

Greetings!

October is National Farm to School month – Let's Celebrate Missouri Grown!

To celebrate National Farm to School month in Missouri, the Farm to School team would like to invite your school to take part in the *Take a Local Bite in the Lunchroom* contest throughout the month of October. *Please see contest details below.*

To help you incorporate fresh, local foods into your meal plan, the Missouri Department of Elementary and Secondary Education (DESE) Food and Nutrition Services (FNS) in partnership with the Missouri Department of Health and Senior Services (DHSS) Culinary Skills Institute (CSI), and the University of Missouri Extension created a Take a Local Bite Missouri menu of seasonal, taste-tested, student-friendly recipes. The menu meets all the National School Lunch Program (NSLP) requirements each week, but we realize you know your students best so mix and match as you like! The full menu with recipes can be found on the following websites:

- Missouri Farm to School <http://mofarmtoschool.missouri.edu/>
- CSI <http://health.mo.gov/living/wellness/nutrition/culinaryskills/>
- DESE <https://dese.mo.gov/financial-admin-services/food-nutrition-services/farm-school>

The nearly 94 million school lunches served yearly in Missouri schools present 94 million opportunities to build healthy, lifelong eating habits and support our students' well-being. Why not fill students trays with fresh, local products and help support Missouri farms? Across the United States, nearly 43,000 schools participate in local food purchasing which equates to over 789 million dollars spent on food in school lunch and snack programs. Come on Missouri – Take a Local Bite in the Lunchroom!

Missouri Take a Local Bite in the Lunchroom contest details:

Interested in earning a great prize package to help your school kitchen prepare fresh, local foods? Get creative, have fun, and help us celebrate Missouri farmers!

Contest Dates: National Farm to School Month, October 1-31, 2017

To enter: Post photos of your school lunches that feature locally grown foods (within the State of Missouri) on the Missouri Farm to School Facebook page. Please make sure you tag your submission with the following to be entered to win:

- Take a Local Bite Missouri
- School Name
- Lunch item that is locally sourced
- Name of the farm or school garden that grew the item

Locally Yours,

The Missouri Farm to School Team



2017 – Missouri, Take a Local Bite Menu



| Component | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|---|---|--|--|
| Meat or Meat Alternate | Hamburger Stroganoff made with local beef | Grilled Chicken Wrap w/Romaine | Chicken Sausage | Cheese Quesadilla | Pizza with |
| Grain/Bread | WG Noodles | WG Tortilla | WG Pancake | WG Flour Tortilla | WG Crust |
| Vegetable | Green Beans | Black Beans & Carrot Sticks | Hash Brown Tots | Beets & Sweets | Corn & Kale Chips |
| Fruit | Grapes | Diced Peaches | Orange Smiles | Tropical Mixed Fruit | Cinnamon Apple Slices & Raisins |
| Meat or Meat Alternate | Hamburger Vegetable Apple Cider Stew (1/2 cup vegetables) | Grilled Cheese | Hamburger | Tuna Casserole | Baked Chicken |
| Grain/Bread | Whole Grain Roll | WG Bread | WG Bun | WG Noodles | Brown Rice |
| Vegetable | Baby Spinach Salad | Tomato Soup and Celery Sticks & Broccoli | Roasted Potato Wedges & baked beans | Cucumber Slices & Grape Tomato Halves | Honey Cinnamon Sweet Potatoes |
| Fruit | Orange Halves | Cranberry Applesauce | Pineapple Tidbits & Kiwi | Mixed Berries & Banana Slices | Trail Mix With Dried Raisins & Cranberries |
| Meat or Meat Alternate | Beef & Cheese Nachos | Chic' Penne | Turkey Tortilla Wrap | Chicken Patty on | Cheese Ravioli |
| Grain/Bread | WG Chips, Chipotle Rice | WG Noodles | WG Flour Tortilla | WG Bun, Cheesy Mac | Garlic Bread Stick |
| Vegetable | Romaine/Lettuce Black Bean, Corn & Tomato Fiesta Salsa | Orange Glazed Carrots | Spinach in Wrap Roasted Butternut Squash | Broccoli Coleslaw | Roasted Tomato Sauce & White Beans |
| Fruit | Fresh Apple Slices | Mixed Fruit | Grapes | Orange Halves | Apple Pie Snack Mix & Banana or Whole Fruit |
| Meat or Meat Alternate | Smoked Turkey | Harvest Stew (chicken and legumes) | Chicken Patty | Squish Squash Lasagna and Grilled Chicken Bites/Nuggets | Turkey Sausage Breakfast Pizza and Yogurt |
| Grain/Bread | Whole Grain Biscuit | Breadstick Crackers | Whole Grain Roll | WG Lasagna Noodles and Texas Toast | Whole Grain Biscuit or Bagel |
| Vegetable | Green Beans w/Potatoes | Corn | Apple Slaw Baked Beans | Steamed Broccoli | Hash brown Crust |
| Fruit | Fruit-tacular Salad Made with local apples | Orange Smiles | Pineapple Tidbits & Bananas | Peaches | Whole Fresh Fruit |

Fluid Milk: A variety of fluid milk must be offered each day that is fat-free (unflavored and flavored) and low-fat (unflavored only).

Week 1: Missouri, Take a Local Bite - Fall Menu K-8

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Total | Requirements | | |
|--|---|--------------|----------------------|-------------|-----------------|----------------|----------------------|----------------|---------------------------------|--------------|-------|--------------------------------|-------------|-----------|
| | item | oz | item | oz | item | oz | item | oz | item | oz | | Daily | Weekly | |
| Meat | Hamburger | 1.5 | Grilled Chicken Wrap | 2 | Chicken Sausage | 2 | Cheese Quesadilla | 1.5 | Pizza | 2 | 9 | 1 oz | 9-10 oz eq. | |
| | Stroganoff | | | | | | | | | | | | | |
| | Daily total | 1.5 | Daily total | 2 | Daily total | 2 | Daily total | 1.5 | Daily total | 2 | | | | |
| Grain | WG Noodles | 2 | Tortilla | 1.5 | WG Pancake | 2 | Tortilla | 1.5 | WG Crust | 2 | 9 | 1 oz | 8-10 oz eq | |
| | | | | | | | | | | | | | | |
| | Daily total | 2 | Daily total | 1.5 | Daily total | 2 | Daily total | 1.5 | Daily total | 2 | | | | |
| V e g e t a b l e s | Dark Green | | Romaine | 1/4 | | | | | Kale chips | 1/4 | 1/2 | 3 / 4 c u p | 1/2 cup | |
| | Red/ Orange | Tomato sauce | 1/8 | Carrot Stix | 1/8 | | | Sweet Potatoes | 3/8 | | 5/8 | | 3/4 cup | |
| | Bean/Pea | | | Black Beans | 1/2 | | | | | | 1/2 | | 1/2 cup | |
| | Starchy | | | | | Hashbrown Tots | 3/4 | | | Corn | 2/3 | | 1 2/5 | 1/2 cup |
| | Other | Green beans | 1/2 | | | | | | | | 1/2 | | 1/2 cup | |
| | Additional | Green beans | 1/4 | Carrot Stix | 1/8 | | | Onions, Beets | 1/2 | Tomato sauce | 1/8 | | 1 | 1 cup |
| | Daily Total | 7/8 | | 1 | | 3/4 | | 7/8 | | 1 | | | 4 1/2 | 3 3/4 cup |
| | Fruit | item | cup | item | cup | item | cup | item | cup | item | cup | | 2 3/4 | 1/2 cup |
| Grapes | | 1/2 | Diced Peaches | 1/2 | Orange Smiles | 1/2 | Tropical Mixed Fruit | 1/2 | Cinnamon Apple Slices & Raisins | 3/4 | | | | |
| Daily total | | 1/2 | Daily total | 1/2 | Daily total | 1/2 | Daily total | 1/2 | Daily total | 3/4 | | | | |
| Milk | Fat free fluid milk, flavored or unflavored 8 oz each day | | | | | | | | | | | 5 | | |

DESE

Recipe

Sep 22, 2017

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Recipe: 000030 Hamburger Stroganoff w/Noodles

Recipe Source: OLS of the Sea
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 1 cup

| | | |
|--|--------------------|--|
| 051415 BEEF, GROUND, CRUMBLES, PAN-BROWNED, DRAINED... | 13 LB + 10 OZ | <p>1. Brown hamburger in a large skillet.</p> <p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> |
| 051432 FLOUR, ALL PURPOSE, ENRICHED,..... | 5/8 CUP | |
| 902934 ONIONS,FRESH,CHOPPED..... | 3 3/4 CUP | |
| 002020 GARLIC POWDER..... | 3 TSP | |
| 002030 PEPPER,BLACK..... | 2 1/2 TBSP, ground | |
| 902944 Cream of mushroom soup, 25% less sodium..... | 16 CUP | |
| 001175 MILK,FLUID,NON FAT..... | 2 QT + 2 CUP | |
| 001178 SOUR CREAM,REDUCED FAT..... | 3 LB + 2 OZ | |
| 799916 SAUCE,WORCESTERSHIRE..... | 1/3 CUP | <p>2. Add onions, garlic powder and pepper and cook until tender.</p> <p>3. Add mushroom soup, milk, and worcestershire sauce; stir until well blended.</p> <p>4. Bring to a boil, reduce heat, cover and simmer 30-45 minutes. Stir occasionally to prevent scorching.</p> <p>5. Cook noodles according to directions.</p> <p>6. Remove from heat; stir in sour cream.</p> <p>7. Pour into serving pans. Hold for 30 minutes at 180-190°F to thicken mixture.</p> <p>8. Portion using 8 oz ladle (1 cup) over 1 cup noodles.</p> <p>CCP: Hold at 135° F or higher.</p> <p>Crediting for NSLP: One portion provides 1.5 oz meat/meat alternate and 2 oz. grain.</p> |
| 020109 NOODLES,DRY,WHOLE GRAIN..... | 6 1/4 LB | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

*Nutrients are based upon 1 Portion Size (1 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|------------|--------------------|-----------|---------|-----------------------------|
| Calories | 655 kcal | Cholesterol | 156.47 mg | Sugars | *4.07* g | Calcium | 151.43 mg | 43.06% | Calories from Total Fat |
| Total Fat | 31.34 g | Sodium | 263.31 mg | Protein | 47.71 g | Iron | 5.69 mg | 17.42% | Calories from Saturated Fat |
| Saturated Fat | 12.68 g | Carbohydrates | 52.64 g | Vitamin A | 1980.51 IU | Water ¹ | *78.17* g | *0.05%* | Calories from Trans Fat |
| Trans Fat ² | *0.03* g | Dietary Fiber | 2.71 g | Vitamin C | 2.32 mg | Ash ¹ | *1.55* g | 32.14% | Calories from Carbohydrates |
| | | | | | | | | 29.13% | Calories from Protein |

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DESE

Recipe

Sep 22, 2017

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|----------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | 1.500 oz | | | | ? - Allergen 1 |
| Grain..... | 2.000 oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | |
| Moisture Change. | 0% | | | | ? - Allergen 6 |
| Fat Change..... | 0% | | | | ? - Allergen 7 |
| Type of Fat..... | | | | | ? - Allergen 8 |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|---|---------|---------|-------|
| I | 051415 | BEEF, GROUND, CRUMBLES, PAN-BROWNED | | | |
| I | 051432 | FLOUR, ALL PURPOSE, ENRICHED, | | | |
| I | 902934 | ONIONS,FRESH,CHOPPED | | | |
| I | 002020 | GARLIC POWDER | | | |
| I | 002030 | PEPPER,BLACK | | | |
| I | 902944 | Cream of mushroom soup, 25% less sodium | | | |
| I | 001175 | MILK,FLUID,NON FAT | | | |
| I | 001178 | SOUR CREAM,REDUCED FAT | | | |
| I | 799916 | SAUCE,WORCESTERSHIRE | | | |
| I | 020109 | NOODLES,DRY,WHOLE GRAIN | | | |

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DESE

Recipe

Sep 14, 2017

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Recipe: 000010 Beets and Sweets

Recipe Source: Wayzata Public
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 30
 Size of Portion: 1/2 CUP

| | | |
|--|--|--|
| 011080 BEETS,FRESH/DICED..... 799942 SWEET POTATO,RAW,CHUNKS, WITHOUT SALT... 011282 ONIONS,RAW,CHOPPED..... 004053 OIL,OLIVE,SALAD OR COOKING..... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK..... 019335 SUGARS,GRANULATED..... | 5 LB 5 LB 2 1/2 LB 2/3 CUP 1 1/2 TBSP 2 TSP 1 1/2 TBSP 1 1/2 TBSP | 1. In a large bowl, combine all ingredients together. Mix well. 2. Place pan liners on two sheet pans. Divide and spread out mixture evenly between the two pans. 3. Bake 400° F convection oven for 20 minutes. Remove and gently mix. Bake for additional 20 minutes or until vegetables are fork-tender. One 4 oz portion provides: 1/2 cup Other vegetables and 3/8 cup Red/Or vegetables |
| | | <p>CCP: Heat to 135° F or higher.</p> <p>CCP: Hold at 135° F or higher.</p> |

*Nutrients are based upon 1 Portion Size (1/2 CUP)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-------------|--------------------|----------|--------|-----------------------------|
| Calories | 160 kcal | Cholesterol | 0.00 mg | Sugars | *7.34* g | Calcium | 45.37 mg | 28.29% | Calories from Total Fat |
| Total Fat | 5.02 g | Sodium | 257.37 mg | Protein | 2.92 g | Iron | 1.22 mg | 4.01% | Calories from Saturated Fat |
| Saturated Fat | 0.71 g | Carbohydrates | 27.11 g | Vitamin A | 10752.64 IU | Water ¹ | 158.38 g | *N/A* | Calories from Trans Fat |
| Trans Fat ² | *N/A* g | Dietary Fiber | 5.15 g | Vitamin C | 8.39 mg | Ash ¹ | 2.12 g | 67.88% | Calories from Carbohydrates |
| | | | | | | | | 7.32% | Calories from Protein |

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DESE

| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-----------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | 0.875 cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | ? - Allergen 6 |
| Moisture Change. | 0% | | | | ? - Allergen 7 |
| Fat Change..... | 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|------------------------------------|---------|---------|-------|
| I | 011080 | BEETS,FRESH/DICED | | | |
| I | 799942 | SWEET POTATO,RAW,CHUNKS, WITHOUT S | | | |
| I | 011282 | ONIONS,RAW,CHOPPED | | | |
| I | 004053 | OIL,OLIVE,SALAD OR COOKING | | | |
| I | 799903 | GARLIC,GRANULATED | | | |
| I | 002047 | SALT, TABLE | | | |
| I | 002030 | PEPPER,BLACK | | | |
| I | 019335 | SUGARS,GRANULATED | | | |

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DESE

Recipe

Sep 14, 2017

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Recipe: 000014 Kale Chips

Recipe Source: Green Mountain
Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 1/4 cup

| | | |
|---|-----------------------------------|---|
| 902923 KALE,RAW,FRESH,TRIMMED WITHOUT STEM... 004053 OIL,OLIVE,SALAD OR COOKING..... 902921 SALT-FREE 17 SEASONING..... | 1 LB + 8 OZ 1/2 CUP 3/8 CUP | 1. Preheat oven to 350° F. 2. Lightly coat 4 sheet pans (18" x 26" x 1") with pan release spray. 3. Use gloved hands to remove the kale leaves from the thick stems, and rip into bite-sized pieces. 4. Place the kale in bowl. Drizzle with olive oil and sprinkle with seasoning. Toss to fully coat each leaf. 5. Bake until edges are slightly brown, but not burnt, about 10-15 minutes. Check often and turn kale when baking as needed to avoid burning. Crediting: 1/4 cup cooked kale credits as 1/8 cup serving dark green vegetables. |
| | | CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold at 135° F or higher. |

*Nutrients are based upon 1 Portion Size (1/4 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|--------------|--------------------|------------|----------|-----------------------------|
| Calories | 26 kcal | Cholesterol | *0.00* mg | Sugars | *0.31* g | Calcium | *20.43* mg | *79.88%* | Calories from Total Fat |
| Total Fat | *2.29* g | Sodium | *5.21* mg | Protein | *0.58* g | Iron | *0.21* mg | *10.84%* | Calories from Saturated Fat |
| Saturated Fat | *0.31* g | Carbohydrates | *1.19* g | Vitamin A | *1359.42* IU | Water ¹ | *11.44* g | *N/A%* | Calories from Trans Fat |
| Trans Fat ² | *N/A* g | Dietary Fiber | *0.27* g | Vitamin C | *16.33* mg | Ash ¹ | *0.27* g | *18.49%* | Calories from Carbohydrates |
| | | | | | | | | *9.04%* | Calories from Protein |

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DESE

| | | | | | |
|----------------------------------|-----|-------------------|--------------------------|-------------------------|-------------------------------|
| Miscellaneous | | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| Moisture & Fat Change | | | | | ? - Allergen 6 |
| Moisture Change. | 0% | | | | ? - Allergen 7 |
| Fat Change..... | 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--|---------|---------|-------|
| I | 902923 | KALE, RAW, FRESH, TRIMMED WITHOUT STEM | | | |
| I | 004053 | OIL, OLIVE, SALAD OR COOKING | | | |
| I | 902921 | SALT-FREE 17 SEASONING | | | |

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DESE

Recipe

Sep 14, 2017

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Recipe: 000015 Warm Spiced Apples

Recipe Source: Team Nutrition
 Recipe Group: FRUIT

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Cinnamon Apple Slices

Number of Portions: 50
 Size of Portion: 1/2 cup

| | | |
|--|--|--|
| 001145 BUTTER,WITHOUT SALT..... 019296 HONEY..... 902924 APPLE JUICE,CND OR BTLD.... 020027 CORNSTARCH..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND..... 002050 VANILLA EXTRACT..... 902925 APPLES, FRESH,UNPEELED.... 009298 RAISINS,SEEDLESS..... | 3/8 CUP 5 CUP 2 QT + 1/8 CUP 5/8 CUP 2 TBSP 1 TBSP 1 TBSP + 1 TSP 6 LB + 14 OZ 1 1/2 CUP, packed | 1. Core and slice apples. 2. Melt margarine or butter and honey in stock pot or steam-jacketed kettle. 3. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg. Stir constantly until it comes to a boil and the mixture is thickened and smooth. 4. Add sliced apples and vanilla to mixture and simmer for 35 minutes or until apples are tender. 5. Remove from heat and add raisins to the cooked apples. Crediting: 2/3 cup (No. 6 scoop) provides 1/2 cup of fruit. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher |
|--|--|--|

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|-----------|---------|-----------------------------|
| Calories | 189 kcal | Cholesterol | 3.66 mg | Sugars | *34.73* g | Calcium | 14.88 mg | 7.72% | Calories from Total Fat |
| Total Fat | 1.62 g | Sodium | 5.02 mg | Protein | 0.50 g | Iron | 0.40 mg | 4.51% | Calories from Saturated Fat |
| Saturated Fat | 0.95 g | Carbohydrates | 46.84 g | Vitamin A | 78.14 IU | Water ¹ | *42.78* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 2.08 g | Vitamin C | 18.68 mg | Ash ¹ | *0.27* g | 99.11% | Calories from Carbohydrates |
| | | | | | | | | 1.05% | Calories from Protein |

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DESE

Recipe

Sep 14, 2017

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| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|---------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | 0.5 cup | | | | ? - Allergen 3 |
| Vegetable..... | cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | ? - Allergen 6 |
| Moisture Change. | 0% | | | | ? - Allergen 7 |
| Fat Change..... | 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--------------------------|---------|---------|-------|
| I | 001145 | BUTTER,WITHOUT SALT | | | |
| I | 019296 | HONEY | | | |
| I | 902924 | APPLE JUICE,CND OR BTLD | | | |
| I | 020027 | CORNSTARCH | | | |
| I | 002010 | CINNAMON,GROUND | | | |
| I | 002025 | NUTMEG,GROUND | | | |
| I | 002050 | VANILLA EXTRACT | | | |
| I | 902925 | APPLES, FRESH,UNPEELED | | | |
| I | 009298 | RAISINS,SEEDLESS | | | |

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Week 2: Missouri, Take a Local Bite - Fall Menu K-8



| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Total | Requirements | | |
|--|---|--------------------|----------------|---------------------------|-------------|-------------------------|----------------|-------------------------------|---------------|--|------------|--------------|--------------------------------|-----------|
| | item | oz | item | oz | item | oz | item | oz | item | oz | | Daily | Weekly | |
| Meat | Hamburger Vegetable Apple Cider Stew | 2 | Grilled Cheese | 2 | Hamburger | 2 | Tuna Casserole | 1.5 | Baked Chicken | 2 | 9.5 | 1 oz | 9-10 oz eq. | |
| | | | | | | | | | | | | | | |
| | Daily total | 2 | Daily total | 2 | Daily total | 2 | Daily total | 1.5 | Daily total | 2 | | | | |
| Grain | WG Roll | 2 | WG Bread | 2 | WG Bun | 2 | WG Noodles | 1.5 | Brown Rice | 2 | 9.5 | 1 oz | 8-10 oz eq | |
| | | | | | | | | | | | | | | |
| | Daily total | 2 | Daily total | 2 | Daily total | 2 | Daily total | 1.5 | Daily total | 2 | | | | |
| V e g e t a b l e s | | <i>item</i> | <i>cup</i> | <i>item</i> | <i>cup</i> | <i>item</i> | <i>cup</i> | <i>item</i> | <i>cup</i> | <i>item</i> | <i>cup</i> | | | |
| | Dark Green | Baby Spinach Salad | 1/4 | Raw Broccoli | 1/4 | | | | | | | 1/2 | | 1/2 cup |
| | Red/ Orange | carrots | 1/4 | | | | | | | Honey Cinnamon Sweet Potatoes | 3/4 | 1 | 3 / 4 c u p | 3/4 cup |
| | Bean/Pea | | | | | Baked Beans | 1/2 | | | | 1/2 | 1/2 cup | | |
| | Starchy | | | | | Roasted Potato Wedges | 1/2 | | | | 1/2 | 1/2 cup | | |
| | Other | onions, celery | 1/8 | | | | | Cucumber Slices | 1/2 | | | 5/8 | | 1/2 cup |
| | Additional | potatoes | 1/8 | Tomato Soup & celery stix | 3/4 | | | Grape Tomato Halves | 1/4 | | | 1 1/8 | | 1 cup |
| | Daily Total | | 3/4 | | 1 | | 1 | | 3/4 | | 3/4 | 4 1/4 | | |
| Fruit | | <i>item</i> | <i>cup</i> | <i>item</i> | <i>cup</i> | <i>item</i> | <i>cup</i> | <i>item</i> | <i>cup</i> | <i>item</i> | <i>cup</i> | 3 | 1/2 cup | 2 1/2 cup |
| | | Orange Smiles | 1/2 | Cranberry Applesauce | 1/2 | Pineapple Tidbit & Kiwi | 2/3 | Mixed Berries & Banana Slices | 2/3 | Trail Mix with Dried Raisins & Cranberries | 2/3 | | | |
| | Daily total | | 1/2 | Daily total | 1/2 | Daily total | 2/3 | Daily total | 2/3 | Daily total | 2/3 | | | |
| Milk | Fat free fluid milk, flavored or unflavored 8 oz each day | | | | | | | | | | | | 5 | |

DESE

Recipe

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Recipe: 000011 Apple Cider Stew

Recipe Source: Team Nutrition
Recipe Group: SOUPS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 96
Size of Portion: 1 cup

| | | |
|---|--------------------------------|--|
| 023112 BEEF, STEW MEAT, RAW..... | 20 LB | <p>1. Heat oil in a steam kettle or braising pan, add beef and brown.</p> <p>2. Combine the flour, thyme, salt and pepper. Add the flour mixture to the beef and stir until it is well coated. Continue to cook until the beef is golden brown.</p> <p>3. Stir in the cider, vinegar and water. Cook and stir until the mixture comes to a boil. Reduce heat and simmer, covered until the meat is tender; about 1 1/2 to 2 hours. Stir occasionally.</p> <p>4. Cut potatoes into 1/2" cubes.</p> <p>5. Add potatoes, carrots, celery and onions to the beef mixture. Cook about 20 minutes or until the vegetables are tender.</p> <p>One portion provides: 2 oz meat/meat alternate and 1/4 cup Red/Orange vegetables and 1/8 cup Other vegetables and 1/8 cup Starchy vegetables.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>CCP: Hold for hot service at 135° F or higher</p> |
| 004053 OIL, OLIVE, SALAD OR COOKING..... | 1 3/4 CUP | |
| 051432 FLOUR, ALL PURPOSE, ENRICHED..... | 2 1/4 CUP | |
| 901561 THYME, GROUND..... | 1 TBSP, ground + 2 TSP, ground | |
| 002047 SALT, TABLE..... | 6 TBSP + 1 1/2 TSP | |
| 002030 PEPPER, BLACK..... | 1 TBSP | |
| 900119 APPLE CIDER..... | 6 QT | |
| 002048 VINEGAR, CIDER..... | 1 1/2 CUP | |
| 014411 WATER..... | 1 1/2 QT | |
| 011355 POTATOES, RED, FLESH & SKN, RAW... | 5 LB + 4 OZ | |
| 011960 CARROTS, BABY, RAW..... | 10 LB | |
| 011143 CELERY, FRESH, CHOPPED..... | 1 1/2 LB | |
| 011282 ONIONS, RAW, CHOPPED..... | 2 1/2 LB | |

*Nutrients are based upon 1 Portion Size (1 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|------------|--------------------|------------|---------|-----------------------------|
| Calories | 235 kcal | Cholesterol | 64.22 mg | Sugars | *3.21* g | Calcium | 42.61 mg | 32.05% | Calories from Total Fat |
| Total Fat | 8.37 g | Sodium | 589.40 mg | Protein | 21.84 g | Iron | 3.40 mg | 9.09% | Calories from Saturated Fat |
| Saturated Fat | 2.37 g | Carbohydrates | 18.54 g | Vitamin A | 6564.64 IU | Water ¹ | *221.40* g | *0.94%* | Calories from Trans Fat |
| Trans Fat ² | *0.25* g | Dietary Fiber | 2.35 g | Vitamin C | 5.05 mg | Ash ¹ | *3.10* g | 31.56% | Calories from Carbohydrates |
| | | | | | | | | 37.19% | Calories from Protein |

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¹ - denotes optional nutrient values

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Recipe

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| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|----------------------------------|---------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | 2 oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | 0.5 cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | ? - Allergen 6 |
| Moisture Change. | 0% | | | | ? - Allergen 7 |
| Fat Change..... | 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|---------------------------------|---------|---------|-------|
| I | 023112 | BEEF, STEW MEAT, RAW | | | |
| I | 004053 | OIL, OLIVE, SALAD OR COOKING | | | |
| I | 051432 | FLOUR, ALL PURPOSE, ENRICHED, | | | |
| I | 901561 | THYME, GROUND | | | |
| I | 002047 | SALT, TABLE | | | |
| I | 002030 | PEPPER, BLACK | | | |
| I | 900119 | APPLE CIDER | | | |
| I | 002048 | VINEGAR, CIDER | | | |
| I | 014411 | WATER | | | |
| I | 011355 | POTATOES, RED, FLESH & SKN, RAW | | | |
| I | 011960 | CARROTS, BABY, RAW | | | |
| I | 011143 | CELERY, FRESH, CHOPPED | | | |
| I | 011282 | ONIONS, RAW, CHOPPED | | | |

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DESE

Recipe

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Recipe: 000016 Cranberry Applesauce

Recipe Source: Food Hero
Recipe Group: FRUIT

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 48
Size of Portion: 1/2 cup

| | | |
|--|--|--|
| 902925 APPLES, FRESH, UNPEELED..... 009078 CRANBERRIES, FRESH OR FROZEN... 014411 WATER..... 019334 SUGARS, BROWN..... 009152 LEMON JUICE, RAW..... 002010 CINNAMON, GROUND..... 002047 SALT, TABLE..... | 14 LB + 8 OZ 1 QT, whole + 2 CUP, whole 1 QT 1 1/4 CUP, packed 1/2 CUP 2 TSP 1 TSP | 1. Peel, core, and chop apples. 2. Combine all ingredients in a large stock pot or kettle. Divide between pots if needed. Bring to a boil then lower heat to a simmer. Cover and continue to simmer for 45 minutes. 3. Remove from heat and let cool slightly. Use a potato masher to mash mixture to desired consistency. Serve warm or chilled. Crediting- CACFP, NSLP: 1/2 cup portion provides 1/2 cup fruit. |
|--|--|--|

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|----------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories | 98 kcal | Cholesterol | 0.00 mg | Sugars | *6.13* g | Calcium | 14.84 mg | 2.47% | Calories from Total Fat |
| Total Fat | 0.27 g | Sodium | 53.51 mg | Protein | 0.43 g | Iron | 0.25 mg | 0.53% | Calories from Saturated Fat |
| Saturated Fat | 0.06 g | Carbohydrates | 26.33 g | Vitamin A | 82.88 IU | Water ¹ | *32.21* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 4.02 g | Vitamin C | 8.94 mg | Ash ¹ | *0.20* g | 107.00% | Calories from Carbohydrates |
| | | | | | | | | 1.73% | Calories from Protein |

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| <u>Miscellaneous</u> | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... oz | | | | ? - Allergen 1 |
| Grain..... oz | | | | ? - Allergen 2 |
| Fruit..... 0.5 cup | | | | ? - Allergen 3 |
| Vegetable..... cup | | | | ? - Allergen 4 |
| Milk..... cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | ? - Allergen 6 |
| Moisture Change. 0% | | | | ? - Allergen 7 |
| Fat Change..... 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | |

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Recipe

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Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|-----------------------------|---------|---------|-------|
| I | 902925 | APPLES, FRESH,UNPEELED | | | |
| I | 009078 | CRANBERRIES,FRESH OR FROZEN | | | |
| I | 014411 | WATER | | | |
| I | 019334 | SUGARS,BROWN | | | |
| I | 009152 | LEMON JUICE,RAW | | | |
| I | 002010 | CINNAMON,GROUND | | | |
| I | 002047 | SALT, TABLE | | | |

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DESE

Recipe

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Recipe: 000017 Roasted Potato Wedges

Recipe Source: Seasonal & Simple
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Adobo Spice Potato Wedge

Number of Portions: 50
 Size of Portion: 1/2 CUP

| | | |
|--|--|---|
| 011352 POTATOES, LOCAL, (baking)... 002028 PAPRIKA..... 002026 ONION POWDER..... 002020 GARLIC POWDER..... 902926 ADOBO SEASONING..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... | 14 1/2 LB 1 TBSP + 1 TSP 2 TBSP + 1 TSP 2 TBSP + 1 TSP 1 1/4 TSP 1 TSP 1/2 TSP, ground | 1. Stab well-scrubbed potatoes with a fork and 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. |
| | | 2. Cool. CCP: from 140° F to 70° F within 2 hours and from 140°F to 41° within 4 hours. Or cool from 140°F to 41°F within 4 hours. |
| | | 3. Halve the potatoes lengthwise, then cut each half into 4-5 wedges each, depending on the potato size. Divide potatoes equally between parchment covered sheet pans in a single layer, skin side down (like boats). |
| | | 4. Mix the paprika, onion, garlic powder, adobo spice, salt (optional), and pepper in a small bowl. |
| | | 5. Sprinkle spices evenly over the wedges. |
| | | 6. Bake right before service until hot, crisp and lightly browned. Conventional oven: 425° F about 25 minutes Convection oven: 400° F about 20 minutes CCP: Reheat to 165°F or higher. |
| | | 7. If needed, CCP: Hold for hot service at 140°F or higher. Crediting: CACFP and NSLP- 1/2 cup portion (about 4 wedges) provides 1/2 cup vegetable- starchy vegetable subgroup. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher |

*Nutrients are based upon 1 Portion Size (1/2 CUP)

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DESE

| | | | | | | | | | |
|------------------------|----------|---------------|----------|-----------|----------|--------------------|----------|---------|-----------------------------|
| Calories | 105 kcal | Cholesterol | 0.00 mg | Sugars | 1.08 g | Calcium | 17.97 mg | 1.32% | Calories from Total Fat |
| Total Fat | 0.15 g | Sodium | 57.64 mg | Protein | 2.80 g | Iron | 1.11 mg | 0.28% | Calories from Saturated Fat |
| Saturated Fat | 0.03 g | Carbohydrates | 23.71 g | Vitamin A | 94.97 IU | Water ¹ | 104.44 g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 3.06 g | Vitamin C | 26.00 mg | Ash ¹ | 1.59 g | 90.63% | Calories from Carbohydrates |
| | | | | | | | | 10.70% | Calories from Protein |

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| <u>Miscellaneous</u> | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... oz | | | | ? - Allergen 1 |
| Grain..... oz | | | | ? - Allergen 2 |
| Fruit..... cup | | | | ? - Allergen 3 |
| Vegetable..... 0.5 cup | | | | ? - Allergen 4 |
| Milk..... cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | |
| Moisture Change. 0% | | | | ? - Allergen 6 |
| Fat Change..... 0% | | | | ? - Allergen 7 |
| Type of Fat..... | | | | ? - Allergen 8 |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|---------------------------|---------|---------|-------|
| I | 011352 | POTATOES, LOCAL, (baking) | | | |
| I | 002028 | PAPRIKA | | | |
| I | 002026 | ONION POWDER | | | |
| I | 002020 | GARLIC POWDER | | | |
| I | 902926 | ADOBO SEASONING | | | |
| I | 002047 | SALT, TABLE | | | |
| I | 002030 | PEPPER, BLACK | | | |

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DESE

Recipe

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Recipe: 000009 Honey Cinnamon Sweet Potatoes

Recipe Source: Seasonal & Simple
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 139
 Size of Portion: 1/2 cup

| | | |
|---|--|--|
| 011516 SWEET POTATO,FRZ, RANDOM CUT CHUNKS... 002010 CINNAMON,GROUND..... 002030 PEPPER,BLACK..... 002047 SALT,TABLE..... 050385 OIL, VEGETABLE..... 019296 HONEY..... | 30 LB 5 TBSP 4 TSP 2 TBSP + 2 TSP 9 CUP 4 CUP | 1. Pre-heat oven to 400°. |
| | | 2. Open bags of random cut sweet potatoes and place 1 1/2 bags potato on each of 4 full sized sheet pans. Do not use parchment paper. CCP: Hold at 135° F or higher. |
| | | 3. Mix together in separate bowl the cinnamon, black pepper, and salt. CCP: Heat to 165° F or higher for at least 15 seconds |
| | | 4. Mix oil and honey together in a bowl. CCP: Hold for hot service at 135° F or higher |
| | | 5. Add cinnamon mixture to honey mixture and mix together with a rubber spatula until well blended. |
| | | 6. Pour 4 cups of the mixture over 1 pan potatoes. Repeat putting 4 cups mixture over each pan. |
| | | 7. Put gloves on hands and mix the potatoes until evenly coated. |
| | | 8. Bake at 400°F for 20 to 25 minutes, stir lightly half way through. |
| Crediting: Each 1/2 cup serving provides 1/2 cup Red/Orange vegetable | | |

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-------------|--------------------|-----------|---------|-----------------------------|
| Calories | 249 kcal | Cholesterol | 0.00 mg | Sugars | *8.02* g | Calcium | 39.97 mg | 51.62% | Calories from Total Fat |
| Total Fat | 14.27 g | Sodium | 140.15 mg | Protein | 1.72 g | Iron | 0.59 mg | 7.61% | Calories from Saturated Fat |
| Saturated Fat | 2.10 g | Carbohydrates | 30.06 g | Vitamin A | 10150.20 IU | Water ¹ | *75.02* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 1.85 g | Vitamin C | 13.08 mg | Ash ¹ | *1.36* g | 48.32% | Calories from Carbohydrates |
| | | | | | | | | 2.77% | Calories from Protein |

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Recipe

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| <u>Miscellaneous</u> | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... oz | | | | ? - Allergen 1 |
| Grain..... oz | | | | ? - Allergen 2 |
| Fruit..... cup | | | | ? - Allergen 3 |
| Vegetable..... 0.5 cup | | | | ? - Allergen 4 |
| Milk..... cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | ? - Allergen 6 |
| Moisture Change. 0% | | | | ? - Allergen 7 |
| Fat Change..... 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|------------------------------------|---------|---------|-------|
| I | 011516 | SWEET POTATO,FRZ. RANDOM CUT CHUNK | | | |
| I | 002010 | CINNAMON,GROUND | | | |
| I | 002030 | PEPPER,BLACK | | | |
| I | 002047 | SALT, TABLE | | | |
| I | 050385 | OIL, VEGETABLE | | | |
| I | 019296 | HONEY | | | |

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Week 3: Missouri, Take a Local Bite - Fall Menu K-8



| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Total | Requirements | |
|--|---|----------------|-------------|-----------------------|-----------------------------|--------------------------|-------------------|---------|----------------------------------|----------------------|-------|--------------------------------|-------------|
| | item | oz | item | oz | item | oz | item | oz | item | oz | | Daily | Weekly |
| Meat | Beef & Cheese Nachos | 2 | Chic'Penne | 2 | Turkey Tortilla Wrap | 2 | Chicken Patty | 2 | Cheese Ravioli | 2 | 10 | 1 oz | 9-10 oz eq. |
| | | | | | | | | | | | | | |
| | Daily total | 2 | Daily total | 2 | Daily total | 2 | Daily total | 2 | Daily total | 2 | | | |
| Grain | WG Chips & Chipotle Rice | 2 | WG Noodles | 2 | WG Tortilla | 2 | WG Cheesy Mac | 1 | Breadstick | 2 | 11 | 1 oz | 8-10 oz eq. |
| | | | | | | | Bun | 2 | | | | | |
| | Daily total | 2 | Daily total | 2 | Daily total | 2 | Daily total | 3 | Daily total | 2 | | | |
| V e g e t a b l e s | | | | | | | | | | | | | |
| | Dark Green | | | | Spinach/Romaine mix in wrap | 1/8 | Broccoli Coleslaw | 1/2 | | | 5/8 | 3 / 4 c u p | 1/2 cup |
| | Red/ Orange | Tomatoes | 1/8 | Orange Glazed Carrots | 1/2 | Roasted Butternut Squash | 1/4 | | | | 7/8 | | 3/4 cup |
| | Bean/Pea | Black Beans | 1/8 | | | | | | Baked Beans | 1/2 | 5/8 | | 1/2 cup |
| | Starchy | Corn | 1/4 | | | Tator Tots | 1/2 | | | | 3/4 | | 1/2 cup |
| | Other | Romain/Lettuce | 1/4 | | | | | Cabbage | 1/4 | | 1/2 | | 1/2 cup |
| | Additional | | | Raw Broccoli | 1/4 | Roasted Butternut Squash | 1/4 | | | Roasted Tomato Sauce | 1/2 | | 1 |
| | Daily Total | 3/4 | | 3/4 | | 1 1/8 | | 3/4 | | 1 | | 4 3/8 | |
| Fruit | Apple Slices | 2/3 | Mixed Fruit | 1/2 | Grapes | 2/3 | Orange smiles | 1/2 | Apple Pie Snack Mix & 1/2 Banana | 1/2 | 2 5/6 | 1/2 cup | 2 1/2 cup |
| | | | | | | | | | | | | | |
| | Daily total | 2/3 | Daily total | 1/2 | Daily total | 2/3 | Daily total | 1/2 | Daily total | 1/2 | | | |
| Milk | Fat free fluid milk, flavored or unflavored 8 oz each day | | | | | | | | | | | | 5 |

DESE

Recipe

Sep 14, 2017

Page 1

Recipe: 000018 Black Bean, Corn & Tomato Salsa

Recipe Source: Sartell Public
Recipe Group: VEGETABLES

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name: Black Bean, Corn &
Tomato Fiesta Salad

Number of Portions: 55
Size of Portion: 1/2 cup

| | | |
|---|--|--|
| 990137 BEANS,BLACK,CND,DRND..... 011774 CORN,SWT,YEL,FRZ,KRNLS,CUT OFF COB,BLD,DRND,W... 051437 TOMATOES, DICED, NO SALT ADDED..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R..... 799968 CILANTRO..... 004053 OIL,OLIVE,SALAD OR COOKING..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 799902 CUMIN,GROUND..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK..... 799946 PEPPERS,JALAPENO,RAW..... | 1 #10 Can 6 LB 3 LB + 4 OZ 1 CUP, chopped 1 1/2 CUP 1 CUP 1 CUP 1/4 CUP 3/4 TSP 1/8 CUP, ground 4 pepper | 1. Drain thawed corn. (Can use No. 10 cans drained, whole kernel corn may be substituted.) Drain black beans in a colander. In a large plastic tub, add drained corn, black beans, diced tomatoes and chopped onion (green). 2. Dice jalapeno peppers. In a medium mixing bowl, add fresh cilantro leaves, olive oil, lime juice, cumin, salt, black pepper, and diced jalapenos. Blend well. 3. Pour dressing over the bean, corn, tomato and onion mixture. Blend well, cover and refrigerate overnight. Stir well before serving. CCP: Hold for cold service at 40° F or lower. |
| | | CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher |

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-----------|--------------------|-----------|---------|-----------------------------|
| Calories | 219 kcal | Cholesterol | 0.00 mg | Sugars | *1.62* g | Calcium | 58.06 mg | 19.08% | Calories from Total Fat |
| Total Fat | 4.64 g | Sodium | 378.20 mg | Protein | 6.11 g | Iron | 2.03 mg | 2.68% | Calories from Saturated Fat |
| Saturated Fat | 0.65 g | Carbohydrates | 20.98 g | Vitamin A | 305.58 IU | Water ¹ | *86.49* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 4.56 g | Vitamin C | 7.68 mg | Ash ¹ | *1.40* g | 38.31% | Calories from Carbohydrates |
| | | | | | | | | 11.17% | Calories from Protein |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

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DESE

Recipe

Sep 14, 2017

Page 2

| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-----|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | ? - Allergen 6 |
| Moisture Change. | 0% | | | | ? - Allergen 7 |
| Fat Change..... | 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--|---------|---------|-------|
| I | 990137 | BEANS, BLACK, CND, DRND | | | |
| I | 011774 | CORN, SWT, YEL, FRZ, KRNL, CUT OFF COB, BL | | | |
| I | 051437 | TOMATOES, DICED, NO SALT ADDED | | | |
| I | 011291 | ONIONS, SPRING OR SCALLIONS (INCL TOPS | | | |
| I | 799968 | CILANTRO | | | |
| I | 004053 | OIL, OLIVE, SALAD OR COOKING | | | |
| I | 009161 | LIME JUC, CND OR BTLD, UNSWTND | | | |
| I | 799902 | CUMIN, GROUND | | | |
| I | 002047 | SALT, TABLE | | | |
| I | 002030 | PEPPER, BLACK | | | |
| I | 799946 | PEPPERS, JALAPENO, RAW | | | |

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DESE

Recipe

Sep 14, 2017

Page 1

Recipe: 000019 Orange Glazed Carrots

Recipe Source: Farm to School
Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 1/2 cup

| | | |
|---|------------------|--|
| 902927 CARROTS,PEELED,SLICED OR CUT IN BITE-SIZE..... | 10 LB | 1. Steam carrots until tender, but still slightly firm, check for doneness if necessary, about 5-10 minutes, depending on the intensity of your steamer. (Alternatively, to cook in a pot, bring 2 inches of water to a boil. Add carrots and cover, then follow directions as above.) |
| 004602 BUTTER,LT,STK,WO/SALT..... | 3/4 CUP + 1 TBSP | |
| 051432 FLOUR, ALL PURPOSE, ENRICHED..... | 3/4 CUP + 1 TBSP | |
| 050355 ORANGE JUICE, FROZEN, FROM CONCENTRATE,.... | 1 CUP + 3 TBSP | |
| 002010 CINNAMON,GROUND..... | 1 TSP | |
| 014411 WATER..... | 1 CUP + 3 TBSP | |
| 020027 CORNSTARCH..... | 3 TBSP + 1 TSP | |
| | | 2. Divide drained, steamed carrots between baking dishes (12" x 20" x 2 1/2"). CCP: Hold for hot service at 135° F or higher |
| | | 3. In a saucepan, combine the margarine or butter, sugar, orange juice concentrate, and cinnamon. Mix cold water and cornstarch together in a bowl until the cornstarch dissolves, and add that mixture to the glaze. Stir to blend. |
| | | 4. Bring the glaze to a boil, then pour over the carrots. Stir the carrots to coat them with the glaze. |
| | | 5. Bake at 375°F for 20-30 minutes. Serve hot. |
| Crediting: NSLP-1/2 cup provides 1/2 cup Red/Or vegetables. | | |

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|----------|-----------|-------------|--------------------|-----------|---------|-----------------------------|
| Calories | 62 kcal | Cholesterol | 3.86 mg | Sugars | *4.32* g | Calcium | 32.32 mg | 31.08% | Calories from Total Fat |
| Total Fat | 2.15 g | Sodium | 72.45 mg | Protein | 0.96 g | Iron | 0.95 mg | 18.39% | Calories from Saturated Fat |
| Saturated Fat | 1.27 g | Carbohydrates | 10.21 g | Vitamin A | 12578.43 IU | Water ¹ | *88.97* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 2.73 g | Vitamin C | 4.67 mg | Ash ¹ | *0.60* g | 65.62% | Calories from Carbohydrates |
| | | | | | | | | 6.15% | Calories from Protein |

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

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DESE

| <u>Miscellaneous</u> | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... oz | | | | ? - Allergen 1 |
| Grain..... oz | | | | ? - Allergen 2 |
| Fruit..... cup | | | | ? - Allergen 3 |
| Vegetable..... 0.5 cup | | | | ? - Allergen 4 |
| Milk..... cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | ? - Allergen 6 |
| Moisture Change. 0% | | | | ? - Allergen 7 |
| Fat Change..... 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--|---------|---------|-------|
| I | 902927 | CARROTS,PEELED,SLICED OR CUT IN BITE-S | | | |
| I | 004602 | BUTTER,LT,STK,WO/SALT | | | |
| I | 051432 | FLOUR, ALL PURPOSE, ENRICHED, | | | |
| I | 050355 | ORANGE JUICE, FROZEN, FROM CONCENTR | | | |
| I | 002010 | CINNAMON,GROUND | | | |
| I | 014411 | WATER | | | |
| I | 020027 | CORNSTARCH | | | |

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DESE

Recipe

Sep 14, 2017

Page 1

Recipe: 000020 Roasted Butternut Squash

Recipe Source: Seasonal & Simple
Recipe Group: VEGETABLES

Recipe HACCP Process:

Alternate Recipe Name: Roasted Butternut Squash
w/Cinnamon & Brown Sugar

Number of Portions: 50
Size of Portion: 1/2 cup

| | | |
|---|--|--|
| 902928 Butternut squash, peeled, cut into 2-in cubes... 001145 BUTTER,WITHOUT SALT..... 019334 SUGARS,BROWN..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND..... 002030 PEPPER,BLACK..... | 20 LB 1 LB 2 1/4 CUP, packed 1 TBSP 1 1/2 TBSP 1 TSP, or to taste | 1. Add squash to a parchment-covered or oil sprayed-sheet pan. (10 lb capacity per pan.) |
| | | 2. Cut any extra large pieces, so size of squash pieces are similar. |
| | | 3. Melt the butter in a small pot, then add the brown sugar, salt, cinnamon and pepper. Mix to combine thoroughly. CCP: Hold for cold service at 41° F or lower. |
| | | 4. Equally divide the butter mixture among pans, then stir until squash is well coated. |
| | | 5. Roast, uncovered, until cooked through and lightly browned. Convection oven: 350° F about 20-30 minutes Conventional oven: 375° F about 30-35 minutes |
| | | CCP: Hold for hot service at 135° F or higher |

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|------------|--------------------|----------|---------|-----------------------------|
| Calories | 165 kcal | Cholesterol | 19.50 mg | Sugars | *9.62* g | Calcium | 63.83 mg | 41.43% | Calories from Total Fat |
| Total Fat | 7.60 g | Sodium | 150.59 mg | Protein | 1.83 g | Iron | 1.15 mg | 25.68% | Calories from Saturated Fat |
| Saturated Fat | 4.71 g | Carbohydrates | 25.52 g | Vitamin A | 2707.89 IU | Water ¹ | 164.65 g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 2.86 g | Vitamin C | 22.33 mg | Ash ¹ | 1.45 g | 61.85% | Calories from Carbohydrates |
| | | | | | | | | 4.43% | Calories from Protein |

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DESE

Recipe

Sep 14, 2017

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| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|---------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | 0.5 cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | |
| Moisture Change. | 0% | | | | ? - Allergen 6 |
| Fat Change..... | 0% | | | | ? - Allergen 7 |
| Type of Fat..... | | | | | ? - Allergen 8 |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|---|---------|---------|-------|
| I | 902928 | Butternut squash, peeled, cut into 2-in cubes | | | |
| I | 001145 | BUTTER,WITHOUT SALT | | | |
| I | 019334 | SUGARS,BROWN | | | |
| I | 002047 | SALT,TABLE | | | |
| I | 002010 | CINNAMON,GROUND | | | |
| I | 002030 | PEPPER,BLACK | | | |

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DESE

Recipe

Sep 14, 2017

Page 1

Recipe: 000021 Broccoli Coleslaw

Recipe Source: Green Mountain
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 3/4 cup

| | | |
|--|---|--|
| 799936 BROCCOLI,RAW,WASHED,TRIMMED,SMALL PIECES.... 011109 CABBAGE,RAW,TRIMMED,WASHED,SMALL PIECES.... 012039 SUNFLOWER SD KRNLs,TSTD,WO/SALT..... 902929 CRANBERRIES OR RAISINS, DRIED..... 799939 GARLIC,CLOVES..... 902930 SALT AND PEPPER, TO TASTE..... 001230 MILK,BTTRMLK,FLUID,..... 043598 MAYONNAISE DRSNG..... 011677 FINELY CHOPPED ONION OR SHALLOTS,RAW..... 002048 VINEGAR,CIDER..... 002020 GARLIC POWDER..... | 3 LB 2 LB 1 CUP 1 1/2 CUP 4 cloves 1 TBSP 1 3/4 CUP 1 1/8 CUP 2/3 CUP, chopped 2/3 CUP + 1 TBSP 1 TSP | 1. Wash and trim broccoli florets; should yield about 12 1/3 cups. Dice broccoli into small pieces. 2. Wash and trim cabbage (red or green). Slice cabbage into strips. Should yield about 13 1/2 cups. CCP: Hold for hot service at 135° F or higher 3. Toss broccoli and cabbage with sunflower seeds and cranberries or raisins. 4. Press garlic and mix in. 5. Dressing: Whisk together buttermilk, mayonnaise, chopped onion, cider vinegar, and garlic powder. Pour over the slaw. Mix well. 6. Add salt and pepper, to taste. (Optional) Crediting: CACFP and NSLP- Each portion provides 1/2 cup Dark Green vegetable and 1/4 cup Other vegetable. |
|--|---|--|

*Nutrients are based upon 1 Portion Size (3/4 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|----------|-----------|-----------|--------------------|-----------|--------|-----------------------------|
| Calories | 87 kcal | Cholesterol | 0.94 mg | Sugars | *1.20* g | Calcium | 33.33 mg | 64.53% | Calories from Total Fat |
| Total Fat | 6.22 g | Sodium | 48.20 mg | Protein | 1.82 g | Iron | 0.54 mg | 9.55% | Calories from Saturated Fat |
| Saturated Fat | 0.92 g | Carbohydrates | 7.33 g | Vitamin A | 201.59 IU | Water ¹ | *54.88* g | *0.00* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 1.73 g | Vitamin C | 31.20 mg | Ash ¹ | *0.58* g | 33.81% | Calories from Carbohydrates |
| | | | | | | | | 8.37% | Calories from Protein |

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DESE

Recipe

Sep 14, 2017

Page 2

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| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|----------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | 0.75 cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | |
| Moisture Change. | 0% | | | | ? - Allergen 6 |
| Fat Change..... | 0% | | | | ? - Allergen 7 |
| Type of Fat..... | | | | | ? - Allergen 8 |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|-------------------------------------|---------|---------|-------|
| I | 799936 | BROCCOLI,RAW,WASHED,TRIMMED,SMALL P | | | |
| I | 011109 | CABBAGE,RAW,TRIMMED,WASHED,SMALL PI | | | |
| I | 012039 | SUNFLOWER SD KRNLS,TSTD,WO/SALT | | | |
| I | 902929 | CRANBERRIES OR RAISINS, DRIED | | | |
| I | 799939 | GARLIC,CLOVES | | | |
| I | 902930 | SALT AND PEPPER, TO TASTE | | | |
| I | 001230 | MILK,BTTRMLK,FLUID, | | | |
| I | 043598 | MAYONNAISE DRSNG | | | |
| I | 011677 | FINELY CHOPPED ONION OR SHALLOTS,RA | | | |
| I | 002048 | VINEGAR,CIDER | | | |
| I | 002020 | GARLIC POWDER | | | |

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DESE

Recipe

Sep 14, 2017

Page 1

Recipe: 000023 Roasted Tomato Sauce

Recipe Source: Seasonal & Simple
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 1/2 cup

| | | |
|--|--|---|
| 902931 TOMATOES, preferably seconds..... 004053 OIL, OLIVE, SALAD OR COOKING... 019335 SUGARS, GRANULATED..... 799939 GARLIC, CLOVES..... | 20 LB 1 CUP 1/4 CUP 20 cloves | 1. Core tomatoes with a tomato coer or knife and remove any bruises or brown spots. 2. Place in a parchment-covered roasting pan, top up. CCP: Hold for hot service at 135° F or higher 3. Drizzle the tops with oil and sugar. 4. Roast until the tomatoes are soft enough to break up. Convection oven: 400°F about 35-45 minutes Conventional oven: 450°F about 40 to 50 minutes 5. Press garlic and add to tomatoes. 6. Return to oven and continue to roast an additional 15 minutes. Second (partly blackened) tomatoes will make a tasty sauce. CCP: Heat to 140°F or higher. 7. Cool until easy to handle, then blend until smooth in a food processor. 8. Season with herbs, to taste, as desired. 9. Serve hot as you would any tomato sauce: with breadsticks, pasta, stews, etc. Portion using a 4-ounce ladle. Crediting: CACFP and NSLP- One 4 oz. portion provides 1/2 cup red/orange vegetable. |
|--|--|---|

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|------------------------|---------|---------------|----------|-----------|-----------|--------------------|----------|--------|-----------------------------|
| Calories | 77 kcal | Cholesterol | 0.00 mg | Sugars | *5.52* g | Calcium | 22.18 mg | 53.22% | Calories from Total Fat |
| Total Fat | 4.53 g | Sodium | 20.26 mg | Protein | 1.80 g | Iron | 1.28 mg | 7.24% | Calories from Saturated Fat |
| Saturated Fat | 0.62 g | Carbohydrates | 8.68 g | Vitamin A | 887.33 IU | Water ¹ | 171.87 g | *N/A* | Calories from Trans Fat |
| Trans Fat ² | *N/A* g | Dietary Fiber | 1.30 g | Vitamin C | 41.74 mg | Ash ¹ | 1.11 g | 45.36% | Calories from Carbohydrates |
| | | | | | | | | 9.41% | Calories from Protein |

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DESE

Recipe

Sep 14, 2017

Page 2

| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|---------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | 0.5 cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | |
| Moisture Change. | 0% | | | | ? - Allergen 6 |
| Fat Change..... | 0% | | | | ? - Allergen 7 |
| Type of Fat..... | | | | | ? - Allergen 8 |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|------------------------------|---------|---------|-------|
| I | 902931 | TOMATOES, preferably seconds | | | |
| I | 004053 | OIL, OLIVE, SALAD OR COOKING | | | |
| I | 019335 | SUGARS, GRANULATED | | | |
| I | 799939 | GARLIC, CLOVES | | | |

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DESE

Recipe

Sep 22, 2017

Page 1

Recipe: 000031 Apple Pie Cereal Mix

Recipe Source: Minnesota Edu
Recipe Group: FRUIT

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 1/2 cup

| | | |
|---|---|---|
| 902945 CEREAL,WHOLE GRAIN,TOASTED CORN..... 902946 CEREALS,WHOLE GRAIN,TOASTED RICE..... 004617 MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT... 019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND..... 002021 GINGER,GROUND..... 002025 NUTMEG,GROUND..... 009012 APPLES,DRIED,WO/ SUGAR..... | 12 1/2 CUP 12 1/2 CUP 12 1/2 TBSP 3/4 CUP, packed 3 TBSP 1 TBSP 1 TBSP 6 1/4 CUP | 1. Preheat oven to 300° F. 2. Place cereal into a 2 1/2" deep steam table pan. 3. Melt margarine in a pot on the stovetop. Pour over cereal. 4. Stir brown sugar, cinnamon, ginger, and nutmeg together and sprinkle over the cereal. Mix to combine. Bake in the oven for 30 minutes, stirring after 15 minutes. Allow to cool on parchment paper, waxed paper or aluminum foil. 5. Sprinkle dried apple slices evenly over the cereal mix. Crediting- NSLP: 1/4 cup dried apple slices credits 1/2 cup fruit. When serving measure each portion to ensure accurate portion of the dried fruit for crediting. |
|---|---|---|

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-----------|--------------------|----------|---------|-----------------------------|
| Calories | 138 kcal | Cholesterol | 0.00 mg | Sugars | 13.50 g | Calcium | 75.63 mg | 23.50% | Calories from Total Fat |
| Total Fat | 3.61 g | Sodium | 140.80 mg | Protein | 1.45 g | Iron | 3.19 mg | 4.50% | Calories from Saturated Fat |
| Saturated Fat | 0.69 g | Carbohydrates | 27.33 g | Vitamin A | 467.39 IU | Water ¹ | 27.98 g | *3.44%* | Calories from Trans Fat |
| Trans Fat ² | *0.53* g | Dietary Fiber | 1.59 g | Vitamin C | 4.36 mg | Ash ¹ | 0.47 g | 79.01% | Calories from Carbohydrates |
| | | | | | | | | 4.19% | Calories from Protein |

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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DESE

| <u>Miscellaneous</u> | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... oz | | | | ? - Allergen 1 |
| Grain..... oz | | | | ? - Allergen 2 |
| Fruit..... 0.5 cup | | | | ? - Allergen 3 |
| Vegetable..... cup | | | | ? - Allergen 4 |
| Milk..... cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | ? - Allergen 6 |
| Moisture Change. 0% | | | | ? - Allergen 7 |
| Fat Change..... 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--------------------------------------|---------|---------|-------|
| I | 902945 | CEREAL,WHOLE GRAIN,TOASTED CORN | | | |
| I | 902946 | CEREALS,WHOLE GRAIN,TOASTED RICE | | | |
| I | 004617 | MARGARINE,REG,80% FAT,COMP,STK,WO/ S | | | |
| I | 019334 | SUGARS,BROWN | | | |
| I | 002010 | CINNAMON,GROUND | | | |
| I | 002021 | GINGER,GROUND | | | |
| I | 002025 | NUTMEG,GROUND | | | |
| I | 009012 | APPLES,DRIED,WO/ SUGAR | | | |

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Week 4: Missouri, Take a Local Bite - Fall Menu K-8



| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Total | Requirements | | |
|--|---|---------------------|--------------------------|--|----------------------|----------------------------------|-------------------------------|---------------------------------|--------------------------------|----------------------|-------|--------------------------------|-------------|-----------|
| | item | oz | item | oz | item | oz | item | oz | item | oz | | Daily | Weekly | |
| Meat | Smoked Turkey | 1.5 | Harvest Stew | 1.5 | Chicken Patty | 2 | Squish Squash Lasagna | 1 | Turkey Sausage Breakfast Pizza | 1.5 | 9.5 | 1 oz | 9-10 oz eq. | |
| | | | | | | | Grilled Chicken Nuggets/bites | 1 | Yogurt 4 oz. | 1 | | | | |
| | Daily total | 1.5 | Daily total | 1.5 | Daily total | 2 | Daily total | 2 | Daily total | 2.5 | | | | |
| Grain | WG Biscuit | 1.5 | Breadstick & wg Crackers | 2 | WG Bun | 2 | Lasagna Noodles | 0.75 | WG Biscuit or Bagel | 1.5 | 8.75 | 1 oz | 8-10 oz eq | |
| | | | | | | | Texas Toast | 1 | | | | | | |
| | Daily total | 1.5 | Daily total | 2 | Daily total | 2 | Daily total | 1.75 | Daily total | 1.5 | | | | |
| V e g e t a b l e s | Dark Green | Broccoli | 1/2 | | | | | | | | 1/2 | 3 / 4 c u p | 1/2 cup | |
| | Red/ Orange | | | Stew (carrots, tomatoes, sweet potatoes) | 1/8 | | | Tomato Sauce & Butternut Squash | 5/8 | | 3/4 | | 3/4 cup | |
| | Bean/Pea | | | | | Baked Beans | 1/2 | | | | 1/2 | | 1/2 cup | |
| | Starchy | | | Corn | 1/2 | | | | | Hasbrown pizza crust | 5/8 | | 1 1/8 | 1/2 cup |
| | Other | Green Beans | 1/2 | | | Apple Slaw (Cabbage) | 1/4 | onions | 1/8 | | 7/8 | | 7/8 | 1/2 cup |
| | Additional | onions & potatoes | 1/4 | Additional Corn | 1/2 | | | | | onions & bell pepper | 1/8 | | 7/8 | 1 cup |
| | Daily Total | 1 1/4 | | 1 1/8 | | 3/4 | | 3/4 | | 3/4 | | | 4 5/8 | 3 3/4 cup |
| | Fruit | Fruit-tacular Salad | 1/2 | Orange Smiles | 1/2 | Pineapple Tidbits & Banana Salad | 1/2 | Peaches | 1/2 | Whole Fresh Fruit | 5/8 | | 2 3/4 | 1/2 cup |
| | | | | | Apple Slaw (Cabbage) | 1/8 | | | | | | | | |
| Daily total | | 1/2 | Daily total | 1/2 | Daily total | 5/8 | Daily total | 1/2 | Daily total | 5/8 | | | | |
| Milk | Fat free fluid milk, flavored or unflavored 8 oz each day | | | | | | | | | | | | 5 | |

DESE

Recipe

Sep 1, 2017

Page 1

Recipe: 000024 Green Beans w/Potatoes, Turkey

Recipe Source:
Recipe Group: VEGETABLES

Alternate Recipe Name: Green Beans w/Potatoes
and Smoked Turkey

Number of Portions: 50
Size of Portion: 1 cup

Recipe HACCP Process: #2 Same Day Service

| | | |
|---|--|---|
| 043391 TURKEY,LT OR DK MEAT,SMOKED,CKD,SKN & BONE RE... 014411 WATER,TAP,COLD..... 902932 POTATOES,RED,UNPEELED,DICED 1/2"..... 902933 MARGARINE-TRANS FAT-FREE..... 902934 ONIONS,FRESH,CHOPPED..... 799903 GARLIC,GRANULATED..... 901561 THYME,GROUND..... 902935 BEANS, GREEN,FROZEN,THAWED,WHOLE, DRA..... | 4 LB + 11 OZ 2 GAL + 2 QT 16 1/2 CUP + 2 TBSP 1 1/4 CUP 6 1/8 CUP, chopped 2/3 CUP 1 1/3 TSP, ground 1 GAL + 3 1/4 QT | 1. Remove turkey meat from bone. 2. In two large stock pots, add smoked turkey, water, potatoes, margarin, onions, garlic, thyme, pepper, and onion powder. Cook uncovered over medium-high heat for 25 minutes. Stir well. About half of the water will remain in the pot, while the rest will cook away. 3. Add green beans. Cook uncovered over medium heat for 20-25 minutes. DO NOT OVERCOOK. Green beans should be bright green. • CCP: Hold for hot service at 140°F or higher for at least 15 seconds. 4. Divide green bean, potato, and turkey mixture into large steam table pans (12" x 20" x 2 1/2"). • CCP: Hold for hot service at 140°F or higher. 5. Portion with 8 fl oz. spoodle (1 cup) Crediting: CACFP and NSLP- 1 cup provides 1.5 oz. equivalent meat/meat alternate, 1/2 cup other, and 1/4 cup additional. |
| | | <p>CCP: Hold at 135° F or higher.</p> |
| | | <p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>CCP: Hold for hot service at 135° F or higher</p> |

*Nutrients are based upon 1 Portion Size (1 cup)

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DESE

Recipe

Sep 1, 2017

Page 2

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-----------|--------------------|------------|---------|-----------------------------|
| Calories | 146 kcal | Cholesterol | 32.32 mg | Sugars | *1.47* g | Calcium | 66.46 mg | 15.66% | Calories from Total Fat |
| Total Fat | 2.54 g | Sodium | 481.88 mg | Protein | 15.10 g | Iron | 1.95 mg | 5.46% | Calories from Saturated Fat |
| Saturated Fat | 0.88 g | Carbohydrates | 16.39 g | Vitamin A | 634.59 IU | Water ¹ | *272.11* g | *0.06%* | Calories from Trans Fat |
| Trans Fat ² | *0.01* g | Dietary Fiber | 3.69 g | Vitamin C | 9.33 mg | Ash ¹ | *1.31* g | 44.99% | Calories from Carbohydrates |
| | | | | | | | | 41.46% | Calories from Protein |

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-----|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | ? - Allergen 6 |
| Moisture Change. | % | | | | ? - Allergen 7 |
| Fat Change..... | % | | | | ? - Allergen 8 |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|-------------------------------------|---------|---------|-------|
| I | 043391 | TURKEY,LT OR DK MEAT,SMOKED,CKD,SKN | | | |
| I | 014411 | WATER,TAP,COLD | | | |
| I | 902932 | POTATOES,RED,UNPEELED,DICED 1/2" | | | |
| I | 902933 | MARGARINE-TRANS FAT-FREE | | | |
| I | 902934 | ONIONS,FRESH,CHOPPED | | | |
| I | 799903 | GARLIC,GRANULATED | | | |
| I | 901561 | THYME,GROUND | | | |
| I | 902935 | BEANS, GREEN,FROZEN,THAWED,WHOLE, D | | | |

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DESE

Recipe

Sep 22, 2017

Page 1

Recipe: 000033 Fruit-tacular Salad

Recipe Source: Alabama FTS
 Recipe Group: FRUIT

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 1/2 cup

| | | |
|---|---|---|
| 902948 APPLES, LOCAL, PEELED, CORED, DICED..... 902949 BANANAS, PEELED, DICED..... 902950 KIWI FRUIT, PEELED, DICED..... 009218 TANGERINES(MANDARIN ORANGES, PEELED, SEPERATED.... 902951 STRAWBERRIES, RAW..... 019296 HONEY..... 009152 LEMON JUICE, RAW..... | 17 Apples 9 EACH 9 Kiwi 15 medium (2-1/2" dia) 4 1/4 CUP, DICED 1 CUP 3/4 CUP | 1. In a large bowl combine all the fruit. 2. Stir together the honey and lemon juice. Pour over the fruit. Combine thoroughly. CCP: Hold for cold service at 41° F or lower. Crediting: 1/2 cup portion provides 1/2 cup fruit. |
|---|---|---|

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|-----------|---------|-----------------------------|
| Calories | 105 kcal | Cholesterol | 0.00 mg | Sugars | *13.76* g | Calcium | 26.36 mg | 3.76% | Calories from Total Fat |
| Total Fat | 0.44 g | Sodium | 2.64 mg | Protein | 1.00 g | Iron | 0.33 mg | 0.47% | Calories from Saturated Fat |
| Saturated Fat | 0.05 g | Carbohydrates | 27.05 g | Vitamin A | 249.83 IU | Water ¹ | *75.60* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 3.55 g | Vitamin C | 45.93 mg | Ash ¹ | *0.49* g | 103.38% | Calories from Carbohydrates |
| | | | | | | | | 3.84% | Calories from Protein |

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¹ - denotes optional nutrient values
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DESE

| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|---------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | 0.5 cup | | | | ? - Allergen 3 |
| Vegetable..... | cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | |
| Moisture Change. | % | | | | ? - Allergen 6 |
| Fat Change..... | % | | | | ? - Allergen 7 |
| Type of Fat..... | | | | | ? - Allergen 8 |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--------------------------------------|---------|---------|-------|
| I | 902948 | APPLES, LOCAL, PEELED, CORED, DICED | | | |
| I | 902949 | BANANAS, PEELED, DICED | | | |
| I | 902950 | KIWI FRUIT, PEELED, DICED | | | |
| I | 009218 | TANGERINES(MANDARIN ORANGES, PEELED, | | | |
| I | 902951 | STRAWBERRIES, RAW | | | |
| I | 019296 | HONEY | | | |
| I | 009152 | LEMON JUICE, RAW | | | |

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DESE

Recipe

Sep 8, 2017

Page 1

Recipe: 000026 Harvest Stew

Recipe Source: Farm to School
Recipe Group: SOUPS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 3/4 c. (6 oz)

| | | |
|--|--|--|
| 004582 VEGETABLE OIL,CANOLA..... 902934 ONIONS,FRESH,CHOPPED..... 050525 CARROTS, FRESH, PEELED,DICED..... 011143 CELERY,FRESH,CHOPPED..... 051432 FLOUR, ALL PURPOSE, ENRICHED..... 014411 WATER..... 000065 BASE,CHICKEN,Dry..... 902921 SALT-FREE 17 SEASONING..... 002020 GARLIC POWDER..... 050542 TOMATOES, DICED, LOW-SODIUM, CANNED..... 902936 POTATOES, SWEET, FRESH, PEELED, CUBED 1"..... 902937 POTATOES, RED,FRESH,UNPEELED,CUBED 1"..... 050420 CHICKEN,FROZEN,COOKED,DICED,THAWED 1/2" DICED..... 050550 CANNED LOW-SODIUM GREAT NORTHERN BEANS, DRAIN.... 799941 SPINACH, FRESH, CHOPPED..... | 1/4 CUP + 1 TBSP 3 CUP, chopped 2 CUP 3 1/3 CUP 1/2 CUP + 1 TBSP 2 QT + 2 CUP 1 TBSP 1 TSP 1 TBSP 1/2 #10 CAN (1 qt 2 1/2 cups) 1 QT + 3 CUP 4 CUP 1 LB + 10 OZ 3 QT + 1 1/3 CUP 2 CUP | 1. Heat oil: Use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned. 2. Sprinkle flour over vegetable and mix well. Add water and base. Mix well. Bring to a boil uncovered. 3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes. 4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender. 5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. • CCP: Heat to 165°F or higher for at least 15 seconds. • CCP: Hold for hot service at 135°F or higher. 6. Portion with 6 fl oz ladle (3/4 cup). CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold for hot service at 135° F or higher |
|--|--|--|

*Nutrients are based upon 1 Portion Size (3/4 c. (6 oz))

| | | | | | | | | | |
|------------------------|----------|---------------|-------------|-----------|--------------|--------------------|------------|----------|-----------------------------|
| Calories | 180 kcal | Cholesterol | *13.71* mg | Sugars | *0.65* g | Calcium | *71.19* mg | *12.12%* | Calories from Total Fat |
| Total Fat | *2.42* g | Sodium | *173.22* mg | Protein | *11.21* g | Iron | *1.95* mg | *1.97%* | Calories from Saturated Fat |
| Saturated Fat | *0.39* g | Carbohydrates | *29.41* g | Vitamin A | *8613.45* IU | Water ¹ | *72.21* g | *0.03%* | Calories from Trans Fat |
| Trans Fat ² | *0.01* g | Dietary Fiber | *5.13* g | Vitamin C | *10.97* mg | Ash ¹ | *0.42* g | *65.40%* | Calories from Carbohydrates |
| | | | | | | | | *24.91%* | Calories from Protein |

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DESE

Recipe

Sep 8, 2017

Page 2

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - denotes optional nutrient values
 2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

| <u>Miscellaneous</u> | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... 1.5 oz | | | | ? - Allergen 1 |
| Grain..... oz | | | | ? - Allergen 2 |
| Fruit..... cup | | | | ? - Allergen 3 |
| Vegetable..... 0.375 cup | | | | ? - Allergen 4 |
| Milk..... cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | ? - Allergen 6 |
| Moisture Change. 0% | | | | ? - Allergen 7 |
| Fat Change..... 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--------------------------------------|---------|---------|-------|
| I | 004582 | VEGETABLE OIL,CANOLA | | | |
| I | 902934 | ONIONS,FRESH,CHOPPED | | | |
| I | 050525 | CARROTS, FRESH, PEELED,DICED | | | |
| I | 011143 | CELERY,FRESH,CHOPPED | | | |
| I | 051432 | FLOUR, ALL PURPOSE, ENRICHED, | | | |
| I | 014411 | WATER | | | |
| I | 000065 | BASE,CHICKEN,Dry | | | |
| I | 902921 | SALT-FREE 17 SEASONING | | | |
| I | 002020 | GARLIC POWDER | | | |
| I | 050542 | TOMATOES, DICED, LOW-SODIUM, CANNED | | | |
| I | 902936 | POTATOES, SWEET, FRESH, PEELED, CUBE | | | |
| I | 902937 | POTATOES, RED,FRESH,UNPEELED,CUBED | | | |
| I | 050420 | CHICKEN,FROZEN,COOKED,DICED,THAWED | | | |
| I | 050550 | CANNED LOW-SODIUM GREAT NORTHERN B | | | |
| I | 799941 | SPINACH, FRESH, CHOPPED | | | |

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DESE

| | | | | | |
|---|--------|--------------------------------------|--|--|--|
| I | 902934 | ONIONS,FRESH,CHOPPED | | | |
| I | 011215 | GARLIC,FRESH | | | |
| I | 042289 | OIL,CORN AND CANOLA | | | |
| I | 050542 | TOMATOES, DICED, LOW-SODIUM, CANNED | | | |
| I | 901071 | OREGANO,DRIED | | | |
| I | 901561 | THYME,GROUND | | | |
| I | 902938 | BASIL,DRIED | | | |
| I | 900973 | WHOLE-WHEAT LASAGNA SHEETS,NO-BOIL, | | | |
| I | 902939 | FRESH BUTTERNUT SQUASH, PEELED, SLIC | | | |
| I | 011457 | SPINACH,FRESH | | | |
| I | 900356 | CHEESE,MOZZARELLA,LOWFAT | | | |

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DESE

Recipe

Sep 12, 2017

Page 1

Recipe: 000027 Apple Slaw

Recipe Source: Farm to School
Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 3/8 cup

| | | |
|--|--|---|
| 011112 CABBAGE,RAW,SHREDDED..... 050525 CARROTS, RAW,SHREDDED..... 051448 APPLES, LOCAL, FRESH, WITH SKIN..... 012037 SUNFLOWER SD KRNL,DRY RSTD,WO/SALT... 900071 CHERRIES, RED TART DRIED..... 002048 VINEGAR,CIDER..... 004053 OIL,OLIVE,SALAD OR COOKING..... 019296 HONEY..... 002047 SALT,TABLE..... | 1 LB + 9 OZ 10 OZ 1 LB + 14 OZ, DICED 1/3 CUP 1/3 CUP 1/2 CUP 2 TBSP + 1 1/2 TBSP 1 TBSP + 2 TBSP 1 TBSP | 1. Cut the apples into diced pieces. 2. Toss all salad ingredients in 1 full hotel pan. 3. Mix dressing ingredients. Toss with salad. 4. Keep chilled throughout service time. CCP: Refrigerate and hold at 41°F or below for cold service. Note: If serving more than 1 hour after tossing with dressing then use water instead of oil so the cabbage wilts less. |
| | | CCP: Cool to 41° F or lower within 4 hours. |
| | | CCP: Hold for cold service at 41° F or lower. |

*Nutrients are based upon 1 Portion Size (3/8 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|------------|--------------------|-----------|---------|-----------------------------|
| Calories | 37 kcal | Cholesterol | 0.00 mg | Sugars | *1.62* g | Calcium | 10.62 mg | 35.14% | Calories from Total Fat |
| Total Fat | 1.43 g | Sodium | 148.18 mg | Protein | 0.48 g | Iron | 0.25 mg | 4.52% | Calories from Saturated Fat |
| Saturated Fat | 0.18 g | Carbohydrates | 5.98 g | Vitamin A | 1012.63 IU | Water ¹ | *15.28* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 1.00 g | Vitamin C | 9.03 mg | Ash ¹ | *0.50* g | 65.43% | Calories from Carbohydrates |
| | | | | | | | | 5.23% | Calories from Protein |

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DESE

| | | | | | |
|----------------------------------|-----------|-------------------|--------------------------|-------------------------|-------------------------------|
| Miscellaneous | | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
| Meat/Alt..... | oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | 0.125 cup | | | | ? - Allergen 3 |
| Vegetable..... | 0.25 cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| Moisture & Fat Change | | | | | ? - Allergen 6 |
| Moisture Change. | 0% | | | | ? - Allergen 7 |
| Fat Change..... | 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|------------------------------------|---------|---------|-------|
| I | 011112 | CABBAGE,RAW,SHREDDED | | | |
| I | 050525 | CARROTS, RAW,SHREDDED | | | |
| I | 051448 | APPLES, LOCAL, FRESH, WITH SKIN | | | |
| I | 012037 | SUNFLOWER SD KRNL,DRY RSTD,WO/SALT | | | |
| I | 900071 | CHERRIES, RED TART DRIED | | | |
| I | 002048 | VINEGAR,CIDER | | | |
| I | 004053 | OIL,OLIVE,SALAD OR COOKING | | | |
| I | 019296 | HONEY | | | |
| I | 002047 | SALT,TABLE | | | |

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DESE

Recipe

Sep 14, 2017

Page 2

| | | |
|--|--|--|
| | | CCP: Heat to 135° F or higher. |
| | | 5. Remove from oven. Sprinkle 6 1/4 cups cheese evenly over each pan of lasagna. CCP: Hold for hot service at 135° F or higher |
| | | 6. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350°F for 15 minutes Convection oven: 350°F for 10 minutes CCP: Heat to 135°F or higher for at least 15 seconds. |
| | | 7. Remove from oven and allow to set for 15 minutes before serving. |
| | | 8. Portion: Cut each pan 5 x 5 (25 pieces per pan). |
| | | Crediting: 1 piece provides 1 oz equivalent meat alternate, 5/8 cup red/orange vegetable, 1/8 cup other vegetable, and .75 oz. equivalent whole grains. |

*Nutrients are based upon 1 Portion Size (1 piece)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|------------|--------------------|------------|---------|-----------------------------|
| Calories | 188 kcal | Cholesterol | 18.37 mg | Sugars | *0.55* g | Calcium | 309.26 mg | 35.22% | Calories from Total Fat |
| Total Fat | 7.38 g | Sodium | 286.28 mg | Protein | 11.87 g | Iron | 1.57 mg | 21.01% | Calories from Saturated Fat |
| Saturated Fat | 4.40 g | Carbohydrates | 19.58 g | Vitamin A | 2539.27 IU | Water ¹ | *124.27* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 2.60 g | Vitamin C | 20.05 mg | Ash ¹ | *2.09* g | 41.54% | Calories from Carbohydrates |
| | | | | | | | | 25.20% | Calories from Protein |

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| <u>Miscellaneous</u> | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... 1.000 oz | | | | ? - Allergen 1 |
| Grain..... 0.750 oz | | | | ? - Allergen 2 |
| Fruit..... cup | | | | ? - Allergen 3 |
| Vegetable..... 0.750 cup | | | | ? - Allergen 4 |
| Milk..... cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | ? - Allergen 6 |
| Moisture Change. 0% | | | | ? - Allergen 7 |
| Fat Change..... 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|-------|--------------------------|---------|---------|-------|
|-----|-------|--------------------------|---------|---------|-------|

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DESE

Recipe

Sep 15, 2017

Page 1

Recipe: 000029 Turkey Sausage Breakfast Pizza

Recipe Source: Team Nutrition
 Recipe Group: PIZZA

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Turkey Sausage Breakfast
 Pizza w/Hasbrowns Crust

Number of Portions: 50
 Size of Portion: 1 slice

| | | |
|--|--|--|
| 902940 TURKEY BREAST,RAW,GROUND NO MORE THAN 15%FAT... 002018 FENNEL SEED..... 002047 SALT, TABLE..... 002031 PEPPER, CAYENNE..... 002038 SAGE, GROUND..... 902941 PEPPER, RED FLAKES..... 002013 CORIANDER SEED..... 050358 APPLESAUCE, CANNED, UNSWEETENED, WITHOUT SALT.... 011391 POTATOES, HASHED BROWN, FRZ, PLN, THAWED..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW, THAWED..... 799911 CHEESE, CHEDDAR, low-fat..... 902942 ONIONS, GREEN, FRESH..... 902943 PEPPERS, RED, FRESH, DICED..... | 3 LB 3 TSP 2 TSP 1 1/2 TSP 1 1/2 TSP 1 TSP 2 TBSP 3/8 CUP 6 LB 1 LB + 8 OZ 2 CUP 3 TBSP, chopped 3 CUP | 1. Combine turkey, fennel, salt, cayenne pepper, sage, red pepper flakes, coriander, and applesauce in a large bowl. Stir well. |
| | | 2. In a large stock pot, add turkey mixture. Cook until done. CCP: Heat to 145° F or higher for at least 15 Seconds CCP: Hold for hot service at 135° F or higher |
| | | 3. Remove turkey from heat. Drain turkey in colander. Set aside for step 4. |
| | | 4. Combine 1 cup turkey, hasbrowns, and eggs in a large bowl. Stir well. Set remaining turkey aside for step 7. Recommended to cook in batches of 25. Set hash brown mixture aside for step 5. |
| | | 5. Pour 2 qt (about 3 lb 10 oz) hash brown mixture into a half sheet pan (18" x 13" x 1") lightly coated with pan release spray. Spread evenly. |
| | | 6. Bake: |
| | | 7. Sprinkle the crust with remaining turkey, cheese, onions, and bell peppers. |
| | | Bake: |
| | | 9. CCP: Hold for hot service at 140°F or higher. CCP: Heat to 165° F or higher for at least 15 seconds |

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DESE

Recipe

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| | | <p>10. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (3 1/2" x 2 1/2" square).</p> <p>Crediting NSLP: One portion provides 1.5 oz equivalent meat/meat alternate, 5/8 cup Starchy vegetable, and 1/8 cup Additional Vegetable.</p> <p>Crediting CACFP: One portion provides 1.5 oz equivalent meat/meat alternate and 3/4 cup vegetable.</p> |
|--|--|---|

*Nutrients are based upon 1 Portion Size (1 slice)

| | | | | | | | | | |
|------------------------|----------|---------------|-----------|-----------|-----------|--------------------|-----------|---------|-----------------------------|
| Calories | 185 kcal | Cholesterol | 71.24 mg | Sugars | *0.56* g | Calcium | 56.32 mg | 42.92% | Calories from Total Fat |
| Total Fat | 8.82 g | Sodium | 218.86 mg | Protein | 10.59 g | Iron | 0.88 mg | 7.50% | Calories from Saturated Fat |
| Saturated Fat | 1.54 g | Carbohydrates | 16.73 g | Vitamin A | 524.31 IU | Water ¹ | *59.64* g | *0.01%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 2.13 g | Vitamin C | 15.07 mg | Ash ¹ | *1.30* g | 36.18% | Calories from Carbohydrates |
| | | | | | | | | 22.89% | Calories from Protein |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

| <u>Miscellaneous</u> | | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|---|----------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt..... | 1.5 oz | | | | ? - Allergen 1 |
| Grain..... | oz | | | | ? - Allergen 2 |
| Fruit..... | cup | | | | ? - Allergen 3 |
| Vegetable..... | 0.75 cup | | | | ? - Allergen 4 |
| Milk..... | cup | | | | ? - Allergen 5 |
| <u>Moisture & Fat Change</u> | | | | | ? - Allergen 6 |
| Moisture Change. | 0% | | | | ? - Allergen 7 |
| Fat Change..... | 0% | | | | ? - Allergen 8 |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|------------------------------------|---------|---------|-------|
| I | 902940 | TURKEY BREAST,RAW,GROUND NO MORE T | | | |
| I | 002018 | FENNEL SEED | | | |
| I | 002047 | SALT, TABLE | | | |
| I | 002031 | PEPPER, CAYENNE | | | |
| I | 002038 | SAGE, GROUND | | | |
| I | 902941 | PEPPER, RED FLAKES | | | |
| I | 002013 | CORIANDER SEED | | | |

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DESE

| | | | | | |
|---|--------|--------------------------------------|--|--|--|
| I | 050358 | APPLESAUCE, CANNED, UNSWEETENED, WI | | | |
| I | 011391 | POTATOES,HASHED BROWN,FRZ,PLN,THAW | | | |
| I | 050430 | EGGS, WHOLE, FROZEN, PASTEURIZED, RA | | | |
| I | 799911 | CHEESE,CHEDDAR, low-fat, | | | |
| I | 902942 | ONIONS, GREEN, FRESH | | | |
| I | 902943 | PEPPERS,RED,FRESH, DICED | | | |

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