

*South Dakota Child & Adult Nutrition Services*

# Menu Planning Resource

*Incorporating USDA Foods into School Meals*



*August 2021*



south dakota  
DEPARTMENT OF EDUCATION  
Learning. Leadership. Service.

# Included in this Resource:

- Recipe Ideas
- Entrée & Side Pairing Ideas
- Item Use Tips



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# How to Use this Resource

This Resource is intended to guide decision making and planning for your school. The materials used to create this resource are included below for additional information:

## USDA Foods Expected to be Available

-  [Child Nutrition Recipe Box](#)
-  [Washington State Recipe Book](#)
-  [Iowa Recipe Book](#)
-  [Kansas Recipe Book](#)
-  [Kansas Breakfast Options](#)
-  [Ohio Menus that Move](#)
-  [Florida Menu Planning](#)
-  [Mississippi Recipes for Success](#)
-  [South Dakota Recipes](#)

*Recipe source is indicated by the color-coded flower next to the recipe title.*

Recipe titles that are underlined are links to online recipes.

USDA item numbers will be included in parenthesis for available USDA items.

Baking times and temperatures are for convection ovens.

The combination of foods to create a meal are endless, but some pairing suggestions are listed to give you a start!

## Using USDA Foods

Being creative and using variety with the foods available to you is the best way to increase food acceptance & allow the students to try new things.

Keep presentation in mind as well as that greatly affects food acceptance.

Don't be afraid to modify recipes according to specific tastes and preferences for your school.

# Breakfast / Fruit / Dessert

## Eggs:

- Scrambled Eggs with Salsa
- Western Omelet Quesadilla
- Vegetable Frittata
- Cheesy Broccoli Egg Bake

## Breakfast:

- Breakfast Burritos
- Southwest Scramble
- Breakfast Pizza with Hashbrown Crust
- Biscuits and Gravy
- Fruit Breakfast Pizza

## Oatmeal:

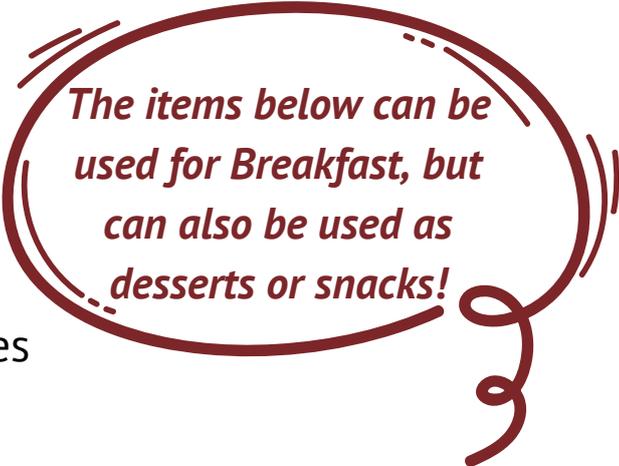
- Fruity or Spiced Oatmeal
- Oatmeal Muffin Squares
- Granola

## Breads & Muffins:

- Breakfast Muffins
- Maple Baked French Toast Squares
- Pumpkin Muffin Squares
- Banana Bread Squares
- Coffee Cake
- Cinnamon Rolls

## Fruit:

- Honey Fruit Crisp
- Berry Smoothie
- Strawberry Applesauce
- Yogurt Parfaits
- Spiced Apples
- Banana Pudding



*The items below can be used for Breakfast, but can also be used as desserts or snacks!*

# Eggs



*Eggs are an great protein source, making them a great way to start the day. There are so many ways that eggs can be enjoyed, so get creative! Here are a few ideas:*



## **Scrambled Eggs with Salsa**

Serves 100

1 gal 6 1/2 cups Eggs (110845)  
2 qt Skim Milk  
1 Tbsp Salt  
2/3 cup Margarine  
Serve with 1/4 cup Salsa  
(100330)

Beat eggs. Stir in milk & salt.  
Butter 4 steam table pans.  
Evenly divide egg mixture into pans.  
Bake at 300F for 15 min. Stir once after 10 min & stir after cooking.  
Stir in 2.5 Tbsp margarine to each pan.  
Portion with No. 16 scoop.

*Crediting: 1/4 cup = 2oz  
eq meat alt*



## **Western Omelet Quesadilla**

Serves 100

100 Tortillas (110394)  
5 lb 12 oz Eggs (110845)  
2 cups Skim Milk  
4 tsp Onion Powder  
2 tsp Black Pepper  
2 lb Turkey Ham (100126)  
4 lb 12 oz Pepper/Onion Strips  
(110724), chopped  
2 lb 8 oz Cheese (100003)

Mix all together except cheese & tortillas. Pour into buttered steam table pan.  
Bake at 350F for 15-20 min, stirring once.  
Stir to break it up like scrambled eggs.  
Add cheese, stir to melt.  
Use a No. 16 scoop to portion egg mixture onto tortillas.  
Fold in half & shingle on sheet pan.  
Bake at 350 F for 8-10 min, rotating pans half-way through.

*Crediting: 1 quesadilla = 1.5  
oz eq M/MA + 1 oz eq grains*

# Eggs



## Vegetable Frittata

Serves 100

- 4 lb Pepper/Onion Strips (110724), diced
- 1lb 8 oz chopped mushrooms
- 2 Tbsp 2 tsp Salt
- 1 Tbsp 1 tsp Black Pepper
- 1 lb 8 oz Spinach (110425), chopped
- 1 lb 8 oz Cheddar (100003)
- 1 qt Skim Milk
- 1 gal Eggs (110845)
- 1 lb 12 oz WG Flour (110855)

Sauté 1st 4 items in a pot for 2 min. Add spinach. Cook until wilted. Divide vegetable mixture between 4 steam table pans. Cover and set in fridge for 30 min. Sprinkle cheese evenly over pans. Stir well. Butter 3 muffin pans. Use No. 30 scoop to portion veggies into each muffin cup. Combine milk, eggs, & flour in bowl. Use No. 16 scoops to portion egg mixture into each muffin cup. Bake at 350F for 20 min.

*Crediting: 1 muffin = 1/8 cup add veg*



## Cheesy Broccoli Egg Bake

Serves 100

- 10 lb Eggs (110845)
- 11 lb Broccoli (110473), chopped
- 2 Tbsp Oil (100439)
- 1 cup Onion, diced
- 1/4 cup Dill
- 3 cups Cottage Cheese, drained
- 3 1/2 cups Cheddar (100003)
- 3 1/2 cups Mozzarella (100021)
- 2 tsp Salt
- 1 1/2 tsp Black Pepper

Heat oil in pot & sauté onions. Add broccoli & dill. Heat. Combine everything in a bowl. Divide into 4 pans. Bake at 300F for 20 in. Cut 25 pieces per pan.

*Crediting: 1 piece = 2 oz eq MA, 1/8 c. DG veg*

# Breakfast

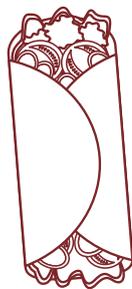


## Breakfast Burritos

Serves 100

10lb Eggs (110845)  
2lb Corn (100348)  
1.5 cups Skim Milk  
3lb 8oz Pepper/Onion Strips  
(110724), diced  
4oz Tomatoes (100329)  
1/2 cup Yellow Mustard  
4 tsp Granulated Garlic  
2 Tbsp Hot Pepper Sauce  
4 tsp Salt  
6lb 10oz Salsa (100330)  
1lb 4oz Cheese (100003)  
100 Tortillas (110394)

Mix 1st 9 items 8 min on low speed.  
Divide between 4 greased pans.  
Bake at 325F for 50 min.  
Sprinkle cheese over each pan.  
Cut 25 pieces per pan.  
Steam tortillas to prevent tearing.  
Place 1 piece into each tortilla and  
roll into burrito.



*Crediting: 1 burrito = 2oz eq  
MA, 1.5oz eq grains, 1/8 c  
additional veg*



## Southwest Scramble

Serves 100

6 lb 4 oz Quinoa  
1 gal 2 qt Water  
1/4 cup 4 tsp Olive Oil  
14 lb Tofu, crumbled  
1/2 cup Garlic, minced  
1/4 cup Cumin  
4 tsp Red Pepper Flakes  
2 Tbsp 2 tsp Salt  
2 tsp Black Pepper  
1/2 cup 2 tsp Tumeric  
4 lb Red Bell Pepper, diced  
2 lb Green Onions, diced

Rinse quinoa until water runs clear.  
Simmer quinoa & water for 10-15 min.  
Divide quinoa into 4 pans.  
In stockpot, add oil & tofu. Heat 2-3 min.  
Add remaining ingredients. Cook 1-2 min.  
Divide mixture on top of each pan.  
Portion with 3/4 cup spoodle.

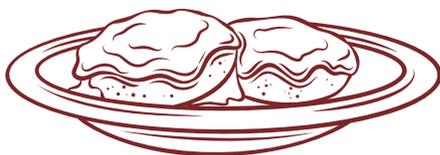
*Crediting: 3/4 c. = 1 oz eq  
MA, 0.75 oz eq grains, 1/8 c.  
add veg*

# Breakfast

## **Breakfast Pizza with Hashbrown Crust** Serves 100

4 lb Ground Turkey  
4 tsp Fennel Seeds  
4 tsp Salt  
1 tsp Cayenne pepper  
2 tsp Ground Sage  
1 tsp Red Pepper Flakes  
3 Tbsp 1 tsp Coriander Seeds  
12 oz Applesauce (110541)  
6 lb Hash Brown Potatoes  
2lb 8oz Eggs (110845)  
1 lb Cheese (100003)  
2 oz Green Onions  
2 lbs Red Bell Pepper

In a bowl combine 1st 8 ingredients.  
Cook turkey mixture in large pot for 10 minutes. Drain.  
Combine 2 2/3 cups turkey, hash browns, & eggs in a large bowl.  
Pour 2qt hash brown mixture into 4 buttered half sheet pans.  
Bake at 400F for 20 min.  
Sprinkle crust with remaining turkey, cheese, onions, & peppers.  
Bake at 400F for 10 min.  
Cut 25 pieces per pan.



*Crediting: 1 piece = 1 oz eq M/MA, 5/8 c. starchy veg, & 1/8 c. add veg*

## **Biscuits and Gravy** Serves 100

100 WG 2oz Biscuits  
2 gal 2 qt Gravy, country style  
7 lb Raw Turkey Sausage

Slice and warm pre-made biscuits.  
Prepare gravy according to package directions.  
Brown and crumble sausage in skillet. Cook through to 160F. Drain, rinse, and combine sausage with gravy.  
Heat to 135F.  
Serve biscuit with 3 oz of gravy.

*Crediting: 1 serving = 1 oz eq M/MA + 2 oz eq grains*

# Breakfast



## Fruit Breakfast Pizza

Serves 100

2 qt Yogurt (110402)  
2 qt Cream Cheese  
6 Tbsp 2 tsp Vanilla  
12 oz Honey  
2 2/3 cups Oil (100439)  
6 cups Brown Sugar  
1 qt 1/2 cups Applesauce  
(110541)  
16 oz Eggs (110845)  
3 lb 12 oz WG Flour (110855)  
1/4 cup Baking Powder  
4 tsp Cinnamon  
2 lb Oats (100206)  
8 lb Strawberries (110860)  
4 lb Bananas  
4 lb Blueberries (100242)

Combine yogurt, cream cheese, honey, & 2 tsp vanilla in mixer for 6-7 min.

Combine oil and sugar in mixer until crumbly.

Add applesauce, eggs, & remaining vanilla. Mix 6-7 min.

Slowly add flour, powder, & cinnamon. Mix 6-7 min.

Fold in oats.

In 4 buttered half sheet pans, press 1 qt dough into each pan.

Bake at 325F for 20-25 min.

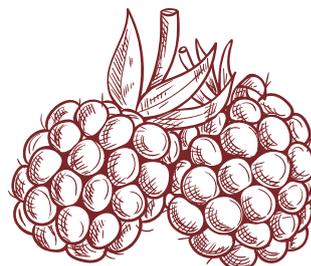
Cool 45-60 min. Spread 1qt 1cup yogurt mixture over each pan.

Arrange fruit on top.

Cut each pan into 25 pieces.



*Crediting: 1 piece = 1/2 c.  
fruit, 1.5 oz eq grains*



# Oatmeal

## Fruity Oatmeal

Serves 100

2 gal 2 qt 1 cup Skim Milk  
1 gal Water  
12 oz Margarine  
3 cups Brown Sugar  
2 tsp Cinnamon  
2 tsp Nutmeg  
1 Tbsp 1 tsp Salt  
7 lb 14 oz Oats (100206)



Bring water and milk to a boil.  
Stir in remaining ingredients.  
Reduce heat, stir constantly for 5-8 min until oatmeal thickens.  
Pour oatmeal into 4 steam table pans.  
Use a 3/4 cup spoodle to portion.

5 lb 8 oz of any combination of fruit:  
Apple (100206), Strawberries (110860),  
Blueberries (100242), Peaches (100220),  
Cranberries (110723), Cherries (110872)

*Crediting: 3/4 cup = 1 oz  
eq grains + 1/4 cup fruit*

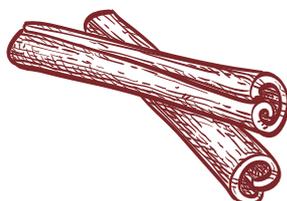
## Spiced Oatmeal

Serves 100

1 gal 3 qt 1 cup Milk  
1 gal 2 qt 1 cup Water  
12 oz Margarine  
1 1/4 cup Agave/Honey  
2 Tbsp 2 tsp Vanilla  
2 tsp Cinnamon  
2 tsp Nutmeg  
1 Tbsp 1 tsp Salt  
7 lb 12 oz Oats (100206)

Bring water and milk to a boil.  
Stir in remaining ingredients.  
Reduce heat, stir constantly for 5-8 min until oatmeal thickens.  
Pour oatmeal into 4 steam table pans.  
Use a 3/4 cup spoodle to portion.

*Crediting: 3/4 cup = 1 oz  
eq grains*



# Oatmeal



## Oatmeal Muffin Squares

Serves 100

- |                                      |   |
|--------------------------------------|---|
| 1 qt 3 cups WG Flour (110855)        | Set aside 1 oz of flour.                            |
| 1 qt 2 2/3 cups Bread Flour (100912) | Mix together flour, oats, powder, soda, & spices.   |
| 2 qt 3 cups Oats (100206)            | Mix eggs & sugar together.                          |
| 2 Tbsp 2 tsp Baking Powder           | Stir in bananas, yogurt & vanilla.                  |
| 2 Tbsp Baking Soda                   | Add wet to dry mixture.                             |
| 2 Tbsp 2 tsp Cinnamon                | Coat blueberries with 1 oz flour.                   |
| 2 tsp Nutmeg                         | Fold in blueberries & raisins.                      |
| 2 tsp Salt                           | Divide evenly into 4 greased half steam table pans. |
| 2 1/2 cups Eggs (110845)             | Bake at 300F for 40 min.                            |
| 2 cups Sugar                         | Cut 25 pieces per pan.                              |
| 2 qt 1 1/3 cup Bananas, mashed       |   |
| 1 qt 2 cups Yogurt (110402)          |   |
| 1/4 cup Vanilla                      |   |
| 5 1/3 cups Blueberries (100242)      |   |
| 2 2/3 cup Raisins                    |   |

*Crediting: 1 piece = 1.5 oz eq grains + 1/8 cup fruit*



## Granola

Serves 100

- |                       |   |
|-----------------------|---|
| 1 gal Oats (100206)   | Mix all ingredients together.           |
| 2 Tbsp 2 tsp Cinnamon | Spread over parchment-lined sheet pans. |
| 1 qt Brown Sugar      | Bake at 250F for 20-25 min.             |
| 2 tsp Salt            |   |
| 3/4 cup Honey         |   |
| 1 cup Oil (100439)    |   |
| 2 cups Water          |   |

*Crediting: 2.5 Tbsp = 0.5 oz eq grains*

# Breads & Muffins



## Breakfast Muffins

Serves 100

3 lbs Sugar  
1 cup Oil (100439)  
1 qt 1/2 cup Eggs (110845)  
1 qt Yogurt (110402)  
2 lb WG Flour (110857)  
1 lb 12 oz AP Flour (100400)  
2 Tbsp 2 tsp Baking Soda  
4 tsp Baking Powder  
2 tsp Salt  
4 tsp Ground Ginger  
2 tsp Ground Cloves  
3 cups Orange Juice (100277)  
1/2 cup Lemon Zest  
1 lb 12 oz Carrots (100352), shredded  
2 cups Applesauce (110541)  
1/4 cup Vanilla

Mix sugar & oil for 8 min.  
Blend in eggs & yogurt for 12 min.  
Alternate adding dry ingredients and orange juice. Mix for 5-6 min.  
Butter 5 muffin pans. With a No. 16 scoop, portion into muffin cups.  
Bake at 375F for 20-25 min.

*Crediting: 1 muffin = 1 oz eq grains*



## Maple Baked French Toast Squares

Serves 100

5 1/3 cups Eggs (110845)  
7 cups Skim Milk  
1.25 cups Sugar  
1/4 tsp Salt  
4 tsp Vanilla  
2 tsp Cinnamon  
35 slices WG Bread  
3 cups Maple Syrup

Mix 1st 5 ingredients in a bowl.  
Tear bread slices into small pieces & add to egg mixture. Set for 30 - 60 min.  
Divide into 4 greased pans.  
Pour 3/4 cup maple syrup over each pan.  
Bake at 350F for 20-25 min. Rest 20 min.  
Cut 25 pieces per pan.

*Crediting: 1 piece = 1 oz eq grains + 1 oz eq MA*

# Breads & Muffins



## Pumpkin Muffin Squares

Serves 100

1 qt 3 cups WG Flour ( 110402)  
1 qt 2.5 cups Bread Flour (100912)  
2 Tbsp Baking Powder  
4 tsp Baking Soda  
4 tsp Salt  
2 Tbsp 2 tsp Cinnamon  
2 tsp Nutmeg  
2 tsp Ground Ginger  
1 qt 2 2/3 cups Brown Sugar  
3 cups Oil (100439)  
2/3 cups Eggs (110845)  
12 oz Egg Whites  
5 lb Pumpkin  
10 oz Raisins (100293)

Mix 1st 8 items for 2 min.  
Combine sugar & oil in a bowl.  
Stir in eggs & vanilla.  
Add egg mixture to dry ingredients. Mix for 3-5 min.  
Fold in pumpkin and raisins.  
Divide into 4 greased half pans.  
Bake at 325F for 35-40 min.  
Cut 25 pieces per pan.

*Crediting: 1 piece = 1 oz  
eq grains*



## Banana Bread Squares

Serves 100

3 qt 1 cup WG Flour (110857)  
2 lb 2 oz Sugar  
1/2 cup Dry Milk  
3 Tbsp 1 tsp Baking Powder  
2 tsp Baking Soda  
4 tsp Nutmeg  
2 tsp Salt  
14 oz Eggs (110845)  
2 2/3 cups Water  
4 tsp Vanilla  
2 cups Shortening  
7 cups Bananas, mashed  
3 cups Chopped Walnuts (optional)

Mix 1st 7 ingredients for 1 min.  
In a bowl, mix eggs, water, & vanilla.  
Add egg mixture & shortening to dry ingredients. Mix 1 min.  
Add bananas and walnuts. Mix 1 min.  
Divide into 4 buttered half pans.  
Bake at 300F for 25-35 min.  
Cut 25 pieces per pan.

*Crediting: 1 piece = 1 oz  
eq grains*

# Breads & Muffins



## Coffee Cake

Serves 96

2 lb AP Flour (100400)  
3 lb 2 oz WG Flour (110857)  
2 Tbsp 2 tsp Baking Powder  
2 Tbsp 2 tsp Baking Soda  
2 Tbsp 2 tsp Cinnamon  
3 lb 8 oz Sugar  
1 Tbsp 1 tsp Salt  
1 lb (8 lg) Eggs (110845)  
4 lb Milk  
1 lb Oil (100439)  
2 2/3 cups Orange Juice Concentrate  
1 lb Applesauce (110541)  
2 lb Brown Sugar  
8 oz Margarine  
2 lb Nuts  
1 cup Milk  
1 lb 12 oz Powdered Sugar  
1 Tbsp 1 tsp Vanilla

Mix 1st 7 ingredients together.  
Add eggs, milk, oil, juice, & applesauce. Mix until moistened.  
Pour into 4 buttered pans.  
Mix brown sugar, margarine, & nuts. Sprinkle over batter.  
Bake at 325F for 20-25 min.  
Combine remaining ingredients.  
Drizzle over coffee cake.  
Cut pans 4 X 6.



*Crediting: 1 piece = 1.5 oz  
eq grains + 1/8 c. fruit*



# Breads & Muffins



## Cinnamon Rolls

Serves 144

3 lb 12 oz WG Flour  
(110857)  
3 lb 8 oz AP Flour  
(100400)  
8 oz Instant Dry Milk  
1 1/2 cup Sugar  
1/2 cup Instant Dry Yeast  
2 Tbsp 2 tsp Salt  
14 oz Oil (100439)  
2 qt 1/4 cup Water  
2 cups Sugar  
2/3 cups Cinnamon  
1/4 cup Salad Oil  
1 lb 4 oz Powder Sugar  
2 Tbsp Vanilla  
4 oz Water

Mix 1st 6 items in mixer. Add oil & mix 2 min. Add water & mix 1 min. Add more water if dough is too stiff.

Knead dough for 8-10 min.

Form dough into 3 lb balls. Cover with plastic wrap.

Combine cinnamon & sugar.

Spray counters & dough with pan release spray. Roll each ball into a rectangle 24"x10"x1/4".

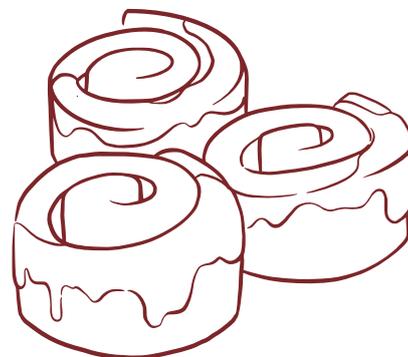
Brush dough with oil & sprinkle with 1/2 cup cinnamon sugar. Roll. Cut 24 circles.

Place 48 rolls per parchment-lined pan. Proof 30-50 min. Bake 350F 12-14 min. Cool for 5-10 min.

Mix powdered sugar, vanilla & water to make glaze. Drizzle over rolls.



*Crediting: 1 roll = 1.25 oz  
eq grains*



# Fruit



## Honey Fruit Crisp

Serves 96

- 1 #10 can Pears (100225)
- 1 #10 can Apples (100206)
- 1 qt Cherries (110872)
- 2 lb WG Flour (110855)
- 1 lb Oats (100206)
- 1 lb 14 oz Brown Sugar
- 4 Tbsp Cinnamon
- 1 lb 8 oz Margarine, liquid
- 1 lb 4 oz Honey
- 4 oz Lemon Juice

Drain cans, save 3 cups juice. Divide fruit evenly into 2 steam table pans. Stir 10 oz honey, 1/2 Tbsp cinnamon & 1/4 c. lemon juice into each pan. Pour 1.5 cups liquid over each pan. Combine remaining ingredients and sprinkle evenly over pans. Bake at 350F for 25-35 min. Cut 48 pieces out of each pan.

*Make it with a different fruit or fruit combination each time!*

*Crediting: 1 piece = 3/4 oz eq grain + 1/4 cup fruit*



## Berry Smoothie

Serves 100

- 3 qt 3 cups Yogurt (110402)
- 1.5 gal Strawberries (110860), diced
- 1 cup Agave / Honey
- 1/2 cup Vanilla

Blend strawberries in high-speed blender 2-3 minutes until smooth. In a bowl, combine puree with yogurt. Stir in remaining items. Pour into 2 deep half pans. Portion with 6 oz spoodle.

*Crediting: 1 bowl = 1/2 cup fruit + 1 oz eq M/MA*

*Crediting: 1/2 c. = 1/2 c. fruit*



## Strawberry Applesauce

Serves 100

- 4 No. 10 cans Applesauce (110541)
  - 1 qt Strawberries (110860)
- SD CANS Menu Planning Resource

Add all ingredients to blender. Blend until smooth. Serve hot or cold. Use a No. 8 scoop to portion.

# Fruit



## Yogurt Parfaits

Serves 100

3 gal 2 cups Strawberries  
(110860), sliced **OR**  
3 gal 7 cups Blueberries  
(100242) **OR** 3 No. 10  
cans Peaches (100220)  
3 gal 2 cups Yogurt (110402)  
2 Tbsp 2 tsp Vanilla  
12.5 cups Granola

Use 4 pans, placing 25 clear cups on each sheet pan. Put 1/2 cup fruit in each cup.

Combine yogurt & vanilla. Portion using No. 8 scoop into each.

Sprinkle 1/8 cup granola into each.

*Crediting: 1 parfait = 1/2 c. fruit, 1/2 oz eq grains, 1 oz eq M/MA*



## Spiced Apples

Serves 100

4 No. 10 cans Apple Slices  
(100206)  
4 lb Brown Sugar  
1/2 cup Cinnamon  
1 lb WG Flour (110857)



Mix together all items. Transfer to steam table pans. Bake at 350F 1 hour. Use a No. 8 scoop to portion.

*Crediting: 1/2 c. = 1/2 c. fruit*



## Banana Pudding

Serves 150

4 #10 cans Vanilla Pudding  
17 lb 4 oz Bananas  
1.5 tubes + 8 oz Whipped  
Topping  
2 lb 8 oz Vanilla Wafers  
1 lb 12 oz Maraschino Cherries

Chill pudding overnight.

Open cans & place in a bowl.

Slice bananas into 1/4" thick slices.

Fold bananas into pudding.

Use a No. 8 scoop to portion pudding into bowls.

Add 1 Tbsp whipped topping, 2 wafers & a cherry to each bowl.

*Crediting: 1/2 c. = 1/8 c. fruit*

# Sides & Vegetarian Dishes

## Sides:

- Garlic Breadstick
- Pot Roast Veggies
- Quick Baked Sweet Potatoes
- Sautéed Spinach and Tomatoes
- Creamed Spinach
- Cornbread
- Potatoes Au Gratin
- Black Bean Hummus
- Broccoli Bites
- Baked Sweet Potatoes and Apples
- Rainbow Rice
- Cheese Sauce
- Refried Beans
- Sautéed Summer Squash
- Veggie Mash Up
- Mexicali Corn
- Honey Glazed Carrots
- Southwestern Lentils
- Spanish Rice
- Mashed Potatoes
- Hawaiian Ham Coconut Rice
- Green Bean Casserole
- Sweet Potato Casserole
- Peppy Quinoa

## Vegetarian Dishes:

- Butternut Squash Casserole
- Tomato Soup & Grilled Cheese
- Vegetable Chili
- Bean Burrito
- Rice Vegetable Casserole
- Lentils of the Southwest Soup
- Quick Quesadillas
- Macaroni & Cheese
- Fiesta Mexican Lasagna

## Salads:

- 3 Bean Salad
- Creamy Cole Slaw
- Wheat Berry Salad
- SD Ranch Dressing
- Sesame Asian Noodle Salad
- Garden Salad
- Taco Salad
- Summer Fruit Salad
- Mediterranean Quinoa Salad
- Cowboy Caviar
- Pasta Salad
- Roasted Potato Salad
- Berry Delicious Salad
- Broccoli Salad

# Sides



## Garlic Breadstick

Serves 100

- 1 lb 14 oz WG Flour
- 1 lb 12 oz AP Flour
- 4 oz Instant Dry Milk
- 6 oz Sugar
- 2 oz Instant Dry Yeast
- 1 Tbsp 1 tsp Salt
- 7 oz Oil
- 1 qt 2 Tbsp Water
- 1/2 cup Butter, melted
- 1/2 cup Olive Oil
- 1 Tbsp Garlic, granulated



Mix 1st 6 items for 2 min. Add oil & mix 2 min. Add water. Mix. Add 1/2 cup more water if dough is too stiff. Knead dough 8-10 min. Form dough into 1 lb balls. Cover with plastic wrap. Shape 1 oz dough pieces into sticks 4-5" long. Place 6 x 8 on greased sheet pans. Proof 45-60 min. Combine remaining ingredients. Brush onto breadsticks. Bake at 350F for 12-14 min.



*Crediting: 1 breadstick = 1 oz eq grains*



***Pair with Meaty Spaghetti or Lasagna!***



## Pot Roast Veggies

Serves 100

- 16.66lb Red Potatoes, wedged
- 1.66lb Baby Carrots
- 1.66lb Celery
- 0.84lb Red Onion, chopped
- 1/3 lb Garlic
- 1/2 cup Olive Oil
- 2 tsp Black Pepper
- 2 tsp Parsley
- 2 tsp Garlic Powder

Place all veggies in a bowl. Toss with oil & spices. Divide into 2 greased pans. Roast at 400F for 20 min.



*Crediting: 1/2 c. = 1/4 c. starchy veg, 1/4 c. other veg*



***Pair with Salisbury Steak!***

# Sides



## Quick Baked Sweet Potatoes

Serves 100

30 lbs Sweet Potatoes  
(100980)

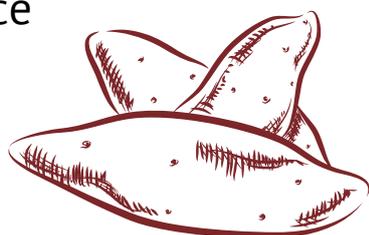
1 cup Oil (100439)

4 tsp Cinnamon

2 cups Sugar

2 Tbsp 2 tsp Nutmeg

4 tsp Allspice



Cut potatoes in half and then into quarter wedges.

Combine wedges, oil, & spices in bowl.

Divide wedges between 4 sheet pans.

Bake at 425F for 25 min.



*Crediting: 3 wedges = 1/2  
cup R/O vegetable*



## Sautéed Spinach and Tomatoes

Serves 100

3/4 cup Margarine

4 lbs Pepper/Onion Strips  
(110724), diced

1/2 cup Garlic, minced

1/2 cup Ginger, fresh diced

Or 2 Tbsp 2 tsp ground

4 tsp Red Pepper Flakes

12lb Spinach (110425)

2 lb Tomato Paste (100327)

2 Tbsp Salt



Heat margarine in a large stock pot.

Sauté onions, peppers, garlic, ginger, & red pepper for 3 min.

Add spinach. Add tomato paste after spinach begins to wilt. Heat for 5 min.

Divide between 4 buttered pans.

Portion with No. 12 scoop



*Crediting: 1/3 c. = 1/8 c.  
DG veg + 1/8 c. R/O veg*



# Sides



## Creamed Spinach

Serves 100

40 lb Spinach (110425)  
1 Tbsp Salt  
2 Tbsp Black Pepper  
1 cup Oil (100439)  
2 lbs Onions, diced  
2 cups AP Flour (100400)  
1 gal Skim Milk  
3 lb 2 oz Mozzarella Cheese  
(100034)

*Crediting: 1/2 cup = 1/2  
cup DG vegetable*

Thaw & squeeze spinach to drain water. Put in a large bowl.  
Add salt and pepper.  
Heat oil in stock pot.  
Sauté onions for 5-6 min.  
Add flour. Cook 5 min.  
Add milk. Reduce heat when it boils.  
Add half of cheese. Stir until melted.  
Fold in spinach.  
Divide between 4 buttered pans.  
Sprinkle remaining cheese on top.  
Bake at 350F for 10 min.  
Portion with No. 8 scoop.



## Cornbread

Serves 100

2 lb WG Flour (110857)  
2 lb WG Cornmeal  
2 cups Sugar  
1/3 cup 1 Tbsp Baking Powder  
1 Tbsp Salt  
1 1/3 cup Eggs (110845)  
7 cups Skim Milk  
1 cup Oil (100439)

*Crediting: 1 piece = 1 oz  
eq grains*

Mix 1st 5 ingredients in mixer for 1 min.  
Combine eggs, milk & oil in a bowl.  
Add egg mixture to dry ingredients.  
Mix for 2-3 min.  
Pour batter on 1 greased full sheet pan.  
Bake at 350F for 20-25 min.  
Cool for 10 min.  
Cut into 100 pieces.

# Sides



## Potatoes Au Gratin

Serves 100

16 lb 8 oz Yukon Gold  
(110844), cubed  
Or Red Potatoes, sliced  
1 cup Margarine  
2 lbs Onions, chopped  
1 lb 4 oz WG Flour (110857)  
2 gal 3 qt Skim Milk  
4 tsp Salt  
2 tsp Black Pepper  
2 tsp Nutmeg  
1/4 cup Garlic Powder  
1/4 cup Italian Seasoning  
1/4 cup Onion Powder  
2 qt 2 cups Cheddar Cheese (100003)

Divide potatoes into 4 buttered pans.  
Melt margarine in stock pot.  
Add onions & cook for 1-2 min.  
Add flour, cook 30 seconds.  
Add 5.5 cups milk. Cook for 3-5 min.  
Add remaining milk and spices.  
Cook for 5-10 min. Simmer for 1 min.  
Divide sauce over potatoes in pans.  
Sprinkle 2.5 c. cheese over each pan.  
Bake at 325F for 35-45 min.  
Cut 25 pieces per pan.

*Crediting: 1 piece = 1/4 oz  
eq MA + 1/2 c. starchy veg*



## Black Bean Hummus

Serves 100

12 lb Black Beans (100359),  
drained  
12 lb Chickpeas (100360),  
drained  
2 qt 1 cup Lemon Juice  
1 1/3 cup Garlic Cloves  
3/4 cup Olive Oil  
1 Tbsp Salt  
1/4 cup Cumin  
2 Tbsp White Pepper  
2 qt 2.5 cups Cilantro, diced

Blend all ingredients, except cilantro,  
to a food processor for 1-2 min.  
Transfer to bowl. Stir in cilantro.  
Divide between 4 pans.  
Portion with No. 8 scoop.  
Serve with 10 chips.

*Crediting: 1/2 cup = 2 oz  
eq MA*

# Sides



## Broccoli Bites

Serves 100

19 lb Broccoli (110473),  
chopped  
3 lb Cheddar Cheese (100003)  
3 qt 2 cups Egg Whites  
3 qt 3 cups Bread Crumbs

Combine all ingredients in a bowl.  
Using a No. 6 scoop, portion onto 4  
parchment-lined sheet pans.  
Bake at 350F for 15 min.



*Crediting: 1 piece = 1/2*

*cup veg*



## Baked Sweet Potatoes and Apples

Serves 100

8 lb Sweet Potatoes, diced  
2 cups Margarine  
1 cup Ginger, chopped  
3 lb Brown Sugar  
2 Tbsp 2 tsp Cinnamon  
2 Tbsp 2 tsp Nutmeg  
4 tsp Salt  
2 Tbsp 2 tsp Vanilla  
7 lb 4 oz Green Apples  
(110543)  
1 qt Water  
1 qt Orange Juice (110651)  
1 qt Dried Cranberries  
1/2 cup Cornstarch  
1/2 cup Water

Divide sweet potatoes into 4 pans.  
Bake at 350F for 15-20 min.  
In a stock pot, simmer margarine,  
ginger, sugar, & spices for 1-2 min.  
Add apples & simmer for 3-5 min.  
Add water and juice. Boil.  
Add remaining ingredients. Boil until  
mixture thickens.  
After potatoes are done, pour apple  
mixture evenly over each pan.  
Use a No. 12 scoop to portion.

*Crediting: 1/3 cup = 1/8*  
*cup veg + 1/8 cup fruit*

# Sides



## Rainbow Rice

Serves 100

6 cups Brown Rice (100500)  
3 cups Brown/Wild Rice Blend  
2 qt Barley  
2 cups Quinoa  
1 qt Bulgur  
5 oz Chicken Base  
5 lb Carrots, diced  
3 qt 1 cup Red Bell Pepper  
1/4 cup 4 tsp Olive Oil  
4 tsp Salt  
14 lb Chicken, diced, cooked  
2 lb 8 oz Spinach, chopped

Add rice, barley, 1.25 gal water & half the base to stockpot.  
Boil & cook until water is absorbed, 30-40 min. Stir. Cook covered 10 min. Rinse quinoa until water is clear. Add quinoa, bulgur, 3 qt water & 1/4 c. base to a stockpot. Boil. Reduce heat & simmer 15 min. Combine carrots, peppers, oil & salt. Divide into 4 pans. Roast at 350F 10 min. Fold everything into pans. Bake 10 min. Portion with 1 cup spoodle.

*Crediting: 1 c. = 2 oz eq  
M/MA, 1/8 c. R/O veg, 1/8 c.  
other veg, 1 oz eq grains*



## Cheese Sauce

Serves 100

12 oz Butter  
13 oz AP Flour (100400)  
1.5 tsp Salt  
6 lb Skim Milk  
3lb 12oz American Cheese  
(100002)

In saucepot, melt margarine. Stir in flour and salt. Add milk gradually. Cook 12-15 min until smooth and thick. Remove from heat. Stir in cheese until melted. Portion with 2 oz ladle.

*Crediting: 1/4 cup = 1/2  
oz eq M/MA*

***Use for cheesy broccoli!***

# Sides



## Refried Beans

Serves 100

- 24 lb Pinto Beans (100369)
- 1 qt Water
- 2 cups Chicken Broth
- 2 tsp Oregano
- 1/4 cup Ancho Chili Powder  
Or Mexican Seasoning
- 3 Tbsp Cumin
- 1 qt 3 cups Cilantro, chopped
- 1/2 cup Garlic, minced
- 1/4 cup Chili Powder
- 1 Tbsp Paprika
- 1 Tbsp Onion Powder
- 1/2 cup Oil (100439)
- 1 lb 12 oz Cheddar Cheese (100003)

Drain beans.

Add all ingredients, except cheese, into food processor. Process for 1-2 min until smooth.

Divide into 4 pans.

Bake at 300F for 20 min.

Sprinkle cheese over each pan.

Portion with No. 12 scoop.

*Crediting: 1/3 cup = 1.25  
oz eq MA*



## Sautéed Summer Squash

Serves 100

- 9 lbs 12 oz Zucchini
- 12 lbs 8 oz Summer Squash
- 2 cups Oil (100439)
- Black Pepper 2 tsp

Cut veggies into 1/4 " slices.

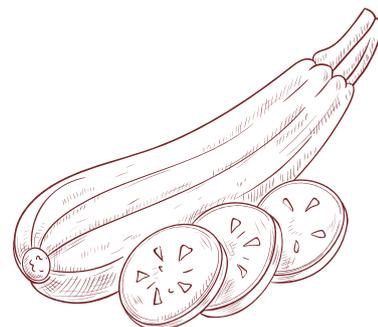
Heat oil in steam jacket kettle & add pepper.

Add veggies & saute for 2 min.

Reduce heat, cover & steam for 3 min.

Use a 1/2 cup spoodle to portion.

*Crediting: 1/2 cup = 1/2  
cup other vegetable*



# Sides

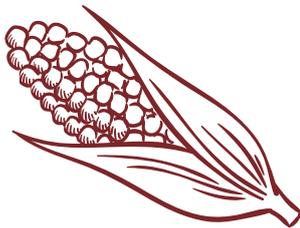


## Veggie Mash Up

Serves 100

2 gal 1 1/3 cup Water  
7 lb 4 oz Potatoes (110844)  
2 qt 3 cups Peas (100315),  
drained  
1/2 cup Oil (100439)  
38 cloves Garlic  
16 oz Swiss Chard, chiffonade  
5 1/3 cups Corn (100313)  
2 Tbsp 2 tsp Sage  
4 tsp Onion Powder  
4 tsp Salt  
4 tsp Black Pepper

Add potatoes to a stockpot and cover completely with cold water. Boil for 10 min. Add peas. Boil for 5 min, until potatoes are tender. Drain, saving 1/2 cup water. Mash. If too dry, add saved water. Heat oil in pan. Sauté remaining ingredients for 5-7 min. Combine vegetables to the mash.



*Crediting: 1/4 cup = 1/4 cup veg*



## Mexicali Corn

Serves 100

2 lb 12 oz Pepper/Onion Strips (110724), diced  
1/4 cup 2 Tbsp 2 tsp Ancho Chili Or Mexican Seasoning  
1/2 cup Margarine  
1 Tbsp Cumin  
8 lb 8 oz Corn (111053),  
drained  
8 oz Canned Pimientos, drained

Add all except corn & pimientos to stockpot. Sauté for 2-3 min. Add remaining ingredients. Sauté for 2 min. Divide into 4 pans. Portion with No. 16 scoop.

*Crediting: 1/4 c. = 1/8 c. starchy veg, 1/8 c. add veg*

# Sides



## Honey Glazed Carrots

Serves 100

- 21 lb 4 oz Sliced Carrots (100352)
- 1 lb Butter
- 10 oz Sugar
- 14 oz Orange Juice Concentrate
- 1 1/4 cup Honey
- 1 Tbsp 1 tsp Nutmeg
- 1 Tbsp 1 tsp Cinnamon
- 1 qt Water
- 2/3 cup Cornstarch
- 8.5 oz Dried Cherries (10029)



Divide carrots & cherries into 4 pans. Glaze: combine butter, sugar, juice, honey, & spices.

Mix cold water with cornstarch. Add to glaze. Bring glaze to boil. Pour glaze over each pan.

Bake at 325F for 15-20 min.

Use a No. 8 scoop to portion.

*Crediting: 1/2 cup = 1/2 cup RO veg*



## Southwestern Lentils

Serves 100

- 2 lb 2 oz Brown Lentils
- Water
- 1/4 cup Oil
- 2 lb 4 oz Onions, chopped
- 1/4 cup Garlic, minced
- 2 Tbsp Cumin
- 1/4 cup Chili Powder
- 2 lb 8 oz Crushed Tomatoes
- 1 Tbsp Salt

Combine lentils & water as recommended by manufacturer in a tilt skillet. Cover & boil.

Reduce heat to 225F & simmer for 30 min. Drain.

Sauté onions & garlic in oil for 2-3 min. Add lentils & remaining items.

Boil & simmer uncovered for 10 min.

Use a 1/4 cup scoop to portion.

*Crediting: 1/4 c. = 1/8 c.  
BP veg, 1/8 c. add veg*

# Sides



## Spanish Rice

Serves 100

- 4 oz Chicken Base
- 4 qt Water
- 1 No. 10 can Salsa (100330)
- 1/2 lb Oil (100439)
- 3 lb White Rice (100494)
- 3 1/4 lb Brown Rice (101031)
- 1 lb Onions, diced
- 3 lb Diced Green Chilies
- 2 Tbsp Cumin
- 3 Tbsp Garlic, mashed
- 2 Tbsp Chile Powder
- 1 tsp Salt
- 1 tsp Black Pepper
- 1 bunch Cilantro, chopped

Boil base & water in stockpot.  
Sauté onions, chilies, spices, & rice in a pot.  
Place rice mixture & salsa in a 4" hotel pan. Pour stock over & stir.  
Cover & bake at 350F for 20-25 min.  
Toss in cilantro.  
Serve a 5/8 cup portion.

*Crediting: 5/8 c. = 1 oz eq grains, 1/8 c. other veg*



## Mashed Potatoes

Serves 100

- 24 lb Yukon Gold Potatoes  
Or Red Potatoes, cubed
- 2 qt Milk
- 1 lb 8 oz Margarine
- 2 Tbsp 2 tsp Kosher Salt
- 2 tsp Black Pepper

Boil potatoes in stockpot for 35-40 min.  
Heat milk in pot. Add remaining items.  
In a mixer, mix potatoes & slowly add milk. Mix 10-12 min.  
Divide into 4 pans.  
Use a No. 8 scoop to portion.

*Crediting: 1/2 c. = 1/2 c. starchy veg*



# Sides



## Hawaiian Ham Coconut Rice

Serves 100

1 gal 3 qt Water  
6 lb 8 oz Brown Rice (100500)  
12 oz Coconut, shredded  
12 lb Diced Ham (100188)  
1 lb Sugar  
6 oz WG Flour (110857)  
4 No. 10 cans Pineapple  
    Tidbits, drained  
6 oz Coconut, shredded  
2 lb 12 oz Cheddar (100003)  
3 qt Pineapple Juice  
1 lb 10 oz Bread Crumbs

Divide rice and coconut into 4 pans.  
Boil water & pour 1 qt 3 cups per pan.  
Bake at 325F for 40 min.  
Cool 5 min. Stir.  
Smooth rice in pans. Add ham.  
Combine sugar, flour, pineapple,  
remaining coconut, & cheese.  
Divide into pans.  
Pour 3 cups juice over each pan.  
Sprinkle bread crumbs on top.  
Bake 325F for 15 min.  
Use a 8 oz spoodle to portion.

***Pair with Honey Lime Chicken!***

*Crediting: 1 c. = 2 oz eq  
M/MA, 1 oz eq grains, 1/4  
c. fruit*



## Green Bean Casserole

Serves 96

128 oz Cr. of Mushroom  
12 cups Milk  
2 tsp Black Pepper  
4.5 #10 cans Green Beans  
    (100307)  
21 1/3 cups Crispy Fried Onions

Combine 1st 3 items. Stir in beans &  
half the crispy onions.  
Divide into baking pans.  
Bake at 325F for 30 min. Stir.  
Top with remaining onions & bake 5  
min.  
Serve 1/2 cup portions.

*Crediting: 1/2 c. = 1/2 c.  
other veg*

# Sides



## Sweet Potato Casserole

Serves 100

6 1/4 No. 10 cans Sweet Potatoes (100317)  
8 cups packed Brown Sugar  
3 cups Eggs (110845)  
1 qt Milk  
1 lb Butter, melted  
2 Tbsp 2 tsp Vanilla  
1 qt Water, hot  
1 lb Mini Marshmallows

Drain sweet potatoes. Place in mixer. Add sugar, eggs, milk, butter, water, & vanilla. Mix well. Pour into 4 greased pans. Bake at 350F for 35-45 min. Sprinkle marshmallows on top. Use a No. 6 scoop to portion.

*Crediting: 2/3 c. = 1/2 cup  
R/O veg*



## Peppy Quinoa

Serves 100

7 1/2 oz Pepitas  
8 lb 4 oz Quinoa  
2 gal 2 qt Water  
3/4 cup Chicken Base  
2 lb Onions, diced  
4 lb 12 oz Canned Green Chilies  
1 cup Garlic, minced  
10 oz Cilantro, chopped  
6 oz Green Onions, diced  
2 cups Lime Juice

Roast pepitas at 350F for 7 min. Rinse quinoa until water runs clear. Simmer quinoa, water, & base for 10-15 min. Divide quinoa into 4 steam table pans. Add onions, chilies, & garlic. Cover with parchment & foil. Bake at 350F for 30 min. Toss in remaining items. Portion with No. 8 scoop.

*Crediting: 1/2 c. = 1/8 c.  
other veg, 1.25 oz eq  
grains*

# Vegetarian Dishes



## Butternut Squash Casserole

Serves 100

2 lb 12 oz WG Flour (110857)  
1 lb 2 oz Oats (100465)  
4 lb 14 oz Brown Sugar  
1/4 cup 3 Tbsp Cinnamon  
1/4 cup 1 tsp Nutmeg  
1 tsp Salt  
3 lb Margarine  
23 lb Butternut Squash, diced  
2 qt Half & Half  
2 Tbsp 2 tsp Allspice  
2 Tbsp 2 tsp Vanilla  
2 2/3 cups Eggs (110845)

Topping: combine flour, oats, 3/4 cup 3 Tbsp sugar, 2 1/4 tsp cinnamon, 2 1/4 tsp nutmeg, and salt. Cut 1 cup margarine into flour mixture. Mix together remaining ingredients. Divide in to 4 buttered pans. Bake at 350F for 35-40 min. Rest for 35-40 min. Sprinkle topping evenly over each pan. Bake at 350F for 30-35 min. Cut 25 pieces per pan.



*Crediting: 1 piece = 1/2 c.  
R/O veg*



***Pair with Creamed Spinach!***



## Tomato Soup & Grilled Cheese

Serves 100

1 1/4 cups Butter, melted  
200 slices WG Bread  
200 slices American Cheese  
(100018)

Brush 1 Tbsp butter on 5 sheet pans. Place 20 slices of bread on each pan. Add 2 slices of cheese to each bread. Cover with remaining bread. Brush tops of sandwiches with remaining butter. Bake at 350F for 10-15 min. Serve with tomato soup.



*Crediting: 1 sandwich = 1  
oz eq MA, 2 oz eq grains*



# Vegetarian Dishes



## Vegetable Chili

Serves 100

- 1/2 cup Oil (100439)
- 5 lb Pepper/Onion Strips (110724), diced
- 1 cup Jalapeno peppers, diced
- 3 cups Chili Powder
- 1/2 cup Cumin
- 2 Tbsp 2 tsp Garlic Powder
- 3/4 cup Ancho Chili Powder
- 4 tsp Onion Powder
- 1/2 cup Red Hot Sauce
- 1 cup Brown Sugar
- 2 No. 10 cans Diced Tomatoes (100329)
- 1 No. 10 can Kidney Beans (100370), drained
- 5 cups Bulgur
- 1 qt Vegetable Broth
- 3 qt 2 cups Water
- 1 qt 3 cups Sour Cream

Sauté 1st 3 items in a stockpot 5 min. Add spices, hot sauce, sugar, & tomatoes. Simmer uncovered 15 min. Add beans, bulgur, broth, & water. Simmer uncovered for 15 min. Pour into 4 steam table pans. Portion with 3/4 cup spoodle. Use a No. 40 scoop to portion sour cream into soufflé cups.

*Crediting: 3/4 cup = 1 oz eq MA, 1/4 c. R/O veg, 1/8 c. other veg*



*Crediting: 1 burrito = 2 oz eq MA, 1.5 oz eq grains, 1/4 c. other veg*



## Bean Burrito

Serves 100

- 3 1/3 c. 10 2/3 oz Onions, diced
- 1 qt 2.5 c. Tomato Paste (100327)
- 2 qt Water
- 1/4 cup Chili Powder
- 1/2 cup Southwest Spice Blend
- 2 #10 cans + 6.5 c. Pinto Beans (100365)
- 7 lb 14 oz Cheddar (100003)
- 100 Tortillas

Add beans to mixer. Blend 4-5 min. Add 1st 5 items to pot & simmer 15 min. Add to mixer. Add 6.25 lb cheese to mixer. Mix. Warm tortillas. To each tortilla add No. 8 scoop beans & 1 oz cheese. Fold burritos & place on pans. Bake at 325F for 15-20 min. Sprinkle remaining cheese on top of burritos.

# Vegetarian Dishes



## Rice Vegetable Casserole

Serves 100

1 gal 1 qt Chicken Broth  
6 lb 12 oz Brown Rice (100500)  
8 oz Margarine  
2 lb 8 oz Onions, diced  
4 lb Mushrooms, sliced  
1/4 cup Garlic, minced  
2 Tbsp Salt  
2 tsp Black Pepper  
2 tsp Onion Powder  
8 oz WG Flour (110857)  
3 qt Milk  
3 lb 8 oz Kale, chopped  
4 lb Cheddar Cheese (100003)  
2 lb 4 oz Mozzarella (100021)

Divide rice into 4 steam table pans.  
Boil broth & pour over rice. Stir.  
Cover pans & bake at 325F 40 min.  
In a stockpot, add margarine, veggies, & spices. Cook until softened.  
Stir flour in. Turn down heat after 1 min. Stir in milk.  
Grease 4 pans. Layer in rice, mushroom sauce, kale, & cheese.  
Bake at 325F for 5-10 min.  
Cut 25 pieces per pan.

*Crediting: 1 piece = 1 oz eq MA, 1/8 c. other veg, 1/8 c. add veg, 1 oz eq grains*



## Lentils of the Southwest Soup

Serves 100

3 lb 12 oz Brown/Green Lentils  
1 gal 1 cup Water  
1 lb Onions, diced  
1/4 cup Garlic, minced  
1/4 cup Olive Oil  
1/3 cup Cumin  
1/4 cup Red Chili Powder  
2 Tbsp Chili Powder  
1/2 No. 10 can Diced Tomatoes  
2 Tbsp Salt  
4 oz Cilantro, chopped

Rinse lentils. Boil water & lentils in a stockpot. Simmer 30-40 min.  
Sauté onions, garlic, & oil 5 min.  
Stir in spices. Cook 2-3 min.  
Combine onion mixture with lentils.  
Add 1 qt 2 cups water.  
Stir in tomatoes & salt. Simmer 20 min. Stir in cilantro.  
Portion with 2 fl oz ladle.

*Crediting: 1/4 c. = 1 oz MA  
OR 1/4 c. veg*

# Vegetarian Dishes

## Quick Quesadillas

Serves 100

18 lb 4 oz Spinach, chopped  
1 gal (1.5 #10 cans) Kidney Beans (100370), drained  
1/4 cup 4 tsp Garlic  
2 Tbsp 2 tsp Onion powder  
4 tsp Chili Powder  
68 WG Tortillas (110394)  
6lb 4oz Mozzarella (100021)

Thaw & squeeze liquid from spinach.  
Combine beans & spices in a bowl.  
Lightly mash beans. Microwave 3 min.  
Place half of tortillas on sheet pans.  
Add 3/4 cup spinach, a No. 10 scoop of beans, & 3/4 cup cheese to each tortilla. Top with remaining tortillas.  
Spray quesadillas with cooking spray.  
Bake at 350F for 15 min.  
Cut each quesadilla into 6 wedges.

  
*Crediting: 2 wedges = 1.25 oz eq MA, 1/4 c. veg, 1 oz eq grains*  

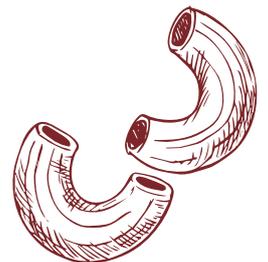

## Macaroni & Cheese

Serves 100

3 qt Water  
2 lb 8 oz Cauliflower Florets  
2 gal 3 qt Water  
6 lb 4 oz WG Macaroni  
1 gal Skim Milk  
7lb 8 oz Cheddar Cheese  
4 lb Sour Cream  
1/2 tsp Black Pepper  
2 Tbsp 2 tsp Garlic Powder  
1/2 cup Dried Onion Flakes  
2 tsp Salt  
1/4 cup Lemon Pepper

Boil water. Add cauliflower & cook uncovered for 2-3 min.  
Puree cauliflower in a food processor for 1 min.  
Boil water. Add macaroni & cook for 8-10 min.  
Combine all ingredients in a bowl.  
Divide mixture into 4 buttered pans.  
Bake at 325F for 25-30 min.  
Cut 25 pieces per pan.

  
*Crediting: 1 piece = 1 oz eq MA, 1 oz eq grains*  

# Vegetarian Dishes



## Fiesta Mexican Lasagna

Serves 100

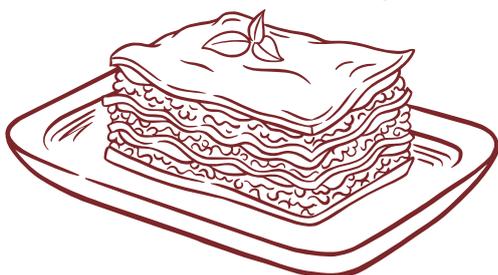
1/2 cup 2 Tbsp Oil  
1 lb 4 oz Green Bell Peppers,  
diced  
6 lb Corn (100313), rinsed  
6 lb Onions, diced  
7 lb Butternut Squash, cubed  
2 Tbsp 2 tsp Oregano  
2 Tbsp 2 tsp Cumin  
2 Tbsp 2 tsp Granulated Garlic  
2 Tbsp 2 tsp Chili Powder  
2 Tbsp 2 tsp Paprika  
2 Tbsp 2 tsp Salt  
4 1/2 No. 10 cans Black Beans  
(100359), rinsed  
2 No. 10 cans Spaghetti Sauce  
(100336)  
7 lb Salsa (100330)  
6 lb Tortilla Chips

Combine oil, peppers, corn, & 1/2  
onions. Divide into 4 sheet pans.  
Roast at 350F for 12 min.  
Steam squash in 4 pans for 15 min.  
Mash squash. Add veggies, 1/2  
oregano, & 1/2 cumin.  
Saute remaining onions & spices for 5  
min.  
Puree onion mixture & beans in food  
processor. Add 1/2 cup water to make  
smoother.  
Combine spaghetti sauce & salsa.  
Crumble 2 lb chips for topping.  
Assemble in 4 pans:

- 1 qt 1/4 cup sauce
- 8 oz chips
- 1 qt 1 cup bean mixture
- 1 qt 1/2 cup veggie mixture
- 8 oz chips
- 1 qt 1 cup bean mixture
- 1 qt 1/2 cup veggie mixture
- 1 qt 1/4 cup sauce
- Crumbled Chips

Cover pans. Bake at 350F 30 min.  
Cool 15 min. Cut 25 pieces per pan.

*Crediting: 1 piece = 1 oz eq  
M/MA, 3/8 c. R/O veg, 1/8 c.  
starchy veg, 1/4 c. other veg,  
3/4 oz eq grains*



# Salads



## 3 Bean Salad

Serves 100

1/2 cup 2 Tbsp Olive oil  
3 cups Red Wine Vinegar  
3/4 cup Sugar  
4 tsp Salt  
2 tsp Black Pepper  
2 tsp Garlic Powder  
1/2 #10 can Kidney Beans  
1/2 #10 can Wax Beans  
4 lb 8 oz Green Beans  
10 lb Tomatoes, chopped  
1 lb Red Onions, chopped  
2 cups Jalapenos, diced  
4 oz Cilantro, chopped

Mix oil, vinegar, sugar, salt, pepper, and garlic as the dressing.  
Rinse & drain kidney beans. Combine all beans, tomatoes, onions, and jalapenos.  
Pour 1 cup 1 Tbsp dressing over 2 qt 2 2/3 cups veggie mixture. Stir.  
Transfer 3 qt salad to steam table pan. Makes 4 pans.  
Sprinkle cilantro over each pan  
Portion with No. 8 scoop.

*Crediting: 1/2 c. = 1/8 c.  
R/O veg, 1/8 c. other veg,  
1/8 c. add veg*



## Creamy Cole Slaw

Serves 100

12 lb Cabbage, shredded  
1 lb 8 oz Carrots  
3 lb 8 oz Mayo  
1/2 cup Sugar  
2 Tbsp 2 tsp Celery Seed  
4 tsp Dry Mustard  
1/2 cup White Vinegar

Shred carrots and toss with cabbage.  
Combine mayo, sugar, celery seed, mustard, and vinegar in a bowl.  
Divide evenly into 2 steam table pans.  
Refrigerate.  
Portion with No. 8 scoop.

*Crediting: 1/2 c. = 1/2 c.  
other veg*

***Pair with Sloppy Joes!***

# Salads

## **Wheat Berry Salad**

Serves 100

- 2 gal Wheat Berries
- 1 qt Onions, diced
- 1 qt Carrots (111052), diced
- 1 qt Celery, diced
- 1 qt Dried Cranberries
- 1 qt Lemon Juice
- 1 qt Olive Oil
- 1/2 cup Garlic, minced
- 2 Tbsp 2 tsp Salt
- 2 Tbsp 2 tsp Black Pepper
- 3 qt 2 cups Winter Squash, roasted

In a saucepan, add wheat berries & fill cold water to cover berries by an inch. Simmer 1 hour.  
Drain & rinse in cold water.  
Combine vegetables in a bowl & add wheat berries & cranberries.  
In a different bowl, whisk remaining items, except squash. Pour over berry mixture.  
Fold in squash.  
Use a 1/2 cup scoop to portion.



*Crediting: 1/2 c. = 1/8 c.  
R/O veg + 1/8 c. other  
veg*

## **SD Ranch Dressing**

5 gallons

- 1 gal Mayo
- 10 lb Plain Yogurt
- 2.5 gal Buttermilk
- 4 (3.2 oz) pkg. Ranch Mix

Mix all items in a 5 gallon bucket with a wire whip.

***Use with Garden Salad!***

# Salads

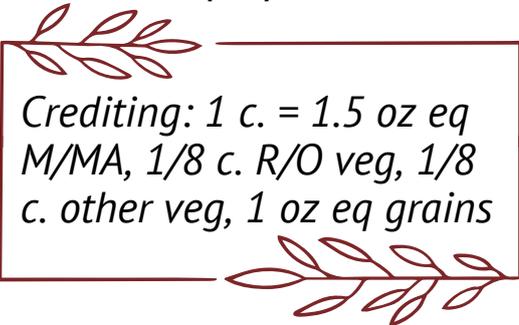


## Sesame Asian Noodle Salad

Serves 100

1/4 cup Ginger, minced  
3 cups Rice Vinegar  
2 cups Soy Sauce  
1 cup Orange Juice  
1/2 cup Honey  
3 cups Oil (100439)  
3 cups Sesame Oil  
2 tsp Garlic Powder  
5 gal Water  
6 lb 4 oz Noodles (110506)  
1 gal Edamame  
1 gal Carrots, shredded  
2 lb Red Cabbage, shredded  
1 lb Red Onion, thin sliced  
Diced Chicken (100101)  
Sesame Seeds

Blend for 2 min ginger, vinegar, soy sauce, orange juice, honey, oil, and garlic powder.  
Boil 4 gal water. Add pasta & cook for 8 min. Drain. Refrigerate.  
Boil 1 gal water. Add edamame & cook for 3 min. Drain.  
Combine edamame, carrots, cabbage, onions, and chicken. Mix in pasta. Mix in dressing.  
Divide into 4 pans. Sprinkle with sesame seeds. Refrigerate.  
Portion with 1 cup spoodle.



*Crediting: 1 c. = 1.5 oz eq  
M/MA, 1/8 c. R/O veg, 1/8  
c. other veg, 1 oz eq grains*

**Pair with Shepherd's Pie!**

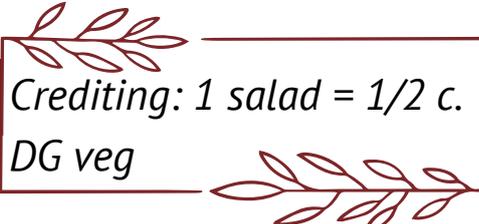


## Garden Salad

Serves 100

6 lb 8 oz Spinach  
6 lb 8 oz Romaine Lettuce  
1 lb 5 oz Tomatoes  
15 oz Carrots  
14 oz Cucumber

Rinse & clean all produce.  
Chop lettuce & spinach.  
Dice tomatoes. Grate carrots. Dice cucumber.  
Combine all ingredients.



*Crediting: 1 salad = 1/2 c.  
DG veg*



# Salads



## Taco Salad

Serves 100

12 lb 12 oz Ground Beef  
(100158)  
1 3/4 cups Onions, chopped  
2 Tbsp Salt  
3 Tbsp Garlic Powder  
1 Tbsp 1 tsp Black Pepper  
3 cups 2 Tbsp (1/4 #10 can)  
Tomato Paste (100327)  
2 qt 2 cups Water  
1/4 cup Chili Powder  
3 Tbsp Cumin  
1 Tbsp Paprika  
1 Tbsp Onion Powder  
8 lb Lettuce, shredded  
3 lb 10 oz Tomatoes, diced  
5 lb 10 oz Taco Shell Pieces  
3 lb 4 oz Cheddar Cheese (100003)

Brown beef. Drain.

Add onions, paste, water, & spices.

Simmer 25-30 min.

Combine lettuce & tomatoes.

Assemble: 1/2 cup taco shell pieces,  
3/4 cup lettuce/tomato, No.12 scoop  
meat mixture, & 1/2 oz cheese.

***This portion size is for a main dish,  
but smaller portions can be a side***

*Crediting: 1 salad = 2 oz  
eq M/MA, 3/4 c. veg, 1 oz  
eq grains*



## Summer Fruit Salad

Serves 100

8 lb Strawberries (110860)  
10 lb Bananas  
4 lb Blueberries (100242)  
3 cups Pineapple Juice

Wash berries. Slice strawberries &  
bananas.

Toss with pineapple juice to prevent  
browning.

*Crediting: 1/2 c. = 1/2 c.  
fruit*

# Salads

*Pair with Gyros!*



## Mediterranean Quinoa Salad

Serves 100

6 lb 12 oz Quinoa  
2 gal Chicken Broth  
1 cup Lemon Juice  
1 cup Red Wine Vinegar  
1/4 cup Garlic, minced  
1 cup Olive Oil  
2 Tbsp 2 tsp Salt  
2 tsp White Pepper  
1 lb 6 oz Red Bell Peppers  
8 oz Green Onions, diced  
12 oz Red Onions, diced  
2 lb 13 oz Cherry Tomatoes, halved  
9.5 oz Black Olives, sliced  
12 oz Feta Cheese, crumbled  
2.5 oz Parsley, chopped

Rinse quinoa until water runs clear.  
Boil broth & quinoa. Simmer 10-15 min. Refrigerate.  
Combine juice, vinegar, garlic, oil, salt & pepper.  
Combine peppers, onions, tomatoes, & olives. Add dressing. Mix in quinoa.  
Fold in feta & parsley.  
Divide into 4 pans.  
Use a 3/4 cup spoodle to portion.

*Crediting: 3/4 c. = 1/8 c.  
other veg, 1 oz eq grains*



## Cowboy Caviar

Serves 100

16 lb 4 oz Black Beans (100359)  
6 1/4 cups Tomatoes  
2 3/4 No. 10 cans Corn (100313)  
1 lb 2 1/2 oz Spring Onions  
6 1/4 cups Cilantro  
4 1/4 cups Oil (100439)  
1/2 cup Granulated Garlic  
6 1/4 cup Cider Vinegar  
5 Tbsp Cumin  
2 tsp Black Pepper  
2 cups Lime Juice

Drain beans & corn. Rinse beans.  
Chop tomatoes, cilantro, & onions.  
Combine 1st 5 items.  
Whisk remaining items for dressing. Pour over salad & chill.  
Use a 3/4 cup scoop to portion.

*Pair with Pigs in a Blanket!*

*Crediting: 3/4 c. = 1/4 c.  
legume, 1/4 c. starchy veg,  
1/4 c. other veg*

# Salads



## Pasta Salad

Serves 100

1 gal 6 cups Water  
3 lb 2 oz Pasta (110504)  
1 cup Oil (100439)  
3 1/2 cup Apple Cider Vinegar  
4 tsp Salt  
1 tsp Black Pepper  
2 tsp Garlic Powder  
3 1/2 cups Sugar  
2 tsp Mustard  
2 1/4 tsp Parsley  
16 oz Pepper/Onion Strips  
(110724), diced  
4lb Cherry Tomatoes, halved  
2 lb 8 oz Cucumbers, diced  
1 lb 6 oz Broccoli Florets

Heat water to rolling boil.  
Add pasta. Cook 8 min. Drain.  
Dressing: Combine oil, vinegar, mustard & spices.  
Combine pasta & remaining items in a large bowl. Stir dressing into pasta.  
Divide into 4 steam table pans.  
Portion with a 1 cup spoodle.

*Crediting: 1 c. = 1/8 c. R/O veg, 1/8 c. DG veg, 1/ c. add veg, 1 oz eq grains*

***Pair with Cream of Chicken Soup!***



## Roasted Potato Salad

Serves 100

5 lb 4 oz Pepper/Onion Strips  
(110724), diced  
2 Tbsp 2 tsp Dijon Mustard  
2 Tbsp 2 tsp Garlic Powder  
1/4 cup Fresh Thyme  
3 cups White Wine Vinegar  
1 1/4 cup Olive Oil  
2 Tbsp 2 tsp Salt  
1 Tbsp 2 tsp Black Pepper  
20 lb Red Potatoes (110844),  
cubed

Combine all but potatoes in a bowl.  
With 4 pans, place 5 lb potatoes on each lined and buttered sheet pan.  
Bake at 400F for 15 min.  
Put warm potatoes in a large bowl.  
Toss potatoes with dressing.  
Cool. Portion with No. 6 scoop.

*Crediting: 2/3 c. = 1/8 c. R/O veg, 1/2 c. starchy veg*

# Salads



## Berry Delicious Salad

Serves 100

- 6 lb Romaine Lettuce
- 6 lb Spinach
- 9 lb Strawberries
- 2 cups Mayo
- 1/4 cup 4 tsp Cider Vinegar
- 2 Tbsp 2 tsp Poppy Seeds
- 1 cup Milk
- 1/2 cup Sugar
- 1/2 cup Strawberry preserves

Wash produce. Slice strawberries. Mix mayo, vinegar, sugar, milk, seeds, & preserves. Before serving, toss salad with dressing. Serve 1 cup of greens with 1/4 cup of fruit.

*Crediting: 1 serving = 1/2 c. DG veg, 1/4 c. fruit*



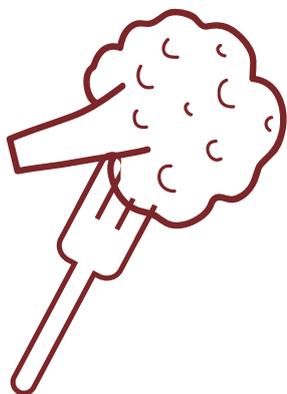
## Broccoli Salad

Serves 100

- 3 1/2 lbs Broccoli Florets
- 6 oz Sunflower Seeds
- 3 cups Dried Cherries (100299)
- 2 1/2 cups Coleslaw Dressing

Mix everything together. Transfer into serving containers. Portion with a 1/4 cup scoop.

*Crediting: 1/4 cup = 1/4 cup DG veg*



# Entrees

## Sandwiches & Wraps:

- Hash Brown Stacker
- Hot Ham & Cheese Sandwich
- Asian Tuna Burger
- Tuna Salad Sandwich
- BBQ Beef Sandwich
- Gyros
- Roasted Fish Crispy Slaw Wrap
- Chicken Wrap
- Sloppy Joe on a Bun
- Chicken Caesar Wrap
- Pulled Pork Sandwich
- Santa Fe Wrap
- Jerk Fish Pita Pocket
- Deli Sub

## Soups:

- Cream of Chicken Soup
- Tomato Soup
- Chicken/Turkey & Rice Soup
- Tuscan Smoked Turkey & Bean Soup
- Beef Vegetable Soup
- Chicken Noodle Soup
- Harvest Stew
- Minestrone Soup
- Beef & Lentil Chili
- White Chicken Chili

## Casseroles:

- Lasagna
- Chicken Tetrazzini
- SD Tater Tot Hotdish
- California Casserole

## Pastas:

- Chicken Alfredo
- Turkey & Beef Stroganoff
- Meaty Spaghetti
- Chicken & Noodles
- Chicken Penne
- Chicken Broccoli Bowl
- SD Goulash
- Mexican Pasta

## Other:

- Chicken Nachos
- Salmon Patties
- Chicken Stir Fry
- Beef Shepherd's Pie
- Baked Chicken Drumstick
- Chicken Pot Pie
- Roasted Turkey
- Salisbury Steak
- SD Hamburger Spanish Rice
- Chicken/Turkey a la King
- Volcanic Meatloaf
- Walking Taco
- Pigs in a Blanket
- Chicken Rice Bowl w/ Veggies
- Meatballs
- Fish & Chips
- Oven Roasted Tilapia w/ Crema
- Honey Lime Chicken
- Beef and Bean Tamale Pie
- Beef & Refried Bean Burrito
- Quesadillas
- Chef Salad
- Pepperoni Calzone

# Sandwiches & Wraps



## Hash Brown Stacker

Serves 100

100 Hash Brown Patties  
3 cups Onions, chopped  
1 qt Pickles, chopped  
6 lb Ground Beef (100158)  
4 tsp Black Pepper  
2 lb 8 oz Cheese (100003)  
2 1/4 cup Ketchup  
2 1/4 cup Mustard

Place 25 hash browns on 4 greased sheet pans.  
Bake at 375F for 10 min.  
Sauté onions & pickles uncovered for 2 min in a large pot.  
Add beef and pepper and cook for 3-4 min, stirring often until meat is well done. Drain.  
Use a No. 30 scoop to portion beef mixture onto each hash brown.  
Sprinkle 4.75 tsp of cheese on top.  
Bake at 375F for 10 min.  
Drizzle 1 tsp of each ketchup and mustard over each patty.



*Crediting: 1 serving = 1 oz eq M/MA, 1/4 c. starchy veg*



## Hot Ham & Cheese Sandwich

Serves 100

100 WG Hamburger Buns  
100 slices (.5oz) American Cheese (100018)  
200 slices (1oz) Ham (100187)

Place bottom bun halves on 5 sheet pans.  
Add 1 slice of cheese and 2 slices of ham to each bun.  
Cover with top bun half.  
Bake at 350F for 6 min.



*Crediting: 1 sandwich = 2 oz eq M/MA, 1.5 oz eq grains.*



*Any sandwich can be a wrap & any wrap can be a sandwich! Just mix it up for variety!*

# Sandwiches & Wraps



## Asian Tuna Burger

Serves 100

3-66.5oz cans Tuna (100195)  
1 qt Mayonnaise  
1/2 cup Garlic, minced  
1/4 cup Ginger, minced  
1/2 cup Soy Sauce  
8 oz Green Onions, diced  
3 cups Red Bell Pepper, diced  
1/4 cup 4 tsp Sesame Oil  
1/4 cup 4 tsp Oil  
2 cups Egg Whites  
6 1/2 cups Panko Bread Crumbs  
100 WG Rolls  
100 slices Tomato  
100 leaves Romaine

Mix 1st 11 ingredients in a bowl.

Use a No. 8 scoop to portion onto 4 parchment-lined sheet pans.

Bake at 375F for 8 min.

Place bottom half of rolls on 4 pans.

Add 1 patty to each roll. Add 1 lettuce and 1 tomato slice.

Add tops of rolls.



*Crediting: 1 burger = 2 oz eq M, 1/8 c. DG veg, 1/8 c. R/O veg, 1/8 c. add veg, 1 oz eq grains*



## Tuna Salad Sandwich

Serves 100

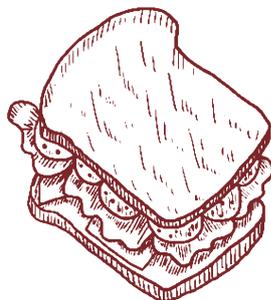
3- 66.5 oz cans Tuna, drained  
2 lb Onions, chopped  
3 lb Celery, chopped  
1 Tbsp Dry Mustard  
2 lb Hard Boiled Eggs, chopped  
6 cups Mayonnaise  
1/4 cup Parsley  
1 cup Sugar  
1/4 cup Garlic Powder  
1/4 cup Onion Powder  
100 WG Rolls  
100 slices Tomato  
100 leaves Romaine

Flake tuna. Combine 1st 10 items in a large bowl.

Put bottom half of rolls in 4 pans.

No. 8 scoop tuna salad into roll.

Add 1 lettuce, 1 tomato slice, & top roll half.



*Crediting: 1 sandwich = 2.25 oz eq M, 1/8 c. DG veg, 1/8 c. R/O veg, 1/8 c. other veg, 1 oz eq grains*

# Sandwiches & Wraps

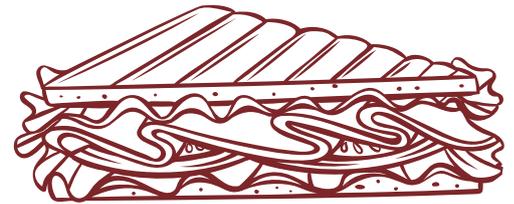
## **BBQ Beef Sandwich**

Serves 100

21 lb Raw Beef Slices  
1 gal 1 qt BBQ Sauce  
2 1/2 cups Water  
100 WG Hamburger Buns

Cook beef according to directions.  
Add BBQ sauce. Use the water to rinse out the sauce bottle. Mix.  
Heat in oven or stove top.  
Use a No. 8 scoop to portion onto bun.

  
*Crediting: 1 sandwich = 2 oz eq M/MA, 2 oz eq grains.*  

## **Gyros**

Serves 100

20 lb Turkey Roast (100125)  
4 cups Lemon Juice  
1/3 cup Garlic, minced  
2/3 cup Olive Oil  
2 Tbsp 2 tsp Mustard  
2 Tbsp 2 tsp Oregano  
20 cups Cucumber, diced  
13 cups Yogurt, plain  
2 1/2 Tbsp Dill  
2 Tbsp Garlic, minced  
100 Pita Halves  
1 gal 5 cups Hummus

Pull roast apart. Marinate overnight in lemon, garlic, oil, mustard & oregano.  
Cook roast in a covered pan with a little water. Dice turkey.  
Sauce: combine cucumber, yogurt, dill & garlic. Refrigerate.  
Assemble: Heated pita, 3 oz turkey, 3 Tbsp hummus, 1/4 cup sauce, & top with lettuce & tomato (optional).

  
*Crediting: 1 sandwich = 2 oz eq M/MA, 1.25 oz eq grains, 1/8 c. legumes, 1/8 c. other veg.*  


# Sandwiches & Wraps



## Roasted Fish Crispy Slaw Wrap

Serves 100

- 6 lb 4 oz Red Cabbage, shredded  
6 lb 4 oz White Cabbage, shredded  
6 lb 4 oz Carrots (100352), shredded  
3 lb Bok Choy, sliced  
2 cups Cilantro, chopped  
8 1/3 cups Balsamic Vinaigrette  
25 lb Pollock (110601) filets  
1 cup Olive Oil  
1 1/4 cups Chili-Lime Seasoning  
3 lb 4 oz Romain Lettuce, sliced  
100 WG Tortillas (110394)  
1 lb 14 oz Avocados, sliced  
28 Limes, quartered
- Mix cabbage, carrots, bok choy, cilantro & dressing. Cool. Place fish on 4 parchment-lined pans. Brush oil on fish & sprinkle seasoning on top. Roast at 350F for 9 min. Put 1/4 cup lettuce on tortilla. Cut fish in half and set on lettuce. Add 1 cup slaw & 1 slice avocado. Squeeze lime on top of filling. Roll into burrito. Cut in half.



*Crediting: 1 wrap = 2.75 oz eq M, 1/4 c. DG veg, 1/4 c. R/O veg, 7/8 c other veg, 1.5 oz eq grains*



## Chicken Wrap

Serves 100

- 12.5 lbs Chicken Strips (110462)  
1 lb 9 oz Cheddar Cheese (100003)  
100 WG Tortillas (110394)
- Heat chicken in oven. Put 2 oz chicken on each tortilla. Sprinkle with 1 Tbsp cheese. Fold into a wrap.

*Crediting: 1 wrap = 2.25 oz eq M/MA, 1.5 oz eq grains*

**Pair with 3 Bean Salad!**

# Sandwiches & Wraps

## Sloppy Joe on a Bun

Serves 100

17 lb 4 oz Ground Beef (100158)  
1 lb 4 oz Onions, chopped  
2 Tbsp Garlic, granulated  
1/2 No. 10 can Tomato Paste  
(100327)  
1/2 No. 10 can (6 cups) Catsup  
1 qt Water  
2 1/4 cups White Vinegar  
1/4 cup Dry Mustard  
2 tsp Black Pepper  
3/4 cup Brown Sugar  
100 Hamburger Buns

Brown beef. Drain.

Add onions & garlic. Cook 5 min.

Add remaining ingredients. Simmer for 25-30 min.

Divide into 2 steam table pans.

Use a No. 12 scoop to portion onto bottom bun. Cover with top bun.

*Crediting: 1 sandwich = 2 oz eq M/MA, 1/4 c. R/O veg, 1.5 oz eq grains*

## Chicken Caesar Wrap

Serves 100

11 lb 4 oz Diced Chicken (100101)  
1/4 cup 1/2 tsp Italian Seasoning  
6 lb 4 oz Romaine, chopped  
6 lb 4 oz Tomatoes, diced  
6 lb 4 oz Caesar Dressing  
100 WG Tortillas (110394)  
1 lb 4 oz Mozzarella (100021)  
Or Parmesan Cheese

Sprinkle seasoning over chicken.

Spread 1 oz dressing onto each tortilla. Add 2 oz chicken, 1/2 cup romaine, 1/8 cup tomatoes, & 1 tsp cheese.

Fold & roll tortilla like burrito.

Cut in half.

**Pair with Broccoli Bites!**

*Crediting: 1 wrap = 2 oz eq M, 1/8 c. R/O veg, 1/4 c. DG veg 1.5 oz eq grains*



# Sandwiches & Wraps



## Pulled Pork Sandwich

Serves 100

25 lb Pulled Pork (110730)  
100 WG Hamburger Buns  
1 No. 10 can Catsup  
1 qt 2 cups Brown Sugar  
3 cups Yellow Mustard  
4 fl oz Liquid Smoke

Thaw pork & place in pan. Cover.  
Bake at 350F for 40-50 min.  
Portion 4 oz pork onto bun.  
Mix remaining items together. Serve 2  
Tbsp sauce with each sandwich.

**Pair with Veggie Mash Up!**



*Crediting: 1 sandwich = 2 oz  
eq M/MA, 2 oz eq grains*



## Santa Fe Wrap

Serves 100

12 lb 8 oz Diced Chicken (100101)  
2 cups Salsa (100330)  
2 cups Ranch Dressing  
2 tsp Chipotle Flavor Concentrate  
3 lb 6 oz Romaine Lettuce  
3 qt 1 1/2 cups Tomatoes, chopped  
3 qt 1 1/2 cups Corn (111053)  
16 oz Cheddar (100003)  
100 WG Tortillas (110394)

Thaw & drain chicken.  
Combine salsa, ranch, &  
chipotle.  
In another bowl, combine  
lettuce, tomatoes, corn &  
cheese. Toss with dressing  
mixture.  
On each tortilla, add 2 oz  
chicken & 1 cup lettuce  
mixture. Roll & cut in half.  
Can be served hot or cold.



*Crediting: 1 wrap = 2 oz eq  
M/MA, 0.75 oz eq grains, 1/4  
c. other veg*



# Sandwiches & Wraps

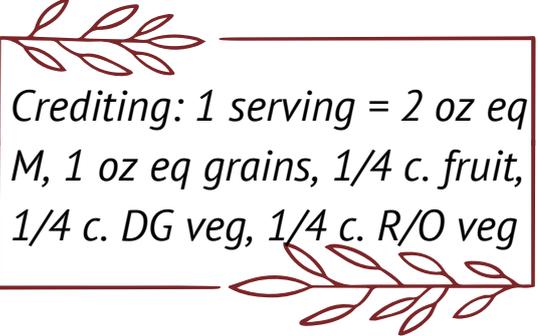


## Jerk Fish Pita Pocket

Serves 100

2 Tbsp 2 tsp Jerk Seasoning  
2 Tbsp Garlic Powder  
1/4 cup Coriander  
2 Tbsp Paprika  
2 tsp Red Pepper Flakes  
1 1/3 tsp Salt  
14 lb Pollock (110851), diced  
4 lb Mangoes, diced  
2 No. 10 cans Pineapple  
    Tidbits, drained  
12 lb tomatoes, diced  
2 oz Cilantro, diced  
8 oz Jalapenos, diced  
2 cups Lime Juice  
1 lb Sugar  
100 WG Pitas, halved  
7 lb Spinach, chopped

Combine spices.  
Place 25 fish on lined sheet pans.  
Sprinkle spices over pans.  
Bake at 350F for 5-8 min.  
Combine fruit, tomatoes, cilantro,  
jalapenos, juice, & sugar.  
Use a No. 8 scoop to portion fruit into  
100 soufflé cups on sheet pans.  
Place 25 pita halves on sheet pans.  
Stuff 1/4 cup spinach in each.  
Cut fish in half & add to pitas.  
Serve 2 pita halves + 1 soufflé cup.



*Crediting: 1 serving = 2 oz eq  
M, 1 oz eq grains, 1/4 c. fruit,  
1/4 c. DG veg, 1/4 c. R/O veg*



## Deli Sub

Serves 100

100 WG Buns  
200 slices (6 lb) Smoked  
    Turkey (110911)  
100 slices (3 lb) Smoked Ham  
100 slices (3 lb) American  
    Cheese (111110)

Assemble: 2 slices turkey, 1 slice ham  
& 1 slice cheese in each bun.



*Crediting: 1 sandwich = 2  
oz eq M/MA, 2 oz eq grains*

# Soups

*Increase acceptance by sprinkling cheese on top of soups!*



## Cream of Chicken Soup

Serves 100

3 cups Margarine  
1 lb 8 oz Celery, diced  
1 lb WG Flour (110857)  
1 gal 1 qt Chicken Broth  
2 gal 1 qt Skim Milk  
4 tsp Black Pepper  
2 tsp Salt  
1/2 cup Garlic Powder  
1/2 cup Onion Powder  
1/4 cup Oregano  
2 qt Half & Half  
6 lb 4 oz Diced Chicken  
(100101)  
1 lb 12 oz Cream Style Corn

Melt margarine in stockpot. Sauté celery 1-2 min. Add flour & simmer 1-2 min. Add broth, stirring until thickened. Cook 2-5 min. Add milk & spices. Simmer 5-10 min. Add half & half. Reduce heat. Use immersion blender in stockpot 3-5 min. Add chicken & corn. Simmer 5 min. Divide into 4 deep half pans. Use 1 c. ladle to serve.

*Crediting: 1 c. = 1 oz eq  
M/MA*



## Tomato Soup

Serves 100

9 lb 12 oz Onions, diced  
1/2 cup Garlic Powder  
3 No. 10 cans Tomatoes  
2 gal 1 qt Water  
3/4 cup Chicken Base  
3/4 cup Basil  
1 tsp Salt  
1 Tbsp Black Pepper  
3/4 cup Sugar  
12 oz Tomato Paste (100327)  
1 lb Margarine

Boil 1st 9 items in a stock pot. Add paste & simmer uncovered 8-10 min. Puree in pot with immersion blender 3-5 min. Divide into 4 half pans. Portion with 8 oz ladle.

*Crediting: 1 c. = 3/8 c. R/O  
veg, 1/8 c. other veg*

# Soups

*Pair with Broccoli Bites!*



## Chicken/Turkey & Rice Soup

Serves 100

2 Tbsp 2 tsp Old Bay Seasoning Boil 1st 7 items. Simmer uncovered  
2 tsp Onion Powder 10-15 min. Set aside 2 c. 1 Tbsp rice.  
2 tsp Garlic Powder Add remaining items except meat.  
2 Tbsp Poultry Seasoning Cook 10-15 min.  
3 lb 12 oz Brown Rice (100500) Puree with immersion mixer 3-5 min.  
7 gal Water Fold in reserved rice. Divide into 4  
3/4 cup Chicken Base half pans. Divide meat into 4 greased  
1 lb 4 oz Celery, chopped pans. Bake at 325F for 2-3 min.  
3 lb 8 oz Carrots (100352) Use a rounded 2 oz spoodle to portion  
3 lb 8 oz Onions, chopped meat into 25 soufflé cups per sheet  
3 lb 8 oz Mushrooms, sliced pan.  
1/2 cup Parsley  
2 Tbsp Black Pepper  
2 Tbsp Basil  
9 lb Diced Chicken (100101)  
Or Diced Turkey

*Crediting: 1 c. + 1 souffle  
cup = 1.25 oz eq M, 1/4 c.  
other veg, 1/8 c. add veg, 0.5  
oz eq grains*



## Tuscan Smoked Turkey and Bean Soup

Serves 100

2 lb Onions, diced Sauté 1st 5 items until softened.  
1 lb 8 oz Celery, diced Add stock, beans, salt & pepper.  
2 lb Kale, coarse chopped Cover & simmer for 20 min.  
1 lb 2 oz Tomato Paste (100327) Add remaining items. Simmer 10 min.  
1 cup Garlic, minced Portion with a 1 cup ladle.  
4 gal Chicken Stock  
3 No. 10 cans Navy Beans, rinsed  
2 Tbsp 2 tsp Salt  
2 tsp Black Pepper  
5lb 8oz Smoked Turkey (100122), diced  
1/2 cup Parsley, chopped  
1/2 cup Thyme, chopped  
1/2 cup Basil, chopped

*Crediting: 1 c. = 0.5 oz eq M,  
1/8 c. R/O veg, 1/8 c. other  
veg, 1/4 c. legume*

*Pair with Baked Sweet Potatoes!*

# Soups



## Beef Vegetable Soup

Serves 100

12 lb Ground Beef (100158)  
4 gal Beef Broth  
4 No. 10 cans Diced Tomatoes  
(100329), drained  
7 1/2 cups Celery, chopped  
4 cups Onions, chopped  
1/4 cup 4 tsp Salt  
4 tsp Black Pepper  
1/2 cup Onion Powder  
1/2 cup Salt-Free Seasoning  
1 1/2 cup Garlic Powder  
1 cup Parsley, dried  
1 1/2 cup Mexican Seasoning  
4 lb 8 oz Corn (111053)  
9 lb 8 oz Peas & Carrots  
3 lb 8 oz Green Beans (111054)

Cook beef in a stock pot for 5-8 min.  
Drain meat & return to pot.  
Add broth, tomatoes, celery, onions, &  
spices. Simmer 20 min.  
Add remaining ingredients. Cover &  
simmer for 15 min.  
Divide soup into 4 deep half pans.  
Portion with 1 cup ladle.

*Crediting: 1 c. = 0.5 oz eq M,  
1/8 c. R/O veg, 1/8 c. other  
veg, 1/4 c. add veg*

***Pair with Potatoes Au Gratin!***

## Chicken Noodle Soup

Serves 100

3 gal Water  
1 c. 3.25 oz Chicken Base  
2 qt 3 1/2 cups Celery, diced  
1 qt 3/4 cups Mini Carrots  
2 cups Dehydrated Onions  
1/2 cup Parsley  
2 tsp Black Pepper  
2 Tbsp Poultry Seasoning  
2 lb 8 oz WG Egg Noodles  
6 lb 12 oz Diced Chicken (100101)

Thaw & drain chicken.  
Chop carrots into 1/4" pieces.  
Boil water. Add base, veggies &  
spices to the stockpot. Simmer 20  
min. Add noodles & chicken. Simmer  
10 min. Transfer to steam table pans.

*Crediting: 1 c. = 1 oz eq  
M/MA, 1/2 oz eq grains*

# Soups

## Harvest Stew

Serves 100

1/4 cup 1 Tbsp Oil  
1 lb 4 oz Onions, diced  
12 oz Diced Carrots (111052)  
1 lb 1 oz Celery, diced  
3 oz AP Flour (100400)  
2 qt 2 cups Water  
1 Tbsp Chicken Base  
1 tsp Salt-Free Seasoning  
1 Tbsp Garlic Powder  
1/2 No. 10 can Diced Tomatoes  
1 lb 8 oz Sweet Potatoes (110562)  
1 lb 8 oz Red Potatoes, cubed  
1 lb 10 oz Diced Chicken (100101)  
1 3/4 No. 10 cans Great Northern  
Beans (100373), drained  
5 oz Spinach (110425), chopped

Sauté 1st 4 items for 5 min.  
Sprinkle flour in. Mix. Add water &  
base. Boil.  
Add spices. Cook 2 min.  
Add tomatoes & potatoes. Simmer for  
15 min.  
Add remaining items. Simmer 10 min.  
Portion with 3/4 cup ladle.

*Crediting: 3/4 cup = 0.5 oz  
eq M/MA, 1/4 cup legume,  
3/8 cup veg*



# Soups



## Minestrone Soup

Serves 100

2 cups Water  
1 lb 2 oz Onions, diced  
2 lb 12 oz Diced Carrots  
(111052)  
12 oz Cabbage, minced  
1 lb Celery, chopped  
1 lb Zucchini, chopped  
1/4 cup 4 tsp Beef Base  
2 gal 1 qt Water  
1/4 No. 10 can Tomato  
Paste (100327)  
2 tsp Black Pepper  
1/2 tsp Oregano  
1/2 cup 4 tsp Garlic Powder  
2 tsp Salt  
1/2 tsp Marjoram  
1/4 cup Onion Powder  
1/4 cup Ancho Chili Powder  
1/4 cup Mexican Seasoning  
1 tsp Parsley  
2 No. 10 cans Great Northern  
Beans (100373), drained  
1 lb 8 oz WG Elbow Macaroni  
(110501)

Add 1st 6 items to stockpot. Simmer uncovered for 15 min.

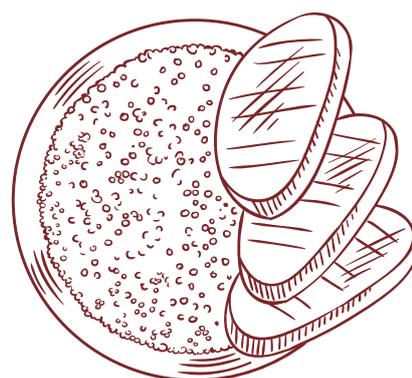
Add base, water, paste, & spices. Simmer 30 min.

Add beans & macaroni. Simmer 20 min.

Divide into 4 half steam table pans. Portion with 8 oz ladle.



*Crediting: 1 c. = 1/8 c.  
legume, 1/8 c. R/O veg, 1/4  
c. add veg*



# Soups

*Pair with Cornbread!*



## Beef & Lentil Chili

Serves 100

- 1 1/2 cups Oil (100439)
- 1 1/2 lb Onions, chopped
- 24 cloves Garlic
- 1 lb Green Bell Pepper, chopped
- 1 Tbsp 1 tsp Black Pepper
- 1/4 cup 2 Tbsp Chili Powder
- 2 Tbsp Paprika
- 2 Tbsp Onion Powder
- 1/2 cup Cumin
- 14 lb Beef Crumbles (100134)
- 2 No. 10 cans Salsa (100330)
- 1 1/2 cup Beef Base
- 1/2 No. 10 can Tomato Paste (100327)
- 6 lb Lentils

Heat oil in stockpot. Add veggies & spices. Cook 5 min.  
Add beef. Stir in remaining ingredients. Boil. Cover & reduce heat to simmer. Simmer 40 min.  
Cook lentils separately: Cover with water & simmer 20 min. Add the lentils to the chili in last 20 min of cooking.

*Crediting: 1 c. = 2 oz M/MA, 3/8 c. R/O veg, 1/4 c. legume, 1/8 c. other veg*



## White Chicken Chili

Serves 100

- 3 lb 8 oz Onions, chopped
- 5 oz Garlic, minced
- 10 lb Diced Chicken (100101)
- 3 1/4 No. 10 cans Great Northern Beans (100373)
- 17 oz Water
- 4 oz Chicken Base
- 2 oz White Pepper
- 3 Tbsp Cumin
- 15 oz Green Chili Peppers
- 1 gal 2 qt 1 cup Chicken Stock
- 3 lb 2 oz Mozzarella (100021)



Add 1st 8 ingredients to a steam jacketed kettle. Simmer for 10 min.  
Add green chili peppers & stock. Simmer for 10 min.  
Pour into serving pans.  
Use a 6 oz ladle to portion (k-8).  
Top with 0.5 oz of cheese.

*Crediting: 3/4 c. = 2 oz eq M/MA, 1/4 c. BP veg*

# Casseroles & Hot Dishes

## Lasagna

Serves 100

6 lb 8 oz Ground Beef (100158)  
6 lb Onions  
1/4 cup Garlic Powder  
2 tsp Black Pepper  
1/2 cup Parsley  
1 gal 1/2 cup Diced Tomatoes  
(100329), undrained  
1/2 No. 10 can Tomato Paste  
(100327)  
1 gal 2 qt Water  
1/4 cup 2 Tbsp Basil  
1/4 cup 2 Tbsp Oregano  
2 Tbsp Marjoram  
2 tsp Thyme  
152 Lasagna Noodles, uncooked  
3 lb 2 oz Cheese Blend  
4 lb 12 oz Mozzarella (100021)

Brown beef in pot. Drain & add onions & garlic. Cook 5 min. Add spices, tomatoes, paste & water. Heat to boiling.

Using 4 pans, assemble in each pan:

- 1 qt 1/2 cup sauce
- 19 noodles lengthwise
- 1 qt 1/2 cup sauce
- 6 1/4 oz cheese blend & 9.5 oz mozzarella
- 19 noodles crosswise
- 1 qt 3/4 cup sauce
- Remaining cheese.

Tightly cover pans. Bake at 325F for 45 min. Let sit 15 min.

Cut 25 pieces per pan.



*Crediting: 1 piece = 2 oz eq  
M/MA, 3/8 c. R/O veg, 1 oz  
eq grains*

# Casseroles & Hot Dishes



## Chicken Tetrazzini

Serves 100

6 gal Water  
4 tsp Salt  
4 lb 12 oz WG Penne Pasta  
(110520)  
1 cup Oil (100439)  
2 lb Carrots (110480), diced  
1 lb Celery, diced  
8 oz Green Peppers, diced  
2 lb 8 oz Mushrooms, sliced  
1 lb Pimientos, diced, drained  
1 lb Margarine  
1 lb WG Flour (110857)  
1.5 gal 2 cups Skim Milk  
1/2 No. 10 can Tomato Paste  
(100327)  
1 gal 2 cups Chicken Broth  
2 lb Onions, diced  
2 tsp Black Pepper  
1/4 cup 4 tsp Garlic Powder  
2 Tbsp 2 tsp Cajun Seasoning  
12 lb 8 oz Diced Chicken (100101)  
8 oz Parmesan Cheese

Boil water. Add salt & pasta. Cook 8 min.  
Heat oil in stockpot. Add carrots, celery, peppers, mushrooms, pimientos. Saute for 5 min.  
Melt margarine in a pot. Add flour & cook for 5 min.  
Slowly add milk. Simmer until thickened.  
Add paste, broth, onions, & spices. Simmer for 5 min.  
In a bowl combine chicken, pasta, veggie mixture & tomato mixture. Divide into 4 pans.  
Sprinkle cheese over each pan.  
Bake at 325F for 20 min.  
Use a 1 cup spoodle to portion.



*Crediting: 1 c. = 2 oz eq  
M/MA, 1/4 c. R/O veg, 1/8 c.  
other veg, 0.75 oz eq grains*



# Casseroles & Hot Dishes

## SD Tater Tot Hotdish

Serves 177

30 lb Ground Beef (100158)

1 cup Dehydrated Onions

3 Tbsp Onion Powder

3 No. 10 cans Green Beans  
(100307)

2 qt Water

4 cans (49.5oz) Cr. of Mushroom

20 lb Potato Rounds

Cheddar Cheese (100003)

Brown beef 7-10 min. Add onion flakes and powder.

Stir in cream of mushroom soup, water, & green beans.

Pour into steam table pans.

Layer potato rounds on top.

Sprinkle cheese evenly over pans.

Bake at 350F for 30-40 min.

Portion with a 1 cup scoop.

*Crediting: 1 c. = 2 oz eq  
M/MA, 1/2 c. veg*

## California Casserole

Serves 100

3 1/2 Tbsp Dehydrated Onions

2 dashes Thyme

1/4 tsp Black Pepper

1/2 tsp Garlic Powder

1/2 tsp Oregano

1/4 tsp Paprika

1/4 tsp Basil

16 oz Cr. of Mushroom Soup

5 oz Milk

17 lb California Veg Blend

2 qt Water

8 lb 12 oz Potato Rounds

Thaw & drain veggies.

Combine 1st 9 items in a bowl.

Add thawed veggies & water.

Pour into pans. Top with potato rounds.

Cover with foil & bake at 350F for 50-60 min, uncovering for the final 10 min.

Portion with a 6 oz scoop.

*Crediting: 3/4 c. = 1/2 c.  
other veg, 1/4 c. starchy veg*

# Pastas



## Chicken Alfredo

Serves 100

6 (10.75 oz) cans Cr. of Chicken  
1 gal 2 qt Half & Half  
4 tsp White Pepper  
2 tsp Garlic Powder  
4 1/2 cups Parmesan Cheese  
13 lb Diced Chicken (100101)  
9 1/2 lb WG Rotini (110504)  
5 gal Water

Combine 1st 6 items in a stockpot.  
Cook for 20-25 min.  
Boil water & cook rotini 8-10 min.  
Drain. Combine pasta & chicken  
mixture in greased pans.  
Portion with a No. 4 scoop.

**Mix in broccoli or peas!**

*Crediting: 1 c. = 2 oz eq  
M/MA, 1 oz eq grains*



## Turkey & Beef Stroganoff

Serves 100

10 lb Ground Turkey  
8 lb Ground Beef (100158)  
1 lb WG Flour (110857)  
8 lb Pepper/Onion Strips  
(110724), diced  
2 lb 8 oz Carrots, shredded  
1 Tbsp Garlic Powder  
1/2 cup 2 Tbsp 2 tsp Parsley  
2 Tbsp 2 tsp Salt  
2 tsp Black Pepper  
2 gal Half & Half  
1 qt Milk

In a stockpot, cook meats 5-8 min.  
Drain & return to pot.  
Add flour, peppers, onions, carrots  
and spices. Cook 5 min.  
Add half&half and milk. Boil. Simmer  
for 40-45 min.  
Divide into 4 deep half pans.  
Use a 3/4 cup spoodle to portion.  
Serve over noodles.

*Crediting: 3/4 c. = 2 oz eq  
M/MA, 1/4 c. R/O veg*

# Pastas

## **Meaty Spaghetti**

Serves 100

- 17 lb Ground Beef (100158)
- 1 lb Onions, chopped
- 3 Tbsp Garlic Powder
- 1 Tbsp Black Pepper
- 1.5 No. 10 cans Tomato Puree
- 1 gal Water
- 2 Tbsp Salt
- 1/2 cup Parsley
- 1/4 cup Basil
- 1/4 cup Oregano
- 2 Tbsp Marjoram
- 1 Tbsp Thyme
- 12 gal Water
- 9 lb 6 oz WG Spaghetti



In a stockpot, brown beef. Drain.  
Add onions & cook 5 min.  
Add spices, tomato, & 1 gal water.  
Simmer 1 hour.  
Boil 12 gal water. Add spaghetti &  
cook 10-12 min.  
Stir noodles into meat sauce.  
Divide into 6 - 4" half pans.  
Use a 1 cup ladle to portion.

*Crediting: 1 c. = 2 oz eq  
M/MA, 1/4 c. R/O veg, 1.5 oz  
eq grains*

## **Chicken & Noodles**

Serves 100

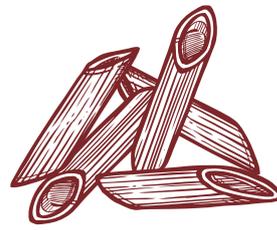
- 12 lb 12 oz Chicken (110080)
- 4 gal 2 qt Chicken Broth
- 1 tsp Poultry Seasoning
- 3/4 tsp Sage
- 1/2 tsp White Pepper
- 1/3 cup Dehydrated Onions
- 1/4 tsp Allspice (optional)
- 8 lb 8 oz WG Egg Noodles
- 1 qt Chicken Broth
- 1 1/2 cups AP Flour (100400)

In a stockpot, simmer 1st 7 items.  
Add noodles & cook until slightly  
tender.  
Mix flour in broth. Add to noodles to  
thicken. Simmer until thickened.  
Pour into steam table pans.

*Crediting: 1 c. = 2 oz eq  
M/MA, 1.25 oz eq grains*

***Pair with Sautéed Summer Squash!***

# Pastas



## Chicken Penne

Serves 100

6 gal Water  
12 lb Penne Pasta (110520)  
3 1/2 oz Granulated Garlic  
6 lb 4 oz Broccoli (110473),  
chopped  
4 lb Diced Chicken (100101)  
2 cups Chicken Broth  
1/4 cup Salt  
2 Tbsp 2 tsp Black Pepper  
1 gal 1 1/2 qt Skim Milk  
1 cup AP Flour (100400)  
2 lb Cheddar Cheese (100003)  
2 lb Mozzarella (100021)

*Crediting: 1.5 c. = 1 oz eq  
M/MA, 1/8 c. DG veg, 1.75  
oz eq grains*

Boil water. Add pasta. Cook 8 min.  
Toss cooked pasta with 2 Tbsp 2 tsp  
garlic.  
Divide into 4 pans.  
Cook broccoli 5 min in boiling water.  
Drain & toss with remaining garlic.  
Add broccoli & chicken to pasta.  
Boil broth, 1 gal 2 cups milk & spices.  
Combine flour & remaining milk. Add  
to broth mixture. Simmer 5 min.  
Stir in cheese until it melts.  
Pour sauce over each pan.  
Cover with foil & bake at 350F 4 min.  
Two 6 oz spoodles are a portion.

***Pair with Sautéed Spinach & Tomatoes!***



## Chicken Broccoli Bowl

Serves 100

20 lb Popcorn Chicken  
9 1/2 lb WG Spaghetti  
10 gal Water  
6 cups General Tso's Sauce  
20 lb Broccoli (110473)

*Crediting: 1 bowl = 2 oz eq  
M/MA, 1/2 c. DG veg, 2 oz  
eq grains*

Put chicken in pan. Bake 350F 8 min.  
Boil water & cook pasta 8 min. Drain.  
Steam broccoli 5-8 min.  
Toss broccoli with sauce.  
At time of service, portion 1/2 cup  
pasta in a bowl, 1/2 cup broccoli, & 2  
oz chicken.

# Pastas

## SD Goulash

Serves 100

20 lb Ground Beef (100158)  
1/2 cup Dehydrated Onion  
1/4 cup Black Pepper  
7 lb WG Macaroni (110501)  
6 (50 oz ) cans Tomato Soup  
2 (50 oz ) cans Water  
6 gal Water

Brown beef. Drain. Add onion, pepper. Add soup & cans of water. Cook until 165F. Put into soup pans. Boil water & cook macaroni until al dente. Drain. Combine with soup & beef.

*Crediting: 1 c. = 1.25 oz eq  
M/MA, 3/8 c. R/O veg, 0.75  
oz eq grains*

## Mexican Pasta

Serves 100

5 lb 12 oz WG Rotini (110504)  
6 gal Water  
1/4 cup 2 Tbsp Salt  
15 lb 4 oz Beef Crumbles (100134)  
1 lb 12 oz Onions, chopped  
2 No. 10 cans Tomato Sauce  
(100334)  
1 Tbsp Black Pepper  
3 Tbsp Cumin  
1/4 cup Chili Powder  
2 Tbsp Garlic Powder  
1 Tbsp Onion Powder  
1 Tbsp Paprika

Boil water & salt. Add pasta & cook 8 min. Drain. In a steamer, steam frozen beef for 30 min. Combine everything & heat in a pot for 10-15 min. Pour into 4 steam table pans. Portion with a 6 oz ladle.

*Crediting: 3/4 c. = 2 oz eq  
M/MA, 1/4 c. R/O veg, 1 oz  
eq grains*

# Other Dishes

*Make it into a Taco Bar! Portion everything into individual cups & they select what to add to their chips.*

Serves 100



## Chicken Nachos

10 lb Diced Chicken (111361)

6 Tbsp 2 tsp Ancho Chili Powder Or Mexican Seasoning

1/2 cup Chili Powder

1/2 cup Cumin

1 tsp Salt

2 Tbsp 2 tsp Paprika

2 Tbsp 2 tsp Onion Powder

5 lb 8 oz Pinto Beans (100365), drained

5 cups Water

6 lb 8 oz Tortilla Chips

2 lb Cheddar Cheese (100003)

6 lb 4 oz Sour Cream

25 cups Pico de Gallo

Cook chicken & spices in pot for 2 min. Puree beans in food processor for 1-2 min, adding 2 cups water while blending.

Add remaining water & puree 3 min.

Heat beans in a pot for 15 seconds.

Transfer beans to 4 pans.

Assemble: 10 chips, No. 24 scoop

beans, No. 12 scoop chicken, 1 Tbsp

cheese, No. 30 scoop sour cream, No.

16 scoop pico de gallo.



*Crediting: 1 serving = 2 oz eq M/MA, 1 oz eq grains*



## Salmon Patties

Serves 100

12 lb Canned Salmon

1/4 cup Salmon Seasoning

2 Tbsp 2 tsp Whole Coriander

2 cups Lemon Juice

2 cups Egg Whites

1 lb 8 oz Panko Bread Crumbs

2 Tbsp 2 tsp Cilantro

1 lb Red Bell Peppers, diced

1 Tbsp 1 tsp Seafood Seasoning

2 cups Mayonnaise

Combine all ingredients in a bowl.

Portion onto 4 parchment-lined sheet pans with No. 8 scoop.

Flatten each patty.

Bake at 375F for 8 min.



*Crediting: 1 patty = 1.75 oz eq meat*



# Other Dishes



## Chicken Stir Fry

Serves 100

6 lb Diced Chicken (100101)  
1 cup Soy Sauce  
1/4 cup 2 Tbsp Chili Sauce  
3 cups Cornstarch  
1/4 cup 2 Tbsp 2 tsp Ginger  
1/4 cup 2 Tbsp 2 tsp Garlic  
4 tsp Black Pepper  
4 tsp Red Pepper Flakes  
4 tsp Salt  
3 1/2 cups Sugar  
1 gal Chicken Broth  
2 qt Pineapple Juice  
8 lb Broccoli (110473), chopped  
1 1/3 cup 2 Tbsp 2 tsp Oil  
10 lb Edamame  
1 No. 10 can Pineapple Tidbits,  
drained  
5 lb 12 oz Carrots, shredded  
4 lb 12 oz Pepper/Onion Strips  
(110724), diced  
2 qt Water  
4 oz Cilantro

**Serve with Rice!**

Combine chicken, sauces, 1 1/3 cup  
8 tsp cornstarch, 10 tsp ginger, 10  
tsp garlic, sugar & spices. Marinate  
for 12-24 hours.

Cook marinated chicken in stockpot  
for 2-3 min.

Add 2 qt broth and 1 qt juice. Boil  
until thickens.

Divide into 4 pans.

Boil broccoli for 1 min. Drain.

Heat oil in stockpot. Saute broccoli,  
edamame, pineapples, carrots,  
onions, peppers, & saved ginger &  
garlic for 2-3 min.

Add remaining broth & juice. Boil.

Add remaining cornstarch.

Add water & allow it to thicken.

Pour 1 gal 1 qt into each pan.

Use a 1 cup spoodle to portion.

*Crediting: 1 c. = 2 oz eq  
M/MA, 1/8 c. R/O veg, 1/8 c.  
DG veg, 1/8 c. add veg, 1/8  
c. fruit*

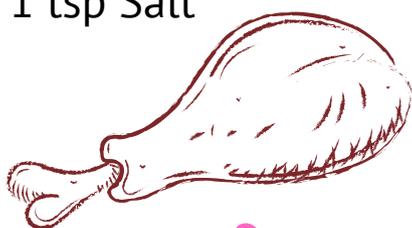
# Other Dishes

## **Beef Shepherd's Pie**

Serves 100

10 lb Ground Turkey  
8 lb Ground Beef (100158)  
1 lb Onions, diced  
6 lb Peas & Carrots  
1 gal Beef Broth  
1 1/2 cups 3 Tbsp Cornstarch  
2 cups Water  
2 Tbsp Thyme  
1 Tbsp 1 tsp Black Pepper  
1 Tbsp 1 tsp Onion Powder  
2 tsp Paprika  
2 Tbsp Salt  
1 gal 2 qt Water  
3 qt Skim Milk  
4 lb Instant Potato Flakes  
12 oz Margarine  
1 Tbsp 1 tsp Salt

Cook meats in a stockpot for 5-8 min.  
Drain & return to pot.  
Add onions & sauté for 5-8 min.  
Add peas & carrots.  
Gravy: Boil broth in pot. Combine cornstarch & cold water in bowl. Add to broth. Add spices. Boil.  
Combine meat & gravy in a bowl.  
Divide into 4 pans.  
Boil water & add to mixer with remaining items. Mix 6-7 min.  
Spread 2 qt 2 c. potatoes over pans.  
Bake at 350F for 30 min. Cut 25 pieces per pan.



*Crediting: 1 piece = 2 oz eq  
M/MA, 1/2 c. starchy veg,  
1/8 c. add veg*

## **Baked Chicken Drumstick**

Serves 100

100 Chicken Drumsticks (100113)  
1 Tbsp Black Pepper  
3 oz Ranch Dressing Mix

Thaw chicken. Lay on lined sheet pans.  
Spray with pan release spray.  
Combine pepper and Ranch mix.  
Sprinkle over chicken.  
Bake at 350F for 30-35 min.

*Crediting: 1 drumstick =  
1.5 oz eq M/MA*

# Other Dishes

*Pair with Mashed Potatoes!*

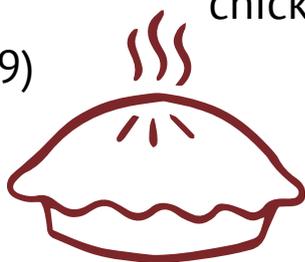


## Chicken Pot Pie

Serves 100

12 lb 12 oz Chicken (100101)  
7 lb Peas & Carrots  
1 lb Margarine  
2 lb 8 oz Celery, diced  
2 lb 8 oz Onions, diced  
1 lb 4 oz WG Flour (110857)  
3 qt 2 cups Chicken Broth  
1 gal Half & Half  
1 Tbsp Black Pepper  
1 Tbsp Poultry Seasoning  
1 Tbsp 1 tsp Salt  
4 lb 4 oz WG Flour (110857)  
5 Tbsp 1 tsp Baking Powder  
2 tsp Baking Soda  
1 1/2 cups Oil (100439)  
2 qt Yogurt, plain

Divide chicken into 4 pans.  
Add peas & carrots to each pan.  
Melt margarine in stockpot. Add celery, onion, & flour. Cook 3 min. Stir in broth, half & half, pepper, & seasoning. Cook 10 min.  
Divide gravy over each pan.  
Combine salt, flour, powder, & soda. Add oil & yogurt.  
Use a No. 30 scoop to portion dough on pans (25 per pan).  
Bake at 400F for 20 min.  
Portion 1 biscuit with No. 6 scoop of chicken mixture.



*Crediting: 1 serving = 2 oz eq M/MA, 1/8 c. starchy veg, 1/8 c. add veg, 1.5 oz eq grains*

*Pair with Pot Roast Veggies!*



## Roasted Turkey

Serves 100

19 lb 8 oz Turkey Roast  
(100125)

Thaw roasts. Place roasts of similar sizes in shallow roasting pans. Insert a thermometer into the center of one roast on each pan. Bake at 325F for 3-5 hours. Slice into 2 oz portions.

*Crediting: 1 portion = 2 oz eq meat*

# Other Dishes

*Pair with Honey Glazed Carrots!*



## Salisbury Steak

Serves 100

1 cup Margarine  
2 1/4 cup WG Flour (110857)  
8 oz Mushrooms, diced  
2 cups Crushed Tomatoes  
1 Tbsp 1 tsp Onion Powder  
1 Tbsp 2 tsp Black Pepper  
3 Tbsp 1 tsp Salt  
1 gal 1 cup Chicken Stock  
1/4 cup Dijon Mustard  
9 lb 18 oz Ground Turkey  
6 lb 8 oz Ground Beef (100158)  
2 qt 2 2/3 cup Oats (100465)  
2 cups Egg Whites  
2 cups Beef Broth  
3/4 cup Instant Dry Milk  
1 lb 8 oz Onions, chopped  
1/2 cup Parsley

Melt margarine in stockpot.  
Add flour & cook 8-10 min.  
Add mushrooms, tomatoes, onion powder, 1/2 tsp pepper & 1/2 tsp salt. Cook 2 min.  
Add stock. Boil. Reduce heat.  
In a mixer, add remaining salt & pepper & remaining items. Mix 4 min.  
Use a No. 10 scoop to portion meat patties onto 4 sheet pans.  
Bake at 300F for 15-25 min.  
Transfer to steam table pans.  
Pour 1 qt gravy over each pan.

*Crediting: 1 steak = 1.75 oz eq meat*



## SD Hamburger Spanish Rice

Serves 163

17 lb Ground Beef (100158)  
1 cup Dehydrated Onion  
1 Tbsp Black Pepper  
4 lb Uncle Ben's Mexican Rice Mix  
3 lb Instant Brown Rice  
1/4 No. 10 can Tomato Sauce (100334)  
3/4 No. 10 can Diced Tomatoes (100329)  
1 gal 3.5 qt Water

Brown beef. Drain. Add onion & pepper.  
Prepare Uncle Ben's according to directions. Cook brown rice separately.  
Combine rice, beef, & remaining items  
Heat to 165F. Put in steam table pans.

*Crediting: 1 c. = 2 oz eq M/MA, 2 oz eq grains, 1/4 c. veg*

# Other Dishes



## Chicken/Turkey a la King

Serves 100

14 oz Margarine  
1 lb 4 oz WG Flour (110857)  
2 gal Chicken Broth  
3 qt 2 cups Skim Milk  
1 Tbsp Poultry Seasoning  
1 Tbsp 1 tsp Black Pepper  
1 Tbsp 1 tsp Salt  
1/2 cup Onion Powder  
12 lb 12 oz Chicken (100101)  
    Or Turkey (100125), diced  
11 lb 8 oz Green Peas  
4 lb 8 oz Shredded Carrots  
2 lb Pimientos, chopped

Melt margarine in stockpot.  
Add flour & stir.  
Add broth, milk, & spices. Simmer for 12-15 min.  
Add remaining items. Cook 3-5 min.  
Divide into 4 steam table pans.  
Portion with 6 oz spoodle.  
Serve with rice.

*Crediting: 3/4 c. = 2 oz eq  
M/MA, 1/4 c. R/O veg, 1/4 c.  
starchy veg*

**Pair with Rainbow Rice!**



## Volcanic Meatloaf

Serves 100

3 qt Water  
2 lb 10 oz Red Lentils  
12 lb 8 oz Ground Beef (100158)  
1 qt 3 cups Skim Milk  
1 lb 6 oz Egg Whites  
1 lb Oats (100465)  
14 oz Tomato Paste (100327)  
3 cups Yellow Mustard  
3/4 cups Parsley  
1/3 cup Granulated Garlic  
1/3 cup Dehydrated Onions  
3 Tbsp Black Pepper  
1 lb 10 oz Mozzarella (100021)

Rinse lentils. Simmer lentils & water uncovered for 20 min.  
In a mixer, add remaining items.  
Fold in lentils.  
Portion with a No. 6 scoop onto 4 lined sheet pans.  
Bake at 375F for 15-20 min.  
Serve with ketchup & mustard.

*Crediting: 1 loaf = 1.75 oz eq  
M/MA, 1/8 c. legume, 1/8 c.  
other veg*

# Other Dishes

## **Walking Taco**

Serves 100

9 lb 9 oz Beef Crumbles (100134)  
3 c. 2 Tbsp Tomato Paste (100327)  
3 cups Taco Sauce  
2 Tbsp Dehydrated Onions  
2 Tbsp 3/4 tsp Garlic Powder  
2 1/4 tsp Black Pepper  
2 1/4 oz Chili Powder  
2 Tbsp 3/4 tsp Cumin  
1 gal Water  
100 (1 oz) bags Nacho Cheese Chips  
4 lbs Iceberg Lettuce, shredded  
3 lb 2 oz Cheddar (100003)  
6 lb 4 oz Diced Tomatoes (100329)  
6 lb 4 oz Salsa (100330)

Heat beef according to package. Add tomato paste, taco sauce & spices. Add water & simmer. Slit long side of chip bags. Place in serving pans. Portion 1/4 cup meat into each bag. Add 1/2 oz cheese, 1 oz tomato, & 1/4 cup lettuce. Serve with 1 oz salsa.

*Crediting: 1 bag = 2 oz eq M/MA, 3/8 c. RO veg, 1/8 c. other veg, 1 oz eq grains*

## **Pigs in a Blanket**

Serves 100

12 lb 8 oz WG Bread Dough  
100 (2 oz) Turkey  
Frankfurter

Prepare bread dough or purchase dough. Grease work surface. For every 10 servings, roll 20 oz of dough into 14"x15" rectangle. Cut 2x5, placing hotdogs in horizontal rows. Wrap each in one square of dough, pinching seams to seal. Place seam side down on lined sheet pans. Bake at 325F 12-15 min. Spray pigs in a blanket with pan-release spray after baking.

*Crediting: 1 pig = 2 oz eq M/MA, 2 oz eq grains*

# Other Dishes

## **Chicken Brown Rice Bowl with Veggies** Serves 100

2 gal 1 3/4 qt Water  
1 Tbsp 1 tsp Salt  
6 lb 4 oz Brown Rice (100500)  
9 oz Cornstarch  
1 cup Water, cold  
1 cup Soy Sauce  
1 tsp Ground Ginger  
1/4 cup 2 Tbsp Granulated Garlic  
1 Tbsp 2 tsp Black Pepper  
1 gal Chicken Stock  
10 lb 12 oz Sliced Carrots  
(100352)  
1 cup Oil (100439)  
2 lb 12 oz Onions, diced  
10 lb 8 oz Broccoli (110473),  
chopped  
1 Tbsp 1 tsp Salt  
12 lb 8 oz Diced Chicken (100101)  
2 cups Oil (100439)

Boil water. Add salt.

In each steam table pan, add 1 lb 9 oz rice & 2 qt 1.75 cups boiling water. Cover tightly & bake at 350F for 50 min.

Combine cornstarch & water. Add soy sauce & spices.

Boil stock & stir in cornstarch mixture. Simmer 3-5 min.

Sauté carrots in oil for 4 min.

Add onions. Cook 1 min.

Add broccoli. Cook 2 min.

Divide into 4 pans. Add salt

Sauté chicken in oil for 3-5 min.

Add chicken to pans. Add sauce & mix.

Mix in rice.

Portion with 2 rounded No. 10 scoops.

  
*Crediting: 3/4 c. 1 Tbsp = 2 oz eq M/MA, 1/4 c. R/O veg, 1/4 c. DG veg, 1 oz eq grains*  




# Other Dishes

*Pair with Pasta Salad!*



## Meatballs

Serves 100

2 gal Water, boiling  
1 qt 3 cups Skim Milk  
2 gal 10 cups Instant Potato Flakes  
1 1/3 cups 8 tsp Margarine  
1 Tbsp 2 tsp Salt  
7 lb 4 oz Ground Beef (100158)  
3 lb 10 oz Ground Turkey  
1/2 cup Instant Dry Milk  
2 qt 1/2 cup Egg Whites  
4 lb Oats  
1 lb Tomato Paste (100327)  
1 lb 8 oz Onions, chopped  
1 lb 4 oz Celery, diced  
2 lb Green Bell Peppers  
1 lb 4 oz Carrots, shredded  
1 tsp Black Pepper  
2 Tbsp 2 tsp Salt  
1/4 cup 4 tsp Garlic Powder  
1/4 cup 2 Tbsp Celery Seed

In a mixer, mix 1st 5 items 6-7 min.  
Divide into 4 pans.  
Add remaining ingredients to mixer & mix for 2-3 min.  
Use a No. 16 scoop to scoop meat into 12 muffin pans.  
Bake at 375F for 20-25 min.  
Transfer meatballs to 8 pans.  
Use a No. 20 scoop to portion mashed potatoes on top of each meatball.  
Serve 2 meatballs.

*Crediting: 1 serving = 2 oz eq M/MA, 5/8 c. starchy veg, 1/8 c. other veg, 1/8 c. add veg*



## Fish & Chips

Serves 100

Potato Wedges (100355)  
Pollock Sticks (110851)

Place fish on greased sheet pan.  
Bake at 415F for 15 sec & crispy.  
Bake potato wedges.  
Serve with sauces.

# Other Dishes

## **Oven Roasted Tilapia with Crema Sauce** Serves 100

2 Tbsp Jerk Seasoning  
1/4 cup Coriander  
2 Tbsp Paprika  
2 tsp Red Pepper Flakes  
1 Tbsp 1 tsp Salt  
100 Tilapia or Pollock (110851)  
4 oz Green Onions  
2 Tbsp Garlic, minced  
1/4 cup Coriander  
3 cups Apple Cider Vinegar  
3 cups 4 tsp Honey  
2 cups Sugar  
8 lb Coleslaw mix  
2 lb 8 oz Red Bell Pepper, chopped  
2 qt Sour Cream  
4 oz Cilantro, chopped  
3/4 cup 4 tsp Lime Zest  
3/4 cup Lime Juice  
1 Tbsp 1 tsp Salt

Combine 1st 5 ingredients in bowl.  
Place 25 tilapia on 4 sheet pans.  
Spread spices evenly over each pan.  
Bake at 325F for 5-8 min.  
Combine onions, garlic, coriander, vinegar, honey, & sugar in a bowl.  
Add coleslaw mix & peppers.  
Sauce: Mix remaining ingredients.  
Place 13 small plates on 7 sheet pans & 11 plates on 1 pan.  
On each plate, add a No. 8 scoop of coleslaw, add tilapia, then a No. 40 scoop of sauce on top.

*Crediting: 1 serving = 2 oz  
eq M/MA, 5/8 c. other veg*

## **Honey Lime Chicken** Serves 100

24 lb Boneless Chicken Thighs  
3 lb 8 oz Honey  
2 cups Lime Juice  
2 Tbsp 2 tsp Salt  
1 Tbsp 1 tsp Black Pepper  
1 cup Lime Zest

Combine all items. Set for 15-20 min.  
Divide onto 4 lined sheet pans.  
Bake at 375F for 30-35 min.  
Cut into 1/4" cubes.  
Divide into 4 steam table pans.  
Portion with a 2 oz spoodle.

*Crediting: 1/4 c. = 1.25 oz  
eq M/MA*

# Other Dishes

*Pair with Mexicali Corn!*



## **Beef and Bean Tamale Pie**

Serves 100

1/4 cup Garlic Powder  
1 Tbsp Black Pepper  
1/2 cup Chili Powder  
1/4 cup 2 Tbsp Cumin  
2 Tbsp Paprika  
2 Tbsp Onion Powder  
5 lb Ground Beef (100158)  
2 2/3 No. 10 cans Pinto Beans  
(100365), rinsed, chopped  
1 lb 12 oz Onions, chopped  
1lb 8oz Green Bell Peppers, chopped  
1lb 8oz Red Bell Peppers, chopped  
2 lb 12 oz Corn (100348)  
4 oz Cilantro, chopped  
2 qt 2 cup Water  
1/2 No. 10 can Tomato Paste (100327)  
1 No. 10 can Diced Tomatoes (100329)  
48 oz Cheddar Cheese (100003)  
2 lb WG Flour (110857)  
2 lb WG Cornmeal  
12 oz Sugar  
1/3 cup 1 Tbsp Baking Powder  
1 Tbsp Salt  
12 oz Eggs (110845)  
1 qt 3 cups Skim Milk  
1 cup Oil (100439 )

Combine all spices.  
Heat beef & 1/2 spices in stockpot for 5-8 min. Drain. Add beans, onions, peppers, corn, cilantro & remaining spices. Mix.  
Fold cheese in.  
Divide into 4 steam table pans. In mixer combine flour, cornmeal, sugar, powder, & salt. Mix 1 min.  
Combine eggs, milk, & oil in bowl. Add to mixer. Mix 3-4 min.  
Cool meat mixture slightly. Divide batter on top of pans. Bake at 350F for 20-25 min. Cool 10 min.  
Cut 25 pieces per pan.

*Crediting: 1 piece = 1 oz eq M/MA, 1/8 c. legume, 3/8 c. R/O veg, 1/8 c. add veg, 1 oz eq grains*

# Other Dishes



## Beef & Refried Bean Burrito

Serves 100

20 lb Beef Taco Filling  
6 cups Salsa (100330)  
3 No. 10 cans Refried Beans  
(100362)  
5 lb Cheddar (100003)  
100 WG Tortillas (110394)

Heat frozen beef in a steamer or boiling water for 45 min until meat is 165F.

Combine beef, salsa, beans, & cheese. Steam tortillas for 3 min.

Use a No. 8 scoop to portion beef mixture onto tortillas.

Fold burritos & place into pans.

Bake at 325F for 15 min.



*Crediting: 1 burrito = 2 oz eq M/MA, 1/8 c. legume, 1.5 oz eq grains*



## Quesadillas

Serves 100

4 No. 10 cans Refried Beans  
(100362)  
10 lb Beef Taco Filling  
100 WG Tortillas (110394)  
6 lb 4 oz Cheddar (100003)

Heat frozen beef in a steamer or boiling water for 45 min until meat is 165F.

Place tortillas on sheet pans. Top with 1/4 cup beans, 1 oz taco filling, & 1 oz cheese. Fold in half.

Bake at 350F until cheese is melted.

Cut each into 3 wedges.



*Crediting: 1 quesadilla = 2 oz eq M/MA, 1/4 c. legume, 1.5 oz eq grains*



# Other Dishes

## Chef Salad

Serves 100

6 lb 4 oz Turkey Ham (110911),  
diced  
6 lb 4 oz Smoked Turkey (110910)  
50 Eggs, hard boiled  
4 lb 12 oz Green Lettuce  
15 lb 4 oz Salad Mix  
14 lb 12 oz Spring Mix  
4 lb Cucumbers  
9 lb 4 oz Cherry Tomatoes  
3 lb 2 oz Cheddar (100003)  
50 packets 1000 Island  
50 packets Italian

Cut turkey into strips. Cut eggs in half. Wash produce.  
Slice cucumbers into 1/4" slices. Slice tomatoes in half.  
In each salad container add 2 cups mixed greens, 6 tomato halves, 1 oz turkey ham, 1 oz turkey strips, 1/2 oz cheese, 1 egg, 3 slices cucumber, & a 1.5 oz dressing packet.



*Crediting: 1 salad = 2.5 oz eq M/MA, 1/2 c. DG veg, 1/4 c. R/O veg, 5/8 c. other veg*

## Pepperoni Calzone

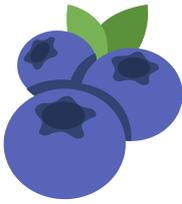
Serves 100

100 WG Pizza Rounds 6"  
9 lb 6 oz Mozzarella (100021)  
3 qt 1/2 cup Spaghetti Sauce  
(100336)  
3 lb 2 oz Sliced Pepperoni

Place 8 crusts in each lined sheet pan. Thaw for 10-15 min.  
Add a No. 12 scoop of cheese on each crust.  
Add a 1 oz ladle of sauce over the cheese & 7 slices of pepperoni.  
Fold in half & press edges with a fork to seal.  
Cut 2" slits on top of each calzone.  
Bake at 425F for 6-9 min.

*Crediting: 1 calzone = 2 oz eq M/MA, 1/8 c. R/O veg, 2 oz eq grains*

# Tips with USDA Items

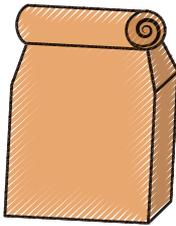


- Freeze Blueberries (100242) & serve on hot days.



- Add more flavor and variety to Salsa (100330) by adding fresh chopped cilantro or parsley or add crushed pineapple.

- Make quick sack lunches for field trips: String Cheese (110396) + Dried Cranberries (110723) + peanut butter or hummus cup + crackers + sliced apples.



- Change up the presentation of Mixed Fruit (100212) by draining all liquid and placing it in individual cups. You can also mix it with brightly colored canned fruit. Remember to always serve it chilled.



# Thank You!

SD CANS Office

Email: [DOE.SchoolLunch@state.sd.us](mailto:DOE.SchoolLunch@state.sd.us)

Phone: 605-773-3413

Website: [doe.sd.gov/cans/index.aspx](http://doe.sd.gov/cans/index.aspx)



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