

Broccoli Salad

Recipe Component: Vegetable/ fruit

Recipe Category: Side Dish

Recipe #

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
*Broccoli, washed and trimmed	6 lb				1. Cut florets into small bite-sized pieces. If serving to children under 6, steam until soft. 2. Trim and peel onion. Cut into small dice. 3. May use food processor to chop raisin if serving children under 6. 4. Whisk mayonnaise, vinegar and sugar in a large bowl 5. Add the broccoli, onion and raisins. Cover. Refrigerate until ready to serve. CCP: Refrigerate immediately. Hold at 40° F or colder. Mix lightly before serving
Red onion		1 medium			
Reduced-fat mayonnaise	1 lb	1 qt			
Cider vinegar		1/2 cup			
Granulated sugar		1/4 cup			
Raisins (omit or chop for children under 6)	1 lb 8 oz	1 qt 1/2 cup			

Broccoli Salad

Food Component: Vegetable

Recipe Category: side dish

Recipe #

Notes:

Estimated weight of 50 servings for Food Processor Analysis = 9 lbs

Nutrient information calculate using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Broccoli	7 lb 13 oz	15 lb 8 oz

Serving: 1/2 cup provides 3/8 cup vegetable, 1/8 cup fruit

Yield:

Volume:

1-2 years: 1/4 cup

50 Servings:

50 Servings: About 1 gal 2 qt 1 cup

3-5 years: 3/8 cup

100 Servings:

100 Servings: About 3 gal 2 cup

6-18 years: 2/3 cup

Nutrients Per Serving

Calories	97.50	Saturated Fat	0.52 g	Iron	0.86 mg
Protein	2.02 g	Cholesterol	2.99 mg	Calcium	33.61 mg
Carbohydrate	14.54 g	Vitamin A	82.37 RAE mcg	Sodium	90.89 mg
Total Fat	3.82 g	Vitamin C	50.89 mg	Dietary Fiber (2016)	1.97 g

Caesar Chicken Wrap

Meat/Meat Alternate

USDA modified

Ingredients	48 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken breast, cooked	5 lbs 14 oz				<p>Note this recipe if for same day use only.</p> <ol style="list-style-type: none"> 1. Dice chicken into age appropriate sized pieces. 2. If serving children age 5 years or under, chop lettuce. 3. Combine chicken, salad dressing, and romaine lettuce. Toss lightly. 4. Sprinkle parmesan cheese over mixture and toss lightly. 4. Place 2/3 cup chicken mixture on to each tortilla. 5. Roll in the form of a burrito. Cut diagonally in half. 6. Cover and refrigerate until ready to use. 7. CCP: Cool to 41° F or lower within 4 hours. 8. CCP: Hold product at 41°F or lower.
Caesar or Italian salad dressing		1 cup			
Romaine lettuce, ready-to-serve, raw	3 lbs				
Grated parmesan cheese		1 cup			
WGR tortilla, 8-inch		48			

Caesar Chicken Wrap

Meat/Meat Alternate

USDA modified

Notes:
Nutrient information from Food Processor. May use 6-inch tortilla. If using 6-inch tortillas see nutrients below.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 sandwich using 8-inch tortilla provides 2 oz equivalent meat/meat alternate, 1/4 cup of vegetable and 1.5 oz grain equivalent.	Yield:	Volume:
1-2 years: not for under 3 3-5 years: 1 wrap 6-18 Years: 1 wrap	50 Servings: 100 Servings:	50 Servings: 100 Servings:

Nutrients Per Serving for 8-inch WGR Tortilla			
Calories	232.64	Saturated Fat	1.99 g
Protein	16.75 g	Cholesterol	41.51 mg
Carbohydrate	23.50 g	Vitamin A	47.05 RAE mcg
Total Fat	8.25 g	Vitamin C	7.02 mg
		Iron	0.63 mg
		Calcium	32.81 mg
		Sodium	435.48 mg
		Dietary Fiber	3.37 g

Nutrients Per Serving for 6-inch WGR Tortilla			
Calories	178.47	Saturated Fat	1.57 g
Protein	15.09 g	Cholesterol	41.51 mg
Carbohydrate	14.34 g	Vitamin A	47.05 RAE mcg
Total Fat	6.79 g	Vitamin C	7.02 mg
		Iron	0.63 mg
		Calcium	32.81 mg
		Sodium	302.14 mg
		Dietary Fiber	2.12 g

Chicken Salad Sandwich

Meat/Meat Alternate

Sandwiches

E-07 KSU Modified

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked, chicken, chilled, chopped (pieces no larger than 1/4 inch)	6 lb 6 oz	1 gal 1 qt			<ol style="list-style-type: none"> 1. Combine chicken, celery, onions, pickle relish, pepper, and dry mustard. 2. Add salad dressing or mayonnaise. Mix lightly until well blended. 3. Spread in shallow pan to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Use immediately or cover and refrigerate until ready to use. 5. CCP: Cool to 41° F or lower within 4 hours. 6. CCP: Hold at 41° F or colder. 7. Cut each 2 oz WGR pita into two semi-circular halves. Portion ¼ cup of tuna salad into each pita half. Distribute the meat evenly. 8. Cover and refrigerate until ready to use. 9. CCP: Cool to 41° F or lower within 4 hours. 10. CCP: Hold at 41° F or colder.
*Fresh celery, chilled, chopped, (pieces no larger than 1/4 inch)	1 lb 6 oz	1 qt 1 cup			
*Fresh onions, chopped (pieces no larger than 1/4 inch) OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups 2 Tbsp OR 1 cup 2 Tbsp			
Sweet pickle relish, chilled, undrained	13 oz	1 ½ cups			
Ground black or white pepper		2 tsp			
Dry mustard		1 Tbsp 1 ½ tsp			
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 9 ½ oz OR 1 lb 9 ½ oz	3 ¼ cups OR 3 ¼ cups			
WGR bread, slice, 1 oz		100 slices			

Chicken Salad Sandwich

Meat/Meat Alternate

Sandwiches

E-07 KSU Modified

Notes:
See recipe for preparing chicken. Nutrient information from Food Processor based on 1 oz bread slice.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Chicken thighs or breast, boneless, fresh or frozen without skin See recipe for preparing chicken breasts.	9 lb	18 lb
Celery	1 lb 12 oz	3 lb 8 oz
Mature onions	14 oz	1 lb 12 oz

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.
1-2 years: 2 quarter pieces of sandwich
3-5 years: 3 quarter pieces of sandwich
6-18: 1 full sandwich

Nutrients Per Serving					
Calories	275.59	Saturated Fat	1.00 g	Iron	2.32 mg
Protein	18.19 g	Cholesterol	49.73 mg	Calcium	69.63 mg
Carbohydrate	32.54 g	Vitamin A	10.79 RAE mcg	Sodium	388.68 mg
Total Fat	5.22 g	Vitamin C	1.49 mg	Dietary Fiber	6.75 g

Creamy Vegetable Dip

Recipe Component

Salads and Salad Dressing

E-13 modified

	32 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Low fat plain yogurt		1 cup			1. Combine all ingredients. Blend well. 2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor. 3. CCP: Cool to 41° F or lower within 4 hours. 4. CCP: Hold at 41° F or colder.
Reduced calorie salad dressing OR Light mayonnaise		2 ½ cups OR 2 ½ cups			
Low-fat milk		½ cup			
Dried parsley		2 Tbsp			
Granulated garlic		1 tsp			
Onion powder		1 tsp			
Salt		1 tsp			
Ground black or white pepper		½ tsp			

Creamy Vegetable Dip

Recipe Component

Salads and Salad Dressing

E-13 modified

Notes:

Nutrient information calculated using Food Processor.

Serving: 2 Tbsp (1-oz ladle)	Yield:
1-2 years: 1 Tbsp (for lunch)	50 Servings: about 1 qt
3-5 years: 1 Tbsp (for lunch)	
6-8 years: 1 ½ Tbsp (for lunch)	100 Servings: about 2 qt

Nutrients Per Serving					
Calories	70	Saturated Fat	1.04 g	Iron	0.08 mg
Protein	0.70 g	Cholesterol	7.21 mg	Calcium	21.54 mg
Carbohydrate	2.52 g	Vitamin A	3.40 RAE mcg	Sodium	198.94 mg
Total Fat	6.33 g	Vitamin C	0.25 mg	Dietary Fiber	0.07 g

Ham and Cheese on WGR Bread

Meat/Meat Alternate

Sandwiches

KSU Developed

Notes:

Nutrient information from Food Processor based on 1 oz bread slice.

Note: Per CN label for Tyson sliced honey or smoked ham, WA 2.68 oz sliced ham luncheon meat = 2 oz meat

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: 2 quarter pieces of sandwich	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	296.15	Saturated Fat	5.75 g	Iron	1.67 mg
Protein	20.21 g	Cholesterol	44.94 mg	Calcium	291.44 mg
Carbohydrate	26.14 g	Vitamin A	93.64 RAE mcg	Sodium	750.42 mg
Total Fat	12.08 g	Vitamin C	0 mg	Dietary Fiber	3.36 g

Hummus

Recipe Component: Meat Alternate

Recipe Category: Dip

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
No added salt garbanzo beans, canned (undrained)	8 lb 9 oz	1 $\frac{1}{3}$ No. 10 can			<ol style="list-style-type: none"> 1. Drain garbanzo beans. 2. Combine all ingredients in a food processor. 3. Blend until smooth. 4. Refrigerate promptly. 5. CCP: Hold at 41° F or less for cold service. 6. For SAS and older children, may garnish with parsley (optional).
Minced garlic		2 Tbsp			
Salt		2 tsp			
Lemon juice		1 cup			
Tahini		2 $\frac{2}{3}$ cup			
Parsley, fresh, chopped		1 $\frac{1}{3}$ cup			
Cayenne pepper		$\frac{2}{3}$ tsp			
Olive oil		$\frac{2}{3}$ cup			
Water		$\frac{1}{3}$ cup			
Salt free flavor blends, such as lemon pepper, fiesta lime or original		2 tsp			

Hummus

Food Component: Meat Alternate

Recipe Category: Dip

Recipe #

Notes:

Nutrition information calculated using Food Processor.



Serving: 6 Tbsp provides 1 oz meat alternate

Serving size may vary. **Check menu notes.**

1-2 years: 3 Tbsp provides ½ oz meat alternate

3-5 years: 3 Tbsp provides ½ oz meat alternate

6-18 years: 6 Tbsp provides 1 oz meat alternate

Nutrients Per Serving

Calories	161.33	Saturated Fat	1.43 g	Iron	1.09 mg
Protein	5.22 g	Cholesterol	0 mg	Calcium	38.63 mg
Carbohydrate	12.62 g	Vitamin A	8.29 RAE mcg	Sodium	187.68 mg
Total Fat	10.72 g	Vitamin C	3.54 mg	Dietary Fiber (2016)	3.31 g

Roast Beef and Cheddar Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

Notes:

Nutrient information from Food Processor based on 1 oz bread slice.
 Note: Per CN label for Tyson sliced roast beef 3.35 oz sliced roast beef luncheon meat = 2 oz creditable meat

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: 2 quarter pieces of sandwich	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	302.90	Saturated Fat	6.23 g	Iron	2.10 mg
Protein	21.96 g	Cholesterol	46.97 mg	Calcium	291.44 mg
Carbohydrate	25.74 g	Vitamin A	93.74 RAE mcg	Sodium	742.92 mg
Total Fat	12.82 g	Vitamin C	0 mg	Dietary Fiber	3.36 g

Sunflower Seed Butter and Jelly Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

Notes:
Nutrient information from Food Processor

Serving: 1 sandwich provides 1 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: not for under 6	48 Servings: 48 sandwiches
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	472 kcal	Saturated Fat	2.15 g	Iron	3.77 mg
Protein	5.72 g	Cholesterol	0.86 mg	Calcium	102.01 mg
Carbohydrate	58.30 g	Vitamin A	0.86 RAE mcg	Sodium	322.76 mg
Total Fat	21.27 g	Vitamin C	1.67 mg	Dietary Fiber	9.82 g (2016 = 1.89 grams)

Tuna Salad Pita Sandwich

Meat/Meat Alternate

F-08 Modified

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Canned tuna, water-packed, chunk, chilled	8 lb 5 oz	1 gal 2 qt (2 66 ½ oz cans)			<ol style="list-style-type: none"> 1. Drain and flake tuna. 2. Combine tuna, onions, celery, pickle relish, dry mustard, and salad dressing or mayonnaise. Mix lightly until well blended. 3. Spread in shallow pan to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Cover and refrigerate until ready to use. 5. CCP: Cool to 41° F or lower within 4 hours. 6. CCP: Hold at 41° F or colder. 7. Cut each 2 oz WGR pita into two semi-circular halves. Portion ¼ cup of tuna salad into each pita half. Distribute the meat evenly. 8. Cut each pita half into two even quarter pieces if serving children age 5 years and under. 9. Cover and refrigerate until ready to use. 10. CCP: Cool to 41° F or lower within 4 hours. 11. CCP: Hold at 41° F or colder. 12. Serve with shredded romaine lettuce.
*Fresh onions, finely chopped (pieces no larger than ¼ inch) OR Dehydrated onions	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp			
*Fresh celery, chilled, finely chopped (pieces no larger than 1/4 inch)	2 lb	1 qt 3 ¾ cups			
Sweet pickle relish, undrained	8 oz	1 cup			
Dry mustard		1 ½ tsp			
Reduced calorie salad dressing OR Low-fat mayonnaise	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 ½ cups			
WGR pita bread, 2 oz		48 each			

Tuna Salad Pita Sandwich

Meat/Meat Alternate

F-08 Modified

Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	12 oz	
Celery	2 lb 8 oz	

Serving: 1 full pita sandwich provides 2 oz equivalent meat/meat alternate, 1/8 cup of vegetable and 2 oz grain equivalent.	Yield:	Volume:
1-2 years: not for under 3 years	50 Servings:	50 Servings:
3-5 years: 3 quarter pieces of sandwich		
6-18 Years: 1 full sandwich	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	268.92 kcal	Saturated Fat	0.10 g
Protein	23.80 g	Cholesterol	41.56 mg
Carbohydrate	37.86 g	Vitamin A	7.30 RAE mcg
Total Fat	3.44 g	Vitamin C	1.07 mg
		Iron	1.83 mg
		Calcium	17.73 mg
		Sodium	918.94 mg
		Dietary Fiber	5.61 g

Turkey Pita Sandwich

Meat/Meat Alternate, Grain, Vegetable

Sandwich

E-07 KSU Modified

Notes:

Nutrient information from Food Processor based on 2 oz pita bread and 3 oz sliced turkey luncheon meat = 2 oz creditable meat.

Serving: 1 full pita sandwich provides 2 oz equivalent meat/meat alternate, 2 grain equivalents, and ½ cup of vegetables.	Yield:
1-2 years: not for under 3 years of age	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich (2 semi-circular halves)	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	267.25	Saturated Fat	1.61 g	Iron	3.12 mg
Protein	22.64 g	Cholesterol	45.00 mg	Calcium	45.53 mg
Carbohydrate	34.06 g	Vitamin A	177.39 RAE mcg	Sodium	678.67 mg
Total Fat	5.12 g	Vitamin C	11.82 mg	Dietary Fiber	4.66 g (2016 = 0.83 g)

Turkey Sandwich

Meat/Meat Alternate

Sandwiches

KSU Developed

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Notes:

Nutrient information from Food Processor based on 1 oz bread slice.
 Note: 3 oz sliced turkey luncheon meat = 2 oz creditable meat

Serving: 1 sandwich provides 2 oz equivalent meat/meat alternate and 2 grain equivalents.	Yield:
1-2 years: 2 quarter pieces of sandwich	48 Servings: 48 sandwiches
3-5 years: 3 quarter pieces of sandwich	
6-18:1 full sandwich	96 Servings: 96 sandwiches

Nutrients Per Serving					
Calories	251.12	Saturated Fat	1.90 g	Iron	1.74 mg
Protein	22.97 g	Cholesterol	45.00 mg	Calcium	90.16 mg
Carbohydrate	24.92 g	Vitamin A	0.08 RAE mcg	Sodium	604.80 mg
Total Fat	5.96 g	Vitamin C	1.20 mg	Dietary Fiber	3.36 g