Friday Lunch

Honey Mustard Deli Wrap

Main Dish | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Mustard	2 lb	1 qt			1. Mix mustard, mayonnaise, and honey together. Chill overnight. Reserve for step 3.
Mayonnaise, low-fat	3 lb	1 qt 2 cups			
Honey	1 lb 4 oz	1¼ cups			
Flour tortilla, whole grain, 8" — pita instead see recipe		100 each			2. Steam tortillas 3 minutes until warm OR place in warmer to prevent tearing when folding. 3. Spread 1 oz (2Tbsp) honey mustard sauce on each tortilla.
Turkey breast, deli, sliced	6 lb 4 oz				4. Arrange 1 oz of turkey and ~~½ oz ham~~ on each tortilla and sprinkle with 1 oz of cheese.
~~Ham, thinly sliced~~	~~3 lb 2 oz~~				
White cheese, reduced fat shredded	6 lb 4 oz				
Tomatoes, fresh	6 lb 14 oz	200 slices			5. Wash and core tomatoes. Do not peel. 6. Slice into thin slices, approximately 1/4 "(7-9 slices/tomato).
Leaf lettuce		100 leaves			7. Top meat and cheese with 1 lettuce leaf and 2 tomato slices. 8. Fold the top and bottom of tortilla into the center. Beginning at either side, roll the tortilla, until all contents cannot be seen. 9. Cut diagonally in half. 10. Place each half seam side down in pan.
Dean Allerdings has WG pita recipe - baking will prepare					CCP: Hold at 41° F or below before and during service.

					11. Serve both halves. Notes: • Leaf lettuce - 5 heads

Serving Size	1 Serving Provides	Yield
1 wrap	2 oz equivalent meat/meat alternate, 1/4 c of vegetables, and 1 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	300	Vitamin A	955 IU	Iron	1.85 mg
Protein	20 g	Vitamin C	6.58 mg	Calcium	332.7 mg
Carbohydrate	30 g	Dietary Fiber	4.5 g	Cholesterol	33 mg
Fat	11 g	% Fat	33 %	Sodium	1150 mg
Saturated Fat	4 g	% Saturated Fat	12 %		

FRIDAY

Recipes have not been tested and are intended to use as an activity in the Reimbursable Meals resource.

Recipe Name: Pita Chips, Whole Grain
Recipe Source: Mock Recipe/Training
Serving Utensil: Tongs

Recipe Group: Grain
Recipe Number: G 465

Product Code	Ingredients	Portion Size EP	Quantity to Prepare 50 Servings AP	Quantity to Prepare 100 Servings AP	Meal Pattern
					1 Serving Whole-Grain
65431	Pita, Whole-grain, RTE	1 each	50	100	

Prep Ahead Tips:
Gather supplies. Use a cart whenever possible.

Instructions

1. Spritz baking pan.
2. Cut each pita into 8 triangles. Spritz with vegetable spray. Bake at 375 ^{0}F for 10 minutes. Set timer.
3. Refer to photograph for illustration.

Quality and Food Safety
Clean and sanitize work station.
Wash hands.
Use disposable gloves or utensils when preparing ready-to-eat foods.
Keep item protected by sneeze guard or in sealed container during serving.

This resource was approved by USDA as of May 15, 2012. If new information is released, NFSMI will update this resource accordingly. Additional lessons for phased in requirements and recognizing a reimbursable meal in the School Breakfast Program (SBP) and the NSLP will be added at a later date.

Recipes have not been tested and are intended to use as an activity in the Reimbursable Meals resource.

Recipe Name: Pita, Whole-Grain
Recipe Source: Mock Recipe/Training
Serving Utensil: Tongs

Recipe Group: Grain
Recipe Number: G 3 24

Product Code	Ingredients	Portion Size EP	Quantity to Prepare 50 Servings AP	Quantity to Prepare 100 Servings AP	Meal Pattern
65431	Pita, Whole-grain, RTE	1 each	50 each	100 each	1 Serving Whole-Grain

Prep Ahead Tips:
Gather supplies. Use a cart whenever possible.

Instructions

1. Use utensils or disposable gloves when preparing or serving item.
2. Keep covered during serving
3. Refer to photograph for illustration.

Dean Allerdings has WG pita Recipe - baking class to prepare

Quality and Food Safety
Clean and sanitize work station.
Wash hands.
Use disposable gloves or utensils when preparing ready-to-eat foods.
Keep item protected by sneeze guard or in sealed container during serving.

This resource was approved by USDA as of May 15, 2012. If new information is released, NFSMI will update this resource accordingly. Additional lessons for phased in requirements and recognizing a reimbursable meal in the School Breakfast Program (SBP) and the NSLP will be added at a later date.

Hummus

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure	Directions
Canned garbanzo beans or chickpeas, drained	8 lb 8 oz	5 qt 1 cup (2 No. 10 cans)	17 lb	2 gal 2 ½ qt (4 No. 10 cans)	1. Combine all ingredients in a food processor and puree to a smooth consistency.
Frozen lemon juice concentrate, reconstituted		3 ¼ cups		1 qt 2 ½ cups	
Peanut butter OR Tahini OR Sunflower seed butter	1 ½ lb OR 1 ½ lb OR 1 ½ lb	2 ½ cups OR 2 ½ cups OR 2 ½ cups	3 lb OR 3 lb OR 3 lb	1 qt 1 cup OR 1 qt 1 cup OR 1 qt 1 cup	
*Garlic cloves, peeled	5 oz	1 cup 1 Tbsp	10 oz	2 cups 2 Tbsp	
Water		3 ¼ cup		1 qt 2 ½ cups	
Ground black or white pepper		1 Tbsp		2 Tbsp	
					2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3. CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service.
					4. Portion with No. 8 scoop (½ cup).

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items Food as Purchased for	50 Servings	100 Servings
Garlic	17 cloves	34 cloves

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.	**50 Servings:** about 13 lb 9 oz	**50 Servings:** about 1 gallon 2 ¼ quarts 2 pans
	100 Servings: about 27 lb 2 oz	**100 Servings:** about 3 gallons 2 cups 4 pans

Tested 2006

Hummus

Special Tip:
Serve with pita bread; warning for service - contains peanut butter.

Nutrients Per Serving					
Calories	182	**Saturated Fat**	1.44 g	**Iron**	1.38 mg
Protein	7.49 g	**Cholesterol**	0 mg	**Calcium**	37 mg
Carbohydrate	22.37 g	**Vitamin A**	21 IU	**Sodium**	301 mg
Total Fat	7.90 g	**Vitamin C**	7.7 mg	**Dietary Fiber**	4.4 g

Fiesta Hummus

Serving Size: 1/4 cup
Yield: 6

Ingredients:

1 can each garbanzo beans
1/2 teaspoon cumin
1/4 teaspoon salt
dash each cayenne pepper
2 each garlic cloves, minced
1/2 cup plain, non-fat yogurt
1 Tablespoon lime juice
1 Tablespoon sesame oil
1-2 each finely chopped jalapeno peppers
2 Tablespoons chopped cilantro

Nutrition Facts
Serving Size 1/4 cup (101g)
Servings Per Container 6

Amount Per Serving

Calories 120 Calories from Fat 30

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	

Vitamin A 2% • Vitamin C 10%
Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions:

1. Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients.

2. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

Cost:

Per Recipe: $ 1.7034
Per Serving: $ 0.28

Source:

Adapted from:
Healthy Recipes

Author:
Oregon State University

http://oregonstate.edu/dept/kbrec/sites/default/files/documents/health/Fiesta_Hummus.pdf

Fruit Yogurt Parfait

Serving Size: 1 parfait
Yield: 1

Ingredients:

1/2 cup yogurt, fruit-flavored
1/2 medium each banana
1/2 cup grapes
1/4 cup dry crunchy cereal (Grape Nuts or granola cereals are good)

Nutrition Facts

Serving Size 1 parfait (281g)
Servings Per Container

Amount Per Serving

Calories 340	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 69g	23%
Dietary Fiber 7g	28%
Sugars 43g	
Protein 11g	

Vitamin A 2% • Vitamin C 25%
Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions:

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top.

Cost:

Per Recipe: $ 0.76648
Per Serving: $ 0.77

Source:

Adapted from:
Pennsylvania Nutrition Education Network
Website Recipes
The Pennsylvania Nutrition Education Program

Author:
Pennsylvania Nutrition Education Program

This McDonald's recipe is very simple to make. Aside from that, it's also very yummy and low-fat! The yogurt used in the original version is very creamy and sweet, much like Yoplait. Because of that, this version will use that brand. However, you can use any vanilla yogurt brand you like. If you're going to use Yoplait, however, you will be needing two Yoplait containers (6-oz) for each serving. For the granola ingredient, you should use the kind with a lot of oats in it. This recipe should have that sweet (like maple flavor) and crunchy. Using puffed rice bits is also advised. You may even make this recipe ahead of time, about one or two days before. Just simply put it in a covered container and put it in the fridge. Just make sure you don't put the granola topping until you will going to serve it, or else the granola topping will get soggy.

Serves: 3

Ingredients:

4 c low-fat yogurt, vanilla flavor (or 8 containers of Yoplait, 6-oz)
½ c sweet and crunchy granola
1/3 c thawed blueberries
2 boxes of thawed and sliced strawberries with added sugar (10-oz)

Procedure:

1. Pour half cup of yogurt to a parfait cup or a tall glass.2. Add half cup of strawberries on top of yogurt.
3. Put a tablespoon of blueberries to the mixture.
4. On top of the fruit, put another half cup of yogurt.
5. Sprinkle the granola topping on top of the parfait and serve. Do the same process for the rest of the servings.