lbs	½ - #10 can	<ol style="list-style-type: none"> 1. Thaw strawberries in refrigerator. 2. Chill cans of applesauce. 3. Mix applesauce into thawed strawberries. 4. Peel and slice bananas. 5. Add bananas to strawberries and combine gently. <p style="text-align: center;">CCP: Hold for cold service at 41° F or lower.</p>	
Total Yield Portion determined on volume.		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 : 80
Vegetable Subgroups					Saturated Fat: 0.08g
					D/G
Fruits					
Grains					

RECIPE NAME: Vanilla Apples with Raisins					File No: WITN-45 Source: <i>Healthier Kansas Recipe #121</i>							
Grade Group: K-8			Grade Group: 9-12			HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions: 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		Procedure:					
Apples, fresh, #125-138, AP Raisins, seedless, unsweetened Yogurt, vanilla, low-fat			10 lb 8 oz 2 lb 2 lb 8 oz				1. Wash and core apples, do not peel. 2. Chop into bite size pieces. 3. Add raisins and yogurt. 4. Mix well. CCP: Hold at 41° F or lower.					
Total Yield			Number of Pans:			Equipment (if not specified in procedures above):						
Weight:	Measure: 12 ½ qt		Pan Size:									
Meal Component Contribution/Nutrition Analysis Based on Portion Size												
<i>Specify the grade group in the columns:</i>			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 c					1 c				
Grains												
Calories			62					124				
Saturated Fat (g)			0.1					0.2				
Sodium (mg)			9					18				

RECIPE NAME: Apple Cranberry Coleslaw					File No: WITN-28 Source: Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (modified)							
Grade Group: K-8			Grade Group: 9-12			HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step						
Number of Portions: 100			Number of Portions: 50									
Portion Size: ¼ cup			Portion Size: ½ cup									
Serving Utensil: ¼ cup spoodle			Serving Utensil: ½ cup spoodle									
Servings Per Pan: 100			Servings Per Pan:									
Ingredients:			Weight		Measure		Procedure:					
Cabbage			5.5 lbs		14 cups		<ol style="list-style-type: none"> 1. Shred the cabbage. 2. Chop the apples (skin on) into thin strips. 3. In a large bowl, combine cabbage, apples, and cranberries. 4. In a medium bowl, whisk together honey, vinegar, olive oil, and lemon juice until emulsified into a dressing. 5. Add dressing to the cabbage mixture and stir to evenly coat with dressing. 6. Pour into a 20"x12"x6" pan to serve. <p style="text-align: center;">CCP: Hold at 41° F degrees until service.</p> <p>Notes: This coleslaw is best served the same day it is prepared after a short period of covered refrigeration.</p>					
Red Delicious Apples			3 lbs		shredded							
Dried Cranberries			0.5 lb		10 cups							
Honey			8 oz.		chopped							
Apple Cider Vinegar			8 oz.		2 cups							
Olive Oil			16 oz.		1 cup							
Lemon Juice			4 oz.		1 cup 1 cup ½ cup							
Total Yield			Number of Pans:			Equipment (if not specified in procedures above):						
Weight:		Measure:	Pan Size:									
Meal Component Contribution/Nutrition Analysis Based on Portion Size												
<i>Specify the grade group in the columns:</i>			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					
Fruits			1/8 c					¼ c				
Grains												
Calories			61					102				
Saturated Fat (g)			0.3					0.61				
Sodium (mg)			5					10				

RECIPE NAME: Bean Salad				File No: WITN-29 Source: <i>Emily Lund, Deerfield School District</i>		
Grade Group: k-12				HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions:64						
Portion Size:1/2 cup						
Serving Utensil:						
Servings Per Pan:						
Ingredients:		Weight	Measure	Procedure:		
No. 10 can northern bean (drained and rinsed)			3 cans	1. Put beans in large mixing container. 2. Mix beans with other ingredients ingredients and toss. CCP: Hold for cold service at 41°F or lower.		
Chopped red onion			2 cups			
Fresh Basil			½ cup			
Lemon juice			8 T.			
Lemon zest			2T.			
Honey			2 T.			
Black pepper			½ t.			
Granulated garlic			1 T.			
Total Yield		Portion determined on volume.		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: 40
Vegetable Subgroups						Saturated Fat: 0.04g
						D/G
Fruits						
Grains						

RECIPE NAME: Cherr-ific Salad					File No: WITN-30 Source <i>Healthier Kansas Recipe #74</i> (modified)			
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 50 each								
Portion Size: 1 cup								
Serving Utensil:								
Servings Per Pan:								
Ingredients:			Weight (AP)	Measure (EP)	Procedure:			
Spinach, partly trimmed fresh Romaine Lettuce, untrimmed Cherries, dried			3 lbs 12 oz 5 lbs 1 lb 1 oz	25 cups 25 cups 3 1/8 cups	<ol style="list-style-type: none"> 1. Chop lettuce and spinach. 2. Toss lettuce, spinach, and dried cherries together. <p>CCP: Hold for cold service at 41°F or lower.</p>			
Total Yield Portion determined on volume.			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: 41		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0.03g
			1/2 c					
Fruits			1/8 c					
Grains								

RECIPE NAME: Hummus					File No: WITN-31 Source: <i>University of Minnesota - Extension</i>		
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 50							
Portion Size: ¼ cup							
Serving Utensil: No. 16 scoop							
Servings Per Pan:							
Ingredients:		Weight	Measure	Procedure:			
Chickpeas, canned, drained, rinsed Garlic, minced Cumin, ground Olive oil Lemon juice Yogurt, plain, low-fat			1 No. 10 can 2 Tbsp 1 tsp 2 Tbsp 1 tsp 2/3 cup 1 Tbsp 1 tsp 3 ½ cup	<ol style="list-style-type: none"> 1. Process beans in a food processor. 2. Add remaining ingredients and process until well combined. <p style="margin-left: 40px;">CCP: Hold for cold service at 41° F or lower.</p> <p style="margin-left: 40px;">*Recipe can also credit as 0.5 oz Meat/Meat Alternate, but cannot credit as both Meat/Meat Alternate and Beans/Peas.</p>			
Total Yield Portion determined on volume.		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: 92	
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 0.8g
			1/8 c				Sodium: 2mg
Fruits							
Grains							

RECIPE NAME: Marinara Sauce					File No: WITN-46 Source: <i>Let's Cook: Healthy School Meals</i>			
Grade Group:K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step			
Number of Portions:100*								
Portion Size: ¼ cup								
Serving Utensil:#16 scoop								
Servings Per Pan:100								
Ingredients:			Weight	Measure	Procedure:			
Vegetable oil Onion, minced Garlic powder Onion powder Tomato sauce, canned, low sodium Oregano, dried Basil, dried Cider vinegar Salt Pepper			212 oz	2 Tbsp 1/3 cup 1 ½ Tbsp 1 Tbsp 24 cups 1 Tbsp 1 tsp 1 Tbsp 1 tsp 1 tsp	<ol style="list-style-type: none"> Heat oil in saucepot over low heat. Sauté onion in oil until translucent, about 6 minutes. Add garlic powder, onion powder, and tomato sauce and bring to simmer. Add oregano and basil and simmer for 30 minutes. <p>CCP: Heat to internal temperature of 135° F.</p> <ol style="list-style-type: none"> Add the vinegar, salt, and pepper. <p>CCP: Hold for hot service at 135° F or higher.</p>			
Total Yield			Number of Pans:		Equipment (if not specified in procedures above): Stove top			
Weight:	Measure (volume):6 ¼ qt		Pan Size:					
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size			
Meat/Meat Alternate						Calories:18		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0.1g
							¼ c	Sodium: 30mg
Fruits								
Grains								
*Recipe makes approximately 67, 3/8c servings (#10 scoop)								

RECIPE NAME: Minestrone Soup					File No: WITN-32 Source: <i>Lauren Spoke, Sauk Prairie School District</i>			
Grade Group: K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 64								
Portion Size: 8 fl oz								
Serving Utensil: 8oz ladle								
Servings Per Pan: 32								
Ingredients:			Weight (AP)	Measure (EP)	Procedure:			
Onions, diced Celery, diced Vegetable oil Tomato paste Water – to dilute paste Diced tomatoes Green beans, frozen Carrots, frozen, diced Water Kidney Beans Bay leaves Basil Oregano Italian Seasoning Thyme Pepper Salt			3 ½ lbs 1 ½ lbs	1 ½ cups 1 ½ cups 2 tablespoons 3 – 18oz cans 2 quarts 1 - #10 can 2 gallons 2 qts 1 - #10 can 2 leaves 1 ½ tsp 1 ½ tsp 1 ½ tsp 1 ½ tsp 1 ½ tsp 1 ½ tsp	<ol style="list-style-type: none"> Sauté onions and celery in vegetable oil in a pan over medium heat. In a separate pot, dilute tomato paste with water over medium heat until blended. Add diced tomatoes, green beans, carrots and additional water to tomato base. Add beans and dry seasonings to pot and allow to simmer for approximately 10 minutes. Add the sautéed vegetables and simmer while stirring. CCP: Heat to internal temp of 165° F. Remove and discard bay leaves. CCP: Hold for hot service at 135° F or higher. 			
Total Yield			Number of Pans: 2		Equipment (if not specified in procedures above):			
Weight:	Measure (volume): 512 fl oz.		Pan Size:					
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size			
Meat/Meat Alternate			0.5 oz eq.			Calories: 48		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0.1g
				1/8 c	½ c			1/8 c
Fruits								
Grains								

RECIPE NAME: Romaine Salad					File No: WITN-33a Source: <i>Healthier Kansas Recipe #164</i>			
Grade Group: 9-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 50								
Portion Size: 1 7/8 cup								
Serving Utensil: Tongs								
Servings Per Pan:								
Ingredients:			Weight	Measure	Procedure:			
Romaine lettuce, shredded Tomatoes, chopped Carrots, shredded Cucumber, sliced				75 cups 6 1/4 cup 6 1/4 cup 6 1/4 cup	1. Combine all ingredients in a bowl and toss. CCP: Hold for cold service at 41°F or lower.			
Total Yield Portion determined on volume.			Number of Pans:		Equipment (if not specified in procedures above):			
Weight:	Measure (volume): 23.4 qt		Pan Size:					
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size			
Meat/Meat Alternate						Calories: 24		
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat: 0g
			3/4 c		1/4 c		1/8 c	Sodium: 17mg
Fruits								
Grains								

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

RECIPE NAME: Southwest Salsa					File No: WITN-34 Source: <i>Marshall School District</i>		
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step		
Number of Portions: 40							
Portion Size: ½ cup							
Serving Utensil: #8 scoop							
Servings Per Pan:							
Ingredients:		Weight	Measure	Procedure:			
Black beans, canned, drained			1 qt	<ol style="list-style-type: none"> 1. Thaw corn overnight. 2. Drain and rinse beans and tomatoes. 3. Chop cilantro and green onions. 4. Combine beans, corn, green onion, and tomato in 4” pan. 5. In separate bowl, combine lemon juice, garlic powder, and oil. 6. Pour dressing over salad and toss lightly. 7. Add cilantro and mix evenly into product. 8. Refrigerate until service. <p style="text-align: center;">CCP: Hold for cold service at 41° F or lower.</p> <p>Note: It is recommended to prepare dish one day prior to service, time permitting.</p>			
Pinto beans, canned, drained			1 qt				
Corn, frozen, whole-kernel, thawed			1 qt				
Green onion, raw, minced			1 ½ cup				
Tomato, canned, diced, rinsed			1 qt				
Garlic, powder, granulated			3 Tbsp				
Lemon juice			1 cup				
Vegetable oil			1 cup				
Cilantro, chopped			½ cup				
Total Yield		Portion determined on volume.		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: 45		
Vegetable Subgroups:		D/G	B/P	R/O	S	O	Saturated Fat: 0.4g
			1/8 c				1/8 c
Fruits							
Grains							

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

RECIPE NAME: Tomato and Corn Salad					File No: WITN-36 Source: <i>Fresh from Vermont: New School Cuisine</i>		
Grade Group: K-12					HACCP Process: <input checked="" type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step		
Number of Portions: 32							
Portion Size: ¾ cup							
Serving Utensil: ¾ cup spoodle							
Servings Per Pan:							
Ingredients:		Weight	Measure		Procedure:		
Corn, frozen, thawed Basil, fresh Cherry or grape tomatoes Mozzarella cheese, part-skim, shredded Olive oil Lemon juice Salt		8 oz	10 cups 6 pints 3 cups ¼ cup Juice of 1 lemon 1 tsp		1. Thaw frozen corn. 2. Finely chop basil leaves. 3. Mix frozen corn, basil, tomatoes, cheese, oil, lemon juice, and salt in a large bowl. Toss to combine. CCP: Hold for cold service at 41° F or lower.		
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: 101		
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 1.4g
				3/8 c	¼ c		Sodium: 131mg
Fruits							
Grains							

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

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

RECIPE NAME: Snickerdoodle Cookies				File No: WITN-47 Source: <i>Healthier Kansas Recipe #19</i>						
Grade Group: 9-12				HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step						
Number of Portions: 100										
Portion Size: 1 cookie										
Serving Utensil: gloved hand										
Servings Per Pan:										
Ingredients:	Weight (AP)	Measure (EP)	Procedure:							
<i>Cookie</i> Margarine, liquid Sugar, granulated Eggs, whole, raw Vanilla extract Milk, fluid 1% Flour, whole wheat Baking powder Baking soda Salt Nutmeg Cinnamon, ground	1 lb 2 lb 4 oz 2 lb 8 oz	2 c 5 large 1 Tbsp 1 tsp 1 Tbsp 1 tsp 2 tsp 2 tsp 1 ½ tsp 1 Tbsp 1 tsp	<ol style="list-style-type: none"> 1. Preheat convection oven to 350°F or conventional oven to 375°F 2. Cream margarine and sugar in mixer with paddle attachment on medium speed for 10 minutes. 3. Add eggs, vanilla, and milk. 4. Mix for 1 minute on low speed or until smooth. Scrape down bowl. 5. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture. 6. Mix for 1 minute on low speed until blended. 7. Place on sheet pan lined with parchment paper. 8. Portion with a #40 scoop. 9. Combine sugar and cinnamon for topping and sprinkle over cookies. 10. Bake until light brown: convection oven for 6 minutes or conventional oven for 8 minutes. 							
<i>Topping</i> Sugar, granulated Cinnamon, ground	8 oz	1 Tbsp								
Total Yield	Number of Pans: 1			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: 120					
Vegetable Subgroups					D/G	B/P	R/O	S	O	Saturated Fat: 0.79g
										Sodium: 132 mg
Fruits										
Grains					0.5 oz eq.					

RECIPE NAME: Cheese Sauce					File No: WITN-39 Source: <i>USDA Quantity Recipes, C-19</i>											
Grade Group:K-12					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step											
Number of Portions:32																
Portion Size: 2 Tbsp																
Serving Utensil:#100 scoop																
Servings Per Pan:32																
Ingredients:			Weight	Measure	Procedure:											
Margarine or butter				3 Tbsp 1 ½ tsp	5. Melt margarine/butter. 6. Add flour and salt and stir until smooth. 7. Add milk gradually while stirring constantly. 8. Add shredded cheese. 9. Cook for 12-15 minutes while stirring frequently until smooth and thick. CCP: Hold for hot service at 135° F or higher.											
Enriched all-purpose flour			2 oz	½ cup												
Salt				¼ tsp												
Instant nonfat dry milk, reconstituted, hot				3 ¼ cups												
Cheese blend of American and skim milk cheeses, shredded			10 oz	2 ½ cups												
Total Yield			Number of Pans:		Equipment (if not specified in procedures above): Stove top											
Weight:	Measure (volume):1 qt		Pan Size:													
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size										
Meat/Meat Alternate						Calories:19										
Vegetable Subgroups						D/G	B/P	R/O	S	O	Saturated Fat: 0.01g					
											Sodium: 36mg					
Fruits																
Grains																

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