

# Healthier Kansas Menus – RECIPES

## At-Risk Afterschool Meals

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# Baked Beef Sausage Penne

Main Dish  
HACCP: #2 Same Day Service

Healthier Kansas Recipe 300  
Modified by KSDE from the Lunch Box

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef, 80/20	1 lb 7 oz		2 lb 14 oz		<ol style="list-style-type: none"> <li>1. Brown ground beef and Italian sausage. Chop into ¼ to ½-inch pieces as it browns. Drain. <b>Heat to 165°F or above for at least 15 seconds.</b></li> <li>2. Add spaghetti sauce. <b>Hold for hot service at 135°F or higher.</b></li> <li>3. Chop red peppers. Add garlic, salt and peppers to meat mixture.</li> <li>4. Bring water to boil. Add dry noodles to water and bring back to a boil. Cook noodles for approximately 6 minutes, or until they are just under done. Pasta will finish cooking when baked in the oven.</li> <li>5. In a large bowl, mix pasta, meat and sauce mixutre, parmesan cheese, and first mozzarella ingredient.</li> <li>6. Place in pan(s) and cover with foil. Heat in 350°F oven for approximately 25 minutes or until it reaches 165°F.</li> <li>7. Remove foil and add remaining cheese.</li> <li>8. Cook in oven for another 10 minutes uncovered. <b>Hold for hot service at 135°F or higher.</b></li> </ol>
Sausage, Italian, fresh or frozen (no more than 35% fat)	1 lb 11 oz		3 lb 6 oz		
Spaghetti sauce, canned		2 ⅞ cups		4 ¼ cups	
Pepper, bell, red	15 oz		1 lb 14 oz		
Garlic, powder		¼ tsp		½ tsp	
Salt		1 tsp		2 tsp	
Penne noodle, whole grain, dry	1 lb 1 ½ oz		2 lb 3 oz		
Cheese, parmesan	2 oz		4 oz		
Cheese, mozzarella, shredded	7 ½ oz		15 oz		
Cheese, mozzarella, shredded	8 oz		1 lb		

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# Baked Beef Sausage Penne

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> 2.0 oz M/MA, ⅛ cup Vegetable, 0.5 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	317	Vitamin A	642 IU	Iron	1.77 mg
Protein	17.3 gm	Vitamin C	23.9 mg	Calcium	36.1 mg
Carbohydrate	19.2 gm	Fiber	1.34 gm	Cholesterol	60.4 mg
Fat	18.6 gm	% Fat	52.95%	Sodium	580.9 mg
Saturated Fat	8.3 gm	% Saturated Fat	23.67%		

# BBQ Pulled Pork Sandwich

Main Dish  
HACCP: #2 Same Day Service

Healthier Kansas Recipe 301

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Pulled pork, precooked, frozen, CN labeled to provide 2 oz eq M/MA per 4 oz serving.	6 lb 4 oz		12 lb 8 oz		<ol style="list-style-type: none"> <li>Thaw pork under refrigeration.</li> <li>Conventional oven: preheat oven to 350°F.</li> <li>Remove pork from package and place in large baking pan. Cover pan with foil and heat for 40-50 minutes or until heated through, stirring occasionally. <b>Heat to 135°F or higher for 15 seconds.</b></li> <li>Assemble sandwich: Portion 4 oz of heated (or amount needed to meet 2 oz eq M/MA) onto bun for service. <b>Hold for hot service at 135°F or higher.</b></li> </ol> <p><b>Barbecue Sauce:</b> If purchasing an un-sauced product, or if more sauce is desired - Combine all ingredients in bowl, mix well, and store in refrigerator. Serve 2 Tbsp (1oz) per sandwich.</p>
	(or amount to provide 2 oz eq M/MA)				
	<i>* If CN labeled product is not available, see optional note below.</i>				
Hamburger bun, whole wheat, weighing 1 oz each		25 each		50 each	
<b>Barbecue Sauce:</b>					
Catsup		3 cups		1 qt 2 cups	
Sugar, brown, packed		1 ½ cups		3 cups	
Mustard, yellow prepared		¾ cup		1 ½ cups	
Liquid smoke		1 fl oz		2 fl oz	

<b>Serving Size</b> 1 sandwich	<b>Crediting Information</b> 2 oz equivalent M/MA, 1 oz eq Grains	<b>Notes:</b> <i>*Optional:</i> 2 lb + 6 oz shredded, pre-cooked pork or 4 lb raw Pork Shoulder, Boston Butt, fresh or frozen, without bone, ¼-inch trim may be substituted for each 25 servings.
<b>Nutrients Per Serving</b>		
Calories 328	Vitamin A 26.8 IU	Iron 1.6 mg
Protein 18.5 gm	Vitamin C 2.33 mg	Calcium 19.7 mg
Carbohydrate 32.8 gm	Fiber 1.2 gm	Cholesterol 71.1 mg
Fat 14.4 gm	% Fat 39.42%	Sodium 521.9 mg
Saturated Fat 5.4 gm	% Saturated Fat 14.87%	

# Bean Taco Salad

**Main Dish**

**Healthier Kansas Recipe 302**

**HACCP: #1 No Cook**

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Taco salad beans, HKM Recipe 318		1 qt 2 ¼ cups		3 qt ½ cup	1. Prepare taco beans according to HKM recipe 318. 2. Wash and chop romaine lettuce and tomatoes. 3. Assemble salad: 1 cup chopped romaine lettuce, ¼ cup taco beans, ⅛ cup diced tomatoes, and ¼ cup shredded cheese.  <b>Hold for cold service at 41° F or lower.</b>
Lettuce, romaine, fresh, untrimmed, AP	3 lb 4 oz		6 lb 8 oz		
Tomatoes, large, AP	1 lb 10 oz		3 lb 5 oz		
Cheese, cheddar, shredded	13 oz		3 lb 2 oz		
Tortilla chips, whole grain-rich	1 lb 9 oz		3 lb 2 oz		

<b>Serving Size</b> 1 salad	<b>Crediting Information</b> 2 oz M/MA, ½ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	365	Vitamin A	6102 IU	Iron	2.6 mg
Protein	15.1 gm	Vitamin C	9.8 mg	Calcium	291.0 mg
Carbohydrate	38.3 gm	Fiber	6.8 gm	Cholesterol	28.1 mg
Fat	17.6 gm	% Fat	43.41%	Sodium	458.6 mg
Saturated Fat	8.6 gm	% Saturated Fat	21.10%		

# Beef and Broccoli with Rice

**Main Dish**

**Healthier Kansas Recipe 303**

**HACCP: #2 Same Day Service**

Modified by KSDE from the School Nutrition Magazine

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, chuck roast, fresh or frozen	5 lb 2 oz		10 lb 4 oz		<ol style="list-style-type: none"> <li>1. Trim the meat and slice into ½-inch pieces. Mince garlic and ginger. Toss the meat with garlic, ginger, 1st soy sauce and vinegar listed ingredients in large bowl and let marinate in refrigerator for at least 30 minutes.</li> <li>2. Heat oil in skillet. Add the marinated meat slices and sear, letting crust form on the meat.</li> <li>3. Combine the water with remaining soy sauce and vinegar, the Garam masala or curry powder and the brown sugar in a bowl. Whisk together. Add sauce mixture to seared meat. Cover and simmer for 60 minutes or until meat is tender.</li> <li>4. Mix cornstarch with water and add to meat to thicken the sauce. Simmer for at least five minutes before combining. <b>Heat to 145°F or higher for 15 seconds.</b></li> <li>5. Prepare the brown rice according to package instructions. <b>Hold at 135°F or higher.</b></li> <li>6. Cut broccoli into bite-sized florets. Steam the broccoli until tender, about 5-7 minutes. Add to meat and sauce mixture.</li> <li>7. Combine all ingredients for service. <b>Hold at 135°F or higher.</b></li> <li>8. Serve as heaping 8 oz spoodle.</li> </ol>
Garlic, minced		½ cup		1 cup	
Ginger, minced		½ cup		1 cup	
Soy sauce, low sodium		¾ cup		1 ½ cups	
Vinegar, cider		½ cup		1 cup	
Oil, olive		1 ⅛ cups		2 ⅓ cups	
<b>Soy meat sauce</b>					
Water		½ gallon		1 gallon	
Soy sauce, low sodium		1 cup		2 cups	
Vinegar, cider		¾ cup		1 ½ cups	
Garam masala or Curry powder		1 tsp		2 tsp	
Sugar, brown		¾ cup		1 ½ cups	
Cornstarch		½ cup + 2 Tbsp		1 ¼ cups	
Water		⅛ cup		¼ cup	
Rice, brown, long-grain, dry	1 lb 9 oz		3 lb 2 oz		
Broccoli, raw AP	5 lb 2 oz		10 lb 4 oz		
Onion, green *optional		1 cup		2 cups	

<b>Serving Size</b>	<b>Crediting Information</b>	<b>Notes:</b>
¾ cup Meat & Broccoli; ½ cup rice	2 oz M/MA, ½ cup Vegetable, 1 oz eq Grains	

## Nutrients Per Serving

Calories	455	Vitamin A	631.5 IU	Iron	3.4 mg
Protein	24.4 gm	Vitamin C	84.6 mg	Calcium	85.4 mg
Carbohydrate	41.7 gm	Fiber	3.73 gm	Cholesterol	64.1 mg
Fat	22.0 gm	% Fat	43.51%	Sodium	600 mg
Saturated Fat	6.3 gm	% Saturated F	12.44%		

# Blueberry Oat Muffin, Whole Grain

Grains

Healthier Kansas Recipe 28

HACCP: Non-Hazardous/Other

(USD 349 Stafford, modified)

Ingredients	28 Servings		57 Servings		Directions
	Weight	Measure	Weight	Measure	
Applesauce, canned, unsweetened		2 ¼ cups		4 ½ cups	<ol style="list-style-type: none"> <li>1. Beat applesauce, eggs, oil, and sugar until smooth.</li> <li>2. Combine oats, baking powder, baking soda, cinnamon, and flour. Add to applesauce mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened.</li> <li>3. Add blueberries and mix on low speed (10-15 seconds) or by hand to incorporate into the batter.</li> <li>4. Portion #20 scoop of batter into each muffin cup sprayed with pan release spray or lined with a paper liner.</li> <li>5. Bake until lightly browned. Conventional oven: 375°F for 16-20 minutes Convection oven: 350°F for 12-16 minutes</li> </ol>
Egg, whole, raw, large		3 each		5 each	
Oil, soybean, salad or cooking	3 oz	⅜ cup	6 oz	¾ cup	
Milk, Lowfat, fluid, 1%	4 ½ oz	½ cup + 1 Tbsp	9 oz	1 ⅞ cups	
Sugar, granulated	5 ¼ oz	1 ¼ cups	10 ½ oz	1 ½ cups	
Oats, rolled, dry	9 ¼ oz		1 lb 2 ½ oz		
Baking Powder	1 oz		2 oz		
Baking Soda	¼ oz		½ oz		
Cinnamon, ground		2 ¼ tsp		1 ½ Tbsp	
Flour, whole wheat	9 oz		1 lb 2 oz		
Blueberries, frozen, unsweetened	10 oz		1 lb 4 oz		

<b>Serving Size</b> 1 muffin	<b>Crediting Information</b> 1 oz eq Grains + 0.125 cup fruit	<b>Notes:</b>
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## Nutrients Per Serving

Calories	134	Vitamin A	35.0 IU	Iron	1.0 mg
Protein	3.4 gm	Vitamin C	0.5 mg	Calcium	77.0 mg
Carbohydrate	21.4 gm	Fiber	2.6 gm	Cholesterol	14.8 mg
Fat	4.2 gm	% Fat	28.12%	Sodium	180.9 mg
Saturated Fat	0.7 gm	% Saturated Fat	4.79%		

# Buffalo Chicken Sandwich

Main Dish

Healthier Kansas Recipe 305

HACCP: #2 Same Day Service

Modified by KSDE from Charles County Public Schools, Maryland

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cooked, diced	2 lb 6 oz		4 lb 11 oz		<ol style="list-style-type: none"> <li>1. Thaw chicken under refrigeration.</li> <li>2. Make buffalo sauce. Combine the BBQ sauce, hot sauce, ranch, vinegar, Worcestershire sauce, and garlic powder in sauce pot. Bring to a simmer while stirring with a whisk.</li> <li>3. As soon as liquid begins to bubble on the sides of the pot. Pour sauce into pan with chicken and cover with foil.</li> <li>4. Bake covered in conventional oven at 350°F for until chicken reaches temperature. <b>Heat to 165°F or above for at least 15 seconds.</b></li> <li>5. Assemble sandwich: Portion 1.5 oz of chicken and one cheese slice onto bun for service.</li> </ol>
Cheese, slice, American	12 ½ oz	25 - ½ oz slices	1 lb 9 oz	50 - ½ oz slices	
Hamburger bun, whole wheat, weighing 1 oz each		25 each		50 each	
Buffalo Sauce:					
BBQ sauce		1 cup		2 cups	
Hot sauce		½ cup		1 cup	
Ranch dressing		½ cup		1 cup	
Vinegar, white		1 Tbsp		2 Tbsp	
Worcestershire sauce		¼ tsp		½ tsp	
Garlic powder		⅛ tsp		¼ tsp	

<b>Serving Size</b> 1 sandwich	<b>Crediting Information</b> 2 oz M/MA, 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	256	Vitamin A	70.1 IU	Iron	1.5 mg
Protein	16.5 gm	Vitamin C	3.8 mg	Calcium	29.4 mg
Carbohydrate	20.1 gm	Fiber	1.2 gm	Cholesterol	49.8 mg
Fat	12.2 gm	% Fat	43.02%	Sodium	373.1 mg
Saturated Fat	4.1 gm	% Saturated Fat	14.35%		

# Cheese and Ham Cracker Stacks with Cottage Cheese

Main Dish

Healthier Kansas Recipe 306

HACCP: #1 No Cook

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Ham, cooked, water added, sliced	15 oz		1 lb 14 oz		<ol style="list-style-type: none"> <li>1. Slice ham into 0.6 oz slices and divide those slices into four pieces.</li> <li>2. Slice ½ oz cheese slices into four pieces.</li> <li>3. Assemble plate: Place each ingredient on plate. 4 pieces of sliced ham, 4 pieces of sliced cheese, ¼ cup cottage cheese, and 0.8 oz or approximately 7 crackers.</li> </ol>
Cheese, American, Slices	13 oz	25 - ½ oz slices	1 lb 9 oz	50 - ½ oz slices	
Cottage cheese, low-fat		6 ¼ cups		12 ½ cups	
Crackers, whole wheat	1 lb 4 oz	approx. 175 each	2 lb 8 oz	approx. 350 each	

<b>Serving Size</b> 1 plate	<b>Crediting Information</b> 2 oz M/MA, 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	212	Vitamin A	23.2 IU	Iron	1.0 mg
Protein	15.0 gm	Vitamin C	0 mg	Calcium	42.6 mg
Carbohydrate	18.7 gm	Fiber	2.3 gm	Cholesterol	24.1 mg
Fat	8.8 gm	% Fat	37.40%	Sodium	633.6 mg
Saturated Fat	3.5 gm	% Saturated Fat	14.95%		

# Chicken Caesar Sub Sandwich

**Main Dish**

**Healthier Kansas Recipe 307**

**HACCP: #1 No Cook**

Modified by KSDE from Iowa Gold Star Recipe

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cooked, diced	3 lb 2 oz		6 lb 4 oz		<ol style="list-style-type: none"> <li>1. Thaw chicken under refrigeration.</li> <li>2. Combine dressing and lettuce in a bowl.</li> <li>3. Drain thawed chicken.</li> <li>4. Assemble sub sandwich: Lay ½ cup of lettuce in the sub bread. Top with ¼ cup (2 oz) chicken. Sprinkle with 1 Tbsp shredded cheese.</li> </ol> <p><b>Hold for cold service at 41°F or lower.</b></p> <p>* Optional: substitute the sub bread for a whole grain-rich tortilla that credits as at least 1 oz eq Grains.</p>
Caesar dressing		2 ⅓ cups		4 ⅔ cups	
Parmesan, shredded		1 ⅝ cups		3 ⅛ cups	
Lettuce, romaine, AP	1 lb 9 oz	12 ½ cups	3 lb 5 oz	25 cups	
Hamburger bun, whole wheat, purchased at least 1 oz eq Grains each*		25 each		50 each	

<b>Serving Size</b> 1 flat bread	<b>Crediting Information</b> 2 oz M/MA, ¼ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	333	Vitamin A	4303.6 IU	Iron	2.3 mg
Protein	20.8 gm	Vitamin C	4.3 mg	Calcium	116.7 mg
Carbohydrate	17.1 gm	Fiber	2.3 gm	Cholesterol	59.4 mg
Fat	20.2 gm	% Fat	53.91%	Sodium	510.3 mg
Saturated Fat	4.2 gm	% Saturated Fat	11.73%		

# Chicken Santa Fe Wrap

**Main Dish**

**Healthier Kansas Recipe 308**

**HACCP: #1 No Cook**

Modified by KSDE from Ohio Department of Education

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cooked, diced	3 lb		6 lb		<ol style="list-style-type: none"> <li>1. Thaw chicken under refrigeration overnight.</li> <li>2. Combine salsa and ranch dressing.</li> <li>3. In a separate bowl, combine lettuce, tomatoes, corn and cheese. Toss with dressing mixture until evenly coated.</li> <li>4. Drain thawed chicken.</li> <li>5. Assemble wrap: Arrange ¼ cup (2 oz) chicken in the middle of a tortilla. Lay 1 cup of lettuce mixture on top and fold the wrap into a burrito.</li> </ol> <p><b>Hold for cold service at 41°F or lower.</b></p>
Salsa, canned		½ cup		1 cup	
Ranch dressing, chipotle flavored		½ cup		1 cup	
Lettuce, romaine, chopped, AP	1 lb 4 oz		2 lb 8 oz		
Tomato, fresh, chopped, AP	2 lb		4 lb		
Corn, frozen kernels	1 lb 4 oz		2 lb 8 oz		
Cheese, cheddar, shredded	4 oz	1 cup	8 oz	2 cups	
Tortilla, whole wheat, 8", 2 oz equivalent Grains each		25 each		50 each	

<b>Serving Size</b> 1 wrap	<b>Crediting Information</b> 2 oz M/MA, ½ cup Vegetable, 2 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	287	Vitamin A	2435.8 IU	Iron	2.3 mg
Protein	21.3 gm	Vitamin C	7.5 mg	Calcium	153.7 mg
Carbohydrate	29.6 gm	Fiber	4.5 gm	Cholesterol	50.9 mg
Fat	10.6 gm	% Fat	33.27%	Sodium	440.7 mg
Saturated Fat	3.7 gm	% Saturated Fat	11.70%		

# Cilantro Pork Salad Wrap

**Main Dish**

**Healthier Kansas Recipe 309**

**HACCP: #2 Same Day Service**

Modified by KSDE from Idaho Chef Designed Recipes

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Pulled pork, precooked, frozen CN labeled to provide 1.5 oz equivalent M/MA per 3 oz serving.	4 lb 11 oz		9 lb 6 oz		<ol style="list-style-type: none"> <li>1. Thaw pork under refrigeration.</li> <li>2. Preheat conventional oven to 350°F. Combine drained tomatoes, drained beans, salsa and cumin (for meat).</li> <li>3. Remove pork from package and place in large baking pan. Pour tomato and bean mixture over top. Cover pan with foil and heat for 40-50 minutes or until heated through, stirring occasssionally. <b>Heat to 135°F or higher for 15 seconds.</b></li> <li>4. Prepare the brown rice according to package instructions and add cumin (for rice). <b>Hold at 135°F or higher.</b></li> <li>5. Prepare dressing in a blender or food processor. Puree cilantro (stems included), vegetable oil, lime juice, orange juice, salt, and garlic powder.</li> <li>6. Rinse and chop romaine. Toss with cilantro dressing and shredded cheese.</li> <li>7. Assemble wrap: Place warm tortilla on tray. Top with 1/8 cup rice, 1/3 cup meat mixture, 1/2 cup dressed lettuce mixture.</li> </ol>
	<i>(or amount to provide 1.5 oz eq M/MA)</i>				
	<i>* If CN labeled product is not available, see optional note below.</i>				
Tomatoes, canned, diced	1 lb 14 oz		3 lb 12 oz		
Beans, pinto, canned	2 lb 5 oz	3 1/8 cups	4 lb 8 oz	6 1/4 cups	
Salsa, canned		3 1/8 cups		6 1/4 cups	
Cumin (for meat)		1 Tbsp		1/8 cup	
Rice, brown, long-grained, dry	10 oz		1 lb 4 oz		
Cumin (for rice)		1 Tbsp		1/8 cup	
<b>Cilantro dressing:</b>					
Cilantro, fresh		1/8 cup		1/4 cup	
Oil, vegetable		1/8 cup		1/4 cup	
Lime juice		1/8 cup		1/4 cup	
Orange juice		1/8 cup		1/4 cup	
Salt		1/2 tsp		1 tsp	
Garlic powder		1 tsp		2 tsp	
Lettuce, romaine, AP	1 lb 10 oz		3 lb 4 oz		
Cheese, mozzarella, shredded	14 oz		1 lb 12 oz		
Tortilla, whole wheat, 8", 2 oz equivalent Grains		25 each		50 each	

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# Cilantro Pork Salad Wrap

					8. Note: to avoid tortillas ripping or cracking, warm tortillas in the oven or microwave right before wrap assembly. Do not overcook.
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<b>Serving Size</b> 1 cilantro pork salad wrap	<b>Crediting Information</b> 2 oz M/MA, ½ cup Vegetable, 2 oz eq Grains	<b>Notes:</b> <i>*Optional:</i> 2 lb + 6 oz shredded, pre-cooked pork or 4 lb raw Pork Shoulder, Boston Butt, fresh or frozen, without bone, ¼-inch trim may be substituted for each 25 servings.
<b>Nutrients Per Serving</b>		
Calories 462	Vitamin A 2960.8 IU	Iron 3.8 mg
Protein 23.6 gm	Vitamin C 6.5 mg	Calcium 146.4 mg
Carbohydrate 55.7 gm	Fiber 6.7 gm	Cholesterol 67.3 mg
Fat 17.9 gm	% Fat 34.89%	Sodium 867.7 mg
Saturated Fat 8.4 gm	% Saturated Fat 16.41%	

# Fruit and Yogurt Parfait

**Main Dish**

**Healthier Kansas Recipe 310**

**HACCP: #1 No Cook**

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fruit, fresh, frozen or canned in light syrup or 100% juice		3 qt ½ cup		1 gallon + 2 qts 1 cup	1. Assemble parfait with fruit and yogurt in one cup and cereal in different cup. Recommend layering ¼ cup yogurt, ¼ cup fruit, ¼ cup yogurt and ¼ cup fruit. Measure 1 cup cereal per cup. Portioning cereal separately from the fruit and yogurt will help keep the product fresh and crunchy. 2. Serve with 1 cheese stick per person. <b>Hold for cold service at 41°F or lower.</b>
Yogurt, no more than 3.83g sugar per 1 oz	6 lb 4 oz	3 qt ½ cup	12 lb 8 oz	1 gallon + 2 qts 1 cup	
Cereal, dry, ready-to-eat, no more than 6g sugar per 1 oz		1 gallon + 2 qts 1 cup		3 gallons + 2 cups	
Cheese stick	1 lb 9 oz	25 - 1 oz sticks	3 lb 2 oz	50 - 1 oz sticks	

<b>Serving Size</b> 1 parfait	<b>Crediting Information</b> 2 oz M/MA, ½ cup Fruit, 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	343	Vitamin A	1379.4 IU	Iron	8.2 mg
Protein	14.2 gm	Vitamin C	16.9 mg	Calcium	458.2 mg
Carbohydrate	57.4 gm	Fiber	3.5 gm	Cholesterol	21.2 mg
Fat	7.0 gm	% Fat	18.38%	Sodium	406.0 mg
Saturated Fat	3.7 gm	% Saturated Fat	9.65%		

# Grilled Cheese Sandwich with Little Sausage Links

Main Dish

Healthier Kansas Recipe 311

HACCP: #2 Same Day Service

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cheese, American, slices	1 lb 9 oz	25-1 oz slice	3 lb 2 oz	50-1 oz slice	<ol style="list-style-type: none"> <li>1. Soften or melt butter. Line pan with parchment paper. Butter half of the bread slices, approx. 1 tsp per slice) and place butter side down on parchment paper.</li> <li>2. Place 1 oz of cheese on each piece of bread. Top with the remaining slices of bread. Spread the remaining butter on the outside of the top piece of bread.</li> <li>3. Preheat oven to 350°F. Bake sandwiches uncovered for about 8-10 minutes, or until cheese is melted and bread is toasted golden brown.</li> <li>4. Place little sausages in pan with water. Cover with plastic wrap and cook to temperature following manufacturer's instructions.</li> </ol> <p><b>Hold for hot service at 135°F or higher.</b></p>
Bread slice, whole wheat, purchased, weighing 1 oz each		50 slices		100 slices	
Butter, unsalted		1 cup		2 cups	
Sausage, mini link, fully cooked, CN label to provide 1 oz M/MA per 3 links	1 lb 9 oz	75 each <i>(or amount to provide 1 oz eq M/MA)</i>	3 lb 3 oz	150 each	

<b>Serving Size</b> 1 sandwich + 3 links	<b>Crediting Information</b> 2 oz M/MA, 2 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	357	Vitamin A	227.3 IU	Iron	1.0 mg
Protein	11.0 gm	Vitamin C	2.3 mg	Calcium	41.9 mg
Carbohydrate	18.1 gm	Fiber	1.2 gm	Cholesterol	65.1 mg
Fat	27.2 gm	% Fat	68.67%	Sodium	681.2 mg
Saturated Fat	13.0 gm	% Saturated Fat	32.83%		

# Hamburger on Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 312

Modified by KSDE from the icn.org

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground 80/20, raw	4 lb 4 oz		8 lb 8 oz		<ol style="list-style-type: none"> <li>Combine raw beef, onion flakes, black pepper and salt. Divide raw mixture into 2.72 oz balls. Shape burger patties.</li> <li>Grill burger patties. <b>Heat to 160°F for at least 15 seconds.</b></li> <li>Assemble sandwich: place 1 burger patty into one hamburger bun.</li> </ol>
Dehydrated onion flakes	½ oz		1 oz		
Pepper, black, ground		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Hamburger bun, whole wheat, weighing 1 oz each		25 each		50 each	

<b>Serving Size</b> 1 Sandwich	<b>Crediting Information</b> 2 oz equivalent M/MA, 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	388	Vitamin A	27.4 IU	Iron	3.5 mg
Protein	32.7 gm	Vitamin C	2.8 mg	Calcium	34.5 mg
Carbohydrate	15.1 gm	Fiber	1.3 gm	Cholesterol	108.7 mg
Fat	21.2 gm	% Fat	49.11%	Sodium	305.6 mg
Saturated Fat	7.8 gm	% Saturated Fat	18.10%		

# Hawaiian Chicken Wrap

**Main Dish**

**Healthier Kansas Recipe 313**

**HACCP: #1 No Cook**

Modified by KSDE from School Nutrition Magazine

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cooked, diced	3 lb 2 oz		6 lb 4 oz		<ol style="list-style-type: none"> <li>1. Thaw chicken under refrigeration over night.</li> <li>2. Prepare the dressing: combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder and chili powder. Mix well and refrigerate.</li> <li>3. Prepare wrap filling: combine the shredded broccoli, carrots, spinach and crushed pineapple. Mix in the dressing. Add the chicken.</li> <li>4. Assemble wrap: portion <math>\frac{2}{3}</math> cup filling onto the center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half. Two halves equals one serving.</li> </ol>
Mayonnaise, Reduced Calorie	8 oz		1 lb		
Vinegar, white		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups	
Sugar, granulated	8 oz		1 lb		
Poppy seeds	$\frac{1}{2}$ oz	1 $\frac{1}{2}$ Tbsp	1 oz	3 Tbsp	
Onion powder	$\frac{1}{2}$ oz	$\frac{1}{8}$ cup	1 oz	$\frac{1}{4}$ cup	
Garlic powder	$\frac{1}{2}$ oz	2 Tbsp	1 oz	3 $\frac{1}{2}$ Tbsp	
Chili powder	$\frac{1}{2}$ oz	$\frac{1}{8}$ cup	1 oz	$\frac{1}{4}$ cup	
Broccoli, fresh, slaw, EP	1 lb 8 oz		3 lb		
Carrots, fresh, shredded, EP	1 lb		2 lb		
Spinach, fresh, chopped	7 oz		13 oz		
Pineapple, canned, crushed	11 oz		1 lb 5 oz		
Tortilla, whole wheat, 8", 2 oz equivalent Grains		25 each		50 each	

<b>Serving Size</b> 1 wrap - $\frac{2}{3}$ cup filling	<b>Crediting Information</b> 2 oz M/MA, $\frac{1}{2}$ cup Vegetable, 2 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	311	Vitamin A	4627.1 IU	Iron	2.4 mg
Protein	20.9 gm	Vitamin C	27.0 mg	Calcium	147.1 mg
Carbohydrate	39.5 gm	Fiber	4.9 gm	Cholesterol	49.2 mg
Fat	8.9 gm	% Fat	25.89%	Sodium	415.5 mg
Saturated Fat	2.9 gm	% Saturated Fat	8.39%		

# Mandarin Chicken Rice Bowl

**Main Dish**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 314**  
 Modified by KSDE from Idaho Chef Designed Recipe

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
<b>Mandarin Chicken Sauce</b>					<p><b>Mandarin Chicken &amp; Sauce:</b></p> <ol style="list-style-type: none"> <li>1. In sauce pot, combine sugar, soy sauce, lemon juice, oil, garlic, and ginger. Heat over medium heat until sugar is dissolved. Bring to boil.</li> <li>2. Combine cornstarch and water and add to sauce pot. Reduce heat and simmer 4-6 minutes or until sauce thickens. Pour over chicken and stir to coat.</li> <li>3. Heat chicken and sauce mixture.</li> </ol> <p><b>Heat to 165°F or higher for at least 15 seconds.</b></p> <ol style="list-style-type: none"> <li>4. Cook rice according to package instructions. While rice is cooking, clean and chop green onion and celery.</li> <li>5. Remove cooked rice from sauce pot and scramble eggs in that pot. Add back to the cooked eggs the cooked rice, green onion, frozen peas, celery, salt and soy sauce. Stir well. Cover and heat vegetables through.</li> <li>6. Drain canned carrots and green beans.</li> <li>7. Clean and chop cabbage.</li> <li>8. Steam green beans, carrots, and red cabbage for 5-7 minutes or until tender.</li> <li>9. Combine heated vegetables and rice mixture.</li> </ol> <p><b>Hold at 135°F or higher.</b></p> <p><b>Hold all for hot service at 135°F or higher.</b></p> <ol style="list-style-type: none"> <li>10. Assemble dish: Serve heaping 1 cup fried rice and vegetables. Top with 1.75 oz of chicken.</li> </ol>
Sugar, granulated		¾ cup		1 ½ cup	
Soy sauce, low-sodium		⅔ cup		1 ⅓ cup	
Lemon Juice		2 ½ Tbsp		⅓ cup	
Vegetable Oil		2 ½ Tbsp		⅓ cup	
Garlic, minced		1 Tbsp		2 Tbsp	
Ginger, minced		1 Tbsp		2 Tbsp	
Water		½ cup		1 cup	
Cornstarch		1 Tbsp + 1 tsp		2 ½ Tbsp	
Chicken, cooked, diced, unbreaded	2 lb 12 oz		5 lb 8 oz		
Rice, brown, long-grain, dry	1 lb 9 oz		3 lb 2 oz		
Green onion, fresh, AP	4 oz		8 oz		
Celery, fresh, whole, AP	2 oz		4 oz		
Egg, whole, fresh, raw, large		6 each		10 each	
Peas, green, frozen	1 lb 8 oz		2 lb 12 oz		
Salt		1 tsp		2 tsp	
Soy sauce, low-sodium		½ cup + 2 Tbsp		1 ¼ cup	
Carrots, canned	2 lb 6 oz	2 ½ - 15 oz can	4 lb 11 oz	5 - 15 oz can	
Green beans, canned	2 lb 6 oz	2 ½ - 15 oz can	4 lb 11 oz	5 - 15 oz can	
Cabbage, red, shredded, AP	1 lb 2 oz		2 lb 4 oz		

Continue on next page...

# Mandarin Chicken Rice Bowl

<b>Serving Size</b> 1 Mandarin Chicken Bowl	<b>Crediting Information</b> 2 oz equivalent M/MA, ½ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	301	Vitamin A	3881.1 IU	Iron	2.2 mg
Protein	20.6 gm	Vitamin C	16.1 mg	Calcium	58.7 mg
Carbohydrate	39.1 gm	Fiber	4.5 gm	Cholesterol	78.6 mg
Fat	6.8 gm	% Fat	20.32%	Sodium	670.2 mg
Saturated Fat	1.7 gm	% Saturated Fat	4.94%		

# Mexican Seasoning Mix

Seasoning

Healthier Kansas Recipe 79

HACCP: Non-Hazardous/Other

(USDA G-01A modified)

Ingredients	4 Cups				Directions
	Weight	Measure	Weight	Measure	
Chili powder		1 <sup>3</sup> / <sub>4</sub> cups			<ol style="list-style-type: none"> <li>1. Mix all ingredients together well.</li> <li>2. Store in an airtight container in a cool, dry place.</li> <li>3. Use <sup>1</sup>/<sub>4</sub> cup + 3 Tbsp per 10 lbs of ground beef, adjusting to taste.</li> </ol>
Cumin, ground		1 <sup>1</sup> / <sub>3</sub> cups			
Paprika		<sup>1</sup> / <sub>4</sub> cup 3 Tbsp			
Onion Powder		<sup>1</sup> / <sub>4</sub> cup 3 Tbsp			

<b>Yield:</b> 1 quart		
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# Peanut Butter and Jelly Sandwich and Cheese Stick

Main Dish

Healthier Kansas Recipe 315

HACCP: #1 No Cook

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Bread, whole wheat, 1 oz eq Grains per slice		50 slices		100 slices	1. Assemble sandwich: use 2 Tbsp peanut butter and 1 Tbsp of jelly between two pieces of bread. 2. Serve with one cheese stick per person. <b>Hold for cold service at 41°F or lower.</b>
Peanut butter	1 lb 15 oz	3 ⅛ cup	3 lb 14 oz	1 qt 2 ¼ cup	
Jelly, assorted flavors		1 ½ cups 1 Tbsp		3 cups 2 Tbsp	
Cheese stick	1 lb 9 oz	25 - 1 oz sticks	3 lb 2 oz	50 - 1 oz sticks	

<b>Serving Size</b> 1 sandwich	<b>Crediting Information</b> 2 oz M/MA, 2 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	438	Vitamin A	183.7 IU	Iron	1.8 mg
Protein	18.1 gm	Vitamin C	2.5 mg	Calcium	229.7 mg
Carbohydrate	37.4 gm	Fiber	3.6 gm	Cholesterol	16.4 mg
Fat	25.1 gm	% Fat	51.52%	Sodium	468.7 mg
Saturated Fat	6.8 gm	% Saturated Fat	14.03%		

# Sliced Turkey Cobb Salad

Main Dish

Healthier Kansas Recipe 316

HACCP: #1 No Cook

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Egg, whole, fresh, raw, large		13 each		25 each	<ol style="list-style-type: none"> <li>1. Hard boil the eggs. Put the eggs in a pan of cold water. Bring to boil and then cook for additional 2 minutes while simmering. Turn the heat off. Cover the pan and let stand for 11 minutes. Run cold water over cooked eggs. Peel the eggs, slice in half and chill.</li> <li>2. Dice turkey ham into medium dice.</li> <li>3. Rinse and chop lettuce, green onion, tomatoes, and cucumbers.</li> <li>4. Assemble salad: 1 cup of lettuce topped with ½ hard boiled egg, 1.4 oz diced turkey ham, 1 Tbsp cheese, 1 Tbsp green onion, 2 Tbsp each tomatoes and cucumber. Finish salad with 2 Tbsp dressing. Serve salad with crackers.</li> </ol> <p><b>Hold for cold service at 41° F or lower.</b></p>
Turkey ham, slice	2 lb 4 oz		4 lb 8 oz		
Cheese, cheddar, shredded	6 ¼ oz	1 ½ cups + 1 Tbsp	12 ½ oz	3 ⅞ cups	
Lettuce, romaine, fresh, untrimmed, AP	2 lb 6 oz		4 lb 12 oz		
Green onion, AP	8 oz		1 lb		
Tomatoes, large, AP	1 lb 10 oz		3 lb 5 oz		
Cucumber, sliced, AP	1 lb		2 lb		
Savory snack crackers, whole grain-rich	1 lb 4 oz		2 lb 8 oz		
Dressing, red french		3 ⅞ cups		1 qt 2 ¼ cups	

<b>Serving Size</b> 1 salad	<b>Crediting Information</b> 2 oz M/MA, ½ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	389	Vitamin A	4427.5 IU	Iron	2.4 mg
Protein	16.2 gm	Vitamin C	8.0 mg	Calcium	100.2 mg
Carbohydrate	32.3 gm	Fiber	4.0 gm	Cholesterol	127.3 mg
Fat	22.7 gm	% Fat	52.52%	Sodium	882.0 mg
Saturated Fat	5.1 gm	% Saturated Fat	11.69%		

# Sweet and Sassy Chicken

**Main Dish**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 317**  
 Modified by KSDE from USDA Recipe D-67

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, breast, cooked, 2 oz portions	3 lb 2 oz	25 each	6 lb 4 oz	50 each	1. Preheat conventional oven to 375°F. 2. Place chicken portions on a sheet pan lined with parchment paper and lightly coated with pan release spray. 3. Combine honey, mustard, and orange juice in a small bowl. Mix well. Brush mixture on chicken. 4. <b>Heat to 165°F or higher for at least 15 seconds</b> and chicken is light brown in color. 5. Garnish with parsley. <b>Hold hot for service at 135°F or higher.</b>
Honey	2 oz	¼ cup	4 oz	½ cup	
Dijon mustard	1 oz	⅛ cup	2 oz	¼ cup	
Orange juice		⅛ cup		¼ cup	
Parsley, dried		1 ½ tsp		1 Tbsp	

<b>Serving Size</b> 1 chicken breast	<b>Crediting Information</b> 2 oz M/MA	<b>Notes:</b>
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## Nutrients Per Serving

Calories	111	Vitamin A	1.1 IU	Iron	0.7 mg
Protein	15.0 gm	Vitamin C	0.5 mg	Calcium	0.7 mg
Carbohydrate	5.0 gm	Fiber	0.0 gm	Cholesterol	40.0 mg
Fat	4.0 gm	% Fat	32.46%	Sodium	320.7 mg
Saturated Fat	1.0 gm	% Saturated Fat	8.12%		

# Sloppy Joe on Bun

## Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 123

(USD 512 Shawnee Mission)

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground, 80/20, raw	4 lb + 6 oz		8 lb + 12 oz		<ol style="list-style-type: none"> <li>1. Brown ground beef.</li> <li>2. Chop celery and bell pepper.</li> <li>3. Add shredded cabbage, onions, chopped celery, chopped green pepper and water. Cook until vegetables are tender. <b>Heat to 135° F for at least 15 seconds.</b></li> <li>4. Stir in the catsup, brown sugar, lemon juice, vinegar, Worcestershire sauce, mustard, and pepper. Simmer for 10 minutes or until cabbage is tender. <b>Hold at 135° F or higher until service.</b></li> <li>5. Portion ½ cup on each 1 oz bun.</li> </ol>
Cabbage, shredded, RTE	10 oz		1 lb + 4 oz		
Onions, dehydrated	¾ oz		1½ oz		
Celery, AP	7 oz		14 oz		
Green bell pepper, AP	5 oz		10 oz		
Water					
Catsup		2 ⅝ cups		1 qt + 1¼ cups	
Brown sugar, packed		½ cup + 1½ Tbsp		1 ⅛ cup + 1 Tbsp	
Lemon juice	3 oz		6 oz		
Vinegar, white	1 ¾ oz		3 ½ oz		
Worcestershire sauce	1 ¾ oz		3 ½ oz		
Mustard, yellow		3 Tbsp		⅜ cup	
Pepper, black		2 ¼ tsp		1 ½ Tbsp	
Hamburger bun, whole wheat, weighing 1 oz each		25 each		50 each	

Serving Size	Crediting Information	Notes:
1 sandwich	2 oz M/MA, ¼ cup Vegetable, 1 oz eq Grains	

## Nutrients Per Serving

Calories	315	Vitamin A	264.2 IU	Iron	2.6 mg
Protein	19.3 gm	Vitamin C	15.1 mg	Calcium	45.3 mg
Carbohydrate	29.1 gm	Fiber	1.8 gm	Cholesterol	59.3 mg
Fat	12.7 gm	% Fat	36.21%	Sodium	290.3 mg
Saturated Fat	4.4 gm	% Sat Fat	12.71%		

# Taco Salad Beans

Meat/Meat Alternate

Healthier Kansas Recipe 318

HACCP: #2 Same Day Service

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Bean, red kidney, canned		2/3 - #10 can		1 1/3 - #10 can	1. Open and heat undrained beans in sauce pot over medium heat. 2. Add remaining ingredients and mix well. If preparing with purchased seasoning mix, use amount indicated on the package. <b>Heat to 155°F for at least 15 seconds.</b> <b>Cool to 41° F or lower within 4 hours.</b>  <b>Hold for cold service at 41° F or lower.</b>
Onion, dehydrated flakes	3/4 oz		1.3 oz		
Pepper, black, ground		1 1/4 tsp		2 1/2 tsp	
Tomato paste		1 cup		2 cups	
Mexican seasoning mix (see HKM recipe 79) OR purchased Mexican seasoning blend		1/8 cup 1 Tbsp		1/4 cup 2 Tbsp	
Salt		1 tsp		2 tsp	
Sugar, brown, packed		1 Tbsp 1 tsp		1/8 cup 2 tsp	
Water	as needed	2 2/3 cups	as needed	1 qt 1 1/3 cups	

<b>Serving Size</b> 1/4 cup	<b>Crediting Information</b> 1 oz M/MA	<b>Notes:</b>
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## Nutrients Per Serving

Calories	94	Vitamin A	363.6 IU	Iron	1.5 mg
Protein	5.6 gm	Vitamin C	3.3 mg	Calcium	47.1 mg
Carbohydrate	17.1 gm	Fiber	4.1 gm	Cholesterol	0.0 mg
Fat	0.9 gm	% Fat	8.20%	Sodium	252.1 mg
Saturated Fat	0.2 gm	% Saturated Fat	1.41%		

# Thai Beef and Noodles

**Main Dish**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 319**  
 Modified by KSDE from School Nutrition Magazine

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, chuck roast, boneless, marinated, fresh or frozen	4 lb 8 oz		9 lb		<ol style="list-style-type: none"> <li>1. Thaw beef in the refrigerator over night.</li> <li>2. Slice beef into approximately 1 inch strips.</li> <li>3. In a bowl, combine the water, peanut butter, lime juice, soy sauce, and crushed red pepper. Set aside.</li> <li>4. Cook pasta according to the package instructions.  <b>Hold at 135°F until service.</b></li> <li>5. Mince garlic and ginger.</li> <li>6. Heat oil in skillet. Add the meat slices and cook, letting crust form on the meat. When cooked through, add the water, garlic, and ginger. Deglaze the pan and heat until the garlic and ginger are translucent, about 4 minutes.  <b>Heat to 145°F or higher for 15 seconds.</b></li> <li>7. Stir the peanut butter mixture into the beef mixture. Continue until the entire mixture is heated through, stirring occasionally and adding water as needed for desired consistency.</li> <li>8. Chop red pepper.</li> <li>9. Serve ½ cup pasta, 2 oz eq M/MA of beef mixture, and ⅓ cup shredded carrots and ⅓ cup chopped red pepper.</li> </ol>
Water		1 cup		2 cups	
Peanut butter		¾ cup		1 ½ cups	
Lime juice		¾ cup		¾ cup	
Soy sauce, low sodium		½ cup		1 cup	
Crushed red pepper		1 tsp		1 tsp	
Spaghetti noodles, whole wheat, dry	1 lb 9 oz		3 lb 2 oz		
Garlic, fresh		¼ cup		½ cup	
Ginger, fresh		¼ cup		½ cup	
Oil, olive		½ cup		1 cup	
Water		1 cup		2 cups	
Peppers, red bell, AP	1 lb 6 oz		2 lb 12 oz		
Carrots, shredded		3 ⅛ cups		6 ¼ cups	

<b>Serving Size</b> 1 Thai Beef Bowl	<b>Crediting Information</b> 2 oz M/MA, ¼ cup Vegetable, 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	352	Vitamin A	3108.0 IU	Iron	3.1 mg
Protein	22.4 gm	Vitamin C	33.4 mg	Calcium	36.1 mg
Carbohydrate	27.0 gm	Fiber	4.2 gm	Cholesterol	56.3 mg
Fat	18.5 gm	% Fat	47.35%	Sodium	256.2 mg
Saturated Fat	5.4 gm	% Saturated Fat	13.90%		

# Tuna Salad Sandwich

**Main Dish**

**HACCP: #1 No Cook**

**Healthier Kansas Recipe 320**

Modified by KSDE from ICN recipe F-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Tuna, canned in water, chunk style, drained		66.5 oz can		2 - 66.5 oz cans	1. Drain and flake tuna. Chop celery. 2. Combine tuna, celery, pickle relish, carrots, mayonnaise, and dry mustard. Mix well until blended. <b>Hold for cold service at 41°F or lower.</b> 3. Assemble sandwich: Portion ½ cup tuna salad on 1 slice of bread. Top with second slice of bread. Cover. Refrigerate until service.
Celery, fresh, AP	1 lb 4 oz		2 lb 7 oz		
Pickle relish, sweet, undrained	4 ¾ oz	½ cup	8 ¾ oz	1 cup	
Carrots, fresh, shredded, AP	12 oz		1 lb 8 oz		
Mayonnaise, low-fat	1 lb 6 oz	2 ¾ cups	2 lb 11 oz	1 qt 1 ½ cups	
Mustard, dry, ground		¾ tsp		1 ½ tsp	
Bread, whole wheat, 1 oz eq Grains per slice		50 slices		100 slices	

<b>Serving Size</b> 1 sandwich	<b>Crediting Information</b> 2 oz M/MA, ¼ cup Vegetable, 2 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	225	Vitamin A	2432.6 IU	Iron	1.9 mg
Protein	17.5 gm	Vitamin C	3.9 mg	Calcium	39.4 mg
Carbohydrate	22.2 gm	Fiber	2.1 gm	Cholesterol	24.6 mg
Fat	7.5 gm	% Fat	30.04%	Sodium	420.3 mg
Saturated Fat	1.3 gm	% Saturated Fat	5.32%		

# Creamy Cole Slaw

**Vegetable**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 20**  
 Adapted from Iowa Gold Star Recipes

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cabbage, green, shredded, ready to use	3 lb		6 lb		1. Shred carrots and mix with cabbage in large bowl. Toss lightly to mix. 2. In a small bowl, combine mayo, sugar, celery seed, dry mustard and vinegar. 3. Pour dressing over cabbage/carrot mixture. Mix thoroughly. 4. Cover and refrigerate until ready to use. Mix lightly before serving. <b>Cool to 41°F or lower within 4 hours.</b> <b>Hold for cold service at 41°F or lower.</b>
Carrots, fresh, AP	6 oz		12 oz		
<b>Slaw dressing:</b>					
Mayo, reduced calorie	14 oz	1 cup	1 lb 12 oz	2 cups	
Sugar, granulated		2 Tbsp		¼ cup	
Celery seed		2 tsp		1 Tbsp + 1 tsp	
Dry mustard		1 tsp		2 tsp	
Vinegar, white		2 Tbsp		¼ cup	

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
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## Nutrients Per Serving

Calories	58	Vitamin A	1197.23 IU	Iron	0.35 mg
Protein	0.86 gm	Vitamin C	20.35 mg	Calcium	27.16 mg
Carbohydrate	7.47 gm	Fiber	1.57 gm	Cholesterol	3.81 mg
Fat	3.16 gm	% Fat	48.8%	Sodium	32.27 mg
Saturated Fat	0.55 gm	% Saturated Fat	8.5%		

# Fiesta Corn

**Vegetable**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 321**  
 Modified by KSDE from Food.com

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, frozen, whole kernel	3 lb 8 oz		7 lb		1. Preheat oven to 350°F. 2. Spray pan with pan release spray. Chop peppers into a small dice. Combine corn, peppers, chilies, butter and water in pan. 3. Cover with foil and bake until heated through. 4. Add additional water, if needed. <b>Hold for hot service at 135°F or higher.</b>
Peppers, green or red bell, AP	1 lb 6 oz		2 lb 12 oz		
Chilies, green, canned	5 oz		10 oz		
Butter, unsalted, cut into 1-inch pats		¼ cup		½ cup	
Water		1 cup		2 cups	
Pan release spray	as needed		as needed		

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
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## Nutrients Per Serving

Calories	78	Vitamin A	280.1 IU	Iron	0.4 mg
Protein	2.2 gm	Vitamin C	26.1 mg	Calcium	7.9 mg
Carbohydrate	14.6 gm	Fiber	1.9 gm	Cholesterol	4.9 mg
Fat	2.4 gm	% Fat	27.52%	Sodium	25.7 mg
Saturated Fat	1.2 gm	% Saturated Fat	14.23%		

# Glazed Carrots

Vegetable  
HACCP: #2 Same Day Service

Healthier Kansas Recipe 322

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Butter		½ cup		1 cup	1. Combine butter, sugar, salt, and pepper in saucepan. Heat over medium heat until butter is melted and sugar is dissolved. 2. Drain carrots and add to mixture. Cover and simmer over medium heat until carrots are heated through. Stir often.  <b>Hold for hot service at 135°F or higher.</b>
Sugar, brown, packed		½ cup		1 cup	
Salt		1 tsp		2 tsp	
Pepper, black, ground		½ tsp		1 tsp	
Carrots, canned, sliced, drained		1 ½ - #10 cans		3 - #10 cans	

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
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## Nutrients Per Serving

Calories	77	Vitamin A	12464 IU	Iron	0.8 mg
Protein	0.8 gm	Vitamin C	3.0 mg	Calcium	32.6 mg
Carbohydrate	10.5 gm	Fiber	1.7 gm	Cholesterol	9.8 mg
Fat	3.9 gm	% Fat	45.52%	Sodium	362.3 mg
Saturated Fat	2.3 gm	% Saturated Fat	27.27%		

# Garden Salad

**Vegetable**  
**HACCP: #2 Same Day Service**

**Healthier Kansas Recipe 164**  
 (Team Nutrition Modified)

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, partly trimmed fresh, AP	1 lb 10 oz		3 lb 4 oz		1. Handle all produce with clean gloved hands or clean utensils. 2. Rinse and trim spinach and lettuce, if not purchased ready-to-eat. 3. Chop lettuce and spinach. Rinse, core and dice tomatoes. Rinse, peel and grate carrots. Rinse, peel (or score) and chop cucumbers. 4. Toss all ingredients together. <b>Hold for cold service at 41°F or lower.</b>
Lettuce, romaine, AP	1 lb 10 oz		3 lb 4 oz		
Tomatoes, fresh, AP	6 oz		11 oz		
Carrots, fresh, AP	4 oz		8 oz		
Cucumber, fresh, AP	4 oz		7 oz		

<b>Serving Size</b> 1 cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
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## Nutrients Per Serving

Calories	15	Vitamin A	6101.3 IU	Iron	1.12 mg
Protein	1.32 gm	Vitamin C	10.64 mg	Calcium	41.55 mg
Carbohydrate	2.82 gm	Fiber	1.48 gm	Cholesterol	0 mg
Fat	0.23 gm	% Fat	13.61%	Sodium	28.96 mg
Saturated Fat	0.04 gm	% Saturated Fat	2.07%		

# Roasted Cauliflower

Vegetable  
HACCP: #2 Same Day Service

Healthier Kansas Recipe 323  
Modified by KSDE from the Food Network

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cauliflower, fresh, whole, AP	4 lb 2 oz	12 ½ cups	8 lb 3 oz	25 cups	1. Rinse and chop cauliflower into edible florets. 2. Toss in oil, salt, and black pepper. 3. Arrange on to baking sheets and roast in the oven. a. Conventional Oven: 450°F for 30 minutes. b. Convection Oven: 425°F for 25 minutes. <b>Hold for hot service at 135°F or higher.</b>
Oil, olive	2 oz	¼ cup	4 oz	½ cup	
Salt		1 tsp		2 tsp	
Pepper, black		1 tsp		2 tsp	

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> ½ cup Vegetable	<b>Notes:</b>
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## Nutrients Per Serving

Calories	38	Vitamin A	0.5 IU	Iron	0.3 mg
Protein	1.4 gm	Vitamin C	35.8 mg	Calcium	16.8 mg
Carbohydrate	3.8 gm	Fiber	1.5 gm	Cholesterol	0.0 mg
Fat	2.4 gm	% Fat	56.31%	Sodium	115.4 mg
Saturated Fat	0.4 gm	% Saturated Fat	9.41%		

# Summer Fruit Salad

**Fruit**  
**HACCP: #1 No Cook**

**Healthier Kansas Recipe 119**  
(Ohio Dept. of Education)

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, fresh, AP	1 lb		2 lb		1. With gloved hands, wash berries, slice strawberries, and cut bananas into chunks. 2. Toss with 100% pineapple juice to keep from browning and refrigerate until serving. <b>Hold for cold service at 41°F or lower.</b>
Bananas, fresh, AP	1 lb 4 oz		2 lb 8 oz		
Blueberries, fresh, AP	8 oz		1 lb		
Pineapple juice, 100%		¾ cup		¾ cup	

<b>Serving Size</b> ¼ cup	<b>Crediting Information</b> ¼ cup Fruit	<b>Notes:</b>
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## Nutrients Per Serving

Calories	66	Vitamin A	43.56 IU	Iron	0.34mg
Protein	0.9 gm	Vitamin C	27.79 mg	Calcium	10.14 mg
Carbohydrate	16.74 gm	Fiber	2.36 gm	Cholesterol	0 mg
Fat	0.33 gm	% Fat	4.44%	Sodium	1.15 mg
Saturated Fat	0.06 gm	% Saturated Fat	0.84%		

# Seasoned Brown Rice

Grains

Healthier Kansas Recipe 142

HACCP: #2 Same Day Service

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rice, brown, long-grain, dry	1 lb 11 oz		3 lb 6 oz		1. Spray pan with pan release spray. Use pan that will hold at least 25 cups for 50 servings or 12½ cups for 25 servings. Combine rice, spices, and water in pans. 2. Cover pans with foil. 3. Bake: * Conventional oven: 350°F for 40-45 minutes. * Convection oven: 325°F for 30-35 minutes. 4. Fluff when ready to serve. Serve hot. <b>Hold at 135°F or higher.</b>
Pepper, black, ground	¾ tsp			1 ½ tsp	
Salt	2 Tbsp			¼ cup	
Garlic powder	2 Tbsp			¼ cup	
Water	2 lb 12 oz	1 qt 1 ½ cups	5 lb 8 oz	2 qt 3 cups	

<b>Serving Size</b> ½ cup	<b>Crediting Information</b> 1 oz eq Grains	<b>Notes:</b>
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## Nutrients Per Serving

Calories	117	Vitamin A	0.38 IU	Iron	0.51 mg
Protein	2.58 gm	Vitamin C	0.01 mg	Calcium	10.09 mg
Carbohydrate	24.38 gm	Fiber	1.15 gm	Cholesterol	0 mg
Fat	0.91 gm	% Fat	6.99%	Sodium	569.84 mg
Saturated Fat	0.18 gm	% Saturated Fat	1.42%		