This class is based on one designed by Child Nutrition & Wellness, Kansas State Department of Education. Class materials and activities were adapted from the following sources:

- *Culinary Techniques for Healthy School Meals.* National Food Service Management Institute, 1996.
- *USDA Recipes for Schools.* United States Department of Agriculture, Team Nutrition, April 2006.
- *Preventing Contamination in Food Bars.* National Food Service Management Institute, 2005.
- *Food Safe Schools Action Guide.* National Food Safe Schools Coalition. This Web site is a one-stop gateway to school food safety information and resources. www.safeschools.org.
- *Partnership for Food Safety Education FightBAC!* A plethora of consumer-tested, consumer-ready food safety information, including produce-specific tips. www.fightbac.org
# *Build a Healthy Salad Bar*

Participant Booklet

**Table of Contents**

- Do You Know? ........................................................................................................ Page 3
- Salad Bar Basics .................................................................................................. Page 4
- Ingredients to Consider for the Salad Bar ......................................................... Page 5
- Seasonal Salad Bar Items .................................................................................. Page 6
- Sources of Nutrients on the Salad Bar ............................................................... Page 7
- What are the 10 Most Nutritious Fruits & Vegetables? .................................. Pages 7-8
- Build a Salad ........................................................................................................ Page 9
- Healthy Salad Bar Choices ................................................................................ Page 10
- Salad Bars with a Theme .................................................................................. Page 11
- Meeting the Meal Pattern Requirements ......................................................... Pages 12
- Vegetable Subgroups ....................................................................................... Page 13
- LMSB2S Salad Bar Package ............................................................................. Page 14
- Let’s Move Salad Bars to Schools ................................................................... Page 15
- Salad Bars Food Safety and Sanitation ............................................................. Page 16
- Sample SOP for HACCP Plan ......................................................................... Pages 17-18
- Salad Bar Etiquette ........................................................................................... Page 19
- “Cents”ible Salad Bars ..................................................................................... Page 20
- Culinary Techniques ......................................................................................... Pages 21
- Quality Score Card for Salads ......................................................................... Page 22
- Individual Evaluation of Lab Products ............................................................. Pages 23-24
- Lab Notes and Summary .................................................................................. Page 25
**Do You Know?**

This activity will give you an opportunity to meet new friends, say hello to old friends, and learn interesting facts about fruits and vegetables. Walk around the room to find an individual who can answer one of the questions. Write the person’s name in the square and the correct answer. You may use each person’s name only once. Sit down when your grid is complete or time is up.

<table>
<thead>
<tr>
<th>Called “Herb of Persia”. Popeye knew that is a rich source of Vitamin A &amp; C.</th>
<th>This fruit has more Vitamin C than oranges, as much potassium as bananas and four times as much fiber as celery.</th>
<th>Do not add this fresh fruit to gelatin because it has an enzyme that destroys the gelatins ability to get firm.</th>
<th>This fruit is the top consumer’s choice and has been around since 4000 B.C.</th>
</tr>
</thead>
<tbody>
<tr>
<td>A cruciferous vegetable that is an excellent source of Vitamins C &amp; A.</td>
<td>It looks like cauliflower dyed neon green.</td>
<td>This “baby” vegetable is not a full sized vegetable picked when it was a baby! Producers have changed the seeds to make it tiny.</td>
<td>Called “Chinese Apple”, skin is red and smooth with a juicy, spongy-soft, white membrane with clusters of edible crimson, jewel-like seeds.</td>
</tr>
<tr>
<td>Favorite berry of the U.S.</td>
<td>The seed for this nutrition packed fruit was brought to the New World on one of Columbus’ voyages.</td>
<td>There are two distinct types of this crunchy high fiber vegetable classified by color: green or golden.</td>
<td>This fruit with a pale green flesh inside gets brown spotting at temperatures below 41 degrees.</td>
</tr>
</tbody>
</table>
Salad Bar Basics

Traffic Flow

Single Line -
Two-Sided Line -
Free Standing -

Serving Counters

Ice Chilled -
Frost Top -
Chilled -

Salad Bar Food Containers: Black shows contrast to food better.

1.
2.
3.
4.
5.
6.

Remember to always use a new ________ or pan when you replace a food on the salad bar!

Salad Bar Utensils: Black shows contrast to food better.

Tongs -
Scoops -
Spoodles -
Lades -
## Ingredients to Consider for the Salad Bar

<table>
<thead>
<tr>
<th>Greens</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Vegetable/Fruit Salads</th>
<th>Protein Items</th>
<th>Grain Items</th>
<th>Other Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endive</td>
<td>Asparagus</td>
<td>Avocados</td>
<td>Cole Slaw</td>
<td>LF Yogurt</td>
<td>WG Bread Varieties</td>
<td>Variety of Salad Dressings, low fat and fat free</td>
</tr>
<tr>
<td>Escarole</td>
<td>Beans:</td>
<td></td>
<td>Bean Salad</td>
<td># Meats: Turkey, Tuna, Chicken, Ham</td>
<td>WG Croutons</td>
<td>^Pickles</td>
</tr>
<tr>
<td>Lettuce:</td>
<td>Garbanzo</td>
<td></td>
<td>*Corn Relish</td>
<td># Meat Salads</td>
<td>WG Crackers</td>
<td>^Olives, black and green</td>
</tr>
<tr>
<td>Butterhead</td>
<td>Kidney</td>
<td></td>
<td>Marinated Vegetables</td>
<td># LF Cheeses</td>
<td>WG Pita</td>
<td>Salsa</td>
</tr>
<tr>
<td>Iceberg</td>
<td>Green</td>
<td></td>
<td>Fruit Salad</td>
<td># Potato Salad</td>
<td>WG Tortillas</td>
<td>Low Fat Sour</td>
</tr>
<tr>
<td>Dark Green Leaf</td>
<td>Beets</td>
<td></td>
<td>Waldorf Salad</td>
<td># Squash Salad</td>
<td>WG Chow Mein</td>
<td>Cream</td>
</tr>
<tr>
<td>Romaine</td>
<td>Broccoli</td>
<td></td>
<td>*Potato Salad</td>
<td># Hard-Cooked Eggs</td>
<td>WG Pasta</td>
<td>Guacamole</td>
</tr>
<tr>
<td>Precut lettuce mix</td>
<td>Carrots</td>
<td></td>
<td>Squash Salad</td>
<td># Nuts and Nut Butters (allergy alert)</td>
<td>*WG Pasta Salads</td>
<td>^Imitation Bacon Bits</td>
</tr>
<tr>
<td>Fresh Spinach</td>
<td>Cauliflower</td>
<td></td>
<td>*Green Pea Salad</td>
<td># Sunflower Seeds</td>
<td>WG Rice</td>
<td>^Pickled Okra</td>
</tr>
<tr>
<td>Red Cabbage</td>
<td>Celery</td>
<td></td>
<td>Pickled Beets</td>
<td>Legumes</td>
<td>*WG Rice Salads</td>
<td>Pickled Yellow Peppers</td>
</tr>
<tr>
<td>Green Cabbage</td>
<td>Cucumbers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>^Use these items sparingly as they are high in sodium.</td>
</tr>
<tr>
<td>Mesclun (baby salad greens)</td>
<td>Jicama</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mushrooms</td>
<td></td>
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<tr>
<td></td>
<td>Onion</td>
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<tr>
<td></td>
<td>Red Onions</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Green Peppers</td>
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<tr>
<td></td>
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<td></td>
<td>Yellow Peppers</td>
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<td></td>
<td></td>
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<td></td>
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<tr>
<td></td>
<td>Radishes</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Scallions</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Squash, yellow</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sweet Potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tomatoes:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cherry</td>
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</tr>
<tr>
<td></td>
<td>Grape</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td></td>
<td>Water Chestnuts</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Zucchini</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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</tr>
</tbody>
</table>
## Seasonal Salad Bar Items

<table>
<thead>
<tr>
<th>Spring</th>
<th>Summer</th>
<th>Everyday</th>
</tr>
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<tbody>
<tr>
<td>Asparagus</td>
<td>Pineapple Tidbits</td>
<td>Sesame Seeds</td>
</tr>
<tr>
<td>Shredded Cabbage</td>
<td>Almonds</td>
<td>WG Croutons</td>
</tr>
<tr>
<td>Mesclun (baby salad greens)</td>
<td>Red Onions</td>
<td>Raisins</td>
</tr>
<tr>
<td>Artichoke Hearts</td>
<td>Scallions</td>
<td>Coconut</td>
</tr>
<tr>
<td>Radishes</td>
<td>Strawberries</td>
<td>Walnuts</td>
</tr>
<tr>
<td>Scallions</td>
<td>Plums</td>
<td>Chives</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Orange Flesh Melon</td>
<td>Parsley</td>
</tr>
<tr>
<td>Plums</td>
<td>Casaba Melon</td>
<td>Kale</td>
</tr>
<tr>
<td></td>
<td>Grapes</td>
<td>Coleslaw</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Watermelon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oranges</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apples</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Banana Halves</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cantaloupe</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Honeydew Melon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pineapple</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cucumbers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lettuce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Romaine Lettuce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Carrots</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cherry Tomatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mushrooms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Celery</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Red or Green Peppers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cauliflower</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broccoli</td>
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<tr>
<td></td>
<td></td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Radishes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Green Onions</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Onions</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Garbanzo Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Black, Kidney, Pink or Pinto Beans (drained and rinsed)</td>
</tr>
</tbody>
</table>

### Fall

<table>
<thead>
<tr>
<th>Fall</th>
<th>Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, variety</td>
<td>Natural Oranges</td>
</tr>
<tr>
<td>Grapes</td>
<td>Blood Oranges</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Clementines</td>
</tr>
<tr>
<td>Satsuma Tangerines</td>
<td>Tangerines</td>
</tr>
<tr>
<td>Canned Peaches</td>
<td>Pears</td>
</tr>
<tr>
<td>Corn Relish</td>
<td>Marinated Vegetables</td>
</tr>
<tr>
<td>Pickled Beets</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Green Beans</td>
<td>3-Bean Salad</td>
</tr>
<tr>
<td>Sliced Zucchini</td>
<td>Asian Pears</td>
</tr>
<tr>
<td>Garbanzo Beans</td>
<td>Dried Fruit</td>
</tr>
<tr>
<td>Diced Avocados</td>
<td></td>
</tr>
</tbody>
</table>

### Winter

<table>
<thead>
<tr>
<th>Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural Oranges</td>
</tr>
<tr>
<td>Blood Oranges</td>
</tr>
<tr>
<td>Clementines</td>
</tr>
<tr>
<td>Tangerines</td>
</tr>
<tr>
<td>Pears</td>
</tr>
<tr>
<td>Marinated Vegetables</td>
</tr>
<tr>
<td>Grapefruit</td>
</tr>
<tr>
<td>3-Bean Salad</td>
</tr>
<tr>
<td>Asian Pears</td>
</tr>
<tr>
<td>Dried Fruit</td>
</tr>
</tbody>
</table>
Sources of Nutrients on the Salad Bar

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Iron</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkin</td>
<td>Green Peppers</td>
<td>*White Beans</td>
<td>Spinach, raw</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>Brussel Sprouts</td>
<td>Spinach</td>
<td>Figs, dried</td>
</tr>
<tr>
<td>Carrots</td>
<td>Broccoli</td>
<td>*Garbanzo Beans</td>
<td>Papaya, raw</td>
</tr>
<tr>
<td>Spinach</td>
<td>Vegetable Juice</td>
<td>*Lima Beans</td>
<td>Hummus</td>
</tr>
<tr>
<td>Winter Squash</td>
<td>Baked Potato</td>
<td>*Pink Beans</td>
<td>*Great Northern Beans</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Cauliflower</td>
<td>Tempeh</td>
<td>Cabbage, Chinese</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Collard Greens</td>
<td>*Drain and rinse</td>
<td>Turnip Greens</td>
</tr>
<tr>
<td>Green Peppers</td>
<td>Tomato</td>
<td>canned beans to reduce</td>
<td>French Beans</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Corn</td>
<td>sodium content.</td>
<td></td>
</tr>
<tr>
<td>Apricots</td>
<td>Kiwifruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nectarine</td>
<td>Orange Juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>Oranges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watermelon</td>
<td>Strawberries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Papaya</td>
<td>Grapefruit Juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cantaloupe Juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pineapple</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Banana</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What Are the 10 Most Nutritious Fruits & Vegetables?

List your choices for the Top 10 most nutritious fruits and vegetables.

10. 
9. 
8. 
7. 
6. 
5. 
4. 
3. 
2. 
1.
## What Are the Most Nutritious Fruits & Vegetables?

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
<th>Vit A, RE</th>
<th>Vit C, mg</th>
<th>Fiber, g</th>
<th>Score</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Potato</td>
<td>1 baked w/skin</td>
<td>2488</td>
<td>28</td>
<td>3.4</td>
<td>103</td>
<td>1</td>
</tr>
<tr>
<td>Gold Pepper*</td>
<td>½ cup</td>
<td>12</td>
<td>92</td>
<td></td>
<td>52</td>
<td>2</td>
</tr>
<tr>
<td>Carrot</td>
<td>1 raw, medium</td>
<td>2025</td>
<td>7</td>
<td>2.3</td>
<td>74</td>
<td>3</td>
</tr>
<tr>
<td>Orange*</td>
<td>1 medium</td>
<td>26</td>
<td>80</td>
<td></td>
<td>45</td>
<td>4</td>
</tr>
<tr>
<td>Red Pepper</td>
<td>½ cup chopped</td>
<td>285</td>
<td>95</td>
<td>0.8</td>
<td>63</td>
<td>5</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>1 cup pieces</td>
<td>516</td>
<td>68</td>
<td>1.3</td>
<td>57</td>
<td>6</td>
</tr>
<tr>
<td>Strawberry</td>
<td>1 cup raw</td>
<td>4</td>
<td>85</td>
<td>3.9</td>
<td>53</td>
<td>7</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>1 whole</td>
<td>13</td>
<td>75</td>
<td>2.6</td>
<td>46</td>
<td>8</td>
</tr>
<tr>
<td>Honeydew*</td>
<td>1 cup cubed</td>
<td>7</td>
<td>42</td>
<td></td>
<td>24</td>
<td>9</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>½ medium</td>
<td>32</td>
<td>47</td>
<td>0.7</td>
<td>28</td>
<td>10</td>
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<tr>
<td>Green Pepper</td>
<td>½ cup chopped</td>
<td>32</td>
<td>45</td>
<td>0.8</td>
<td>27</td>
<td>11</td>
</tr>
<tr>
<td>Broccoli</td>
<td>½ cup raw</td>
<td>68</td>
<td>41</td>
<td>1.2</td>
<td>27</td>
<td>12</td>
</tr>
<tr>
<td>Lemon*</td>
<td>1 medium</td>
<td>2</td>
<td>31</td>
<td></td>
<td>17</td>
<td>13</td>
</tr>
<tr>
<td>Tangerine*</td>
<td>1 medium</td>
<td>77</td>
<td>26</td>
<td></td>
<td>17</td>
<td>14</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>½ cup raw</td>
<td>1</td>
<td>36</td>
<td>1.2</td>
<td>22</td>
<td>15</td>
</tr>
<tr>
<td>Tomato</td>
<td>1 medium</td>
<td>77</td>
<td>24</td>
<td>1.6</td>
<td>18</td>
<td>16</td>
</tr>
<tr>
<td>Avocado</td>
<td>1 medium</td>
<td>106</td>
<td>14</td>
<td>4.7</td>
<td>18</td>
<td>17</td>
</tr>
<tr>
<td>Lime*</td>
<td>1 medium</td>
<td>1</td>
<td>20</td>
<td></td>
<td>11</td>
<td>18</td>
</tr>
<tr>
<td>Pineapple</td>
<td>1 cup pieces</td>
<td>4</td>
<td>24</td>
<td>1.9</td>
<td>16</td>
<td>19</td>
</tr>
<tr>
<td>Potato, baked</td>
<td>1 medium</td>
<td>0</td>
<td>26</td>
<td>0</td>
<td>14</td>
<td>20</td>
</tr>
<tr>
<td>Spinach</td>
<td>½ cup chopped</td>
<td>188</td>
<td>8</td>
<td>0.7</td>
<td>12</td>
<td>21</td>
</tr>
<tr>
<td>Grapes</td>
<td>1 cup</td>
<td>12</td>
<td>17</td>
<td>1.1</td>
<td>11</td>
<td>22</td>
</tr>
<tr>
<td>Watermelon</td>
<td>1 cup raw</td>
<td>58</td>
<td>15</td>
<td>0.6</td>
<td>11</td>
<td>23</td>
</tr>
<tr>
<td>Asparagus*</td>
<td>½ cup boiled</td>
<td>48</td>
<td>10</td>
<td></td>
<td>7</td>
<td>24</td>
</tr>
<tr>
<td>Nectarine</td>
<td>1 medium</td>
<td>100</td>
<td>7</td>
<td>2.2</td>
<td>10</td>
<td>25</td>
</tr>
<tr>
<td>Cabbage</td>
<td>½ cup</td>
<td>4</td>
<td>17</td>
<td>0.4</td>
<td>10</td>
<td>26</td>
</tr>
<tr>
<td>Bartlett Pear</td>
<td>1 medium</td>
<td>3</td>
<td>7</td>
<td>4.3</td>
<td>10</td>
<td>27</td>
</tr>
<tr>
<td>Apple</td>
<td>1 medium</td>
<td>7</td>
<td>8</td>
<td>3</td>
<td>9</td>
<td>28</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>9</td>
<td>10</td>
<td>1.8</td>
<td>8</td>
<td>29</td>
</tr>
<tr>
<td>Sweet Corn</td>
<td>½ cup boiled</td>
<td>18</td>
<td>5</td>
<td>3</td>
<td>7</td>
<td>30</td>
</tr>
<tr>
<td>Turnip, boiled</td>
<td>½ cup cubed</td>
<td>0</td>
<td>9</td>
<td>1.6</td>
<td>7</td>
<td>31</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>½ cup slices</td>
<td>13</td>
<td>10</td>
<td>0.8</td>
<td>7</td>
<td>32</td>
</tr>
<tr>
<td>Peach</td>
<td>1 medium</td>
<td>47</td>
<td>6</td>
<td>1.4</td>
<td>7</td>
<td>33</td>
</tr>
<tr>
<td>Green Beans</td>
<td>½ cup boiled</td>
<td>41</td>
<td>6</td>
<td>1.1</td>
<td>6</td>
<td>34</td>
</tr>
<tr>
<td>Plum*</td>
<td>1 medium</td>
<td>21</td>
<td>6</td>
<td></td>
<td>4</td>
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<tr>
<td>Radishes</td>
<td>10</td>
<td>0</td>
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<td>0</td>
<td>6</td>
<td>36</td>
</tr>
<tr>
<td>Cherries</td>
<td>10</td>
<td>15</td>
<td>5</td>
<td>1.1</td>
<td>5</td>
<td>37</td>
</tr>
<tr>
<td>Onion</td>
<td>½ cup chopped</td>
<td>0</td>
<td>5</td>
<td>1.3</td>
<td>5</td>
<td>38</td>
</tr>
<tr>
<td>Green Onion</td>
<td>½ chopped</td>
<td>0</td>
<td>5</td>
<td>1.3</td>
<td>5</td>
<td>39</td>
</tr>
<tr>
<td>Celery</td>
<td>1 stalk</td>
<td>5</td>
<td>3</td>
<td>0.6</td>
<td>3</td>
<td>40</td>
</tr>
<tr>
<td>Cucumber</td>
<td>1 stalk</td>
<td>2</td>
<td>2</td>
<td>0.5</td>
<td>2</td>
<td>41</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>½ cup pieces</td>
<td>0</td>
<td>1</td>
<td>0.5</td>
<td>1</td>
<td>42</td>
</tr>
<tr>
<td>Lettuce, iceberg</td>
<td>1 leaf</td>
<td>7</td>
<td>1</td>
<td>0.2</td>
<td>1</td>
<td>43</td>
</tr>
</tbody>
</table>

*The score is based on Vitamins A and C. The fiber content of this fruit/vegetable is not listed in Bowes and Church's Food Values of Portions Commonly Use.*
Build a Salad

Build a 1,000-calorie salad and a 100-calorie salad.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Unit of Measure</th>
<th>Calories/Measure</th>
<th># Measures Used</th>
<th>Calories Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chopped Lettuce</td>
<td>1 cup</td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sliced Tomatoes</td>
<td>1 slice</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon Bits</td>
<td>1 Tbsp</td>
<td>25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chopped Egg</td>
<td>1 Tbsp</td>
<td>14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grated Cheese</td>
<td>1 Tbsp</td>
<td>27</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli Florets</td>
<td>¼ cup</td>
<td>12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta Salad</td>
<td>¼ cup</td>
<td>103</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunflower Seeds</td>
<td>1 Tbsp</td>
<td>82</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular Salad Dressing</td>
<td>1 Tbsp</td>
<td>70</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Fat Salad Dressing</td>
<td>1 Tbsp</td>
<td>22</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Calories______________

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Unit of Measure</th>
<th>Calories/Measure</th>
<th># Measures Used</th>
<th>Calories Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chopped Lettuce</td>
<td>1 cup</td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sliced Tomatoes</td>
<td>1 slice</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon Bits</td>
<td>1 Tbsp</td>
<td>25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chopped Egg</td>
<td>1 Tbsp</td>
<td>14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grated Cheese</td>
<td>1 Tbsp</td>
<td>27</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli Florets</td>
<td>¼ cup</td>
<td>12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta Salad</td>
<td>¼ cup</td>
<td>103</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunflower Seeds</td>
<td>1 Tbsp</td>
<td>82</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular Salad Dressing</td>
<td>1 Tbsp</td>
<td>70</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Fat Salad Dressing</td>
<td>1 Tbsp</td>
<td>22</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Calories______________
Healthy Salad Bar Choices

**Items to Encourage**

- Vegetables: fresh or frozen (tomatoes, carrots, cucumber, green or red pepper, leafy greens or spinach, broccoli, cauliflower, mushrooms, peas, sweet potatoes, zucchini, legumes)
- Fruits: fresh, frozen or canned in juice or light syrup (apricots, apples, oranges, kiwifruit, banana, melons, strawberries, peaches, pineapple, grapes, applesauce, raisins, fruit cocktail, papaya, pears, plums)
- Salad with low/non-fat dressings: Use fruit juice dressing, vegetables low/non-fat dressings. Use herbs and spices in place of salt or seasonings containing salt.
- Low fat whole grains & breads: salad using whole grains such as WG couscous, bulgur, school-made low fat croutons.
- Legumes (dry beans and peas). Cook from dry form when possible. For canned legumes, drain for 2 minutes, rinse for 10 seconds and drain again for 2 minutes to reduce sodium by 41%.

**OK in Limited Amounts**

- Meat/Meat alternates: Limit to a total of 2 ounces or 2 M/MA per meal by pre-portioning individual servings. The following amounts equal 1 M/MA: ¼ c low fat cottage cheese, 1 oz reduced fat cheese (limit to 1 oz per meal), 1 oz cooked turkey breast or pulled chicken, ½ hard cooked egg, 1 3/8 oz turkey ham or 1 ¼ oz lean ham, 4 oz yogurt.
- Imitation Bacon Bits, Crackers, Croutons
- Low/Non-fat extras: low/non-fat sour cream, low fat shredded cheese, salad dressings, mayonnaise

**WATCH OUT for these and similar items high in fat, sugar and/or sodium**

- Full fat salad dressings (ranch, French, Italian, etc.)
- Full fat mayonnaise
- Olives, green or black
- Pickles, pickled okra, pickled peppers
- Sunflower seeds
- Salads with whipped topping
- Margarine
- Full fat sour cream or cream cheese
- Salads with regular dressings (not low fat) such as macaroni salad or potato salad
- Pudding, jello
## Salad Bars with a Theme!

Special Events: These salad bars accompany the entrée.

<table>
<thead>
<tr>
<th>Mexican</th>
<th>Oriental</th>
<th>Italian</th>
<th>Greek</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shredded Lettuce</td>
<td>Chinese Cabbage</td>
<td>Greens</td>
<td>Spinach</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Bean Sprouts</td>
<td>Argula</td>
<td>Artichoke Hearts</td>
</tr>
<tr>
<td>Jalapeno</td>
<td>Bamboo Shoots</td>
<td>Endive</td>
<td>Lemons</td>
</tr>
<tr>
<td>Chopped Onions</td>
<td>Bok Choy</td>
<td>Romaine</td>
<td>Beets</td>
</tr>
<tr>
<td>WG Tortilla Chips</td>
<td>Snow Peas</td>
<td>Lemons</td>
<td>LF Feta Cheese</td>
</tr>
<tr>
<td>Salsa</td>
<td>Egg Plant</td>
<td>Roma Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Diced Green Chilies</td>
<td>Peanuts (allergy alert)</td>
<td>LF Parmesan</td>
<td></td>
</tr>
<tr>
<td>LF Cheddar &amp; Jack Cheese</td>
<td>Almonds (allergy alert)</td>
<td>LF Mozzarella Cheese</td>
<td></td>
</tr>
<tr>
<td>Avocado</td>
<td>Scallions</td>
<td>LF Ricotta Cheese</td>
<td></td>
</tr>
<tr>
<td>#Black, Kidney, Pink or Pinto Beans</td>
<td>Water Chestnuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coconut</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cashews (allergy alert)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Green Pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Celery</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yakisoba Noodles</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tofu</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Theme Bars: All these salad bars are full reimbursable meals. The first item listed is the entrée.

<table>
<thead>
<tr>
<th>Build a Better Burger Salad Bar</th>
<th>Build a Bowl of Chili Salad Bar</th>
<th>Greater Tater 'n Salad Bar</th>
<th>Pile a Pizza Salad Bar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Patty/WG Bun</td>
<td>Chili (1/2 c or ¾ c)</td>
<td>Baked Potato (120 ct = ½ cup veggie)</td>
<td>WG Cheese Pizza</td>
</tr>
<tr>
<td>Lettuce with Romaine Spinach Leaves Sliced Green Peppers Sliced Mushrooms Carrots Sliced Red Peppers Sliced Tomatoes LF Shredded Cheese Sliced Cucumbers Sliced Onions FF or LF Dressing</td>
<td>Lettuce with Romaine Chopped Green Peppers Chopped Onions Chopped Tomatoes Chopped Mushrooms Sliced Mushrooms #Black, Kidney, Pink or Pinto Beans LF Shredded Cheese WG Tortilla Chips FF or LF Dressing</td>
<td>Lettuce with Romaine Chopped Onions Sliced Mushrooms Chopped Red Peppers Chopped Tomatoes LF Shredded Cheese #Black, Kidney, Pink or Pinto Beans FF or LF Sour Cream Steamed Broccoli FF or LF Dressing</td>
<td>Lettuce with Romaine Chopped Green Peppers Chopped Red Peppers Chopped Onions Coleslaw Chopped Tomatoes Sliced Mushrooms Chopped Zucchini LF Shredded Cheese FF or LF Dressing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Plenty O’ Pasta Salad Bar</th>
<th>Stuff a Sub Salad Bar</th>
<th>Top a Taco Salad Bar</th>
<th>Ideas for Salads-to-Go*</th>
</tr>
</thead>
<tbody>
<tr>
<td>WG Pasta (1/2 or 1 c)</td>
<td>WG Sub Sandwich</td>
<td>Taco Meat/WG Shell</td>
<td>Chef’s Salad-to-Go</td>
</tr>
<tr>
<td>Lettuce with Romaine Cherry Tomatoes Chopped Onions Chopped Green Peppers Chopped Red Peppers Broccoli Carrots Peas Cauliflower Sliced Mushrooms LF Shredded Cheese Chopped Zucchini FF or LF Dressing</td>
<td>Lettuce with Romaine Sliced Green Peppers Sliced Red Peppers Sliced Red Onions LF Shredded Cheese Sliced Tomatoes Spinach Leaves Sliced Cucumbers #Black, Kidney, Pink or Pinto Beans FF or LF Dressing</td>
<td>Lettuce with Romaine Chopped Green Peppers Chopped Red Peppers Sliced Mushrooms Guacamole FF or LF Sour Cream Salsa Chopped Tomatoes #Black, Kidney, Pink or Pinto Beans LF Shredded Cheese FF or LF Dressing</td>
<td>Spinach Salad-to-Go Chicken Taco Salad-to-Go Chicken Topper-to-Go Tuna Topper-to-Go Turkey Salad-to-Go Fruit Salad Bowl-to-Go</td>
</tr>
</tbody>
</table>

*Recipes Available in Fruits & Vegetables Galore

#Drain and rinse canned legumes.
You want to use your salad bar to help meet the new meal pattern requirements. You have a Cambro portable 72” 5-well insulated salad bar as shown on page 14. Your table has been given an entrée recipe. List the foods below that you could add to meet the regulations for as many food groups as possible. Be sure not to use more foods than will fit unto your salad bar.

**Vegetables** (refer to Vegetable Subgroups chart on page 13)

<table>
<thead>
<tr>
<th>Dark Green</th>
<th>Red/Orange</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
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<td></td>
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<tr>
<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dry Beans/Peas (Legumes)</th>
<th>Starchy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td></td>
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</tr>
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</table>

<table>
<thead>
<tr>
<th>Other</th>
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<table>
<thead>
<tr>
<th>Fruits</th>
</tr>
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<tbody>
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<tr>
<td></td>
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<tr>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Whole Grains</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>


# Vegetable Subgroups

<table>
<thead>
<tr>
<th>Dark Green</th>
<th>Starchy</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bok Choy</td>
<td>Bananas, Green</td>
<td>Artichokes</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cassava</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Corn</td>
<td>Avocado</td>
</tr>
<tr>
<td>Dark Green Leafy Lettuce</td>
<td>Fresh Cowpeas,</td>
<td>Bean Sprouts</td>
</tr>
<tr>
<td>Kale</td>
<td>Field Peas or</td>
<td>Beets</td>
</tr>
<tr>
<td>Mesclun</td>
<td>Black-eyed Peas, Green</td>
<td>Brussel Sprouts</td>
</tr>
<tr>
<td>Mustard Greens</td>
<td>Lima Beans, Green</td>
<td>Cabbage, Green or Red</td>
</tr>
<tr>
<td>Romaine Lettuce</td>
<td>Peas, Green</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Spinach</td>
<td>Plantains</td>
<td>Celery</td>
</tr>
<tr>
<td>Turnip Greens</td>
<td>Potatoes, White</td>
<td>Cucumbers</td>
</tr>
<tr>
<td>Watercress</td>
<td>Taro</td>
<td>Eggplant</td>
</tr>
<tr>
<td></td>
<td>Water Chestnuts</td>
<td>Green Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Green Peppers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Iceberg Lettuce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mushrooms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Okra</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Onions</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Parsnips</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Radishes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Squash, Yellow Summer</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Squash, Zucchini</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Turnip, Root</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wax Beans</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Red and Orange</th>
<th>Dry Beans and Peas (Legumes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn Squash</td>
<td>Black Beans</td>
</tr>
<tr>
<td>Butternut Squash</td>
<td>Black-eyed Peas</td>
</tr>
<tr>
<td>Carrots</td>
<td>Garbanzo Beans or Chickpeas</td>
</tr>
<tr>
<td>Hubbard Squash</td>
<td>Great Northern Beans</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>Kidney Beans</td>
</tr>
<tr>
<td>Red Peppers</td>
<td>Lentils</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Navy (Pea) Beans</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Pinto Beans</td>
</tr>
<tr>
<td>Tomato Juice</td>
<td>Red Beans</td>
</tr>
<tr>
<td></td>
<td>Soybeans, Mature</td>
</tr>
<tr>
<td></td>
<td>Split Peas</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: USDA, May 15, 2012
LMSB2S Salad Bar Package

Cambro portable 72” 5-well insulated salad bar with two tray rails, Buffet Camchillers®, Translucent polypropylene food pans, 9” Scalloped serving tongs
Who May Apply?

Any K-12 school district participating in the National School Lunch Program is eligible to apply. There is one application that accommodates either an application for a single salad bar package or for larger districts, multiple salad bar packages. Schools currently awarded with Bronze status or above in the Healthier US School Challenge (HUSSC) (that are currently listed on the HUSSC website) automatically qualify for a salad bar donation upon completion of the application process, with the stipulation that the school or district desires and can support a salad bar every day in school lunch.

How Does This Process Work?

1. Submit Completed Application
2. Application Approved for Funding
3. Your district appears on our donation page list of districts eligible for funding and is searchable from the “find your school/district” button on the home page
4. The Initiative and Your Community Raise funds for Your Salad Bars
5. Once Funded, Your Salad Bar is Ordered for Shipment
6. Your Children Eat More Fruits and Vegetables
7. Your district will complete an evaluation twice over the two years following your grant.

Grant Eligibility Applications Are Being Accepted Now!

All applications must be submitted electronically and must be approved by your Food Service Director. The application can be found at www.saladbars2schools.org.

Once Our Bar is Funded When Will We Receive It?

There are no fundraising deadlines. Salad bars will arrive within five weeks of being ordered. We expect to ship salad bars throughout the year.

No salad bars will ship without being fully funded.

What Salad Bar is Provided?

A portable 72 inch 5-well insulated salad bar with two tray slides; divider bars; two 4-inch deep full pans with covers; four 4-inch deep half pans with covers; and twelve 4-inch deep quarter pans with covers; five buffet chilling pads; 16 serving tongs. Salad Bar implantation resources are available from the resources tab of our website.

*If your local health authority’s code requires the use of a mechanically cooled salad bar, you must notify us at info@saladbars2schools.org upon submission of a completed application – please type MAY NEED ELECTRIC in the subject line and include your name, the name of your school or district and contact phone number.
Salad Bar Food Safety and Sanitation

Preparation -

Set Up -

Maintenance -

Clean-Up -

Temperature Control -
Sample SOP for HACCP Plan

Preventing Contamination at Food Bars
(Sample SOP)

PURPOSE: To prevent foodborne illness by ensuring that all items held on food bars are protected from contamination.

SCOPE: This procedure applies to anyone who is responsible for maintaining and monitoring the self-service food bars.

KEY WORDS: Contamination, Self-Service, Salad Bars, Food Bars

INSTRUCTIONS:
1. Train foodservice employees on using the procedures in this SOP.
2. Follow State or local health department requirements.
3. Follow Employee Health Policy, Personal Hygiene, and Washing Hands SOPs. (Employee health policy is not included in this resource.)
4. Follow manufacturer's instructions for pre-heating and pre-chilling food bar equipment before use.
5. Place all exposed food under sneeze guards.
6. Provide an appropriate clean and sanitized utensil for each container on the food bar.
7. Replace existing containers of food with new containers when replenishing the food bar.
8. Assist customers who are unable to properly use utensils.
9. Ensure that customers use a clean dish when returning to the food bar.
10. Store eating utensils with the handles up or in a manner to prevent customers from touching the food contact surfaces.
11. Avoid using spray chemicals to clean food bars when in use.

MONITORING:
1. Monitor and record temperatures of food in accordance with the Holding Hot and Cold Potentially Hazardous Foods SOP.
2. Continually monitor food containers to ensure that utensils are stored on a clean and sanitized surface or in the containers with the handles out of the food.
3. Continually monitor customers' use of the food bar to ensure that customers are not:
   - Touching food with their bare hands
   - Coughing, spitting, or sneezing on the food
   - Placing foreign objects in the food
   - Using the same plate for subsequent trips
Preventing Contamination at Food Bars, continued
(Sample SOP)

CORRECTIVE ACTION:
1. Retrain any foodservice employee found not following the procedures in this SOP.
2. Remove and discard contaminated food.
3. Demonstrate to customers how to properly use utensils.
4. Discard the food if it cannot be determined how long the food temperature was above 41 °F or below 135 °F.

VERIFICATION AND RECORD KEEPING:
The foodservice manager will verify that foodservice employees are assigned to maintain food bars during all hours of operation. Foodservice employees will record temperatures of food items and document corrective actions taken on the Hot and Cold Holding Temperature Log. The foodservice manager will complete the Food Safety Checklist daily. This form is to be kept on file for a minimum of 1 year. Foodservice employees will document any discarded food on the Damaged or Discarded Product Log. The foodservice manager will verify that appropriate corrective actions are being taken by reviewing, initializing, and dating the Damaged or Discarded Product Log each day. The Hot and Cold Holding Temperature Log and the Damaged or Discarded Product Log are to be kept on file for a minimum of 1 year.

DATE IMPLEMENTED: __________________BY: _______________________

DATE REVIEWED: ____________________ BY: ________________________

DATE REVISED: ______________________ BY: _______________________

(This SOP is available at www.nsfmi.org in Word or pdf form.)
Salad Bar Etiquette

1. Always wash your hands first.

2. Use utensils. NEVER USE YOUR FINGERS.

3. If a utensil or plate falls on the floor, don’t put it back. Tell a cafeteria person.

4. Don’t taste food items at the salad bar.

5. Take a small amount of new foods to try.

6. Take only what you can eat.

7. Don’t bring food back to the salad bar.

8. DON’T PUT YOUR HEAD UNDER THE SNEEZE GUARD OR FOOD SHIELD. Ask a friend or a cafeteria person to help if you can’t reach.

9. Always be polite in line. Wait your turn.

10. Always use a clean plate for seconds.
“Cents”ible Salad Bars

1. Cost of Salad Bar Ingredients

2. Arrangement of Ingredients

3. Vary the Size and Shape of Display Containers

4. Type of Serving Implements

5. Size of Bowl, Plate or Platter

6. Student Return Factor
Culinary Techniques

Preparing Lettuces and Greens
1. Handle lettuce and greens carefully in selection, storage, and preparation to avoid damage.
2. Store greens away from fruits (such as melons, apples, pears) that give off ethylene gas that can cause brown spots on lettuce leaves and spoilage.
3. Store in the coolest part of the refrigerator.
4. Wash lettuce in produce sink with plenty of cold water. Some types of lettuce require different preparation than others. Some need to be cut or broken into smaller pieces before serving. Loose greens should have the damaged, wilted or yellowed leaves removed and the remaining greens should be soaked in cold water and drained. This process should be repeated until there are no longer any sediments at the bottom of the bowl.
5. Lettuce should be drained in a colander to dry. Dry lettuce greens will allow salad dressing to adhere properly and the lettuce will keep better for a longer time.

Preparing Fresh Fruits
1. Wash fresh fruits close to the time they will be prepared for service. Use clean, cool water and drain the fruit well.
2. Berries should be kept in the original container and washed just before serving to prevent softening and to discourage mold growth.
3. To prevent browning with fruits such as apples, pears, peaches, bananas, and avocados cut them with a stainless steel blade and then dip in an acidic fruit juice or a commercial product that contains ascorbic acid.
4. Prepare in serving size pieces and keep chilled until service. Fruit should be cut in age-appropriate size pieces.

Cooking Pasta
1. Use plenty of water. A minimum of 1 gallon of water per pound of pasta is recommended.
2. Bring water to boil and add salt. Use at least ½ tablespoon of salt for each gallon of water. Seasoning the water will enhance the flavor of the pasta and may require less salt needed in the sauce.
3. Gradually add pasta so water continues to boil; stir to prevent sticking.
4. Cook according to time specified in directions. Pasta should be cooked al dente, or firm to the bite, yet cooked through. If the pasta is to be used as part of a dish that requires further cooking, undercook the pasta by 1/3 of the cooking time specified.
5. Pour into large colander to drain.
6. If pasta is to be used cold in a salad, rinse immediately with cold, running water until the pasta is cooled or cool drained pasta on sheet pans in the refrigerator. Follow your operations food safety procedures.
7. If pasta is to be served hot, place into steam table pan and serve immediately.
8. Cook pasta in batches. It will not hold longer than 30 minutes without becoming mushy and unappetizing.
Quality Score Card for Salads

Date: ___________________  Name of Product: ______________________________________

Proudly Prepared By: __________________________________________________________

Quality Scored By: _____________________________________________________________

**Directions:** When the food is ready to serve, use this Quality Score Card to evaluate the quality. Mark **YES** when the food meets the standard and **NO** when it does not. Mark **NA** (Not Applicable) when a specific quality standard does not apply to the food being evaluated. Use the **COMMENTS** section to explain why a food does not meet a standard.

*Remember, if a food does not meet the quality standards, it should not be placed on the service line.*

<table>
<thead>
<tr>
<th>Quality Standard</th>
<th>Yes</th>
<th>No</th>
<th>NA</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Appearance</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Bright color typical of the fresh greens</td>
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<td></td>
</tr>
<tr>
<td>• Bright color typical of other fresh ingredients (no discoloration)</td>
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<tr>
<td>• Salad appears moist, not dry or excessively wet......</td>
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<tr>
<td>• Salad ingredients are even pieces........................</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Salad ingredients appear crisp, not limp..................</td>
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</tr>
<tr>
<td>• Garnish is edible and appropriate for the salad.............</td>
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<tr>
<td><strong>Texture or Consistency</strong></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>• Salad ingredients are crisp, not soggy.....................</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>• Meat or pasta/rice salads are tender but not mushy...</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Flavor</strong></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>• Salad ingredients have a fresh, distinctive flavor......</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>• Seasonings enhance the salad but are not too salty or too tart</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• A choice of low fat and/or fat-free salad dressings is available</td>
<td></td>
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</tr>
<tr>
<td><strong>Service Temperature</strong></td>
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<td></td>
</tr>
<tr>
<td>• 34°F - 38°F.................................</td>
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# Individual Evaluation of Lab Products

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<thead>
<tr>
<th>Product:</th>
<th>Fruit Pico de Gallo</th>
<th>Quality Evaluation:</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Appearance</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Texture</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Taste</td>
<td>5</td>
<td>4</td>
<td>3</td>
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**Comments:**

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<thead>
<tr>
<th>Product:</th>
<th>Black Bean and Corn Salsa</th>
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<tbody>
<tr>
<td></td>
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<td>4</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Texture</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
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<td></td>
<td>Taste</td>
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**Comments:**

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<thead>
<tr>
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<th>Broccoli Salad</th>
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<td></td>
<td>Taste</td>
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**Comments:**

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<tbody>
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<td></td>
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<td>4</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Texture</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Taste</td>
<td>5</td>
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</table>

**Comments:**
## Individual Evaluation of Lab Products

<table>
<thead>
<tr>
<th>Product: Tabouleh (salt added to bulgur)</th>
<th>5 = excellent, 4 = good, 3 = acceptable, 2 = poor, 1 = unacceptable</th>
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</thead>
<tbody>
<tr>
<td>Quality Evaluation:</td>
<td></td>
</tr>
<tr>
<td>Appearance</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>Texture</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>Taste</td>
<td>5 4 3 2 1</td>
</tr>
</tbody>
</table>

Comments:

<table>
<thead>
<tr>
<th>Product: Tabouleh (salad seasoned after preparation)</th>
<th>5 = excellent, 4 = good, 3 = acceptable, 2 = poor, 1 = unacceptable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality Evaluation:</td>
<td></td>
</tr>
<tr>
<td>Appearance</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>Texture</td>
<td>5 4 3 2 1</td>
</tr>
<tr>
<td>Taste</td>
<td>5 4 3 2 1</td>
</tr>
</tbody>
</table>

Comments:
Summary

1. Students should have access to __________ and be able to make healthy food choices where ever they are.

2. Building __________ that provide increased variety with more __________ will have important health benefits for students.

3. To implement the __________ in school meals, offer __________ daily, offer a __________ or __________ vegetable three to four times a __________, use __________ salad dressings, and increase the __________ of fruits and vegetables offered.