
Healthier Kansas Menus – CACFP



Recipes for CACFP Sponsors (6 and 25 servings per recipe)

Child Nutrition & Wellness,
Kansas State Department of Education

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Healthier Kansas Menus – CACFP Recipes

Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Healthier Kansas Menus – Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Iowa Gold Star Cycle Menus*, Iowa Department of Education
- *Menus that Move*, Ohio Department of Education.
- *Fruit and Veggie Quantity Cookbook*, New Hampshire Department of Health and Human Services.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *Singing the Praises of Beans & Legumes*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 225 Fowler
- USD 234 Fort Scott
- USD 267 Renwick
- USD 306 Southeast of Saline
- USD 308 Hutchinson
- USD 320 Wamego
- USD 349 Stafford
- USD 364 Marysville
- USD 503 Parsons
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Healthier Kansas Menus – CACFP Recipes

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Table of Contents

| Main Dishes: | Page |
|---|-------------|
| Afterschool Hummus..... | 1 |
| Baked Chicken Drumstick..... | 2 |
| BBQ Beef on a Bun | 3 |
| BBQ Chicken Drumstick | 4 |
| Beef & Noodles..... | 5 |
| Biscuit & Gravy | 6 |
| Biscuit & Sausage Gravy | 7 |
| Breakfast Pita | 8 |
| Cheese Breadsticks..... | 9 |
| Cheese Sauce | 11 |
| Chicken & Noodles | 12 |
| Chicken Biscuit Breakfast Sandwich..... | 13 |
| Chicken Quesadilla | 14 |
| Chicken Tetrazzini | 16 |

Healthier Kansas Menus – CACFP Recipes

| Main Dishes, continued | Page |
|----------------------------------|-------------|
| Chicken Wrap | 17 |
| Chili..... | 18 |
| Cowboy Cavatini..... | 19 |
| Excellent Egg Tacos | 20 |
| Hot Ham & Cheese on Bun..... | 21 |
| Lasagna | 22 |
| Macaroni & Cheese | 24 |
| Mexican Seasoning Mix | 25 |
| Mini Meatballs..... | 26 |
| Mini Meatball Sub | 27 |
| Pig in a Blanket..... | 28 |
| Pulled Pork Sandwich..... | 30 |
| Rock and Roll Beef Wraps..... | 31 |
| Sausage Breakfast Sandwich | 32 |
| Spaghetti & Meat Sauce | 33 |

Healthier Kansas Menus – CACFP Recipes

| Main Dishes, continued | Page |
|--------------------------------------|-------------|
| Stromboli Squares | 35 |
| Super Nachos | 37 |
| Sweet and Sour Chicken Nuggets | 38 |
| Taco Burger | 39 |
| Taco Meat..... | 41 |
| Taco Salad..... | 42 |
| Taco Soup | 43 |
| Turkey & Cheese Sub..... | 44 |
| White Chicken Chili..... | 45 |
| Yummy Sloppy Joe on a Bun..... | 46 |
| Fruits and Vegetables: | Page |
| Apple Glazed Sweet Potatoes | 48 |
| Apple Salad | 49 |
| Asian Fresh Vegetables..... | 50 |
| Baked Beans | 51 |

Healthier Kansas Menus – CACFP Recipes

| Fruits and Vegetables, continued | Page |
|---|-------------|
| Black Bean & Corn Salsa..... | 52 |
| Creamy Cole Slaw | 53 |
| Fresh Citrus Fruit Cup..... | 54 |
| Fresh Mixed Fruit Cup | 55 |
| Garden Salad..... | 56 |
| Mixed Berry Smoothie..... | 57 |
| Peach Smoothie | 58 |
| Ranch Potato Wedges..... | 59 |
| Southwestern Lentils..... | 60 |
| Strawberries & Bananas | 61 |
| Summer Fruit Salad..... | 62 |
| Tomato Salsa..... | 63 |
| Tossed Salad..... | 64 |
| Breads, Grains, and Desserts: | Page |
| Angel Biscuits, Whole Wheat..... | 65 |

Healthier Kansas Menus – CACFP Recipes

| Breads, Grains, and Desserts, continued | Page |
|---|-------------|
| Blueberry Oat Muffins, Whole Grain | 66 |
| Cornbread Muffins | 68 |
| Oatmeal Rolls, Whole Grain | 69 |
| Savory Rice | 71 |
| Seasoned Brown Rice | 72 |
| Spanish Brown Rice | 73 |
| Whole Wheat Bread, 51%..... | 74 |
| Whole Wheat French Garlic Bread, 51% | 76 |
| Whole Wheat Rolls, Breadsticks and Buns, 51%..... | 78 |

Abbreviations

| Abbreviation | What it Means | Abbreviation | What it Means |
|--------------|------------------------|--------------|---------------------|
| HKM | Healthier Kansas Menus | Tbsp | tablespoon |
| EP | edible portion | tsp | teaspoon |
| AP | as purchased | gal | Gallon |
| fl | fluid | qt | Quart |
| oz | ounce | pt | Pint |
| lb | pound | IU | International Unit |
| w/ | with | CN | Child Nutrition |
| gm | gram | M/MA | Meat/Meat Alternate |
| mg | milligram | G/B | Grains/Bread |
| CCP | Critical Control Point | | |

Afterschool Hummus

Snack
HACCP: #1 No Cook

Healthier Kansas Recipe 62

Modified from Iowa State University Extension and Outreach

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|------------------------|-------------|----------------|------------|----------------|--|
| | Weight | Measure | Weight | Measure | |
| Garbanzo Beans, canned | 3 lb 2 oz | 5 ¼ cups | 12 oz | 1 ¼ cups | <ol style="list-style-type: none"> 1. Use a blender or food processor. Combine garbanzo beans, garlic powder, lemon juice, cumin, vegetable oil, and pepper. Blend on low speed until the beans are mashed. 2. Stir in yogurt with a spoon. 3. Refrigerate for several hours or overnight so the flavors blend. 4. Serve with pita chips, crackers, or fresh vegetables. Hold for cold service at 41° F or lower. |
| Garlic Powder | | ½ tsp | | ⅛ tsp | |
| Lemon Juice | | ¼ cup + 2 tsp | | 1 Tbsp + ½ tsp | |
| Cumin, ground | | 1 Tbsp | | ¾ tsp | |
| Oil, vegetable | | 3 Tbsp + ½ tsp | | 2 ¼ tsp | |
| Pepper, black, ground | | ½ tsp | | Dash | |
| Yogurt, plain, nonfat | | 1 ½ cups | | ¾ cup | |

| | | |
|-------------------------------|---|---------------|
| Serving Size 2 Tbsp | Crediting Information ½ oz M/MA | Notes: |
|-------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 80 | Vitamin A | 14.87 IU | Iron | 0.77 mg |
| Protein | 3.47 gm | Vitamin C | 2.88 mg | Calcium | 47.54 mg |
| Carbohydrate | 10.83 gm | Fiber | 3.81 gm | Cholesterol | 0.31 mg |
| Fat | 2.62 gm | % Fat | 29.41% | Sodium | 220.72 mg |
| Saturated Fat | 0.46 gm | % Saturated Fat | 5.22% | | |

Baked Chicken Drumstick

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 27
Modified by KSDE from USD 225 Fowler

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-----------------|-----------|---------------|-----------|--|
| | Weight | Measure | Weight | Measure | |
| Chicken, drumsticks, raw, frozen, 3.5 oz each (or CN labeled to provide 1.5 oz M/MA) | 5 lb 7 ½ oz raw | 25 each | 1 lb 5 oz raw | 6 each | <ol style="list-style-type: none"> 1. Thaw chicken under refrigeration overnight. 2. Lay thawed chicken in single layer on baking pans lined with parchment paper. 3. Spray with pan release spray. 4. Combine pepper and dressing mix in a shaker. 5. Sprinkle dry mix evenly over chicken. 6. Bake until internal temperature of chicken reaches 180° F: *Conventional oven: 400° F for 45-55 minutes. *Convection oven: 350° F for 30-35 minutes. Heat to 180° F or higher for 15 seconds. Hold for hot service at 135° F or higher. 7. Serve 1 drumstick per child. |
| Pan release spray, butter flavored | | As Needed | | As Needed | |
| Pepper, black, ground | | ¾ tsp | | ⅛ tsp | |
| Ranch dressing mix | | 2 Tbsp | | 1 ⅜ tsp | |

| | | |
|------------------------------------|---|---------------|
| Serving Size 1 drumstick | Crediting Information 1 ½ oz M/MA | Notes: |
|------------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 91 | Vitamin A | 0.38 IU | Iron | 0.01 mg |
| Protein | 12.01 gm | Vitamin C | 0 mg | Calcium | 0.31 mg |
| Carbohydrate | 0.16 gm | Fiber | 0.02 gm | Cholesterol | 65 mg |
| Fat | 4 gm | % Fat | 39.68% | Sodium | 66.01 mg |
| Saturated Fat | 1 gm | % Saturated Fat | 9.92% | | |

BBQ Beef on a Bun

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 145 - Revised

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|------------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Beef, steak slices, raw* | 3 lb 13 oz | | 15 oz | | <ol style="list-style-type: none"> 1. Cook beef slices according to manufacturer's instructions. 2. Add BBQ sauce. Rinse out BBQ sauce bottle with the water. Add to meat and sauce. Mix. 3. Heat in oven or on stove top. If needed, add water, to maintain volume as water evaporates. 4. Portion a #12 scoop (1/3 cup) of beef mixture on bun. <p>*<i>Optional</i>: 2 lb + 6 oz shredded, pre-cooked roast beef or 3 lb +13 oz raw top round roast may be substituted for each 25 servings.</p> |
| Barbeque Sauce, no more than 500 mg sodium per 1 fl oz | | 3 1/3 cups | | 3/4 cup | |
| Water | | 1/3 cup | | 2 Tbsp | |
| Hamburger Buns, whole wheat, 1 oz each OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | 25 each | | 6 each | |

| | | |
|---|--|---------------|
| Serving Size 1 oz bun + 1/3 cup filling | Crediting Information 1 1/2 oz M/MA + 1 oz eq Grains | Notes: |
|---|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 288 | Vitamin A | 112.1 IU | Iron | 2.3 mg |
| Protein | 14.18 gm | Vitamin C | 2.33 mg | Calcium | 19.77 mg |
| Carbohydrate | 32.71 gm | Fiber | 1.2 gm | Cholesterol | 39.73 mg |
| Fat | 11.11 gm | % Fat | 34.71% | Sodium | 630.6 mg |
| Saturated Fat | 3.81 gm | % Saturated Fat | 11.92% | | |

BBQ Chicken Drumstick

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 130
Idaho Child Nutrition Programs, Modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-----------------|----------|---------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken, drumsticks, raw, frozen, 3.5 oz each (or CN labeled to provide 1.5 oz M/MA) | 5 lb 7 ½ oz raw | 25 each | 1 lb 5 oz raw | 6 each | <ol style="list-style-type: none"> 1. Thaw chicken under refrigeration overnight. 2. Lay thawed chicken in single layer on baking pans lined with parchment paper. 3. Spray with pan release spray. 4. Bake until internal temperature of chicken reaches 180° F: *Conventional oven: 400° F for 45-55 minutes. *Convection oven: 350° F for 30-35 minutes. Heat to 180° F or higher for 15 seconds. 5. Combine all barbeque sauce ingredients in a bowl. Mix well and store in refrigerator (if prepared ahead of time). 6. During the last 7 minutes of baking, brush or spread BBQ sauce onto full surface of chicken. Hold for hot service at 135°F or higher. 7. Serve 1 drumstick per child. |
| Barbeque Sauce | | | | | |
| Catsup | | 3 cups | | ⅔ cup | |
| Sugar, brown, packed | | 1 ½ cups | | ⅓ cup | |
| Mustard, yellow, prepared | | ¾ cup | | 3 Tbsp | |
| Liquid smoke | | 2 Tbsp | | 1 ½ tsp | |

| | | |
|------------------------------------|---|---------------|
| Serving Size 1 drumstick | Crediting Information 1 ½ oz M/MA | Notes: |
|------------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|---------|
| Calories | 175 | Vitamin A | 171.8 IU | Iron | 0.26 mg |
| Protein | 12.47 gm | Vitamin C | 1.3 mg | Calcium | 17.8 mg |
| Carbohydrate | 22.06 gm | Fiber | 0.12 mg | Cholesterol | 65 mg |
| Fat | 4.14 gm | % Fat | 21.29% | Sodium | 379 mg |
| Saturated Fat | 1.01 gm | % Saturated Fat | 5.19% | | |

Beef and Noodles

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 3
 USD 225 Fowler, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-------------------------------|-------------|--------------|------------|----------|---|
| | Weight | Measure | Weight | Measure | |
| Beef, stew meat chunks, raw | 3 lb 8 oz | | 14 oz | | 1. Cook beef in stock pot on stove top. Heat to 145° F or higher for 15 seconds. 2. Add beef broth to cooked beef, reserving 1 cup for step 5. 3. Place sage, pepper, and onions into the pot with meat and broth; bring to a simmer. 4. Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 5. Mix flour in small amount of reserved broth and add to meat/broth mixture to thicken. Adjust amount of flour to make the desired consistency. Simmer until thickened. 6. Add additional broth or cook down as needed to make total volume equal 12 ½ cups per 25-½ cup servings. Hold at 135° F or higher. |
| Broth, beef, low sodium | | 2 qt + ¾ cup | | 2 cups | |
| Sage, ground | | ¼ tsp | | ⅛ tsp | |
| Pepper, black, ground | | ⅜ tsp | | ⅛ tsp | |
| Salt, table | | ⅜ tsp | | ⅛ tsp | |
| Onion, dehydrated flakes | | 2 tsp | | ½ tsp | |
| Egg Noodles, dry, whole grain | 14 oz | | 3 ½ oz | | |
| Flour, all-purpose, enriched | 1 ⅓ oz | ⅓ cup | ⅓ oz | 1 ½ Tbsp | |

| | | |
|----------------------|------------------------------|--|
| Serving Size | Crediting Information | Notes: |
| ½ cup (4 oz spoodle) | 1 ¼ oz M/MA + ½ oz eq Grains | For 3-5 year olds, will need to serve an additional ¼ oz M/MA (see production notes for menu/serving suggestions). |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 155 | Vitamin A | 32.7 IU | Iron | 2.19 mg |
| Protein | 17.86 gm | Vitamin C | 0.1 mg | Calcium | 14.78 mg |
| Carbohydrate | 12.79 gm | Fiber | 1.48 gm | Cholesterol | 56 mg |
| Fat | 3.71 gm | % Fat | 21.56% | Sodium | 232 mg |
| Saturated Fat | 1.52 gm | % Saturated Fat | 8.82% | | |

Biscuit and Gravy

Breakfast
HACCP: #2 Same Day Service

Healthier Kansas Recipe 33
KSDE, Child Nutrition & Wellness

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|------------------|------------|----------|--|
| | Weight | Measure | Weight | Measure | |
| Angel Biscuit Recipe (HKM Recipe 120) OR Purchased Whole Wheat Biscuits, weighing 1 oz each Gravy, country style | | 25 each | | 6 each | 1. Prepare Angel Biscuits according to recipe or slice and warm pre-made whole wheat biscuits. 2. Prepare country style gravy mix according to the directions on package. Heat to 135° F or higher. 3. Place sliced biscuit on plate. At time of service, cover with 2 oz (approximately ¼ cup) of gravy. |
| | | 2 qt + 2 cups | | 2 ½ cups | |

| | | |
|---|--|---------------|
| Serving Size 1 biscuit + 2 oz gravy | Crediting Information 1 oz eq Grains | Notes: |
|---|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 245 | Vitamin A | 11.52 IU | Iron | 1.8 mg |
| Protein | 4.83 gm | Vitamin C | 3.08 mg | Calcium | 87.85 mg |
| Carbohydrate | 38.83 gm | Fiber | 2.71 gm | Cholesterol | 0.98 mg |
| Fat | 7.17 gm | % Fat | 26.37% | Sodium | 555.96 mg |
| Saturated Fat | 1.64 gm | % Saturated Fat | 6.02% | | |

Biscuit and Sausage Gravy

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 118
 KSDE, Child Nutrition & Wellness

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|--------------------------|------------|---------------------|---|
| | Weight | Measure | Weight | Measure | |
| Angel Biscuit Recipe (HKM Recipe 120), 1 oz each OR Purchased Whole Wheat Biscuits weighing 1 oz each | | 25 each | | 6 each | 1. Prepare HKM Recipe 120 for Angel Biscuits OR Slice and warm pre-made whole wheat biscuits. 2. Prepare country style gravy mix according to the directions on package. 3. Brown and crumble raw sausage in skillet. Cook to an internal temperate of 160° F. Drain and rinse. OR Heat pre-cooked sausage crumbles according to manufacturer's instructions to a minimum of 135° F. 4. Mix cooked drained sausage with gravy mix. Hold at 135° F or higher. 5. Place sliced biscuit on plate. At time of service, cover with 3 oz (about ¾ cup) of gravy/sausage mixture. |
| Gravy, country style | | 2 qt + 2 cups (prepared) | | 2 ½ cups (prepared) | |
| Sausage, turkey, raw* | 2 lb 7 oz | | 10 oz | | |
| OR Sausage, turkey, pre-cooked, crumbles* | 1 lb 15 oz | | 8 oz | | |
| *Purchase turkey sausage product labeled for 1 serving to provide 0.75 oz M/MA | | | | | |

| | | |
|---|--|---|
| Serving Size 1 biscuit + 3 oz gravy mixture | Crediting Information 1 oz M/MA + 1 oz eq Grains | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA (see production notes for menu/serving suggestions). |
|---|--|---|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 219 | Vitamin A | 38.93 IU | Iron | 1.42 mg |
| Protein | 10.73 gm | Vitamin C | 2.56 mg | Calcium | 69.29 mg |
| Carbohydrate | 24.44 gm | Fiber | 1.35 gm | Cholesterol | 33.66 mg |
| Fat | 7.56 gm | % Fat | 29.03% | Sodium | 711.87 mg |
| Saturated Fat | 1.69 gm | % Saturated Fat | 6.39% | | |

Breakfast Pita

Breakfast
HACCP: #2 Same Day Service

Healthier Kansas Recipe B-131
SNA Magazine, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|--|------------|---|--|
| | Weight | Measure | Weight | Measure | |
| Pita Bread, whole wheat, pocket, large (6 ½" diameter), weighing 2 oz each Eggs, whole, raw Pan Release Spray American Cheese, shredded, low-fat | | 13 each 20 large As Needed 4 ½ cups | | 3 each 5 large As Needed 1 cup | 1. Cut full round pitas in half to form 2 pita pockets each. 2. Crack eggs into a large mixing bowl. Whisk until smooth. Heat a large skillet over medium heat and spray with pan release spray. 3. Pour beaten eggs into heated pan and cook until firm, stirring frequently. Heat eggs to an internal temperature of 145° F or above for 15 seconds. 3. Scoop eggs with into each pita half (about ¼ cup per half and top with 2 Tbsp of cheese. 4. Place filled pita pockets on paper lined sheet pans and cover pan with foil OR wrap each individually in foil. Hold for hot service at 135° F or higher. |

| | | |
|--|---|---------------|
| Serving Size ½ pita sandwich | Crediting Information 2 oz eq M/MA + 1 oz eq Grains | Notes: |
|--|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 201 | Vitamin A | 336.6 IU | Iron | 1.82 mg |
| Protein | 11.23 gm | Vitamin C | 0 mg | Calcium | 176.6 mg |
| Carbohydrate | 18.41 gm | Fiber | 2.37 gm | Cholesterol | 172.2 mg |
| Fat | 9.38 gm | % Fat | 41.93% | Sodium | 329.9 mg |
| Saturated Fat | 3.96 gm | % Saturated Fat | 17.69% | | |

Cheese Breadsticks

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 125

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|---------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Dough from Whole Wheat Breadstick, 51%, (HKM Recipe 877) | 1 lb 9 oz | | 6 oz | | <ol style="list-style-type: none"> 1. Prepare dough from HKM Recipe 877 for White Whole Wheat Breadsticks. 2. Before removing dough from mixer, add mozzarella cheese. For best results, use frozen cheese. 3. Mix thoroughly. 4. Form breadstick shape by pinching off 1 oz pieces of dough and shaping. Place on baking sheets lined with parchment paper. 5. Place in a warm area (about 90° F) until double in size, approximately 45-60 minutes. 6. Bake until lightly browned. *Conventional oven: 400° F for 18-10 minutes *Convection oven: 350° F for 12-14 minutes Turn pans half-way through the baking time to ensure even baking. Recommended internal temperature for baked rolls is 196-198° F. |
| Cheese, mozzarella, low-fat, shredded, frozen | 1 lb 9 oz | | 6 oz | | |

| | | |
|-------------------------------------|--|---|
| Serving Size 1 breadstick | Crediting Information 1 oz M/MA + 1 oz eq Grains | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA - Suggestion: Increase cheese in recipe to 2 lb 6 oz/25 servings or 9 oz/6 servings. |
|-------------------------------------|--|---|

Continue next page...

Cheese Breadsticks

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 160 | Vitamin A | 226.8 IU | Iron | 1.02 mg |
| Protein | 8.82 gm | Vitamin C | 2.33 mg | Calcium | 219.68 mg |
| Carbohydrate | 15.07 gm | Fiber | 1.2 gm | Cholesterol | 15.2 mg |
| Fat | 6.47 gm | % Fat | 36.38% | Sodium | 164.38 mg |
| Saturated Fat | 3.35 gm | % Saturated Fat | 18.87% | | |

Cheese Sauce

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 139
 USDA (modified)

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|-------------------|------------|----------|---|
| | Weight | Measure | Weight | Measure | |
| Butter, unsalted* | 3 oz | ¼ cup + 2 Tbsp | ¾ oz | 1 ½ Tbsp | 1. Melt butter. Add flour and salt. Stir until smooth. 2. Add milk gradually, stirring constantly. Cook for 12-15 minutes, stirring frequently, until smooth and thick. 3. Add cheese and stir in until melted. Hold for hot service at 135° or higher. |
| Flour, all-purpose, enriched | 3 ¼ oz | ¾ cup | ¾ oz | 3 Tbsp | |
| Salt | | ¾ tsp | | ⅛ tsp | |
| Milk, low-fat or non-fat | | 3 cups | | ¾ cup | |
| Cheese, American, shredded | 15 oz | | 4 oz | | |
| *May use margarine instead of butter, but must ensure that product is <i>trans</i> fat free. | | | | | |

| | | |
|---|---|---------------|
| Serving Size ¼ cup (2 oz ladle) | Crediting Information ½ oz M/MA | Notes: |
|---|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|----------|-------------|----------|
| Calories | 113 | Vitamin A | 261.1 IU | Iron | 0.21 mg |
| Protein | 5.1 gm | Vitamin C | 0 mg | Calcium | 129 mg |
| Carbohydrate | 4.47 gm | Fiber | 0.1 mg | Cholesterol | 24.88 mg |
| Fat | 8.38 gm | % Fat | 66.72% | Sodium | 301 mg |
| Saturated Fat | 5.27 gm | % Saturated Fat | 42.01% | | |

Chicken and Noodles

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 152
 USD 364 Marysville, Modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|----------------------------------|-------------|--------------|------------|-----------|--|
| | Weight | Measure | Weight | Measure | |
| Chicken, cooked, pulled, frozen | 1 lb 10 oz | | 6 oz | | <ol style="list-style-type: none"> 1. Place chicken meat, chicken broth (reserving 1 cup for step 4), poultry seasoning, sage, pepper, onions, food coloring (optional) and allspice (optional) into a stock pot. Bring to a simmer. 2. Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 3. Mix flour in small amount of reserve broth (or water) and add to noodles to thicken. Adjust amount of flour to make the desired consistency. Simmer until thickened. Heat to 165° or higher for at least 15 seconds. 4. Add additional broth or cook down, as needed, to make total volume equal 12 ½ cups per 25-½-cup servings. 5. Serve ½ cup per child. Hold at 135° F or above. |
| Broth, chicken, low sodium | | 2 qt + 1 cup | | 2 ⅞ cups | |
| Poultry Seasoning | | ⅛ tsp | | dash | |
| Sage, ground | | ⅛ tsp | | dash | |
| Pepper, white | | dash | | dash | |
| Onion, dehydrated flakes | | 2 tsp | | ½ tsp | |
| Allspice, ground (optional) | | dash | | dash | |
| Food coloring, yellow (optional) | | 2-3 drops | | 1-2 drops | |
| Egg noodles, dry, whole grain | 1 lb 1 oz | | 4 oz | | |
| Broth, chicken, low sodium | | ½ cup | | ⅛ cup | |
| Flour, all-purpose, enriched | | 3 Tbsp | | 2 ¼ tsp | |

| | | |
|-------------------------------|------------------------------|--|
| Serving Size | Crediting Information | Notes: |
| ½ cup (4 oz spoodle or ladle) | 1 oz M/MA + ½ oz eq Grains | For 3-5 year olds, will need to serve an additional ¼ oz M/MA (see production notes for menu/serving suggestions). |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 138 | Vitamin A | 48.9 IU | Iron | 1.3 mg |
| Protein | 12.24 gm | Vitamin C | 0.1 mg | Calcium | 11.48 mg |
| Carbohydrate | 14.32 gm | Fiber | 1.74 gm | Cholesterol | 44 mg |
| Fat | 3.25 gm | % Fat | 21.20% | Sodium | 68 mg |
| Saturated Fat | 1.02 gm | % Saturated Fat | 6.62% | | |

Chicken Biscuit Breakfast Sandwich

Breakfast
HACCP: #2 Same Day Service

Healthier Kansas Recipe B-126
KSDE, Child Nutrition & Wellness

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|---------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Angel Biscuit Recipe (HKM Recipe 120) OR Purchased Whole Wheat Biscuits, weighing 1 oz each Chicken Patty, breaded, CN labeled, whole grain-rich, 1 oz eq M/MA and 0.25 oz eq Grains | | 25 each | | 6 each | 1. Prepare Angel Biscuits according to recipe or slice and warm pre-made whole wheat biscuits. 2. Heat chicken patties in oven according to manufacturer's instructions. 3. Slice each biscuit in half, place one chicken patty between each biscuit half. 4. Product will hold better if placed in foil wrap. Hold for hot service at 135° F or higher. |

| | | |
|-----------------------------------|---|---------------|
| Serving Size 1 sandwich | Crediting Information 1 oz eq M/MA + 1 ¼ oz eq Grains | Notes: |
|-----------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 268 | Vitamin A | 11.52 IU | Iron | 2.51 mg |
| Protein | 11.83 gm | Vitamin C | 3.08 mg | Calcium | 73.93 mg |
| Carbohydrate | 34.19 gm | Fiber | 3.71 gm | Cholesterol | 10.98 mg |
| Fat | 10.37 gm | % Fat | 34.75% | Sodium | 421.9 mg |
| Saturated Fat | 2.64 gm | % Saturated Fat | 8.84% | | |

Chicken Quesadilla

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 29
 Iowa Gold Star Cycle Menus, Modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|---------------------|---------------------|--------------------|----------------------|--|
| | Weight | Measure | Weight | Measure | |
| Tortilla, flour, whole grain, 8", weighing 1.5 oz each | | 13 each | | 3 each | <ol style="list-style-type: none"> 1. Line baking sheets with parchment paper and spray with nonstick spray. 2. Lay tortillas on lined baking sheets and set aside for step 8. 3. Rinse and chop peppers, onion, and tomatoes. 4. Heat oil in a large skillet. 5. Combine chicken, peppers, onions, and corn in skillet with oil and heat. Heat to 165° or higher for at least 15 seconds. 6. Add tomatoes to chicken mixture. 7. Add Mexican Seasoning Mix to chicken mixture. 8. Combine shredded cheeses. Spoon $\frac{3}{8}$ cup vegetable/chicken mixture on half of 9. each tortilla. Sprinkle 2 Tbsp cheese on top of vegetable mix on 10. each tortilla. Fold tortilla in half and shingle quesadillas on lined 11. baking sheets. 12. Spray tortillas with nonstick spray to aid browning. Bake until tops are golden brown: *Conventional oven: 400° F for 10 minutes. 13. *Convection oven: 375° F for 7 minutes. 14. Allow quesadillas to stand for 5 minutes. 15. Cut each quesadilla in half. Hold hot for service at 135° F or higher. |
| Bell Pepper, green, diced | | $\frac{2}{3}$ cup | | 2 $\frac{1}{2}$ Tbsp | |
| Onion, fresh, diced | | $\frac{1}{3}$ cup | | 1 Tbsp | |
| Tomato, fresh, diced | | $\frac{1}{2}$ cup | | 2 Tbsp | |
| Oil, Vegetable | | 2 Tbsp | | 1 Tbsp | |
| Chicken, cooked, diced | 1 lb 2 oz | 3 $\frac{2}{3}$ cup | 4 $\frac{1}{2}$ oz | 1 cup | |
| Corn, frozen, whole kernel | 10 $\frac{1}{2}$ oz | 1 $\frac{3}{4}$ cup | 2 $\frac{1}{2}$ oz | $\frac{1}{2}$ cup | |
| Mexican Seasoning Mix (HKM Recipe 79) | | 2 $\frac{3}{4}$ tsp | | $\frac{1}{2}$ tsp | |
| Cheese, monterey jack, reduced fat, shredded | 4 oz | 1 cup | 1 oz | $\frac{1}{4}$ cup | |
| Cheese, cheddar, shredded | 4 oz | 1 cup | 1 oz | $\frac{1}{4}$ cup | |

Continue on next page...

Chicken Quesadilla

| | | |
|-------------------------------------|--|---|
| Serving Size ½ quesadilla | Crediting Information 1 oz M/MA + ¾ oz eq Grains + ⅛ cup Vegetable | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA (see production notes for menu/serving suggestions). |
|-------------------------------------|--|---|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 128 | Vitamin A | 175.4 IU | Iron | 0.99 mg |
| Protein | 10.88 gm | Vitamin C | 5.3 mg | Calcium | 117.2 mg |
| Carbohydrate | 14.25 gm | Fiber | 1.98 gm | Cholesterol | 24 mg |
| Fat | 4.06 gm | % Fat | 28.51% | Sodium | 233 mg |
| Saturated Fat | 2.03 gm | % Saturated Fat | 14.23% | | |

Chicken Tetrazzini

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 7
 USD 308 Hutchinson, Modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-------------------------------------|-------------|-----------------|------------|------------------|--|
| | Weight | Measure | Weight | Measure | |
| Water, cold | | 1 ¼ cups | | ⅓ cup | 1. Mix water, broth, margarine, black pepper, chicken, chilies, pimentos, and onions in stock pot or sauce pan. 2. Bring to a boil. Heat to 165° F or higher for at least 15 seconds. 3. Add soup to mixture. Stir until blended. 4. Add dry spaghetti noodles. Bring to a boil for 2 minutes and reduce heat to low. 5. Add cheese to mixture. 6. Stir to melt cheese. Serve hot with 4 oz spoodle (½ cup). Hold hot for service at 135° F or above. |
| Broth, chicken, low sodium | | 2 qt + 1 ¼ cups | | 2 ¼ cups | |
| Margarine | | 2 ⅔ Tbsp | | 2 tsp | |
| Pepper, black, ground | | ⅓ tsp | | ⅛ tsp | |
| Chicken, cooked, diced ½" | 2 lb | 6 ⅔ cups | 8 oz | 1 ⅔ cups | |
| Chilies, diced, canned | | ⅓ cup | | 1 ½ Tbsp | |
| Pimentos, canned | | 3 Tbsp | | 1 Tbsp | |
| Onion, dehydrated flakes | | 3 ½ Tbsp | | 1 Tbsp + 1 ½ tsp | |
| Soup, cream of mushroom | 12 ½ oz | | 3 oz | | |
| Spaghetti Noodles, whole wheat, dry | 1 lb 1 oz | | 4 oz | | |
| Cheese, American, shredded | 6 oz | 1 ½ cup | 2 oz | ½ cup | |

| | | |
|---|--|---------------|
| Serving Size ½ cup (4 oz spoodle) | Crediting Information 1 ½ oz M/MA + ½ oz eq Grains | Notes: |
|---|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 181 | Vitamin A | 172.8 IU | Iron | 1.31 mg |
| Protein | 16.39 gm | Vitamin C | 3.6 mg | Calcium | 47.19 mg |
| Carbohydrate | 17.23 gm | Fiber | 2.23 mg | Cholesterol | 40 mg |
| Fat | 5.92 gm | % Fat | 29.40% | Sodium | 258 mg |
| Saturated Fat | 2.17 gm | % Saturated Fat | 10.79% | | |

Chicken Wrap

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 158 - Modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-----------------------|---------------------------------|------------------|-------------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken, cooked, unbreaded strips Cheese, cheddar, shredded Tortilla, flour, whole grain, 8" weighing 1 ½ oz each | 2 lb 1 oz 6 oz | 1 ⅔ cups 13 each | 7 oz 2 oz | ¼ cup + 2 Tbsp 3 each | 1. Purchase pre-cooked, unbreaded chicken strips. 2. Heat chicken according to manufacturer's directions. Hold at 135° F or above until served. 3. Down the center of each tortilla, place approximately 2 ½ oz chicken and 2 Tbsp cheese. 4. Roll tortilla and cut in half. Serve ½ wrap per child. |

| | | |
|-------------------------------|--|---------------|
| Serving Size ½ wrap | Crediting Information 1 ½ oz M/MA + ¼ oz eq Grains | Notes: |
|-------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 142 | Vitamin A | 67.63 IU | Iron | 0.98 mg |
| Protein | 11.11 gm | Vitamin C | 6.33 mg | Calcium | 124.33 mg |
| Carbohydrate | 11.93 gm | Fiber | 1.56 gm | Cholesterol | 37.57 mg |
| Fat | 6.1 gm | % Fat | 38.83% | Sodium | 424 mg |
| Saturated Fat | 2.76 gm | % Saturated Fat | 17.55% | | |

Chili

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 218

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|----------------------------------|-------------|--------------------|------------|-----------|---|
| | Weight | Measure | Weight | Measure | |
| Beef, ground, 80/20, raw | 2 lb 3 oz | | 8 ½ oz | | <ol style="list-style-type: none"> 1. Brown ground beef. Chop into ¼ to ½-inch pieces as beef is browning. Drain. 2. Drain beans. Reserve liquid for step 4. 3. Add remaining ingredients, except water, to ground beef. 4. Add additional water or juice from canned beans to make approximately 3-4 quarts for every 25 ½-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates. Heat to 160° F or higher for at least 15 seconds. Hold hot for service at 135° F or above. |
| Onion, dehydrated flakes | | 3 Tbsp | | 2 tsp | |
| Chili powder | ¾ oz | | ¼ oz | | |
| Cumin, ground | | 1 ¼ tsp | | ¼ tsp | |
| Garlic powder | | ¾ tsp | | ⅛ tsp | |
| Tomato puree | | 1 ½ cups | | ⅓ cup | |
| Beans, pinto, canned, drained | | 2 qt + 1 ½ cups | | 2 ⅓ cups | |
| Tomato juice | | 2 ⅛ cups | | ½ cup | |
| Red or Cayenne Pepper (optional) | | 1 tsp | | ¼ tsp | |
| Water | | As Needed | | As Needed | |

| | | |
|---|--|---------------|
| Serving Size ½ cup (4 oz spoodle) | Crediting Information 2 ½ oz M/MA + ⅛ cup Vegetable (Beans credited as M/MA) | Notes: |
|---|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 153 | Vitamin A | 436.4 IU | Iron | 2.48 mg |
| Protein | 12.72 gm | Vitamin C | 16.8 mg | Calcium | 49.94 mg |
| Carbohydrate | 13.09 gm | Fiber | 2.82 gm | Cholesterol | 26 mg |
| Fat | 5.62 gm | % Fat | 33.11% | Sodium | 475 mg |
| Saturated Fat | 2.04 gm | % Saturated Fat | 12.04% | | |

Cowboy Cavatini

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 32

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|----------------|------------|----------|---|
| | Weight | Measure | Weight | Measure | |
| Pasta, penne, whole wheat | 1 lb 1 oz | | 4 oz | | <ol style="list-style-type: none"> 1. Cook pasta according to manufacturer's directions. Rinse cooked pasta well and hold for step 4. 2. Brown beef and drain. Heat to 165° F or higher for 15 seconds. 3. Add tomato sauce, water, and Mexican Seasoning Mix. Simmer for 15 minutes. 4. Add cooked pasta to meat mixture. Mix well and place mixture in pans. 5. Sprinkle with mozzarella cheese. 6. Bake at: *Conventional oven: 350° F for 40-45 minutes. *Convection oven: 325° F for 30-40 minutes. (cooking time may be less for 6 serving recipe) 7. Serve hot with 4 oz spoodle (½ cup). Hold hot for service at 135° F or higher. |
| Beef, ground, 80/20, raw | 2 lb 9 oz | | 10 oz | | |
| Sauce, tomato, canned | | 1 qt + 2 cups | | 1 ½ cups | |
| Water | | 1 cup | | ¼ cup | |
| Mexican Seasoning Mix (HKM Recipe 79) | | 1 Tbsp + 2 tsp | | 1 ⅛ tsp | |
| Cheese, mozzarella, part skim, shredded | 4 oz | 1 cup | 1 oz | ¼ cup | |
| | | | | | |

| | | |
|---|--|---|
| Serving Size ½ cup (4 oz spoodle) | Crediting Information 1 ¼ oz M/MA + ½ oz eq Grains + ⅛ cup Vegetable | Notes: For 3-5 year olds, will need to serve an additional ¼ oz M/MA - Suggestion: Increase cheese in recipe to 10 ¼ oz/25 servings or 2 ½ oz/6 servings. |
|---|--|---|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|--------|
| Calories | 187 | Vitamin A | 324.4 IU | Iron | 2.2 mg |
| Protein | 14.53 gm | Vitamin C | 3.5 mg | Calcium | 54 mg |
| Carbohydrate | 17.32 gm | Fiber | 2.43 gm | Cholesterol | 37 mg |
| Fat | 7.03 gm | % Fat | 33.89% | Sodium | 326 mg |
| Saturated Fat | 2.79 gm | % Saturated Fat | 13.44% | | |

Excellent Egg Tacos

Breakfast
HACCP: #2 Same Day Service

Healthier Kansas Recipe B-102
Egg Board, modified by KSDE

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|----------------|------------|-----------|--|
| | Weight | Measure | Weight | Measure | |
| Eggs, frozen, whole, thawed | | 11 large | | 6 large | <ol style="list-style-type: none"> 1. Dice onion. 2. Sautee onions with Mexican Seasoning Mix in a skillet sprayed with pan release spray. 3. Beat eggs and pour into skillet with diced onions. 4. Cook eggs until firm, stirring frequently. Heat eggs to an internal temperature of 145° F or above for 15 seconds. 5. Stir cheese into egg mixture. Hold for hot service at 135° F or above. 4. Portion ⅔ of egg mixture into each taco shell. Transfer tacos to a baking sheet. 5. Heat conventional oven to 325° F. Bake tacos 3-5 minutes or until tacos are heated through. |
| Onion, raw, diced | | ¼ cup | | 1 ½ Tbsp | |
| Pan Release Spray | | As Needed | | As Needed | |
| Mexican Seasoning Mix (HKM Recipe 79) or Taco Seasoning | | 2 Tbsp + 2 tsp | | 2 tsp | |
| Cheddar Cheese, reduced fat, shredded | | 2 cups | | ½ cup | |
| Whole Grain Corn Taco Shells, weighing 0.5 oz each | | 25 shells | | 6 shells | |
| | | | | | |

| | | |
|-------------------------------|--|---------------|
| Serving Size 1 taco | Crediting Information 2 ¼ oz M/MA + ½ oz eq Grains | Notes: |
|-------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|----------|-------------|----------|
| Calories | 162 | Vitamin A | 496.5 IU | Iron | 1.39 mg |
| Protein | 9.97 gm | Vitamin C | 0.16 mg | Calcium | 127.3 mg |
| Carbohydrate | 9.25 gm | Fiber | 1.12 gm | Cholesterol | 192.8 mg |
| Fat | 9.3 gm | % Fat | 51.74% | Sodium | 175.5 mg |
| Saturated Fat | 3.42 gm | % Saturated Fat | 19.06% | | |

Hot Ham and Cheese on a Bun

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 48

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|------------------------|---|------------------|--|--|
| | Weight | Measure | Weight | Measure | |
| Ham, cooked, water added, slices Cheese, American, slices Hamburger Bun, whole wheat, weighing 1 oz each OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | 15 oz 1 lb 9 oz | 50 slices (½ oz each) 25 each | 4 oz 6 oz | 12 slices (½ oz each) 6 each | 1. Slice ham into 0.6 oz slices. 2. Heat to a minimum of 135° F for at least 15 seconds. 3. Assemble sandwiches using 1 bun, 2 slices of cheese (1 oz), and 0.6 oz of ham (1 slice) per sandwich. 4. Place assembled sandwiches in a baking pan, covering top with foil (or wrap individually in foil). 5. Heat in over until cheese begins to melt. Hold for hot service at 135° F or above. Cold Ham & Cheese Variation: Do not preheat ham. Assemble sandwich as above. Hold at 41° F or below for cold service. |

| | | |
|-----------------------------------|--|---------------|
| Serving Size 1 sandwich | Crediting Information 1 ½ oz M/MA + 1 oz eq Grains | Notes: |
|-----------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 213 | Vitamin A | 294.8 IU | Iron | 1.02 mg |
| Protein | 10.52 gm | Vitamin C | 2.33 mg | Calcium | 315.68 mg |
| Carbohydrate | 16.47 gm | Fiber | 1.2 gm | Cholesterol | 37.2 mg |
| Fat | 11.67 gm | % Fat | 49.31% | Sodium | 551.88 mg |
| Saturated Fat | 5.51 gm | % Saturated Fat | 23.28% | | |

Lasagna

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 40
 USD 225 Fowler, Modified

| Ingredients | 30 Servings (2 pans) | | 15 Servings (1 pan) | | Directions |
|---|----------------------|----------|---------------------|----------|--|
| | Weight | Measure | Weight | Measure | |
| Beef, ground, 80/20, raw | 2 lb 8 oz | | 1 lb 4 oz | | <ol style="list-style-type: none"> 1. Brown ground beef. Chop into ¼ to ½-inch pieces as beef is browning. Drain. Heat to 165° F or above for at least 15 seconds. 2. In a large bowl, combine cooked ground beef, onions, spaghetti sauce, tomatoes, and water. Stir to combine. 3. In a separate bowl, combine cottage cheese and eggs. Mix well. 4. Spray baking pans with pan release spray. Use one 9x13" pan for each 15 servings (or may use one 12x20x2" pan for 30 servings). 5. In each pan, spread 1 cup of meat sauce on the bottom of the pan. Then build lasagna as follows: <ol style="list-style-type: none"> a) Place 4 uncooked lasagna noodles in each pan. (*alternate serving method note - to serve with a scoop rather than cut into squares, either break lasagna noodles up first OR use a different shaped pasta, such as rotini noodles) b) Spread 2 cups of meat sauce on top of noodles in each pan. c) Spread ¾ cup of egg mixture over top of meat sauce in each pan. d) Cover with ⅝ cup of mozzarella cheese per pan. e) Repeat steps a-d one time. |
| Onions, dehydrated flakes | | 2 Tbsp | | 1 Tbsp | |
| Spaghetti Sauce, canned | | 5 ⅔ cups | | 2 ¾ cups | |
| Tomatoes, canned, diced, drained | | 3 ¾ cups | | 1 ⅞ cups | |
| Water | | 1 cup | | ½ cup | |
| Cottage Cheese, lowfat, 2% | | 3 ¾ cups | | 1 ⅞ cups | |
| Egg, whole, fresh, raw | | 2 large | | 1 large | |
| Lasagna Noodles, whole grain, dry (OR may use another shape such as rotini noodles in place of lasagna noodles) | 1 lb | | 8 oz | | |
| Cheese, Mozzarella, part skim, shredded | 14 oz | 3 ½ cups | 7 oz | 1 ¾ cups | |

Continue on next page...

Lasagna

| Ingredients | 30 Servings (2 pans) | | 15 Servings (1 pan) | | Directions |
|-------------|----------------------|---------|---------------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | 6. Cover tightly with foil and bake: * Conventional oven: 350° F for 1 hour * Convection oven: 325° F for 1 hour 7. Cut each pan 5 x 3 - 15 pieces per pan (*or 5 x 6 - 30 pieces per pan if using 12x20x2" pans). **Alternate serving method - if using a scoop to serve, cut pan as indicated to get serving size and then scoop out around cuts. Hold hot for service at 135° F or higher. |

| | | |
|--|--|---------------|
| Serving Size 1 piece (5 x 3 pan cut) | Crediting Information 2 oz M/MA + ½ oz eq Grains + ¼ cup Vegetable | Notes: |
|--|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|-----------|-------------|-----------|
| Calories | 225 | Vitamin A | 488.78 IU | Iron | 2.07 mg |
| Protein | 18.3 gm | Vitamin C | 6.04 mg | Calcium | 153.23 mg |
| Carbohydrate | 18.75 gm | Fiber | 2.66 gm | Cholesterol | 48.54 mg |
| Fat | 8.23 gm | % Fat | 32.97% | Sodium | 430.47 mg |
| Saturated Fat | 3.31 gm | % Saturated Fat | 13.24% | | |

Macaroni and Cheese

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 184 - revised

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|----------|------------|--------------------|--|
| | Weight | Measure | Weight | Measure | |
| Water | | 1 ½ gal | | 1 qt + 1 ¾ cups | <ol style="list-style-type: none"> 1. Bring water to a boil. 2. Slowly add macaroni. Stir constantly until water boils again. Cook according to package instructions. Do not overcook. Drain well, rinse, and drain again. 3. Transfer cooked macaroni to pans and set aside. 4. Prepare cheese sauce according to package directions. Heat to 165° F. *Or prepare homemade cheese sauce per directions below. 5. Pour hot cheese sauce over macaroni and fold together until mixed. Hold for hot service at 135° F or higher. <p>*Option: To prepare homemade cheese sauce, heat milk and then add margarine, pepper, and shredded cheese to the warm milk.</p> |
| Macaroni, elbow, whole grain | 1 lb 9 oz | | 6 oz | | |
| Cheese Sauce, low sodium (Note: Purchased cheese sauce requires a CN label or a Product Formulation Statement from the manufacturer to credit toward M/MA component) OR Prepare homemade cheese sauce: | 3 lb 8 oz | | 13 oz | | |
| Milk, skim | 2 lb 13 oz | 5 ⅔ cups | 11 oz | 1 ⅓ cups | |
| Margarine, liquid | 5 oz | 9 Tbsp | 1 oz | 2 Tbsp | |
| Pepper | | ¼ tsp | | Dash | |
| Cheese, American, shredded | 1 lb 12 oz | 7 cups | 7 oz | 1 ¾ cups | |

| | | |
|---|--|---|
| Serving Size ½ cup (4 oz spoodle) | Crediting Information 1 oz M/MA (*See note above) + 1 oz eq Grains | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA (see production notes for menu/serving suggestions). |
|---|--|---|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 271 | Vitamin A | 590 IU | Iron | 1.1 mg |
| Protein | 12.88 gm | Vitamin C | 0 mg | Calcium | 254.65 mg |
| Carbohydrate | 24.3 gm | Fiber | 2.34 gm | Cholesterol | 31 mg |
| Fat | 14.37 gm | % Fat | 47.75% | Sodium | 543 mg |
| Saturated Fat | 7.08 gm | % Saturated Fat | 23.53% | | |

Mexican Seasoning Mix

Seasoning
HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 79
(USDA G-01A modified)

| Ingredients | 4 Cups | | | | Directions |
|---------------|--------|-------------------|--------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Chili powder | | 1 ¾ cups | | | <ol style="list-style-type: none"> 1. Mix all ingredients together well. 2. Store in an airtight container in a cool, dry place. 3. Use ¼ cup + 3 Tbsp per 10 lbs of ground beef, adjusting to taste. |
| Cumin, ground | | 1 ⅓ cups | | | |
| Paprika | | ¼ cup + 3 Tbsp | | | |
| Onion powder | | ¼ cup + 3 Tbsp | | | |

Yield:
1 quart

Mini Meatballs

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 73
 USDA Mixing Bowl, Modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-------------------------------|-------------|---------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Beef, ground, 80/20, raw | 2 lb 2 oz | | 8 oz | | 1. Mix all ingredients. 2. Scoop about 2 Tbsp at a time and shape into balls (will make 75 meatballs per 25 servings). 3. Arrange meatballs on baking sheets that have been sprayed with non-stick cooking spray or lined with parchment paper. 4. Bake at 425° F for approximately 12-15 minutes. Heat to 165° F or higher for 15 seconds. |
| Egg, whole, fresh, raw, large | | 2 each | | 1 each | |
| Parsley, dried | | 1 tsp | | ¼ tsp | |
| Bread crumbs, seasoned | | 1 cup | | ¼ cup | |
| Milk, low-fat | | 1 cup | | ¼ cup | |
| Pepper, black, ground | | ½ tsp | | ⅛ tsp | |
| Onion powder | | 2 tsp | | ½ tsp | |

| | | |
|------------------------------------|---|---|
| Serving Size 3 meatballs | Crediting Information 1 oz M/MA | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA (see production notes for menu/serving suggestions). |
|------------------------------------|---|---|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|----------|-------------|----------|
| Calories | 105 | Vitamin A | 36.09 IU | Iron | 1.11 mg |
| Protein | 9.13 gm | Vitamin C | 0.2 mg | Calcium | 32.22 mg |
| Carbohydrate | 3.99 gm | Fiber | 0.28 gm | Cholesterol | 40.44 mg |
| Fat | 5.62 gm | % Fat | 47.62% | Sodium | 99.92 mg |
| Saturated Fat | 2.11 gm | % Saturated Fat | 17.98% | | |

Mini Meatball Sub

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 132 - Revised
 Ohio Department of Education, Modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|--|------------|--|--|
| | Weight | Measure | Weight | Measure | |
| Mini Meatballs (HKM Recipe 73) Tomatoes, spaghetti sauce, canned Cheese, mozzarella, reduced-fat, shredded Sub Bun, whole wheat, purchased, weighing 1 oz each OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | 13 oz | 75 each 6 ¼ cups 3 ¼ cups 25 each | 3 oz | 18 each 1 ½ cups ¾ cup 6 each | 1. Preheat oven to 375° F. 2. Place meatballs and marinara sauce in baking dish (9x13" dish for 25 servings or 8x8" dish for 6 servings). Cover with foil and heat in oven for 30 minutes. Heat to 165° F or higher for 15 seconds. 3. At service, either assemble as sandwiches (see below) or serve meatballs topped with cheese and roll on the side. 4. To assemble as sandwiches, place 3 meatballs with with sauce plus 2 Tbsp of cheese on each sub bun. Hold for hot service at 135° F or higher. |

| | | |
|---|--|---------------|
| Serving Size 1 sub bun + 3 meatballs + 2 Tbsp cheese | Crediting Information 1 ½ oz M/MA + 1 oz eq Grains + ¼ cup Vegetable | Notes: |
|---|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 265 | Vitamin A | 422.9 IU | Iron | 2.6 mg |
| Protein | 15.86 gm | Vitamin C | 7.14 mg | Calcium | 166.1 mg |
| Carbohydrate | 24.97 gm | Fiber | 2.51 gm | Cholesterol | 48.44 mg |
| Fat | 10.82 gm | % Fat | 36.70% | Sodium | 528.2 mg |
| Saturated Fat | 4.02 gm | % Saturated Fat | 13.65% | | |

Pig in a Blanket

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 30

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|----------------------|------------|---------------------|--|
| | Weight | Measure | Weight | Measure | |
| Dough from Whole Wheat Rolls, 51%, HKM Recipe 877 OR Bread Dough, whole wheat, frozen Hot dog, turkey, 2 oz eq M/MA Pan Release Spray | 1 lb 9 oz | | 6 oz | | <ol style="list-style-type: none"> 1. Purchase reduced-fat hot dog with no more than 10 grams of fat and no more than 500 mg of sodium per hot dog. 2. Prepare HKM roll recipe #877 or purchase prepared, frozen dough. Thaw per manufacturer's instructions. 1 oz of dough is needed per hot dog. 3. Spray work surface lightly with pan release spray to allow easier handling. 4. Divide dough into 1 oz dough balls and roll each ball into squares. 5. Wrap each hot dog in one square of dough, pinching seams to seal. Place, seam side down, on baking pans lined with parchment paper or sprayed with nonstick spray. 6. Bake until dough is lightly browned and hot dog reaches 165° F or higher. *Conventional oven: 350° F for 18-20 minutes. *Convection oven: 325° F for 12-15 minutes. Heat to 165° F or above for 15 seconds. 7. Chop or slice prior to serving young children as hot dogs may be a choking hazard. Hold for hot service at 135° F or higher. |
| | | 25 each As Needed | | 6 each As Needed | |

Continue on next page...

Pig in a Blanket

| | | |
|-------------------------------|--|---------------|
| Serving Size 1 each | Crediting Information 2 oz M/MA + 1 oz eq Grains | Notes: |
|-------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 185 | Vitamin A | 26.82 IU | Iron | 1.51 mg |
| Protein | 7.83 gm | Vitamin C | 2.33 mg | Calcium | 86.28 mg |
| Carbohydrate | 16.29 gm | Fiber | 1.2 gm | Cholesterol | 34.85 mg |
| Fat | 10 gm | % Fat | 48.55% | Sodium | 526.83 mg |
| Saturated Fat | 2.16 gm | % Saturated Fat | 10.51% | | |

Pulled Pork Sandwich

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 136

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|----------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Pork, pulled, precooked, frozen, CN labeled to provide 1.5 oz equivalent M/MA per 3 oz serving | 4 lb 11 oz | | 12 oz | | <ol style="list-style-type: none"> 1. Thaw pork under refrigeration. 2. Preheat conventional oven to 350° F. 3. Remove pork from package and place in a large baking pan. Cover pan with foil and heat for 40-50 minutes or until heated through, stirring occasionally. *Optional: If purchasing an unsauced product, or if more sauce is desired - combine optional barbeque sauce ingredients in a bowl, mix well, and mix with pork prior to heating. Heat to 135° F or higher for 15 seconds. 4. At service, either assemble as sandwiches (see below) or serve pork with roll on the side. 5. To assemble as sandwiches, place 3 oz of meat on each bun. Hold for hot service at 135° F or higher. |
| <i>(or amount to provide 1.5 oz eq M/MA)</i> | | | | | |
| *Optional Barbeque Sauce | | | | | |
| Catsup | | 2 ¼ cups | | ½ cup | |
| Sugar, brown, packed | | 1 ⅞ cups | | ¼ cup | |
| Mustard, yellow prepared | | ½ cup | | 2 Tbsp | |
| Liquid smoke | | 1 ½ Tbsp | | ½ tsp | |
| Hamburger Bun, whole wheat, weighing 1 oz each | | 25 each | | 6 each | |
| OR | | | | | |
| Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | | | | |

| | | |
|--|--|---|
| Serving Size 1 bun + 3 oz meat | Crediting Information 1 ½ oz M/MA + 1 oz eq Grains | Notes: If CN labeled pulled pork is not available, substitute the following for each 25 servings: 2 lb + 6 oz shredded, pre-cooked pork OR 4 lb raw Pork Shoulder, Boston Butt, fresh or frozen, without bone, ¼-inch trim. |
|--|--|---|

Nutrients Per Serving (without optional additional sauce)

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 267 | Vitamin A | 26.82 IU | Iron | 1.39 mg |
| Protein | 14.47 gm | Vitamin C | 2.33 mg | Calcium | 19.68 mg |
| Carbohydrate | 28.24 gm | Fiber | 1.2 gm | Cholesterol | 53.36 mg |
| Fat | 11.33 gm | % Fat | 38.16% | Sodium | 420.63 mg |
| Saturated Fat | 4.15 gm | % Saturated Fat | 13.99% | | |

Rock and Roll Beef Wraps

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 133
 Beef Council (modified)

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|----------|------------|----------|--|
| | Weight | Measure | Weight | Measure | |
| Beef, ground, 80/20, raw | 2 lb 2 oz | | 9 oz | | <ol style="list-style-type: none"> 1. Brown ground beef, breaking into ½-inch crumbles and stirring occasionally until fully cooked. Drain fat. Heat to 165° F or higher for 15 seconds. 2. Combine water, rice, dry ranch mix, and black pepper with ground beef in saucepan. 3. Bring to a boil, reduce heat, and cook for approximately 30 minutes, covered, until rice is tender and water is absorbed, stirring occasionally. 4. Add broccoli slaw to pan, increase heat to medium. Cook uncovered, 3-5 minutes, until slaw is crisp-tender, stirring occasionally. 5. In a large bowl, combine cooked ground beef and slaw/rice mixture. 6. Portion 1 cup mixture onto each tortilla. Fold over sides of tortilla and roll up to enclose the filling. 7. Cut each wrap in half and serve ½ wrap. |
| Water | | 1 ½ cup | | ¾ cup | |
| Rice, brown, long-grain, dry | | 1 cup | | ¼ cup | |
| Ranch Dressing Mix, dry | | 2 Tbsp | | 1 ½ tsp | |
| Black pepper, ground | | ¾ tsp | | ⅛ tsp | |
| Broccoli slaw | 1 lb 4 oz | 6 ½ cups | 5 oz | 1 ⅔ cups | |
| Tortilla, flour, whole grain, 8" weighing 1 ½ oz each | | 13 each | | 3 each | |

| | | |
|-------------------------------|--|---|
| Serving Size ½ wrap | Crediting Information 1 oz M/MA + ¾ oz eq Grains + ¼ cup Vegetable | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA (see production notes for menu/serving suggestions). |
|-------------------------------|--|---|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|-----------|-------------|-----------|
| Calories | 175 | Vitamin A | 467.04 IU | Iron | 1.55 mg |
| Protein | 11.17 gm | Vitamin C | 19.2 mg | Calcium | 66.58 mg |
| Carbohydrate | 18.21 gm | Fiber | 2.31 gm | Cholesterol | 28.82 mg |
| Fat | 6.75 gm | % Fat | 34.78% | Sodium | 209.18 mg |
| Saturated Fat | 2.77 gm | % Saturated Fat | 14.28% | | |

Sausage Breakfast Sandwich

Breakfast
HACCP: #2 Same Day Service

Healthier Kansas Recipe B-127
KSDE, Child Nutrition & Wellness

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|--|------------|--|--|
| | Weight | Measure | Weight | Measure | |
| Bread, whole grain, sliced, 1 ½ oz per 2 slices Sausage Patty, CN labeled, providing 1 oz equivalent M/MA Cheese, American, sliced, low-fat | 13 oz | 50 slices 25 each 25 slices (½ oz each) | 3 oz | 12 slices 6 each 6 slices (½ oz each) | <ol style="list-style-type: none"> 1. Heat sausage patty in oven according to manufacturer's instructions. 2. Place one sausage patty on one slice of bread. Top with one slice of American cheese. 3. Place second slice of bread on each sandwich. 4. Product will hold better if placed in a foil wrap. <p>Hold for hot service at 135° F or higher.</p> |

| | | |
|-----------------------------------|---|---------------|
| Serving Size 1 sandwich | Crediting Information 1 ½ oz eq M/MA + 2 oz eq Grains | Notes: |
|-----------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|--------|-------------|---------|
| Calories | 224 | Vitamin A | 174 IU | Iron | 2.47 mg |
| Protein | 15.14 gm | Vitamin C | 0 mg | Calcium | 169 mg |
| Carbohydrate | 22.23 gm | Fiber | 4 gm | Cholesterol | 40.5 gm |
| Fat | 9.93 gm | % Fat | 39.90% | Sodium | 517 mg |
| Saturated Fat | 4.39 gm | % Saturated Fat | 17.64% | | |

Spaghetti and Meat Sauce

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 170
 USDA D-35, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|--------------------------------|--|----------------------|---|--|
| | Weight | Measure | Weight | Measure | |
| Beef, ground, 80/20, raw Spaghetti sauce, canned Water Pasta, spaghetti noodles, whole grain, dry Pan Release Spray | 2 lb 3 oz 1 lb 3 oz | 1 qt + 1 cup 1 ½ gallons As Needed | 9 oz 5 oz | 1 ¼ cups 1 qt + 1 ¾ cups As Needed | <ol style="list-style-type: none"> 1. Brown ground beef. Chop into ¼ to ½-inch pieces as beef is browning. Drain. Heat to 165° F or above for at least 15 seconds. 2. Add spaghetti sauce to meat. Heat to 135° F. Hold at 135° F or higher. 3. Bring water to a boil. 4. Break noodles into pieces; add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. 5. Stir noodles into meat sauce. 6. Divide mixture equally into baking pans (9x13" dish for 25 servings or 8x8" dish for 6 servings) which have been lightly coated with pan release spray. 7. Cover with foil to retain moisture. If mixture sits for an extended period of time and become dry, add hot water (approximately ½ cup per 25 servings or ⅛ cup per 6 servings) and mix gently. Hold at 135° F or higher. |

| | | |
|---|--|---|
| Serving Size ½ cup (4 oz spoodle) | Crediting Information 1 oz M/MA + ¾ oz eq Grains + ⅛ cup Vegetable | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA (see production notes for menu/serving suggestions). |
|---|--|---|

Continue on next page...

Spaghetti and Meat Sauce

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 185 | Vitamin A | 197.2 IU | Iron | 1.93 mg |
| Protein | 12.24 gm | Vitamin C | 3.5 mg | Calcium | 26.98 mg |
| Carbohydrate | 20.99 gm | Fiber | 2.92 gm | Cholesterol | 30 mg |
| Fat | 6.08 gm | % Fat | 29.54% | Sodium | 256 mg |
| Saturated Fat | 2.09 gm | % Saturated Fat | 10.17% | | |

Stromboli Squares

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 181
 USD 503 Parsons, modified

| Ingredients | 30 Servings (2 pans) | | 15 Servings (1 pan) | | Directions |
|---|---------------------------------------|---|-------------------------------|--|---|
| | Weight | Measure | Weight | Measure | |
| Dough, bread/pizza, refrigerated, whole grain-rich, uncooked OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns Italian seasoning, dry Cheese, mozzarella, part-skim Turkey Ham, lean, shaved or deli sliced Italian Seasoning (optional) | 2 lb 1 lb 8 oz 2 lb | 1 1/8 tsp 1 qt + 2 cups As Needed | 1 lb 12 oz 1 lb | 3/8 tsp 3 cups As Needed | <ol style="list-style-type: none"> 1. Portion dough into 8 oz balls (2 balls per pan). Roll half of the balls to fit 9x13" baking sheets. Place rolled rectangles on baking sheets lined with parchment paper or sprayed with nonstick spray. Set remaining dough balls aside for step 5. 2. Mix shredded cheese and seasoning. 3. On each baking sheet, lay out 1 lb turkey ham on top of rolled out dough. 4. Top turkey ham with 12 oz of cheese per pan. Spread cheese evenly over pans. 5. Roll out remaining bread dough balls to fit over the tops of the pan. Lay on top of cheese. Stretch to fit to the edge of the pan(s) and crimp. 6. Prick the top layer of dough with a large fork to allow for air expansion. Spray dough with nonstick spray before baking. Sprinkle top with Italian seasoning (optional). 7. Bake until golden brown: *Conventional oven: 350° F for 18-24 minutes. *Convection oven: 325° F for 15-20 minutes. Recommended internal temperature for bread is 196-198° F. 8. Cool slightly before cutting. Cut each pan into 15 servings (3 x 5 cut). <p>Hold for hot service at 135° F or higher.</p> |

Continue on next page...

Stromboli Squares

| | | |
|---|--|---------------|
| Serving Size 1 square (3 x 5 cut) | Crediting Information 1 ½ oz M/MA + 1 oz eq Grains | Notes: |
|---|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 180 | Vitamin A | 140.1 IU | Iron | 1.36 mg |
| Protein | 12.78 gm | Vitamin C | 2.5 mg | Calcium | 198.95 mg |
| Carbohydrate | 16.73 gm | Fiber | 1.29 gm | Cholesterol | 30.73 mg |
| Fat | 7.04 gm | % Fat | 35.15% | Sodium | 499.74 mg |
| Saturated Fat | 2.94 gm | % Saturated Fat | 14.67% | | |

Super Nachos

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 140

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|------------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Tortilla Chips, whole grain, unsalted | 25 oz | | 6 oz | | 1. Either serve all items separately on plate in amounts below (with cheese sauce and salsa to dip chips into), or assemble as described below: 2. Place 1 oz chips on plate and top with: - 1/8 cup taco meat - 1/8 cup refried beans - 1/8 cup cheese sauce - 1/8 cup salsa Hold at 135° F or higher. |
| Taco Meat, HKM Recipe 76 | | 3 1/8 cups | | 3/4 cup | |
| Refried Beans, canned | | 3 1/8 cups | | 3/4 cup | |
| OR Refried Beans, dried, prepared | | | | | |
| Cheese Sauce, HKM recipe 139 | | 3 1/8 cups | | 3/4 cup | |
| Tomato Salsa, HKM recipe 129 | | 3 1/8 cups | | 3/4 cup | |

| Serving Size | Crediting Information | Notes: |
|---|--|--------|
| 1 oz chips, 1/8 cup taco meat, 1/8 cup 1/8 cup refried beans, 1/8 cup cheese sauce, 1/8 cup salsa | 1 1/2 oz M/MA + 1 oz eq Grains + 1/8 cup Vegetable (Beans counted as M/MA) | |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 307 | Vitamin A | 492 IU | Iron | 2.04 mg |
| Protein | 13.28 gm | Vitamin C | 9.84 mg | Calcium | 107.82 mg |
| Carbohydrate | 28.05 gm | Fiber | 2.83 gm | Cholesterol | 34.47 mg |
| Fat | 15.91 gm | % Fat | 46.67% | Sodium | 439.23 mg |
| Saturated Fat | 7.4 gm | % Saturated Fat | 21.69% | | |

Sweet and Sour Chicken Nuggets

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 143

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|--|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Chicken Nuggets, whole grain rich, precooked, CN labeled | | 100 each <i>(or number needed to provide 1 ½ oz M/MA per serving)</i> | | 24 each | <ol style="list-style-type: none"> 1. Prepare chicken nuggets according to manufacturer's instructions. Hold at 135° F or higher. 2. In a sauce pan, combine sweet and sour sauce and pineapple juice. 3. Dissolve cornstarch in cold water. Add to sauce mixture. 4. Simmer sauce mixture for 15 minutes or until thickened, stirring occasionally. 5. Combine sweet and sour sauce with cooked nuggets before service. 6. Toss to coat. 7. Serving size = 4 nuggets. Serving suggestion: serve nuggets atop seasoned brown rice (HKM Recipe 142). Hold at 135° F or higher. |
| Sweet and Sour Sauce, bottled | | 2 cups | | ½ cup | |
| Pineapple Juice | | ¾ cup | | 3 Tbsp | |
| Cornstarch | | 2 Tbsp | | 2 tsp | |
| Water, cold | | ⅔ cup | | 3 Tbsp | |

| | | |
|----------------------------------|--|---|
| Serving Size 4 nuggets | Crediting Information 1 ½ oz M/MA + ¾ oz eq Grains | Notes: May prepare homemade chicken nuggets rather than precooked nuggets if CN labeled product is not available. |
|----------------------------------|--|---|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 232 | Vitamin A | 134 IU | Iron | 1.94 mg |
| Protein | 13.25 gm | Vitamin C | 2.35 mg | Calcium | 24.56 mg |
| Carbohydrate | 18.26 gm | Fiber | 2.09 gm | Cholesterol | 20.06 mg |
| Fat | 12.07 gm | % Fat | 46.82% | Sodium | 374.52 mg |
| Saturated Fat | 2.01 gm | % Saturated Fat | 7.81% | | |

Taco Burger

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 77
 USDA D-13, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|----------|------------|----------|---|
| | Weight | Measure | Weight | Measure | |
| Beef, ground, 80/20, raw | 1 lb 10 oz | | 7 oz | | 1. Brown ground beef. Chop into ¼ to ½-inch pieces as beef is browning. Drain. Heat to 165° F or above for at least 15 seconds. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. Heat to 165° F for at least 15 seconds. 3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. Hold at 135° F or higher. 4. Portion ⅓ cup (2 oz spoodle) taco meat onto bun and top with 1 Tbsp cheddar cheese. |
| Onion, dehydrated flakes | | 1 ½ Tbsp | | ¾ Tbsp | |
| Pepper, black, ground | | ½ tsp | | ⅛ tsp | |
| Tomato Paste | | ⅓ cup | | 1 ½ Tbsp | |
| Mexican Seasoning Mix (see HKM Recipe 79) | | 1 Tbsp | | ¾ tsp | |
| OR Purchased Mexican Seasoning Mix | | | | | |
| Salt | | ¾ tsp | | ⅛ tsp | |
| Sugar, brown, packed | | ½ Tbsp | | ½ tsp | |
| Water | | 1 cup | | 4 Tbsp | |
| Hamburger Bun, whole wheat, weighing 1 oz each | | 25 each | | 6 each | |
| OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | | | | |
| Cheese, cheddar, low-fat, shredded | 7 oz | 1 ⅝ cups | 2 oz | ¾ cup | |

| | | |
|--|--|---|
| Serving Size 1 sandwich (⅓ cup meat + 1 Tbsp cheese + 1 bun) | Crediting Information 1 oz M/MA + 1 oz eq Grains | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA (see production notes for menu/serving suggestions). |
|--|--|---|

Continue on next page...

Taco Burger

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|---------|
| Calories | 173 | Vitamin A | 233.9 IU | Iron | 1.58 mg |
| Protein | 10.62 gm | Vitamin C | 4.8 mg | Calcium | 90.9 mg |
| Carbohydrate | 16.21 gm | Fiber | 1.49 gm | Cholesterol | 26 mg |
| Fat | 7.43 gm | % Fat | 38.74% | Sodium | 229 mg |
| Saturated Fat | 2.7 gm | % Saturated Fat | 14.08% | | |

Taco Meat

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 76
 USDA D-13, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|----------|------------|----------|---|
| | Weight | Measure | Weight | Measure | |
| Beef, ground, 80/20, raw | 1 lb 10 oz | | 7 oz | | 1. Brown ground beef. Chop into ¼ to ½-inch pieces as beef is browning. Drain. Heat to 165° F or above for at least 15 seconds. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. Heat to 165° F for at least 15 seconds. 3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. Hold at 135° F or higher. |
| Onion, dehydrated flakes | | 1 ½ Tbsp | | ¾ Tbsp | |
| Pepper, black, ground | | ½ tsp | | ⅛ tsp | |
| Tomato Paste | | ⅓ cup | | 1 ½ Tbsp | |
| Mexican Seasoning Mix (see HKM Recipe 79) | | 1 Tbsp | | ¾ tsp | |
| OR | | | | | |
| Purchased Mexican Seasoning Mix | | | | | |
| Salt | | ¾ tsp | | ⅛ tsp | |
| Sugar, brown, packed | | ½ Tbsp | | ½ tsp | |
| Water | | 1 cup | | ¼ cup | |

| | | |
|--|---|---------------|
| Serving Size ⅓ cup (#30 scoop) | Crediting Information ¾ oz M/MA | Notes: |
|--|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|----------|-------------|---------|
| Calories | 68 | Vitamin A | 162.4 IU | Iron | 0.73 mg |
| Protein | 6.37 gm | Vitamin C | 2.5 mg | Calcium | 6.97 mg |
| Carbohydrate | 1.5 gm | Fiber | 0.29 gm | Cholesterol | 22 mg |
| Fat | 3.91 gm | % Fat | 52.12% | Sodium | 61 mg |
| Saturated Fat | 1.52 gm | % Saturated Fat | 20.26% | | |

Taco Salad

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 78
 USDA D-13, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|---------------------|------------|--------------------|---|
| | Weight | Measure | Weight | Measure | |
| Taco Meat, HKM Recipe 76 | | 3 ⅛ cup | | ¾ cup | 1. Prepare taco meat according to HKM recipe 76. 2. Wash and chop lettuce and tomatoes. 3. For each serving, portion as follows: - ½ cup chopped romaine lettuce - ⅛ cup (2 oz spoodle) taco meat - ⅛ cup diced tomatoes - 1 Tbsp shredded cheese |
| Lettuce, romaine, fresh, untrimmed, AP | 1 lb 3 oz | 12 ½ cups (chopped) | 5 oz | 2 ½ cups (chopped) | |
| Tomatoes, large, AP | 1 lb 11 oz | 3 ⅛ cup (cut) | 7 oz | ¾ cup (cut) | |
| Cheese, cheddar, shredded | 13 oz | 3 ⅛ cup | 4 oz | ¼ cup + 2 Tbsp | |

| | | |
|--|--|---|
| Serving Size 1 salad (½ cup lettuce + ⅛ cup meat + ⅛ cup tomatoes + 1 Tbsp cheese) | Crediting Information 1 ½ oz M/MA + ¾ cup Vegetables | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA (see production notes for menu/serving suggestions). |
|--|--|---|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 137 | Vitamin A | 2441 IU | Iron | 1.12 mg |
| Protein | 10.54 gm | Vitamin C | 7.54 mg | Calcium | 123.2 mg |
| Carbohydrate | 3.92 gm | Fiber | 1.11 gm | Cholesterol | 37.64 mg |
| Fat | 8.98 gm | % Fat | 59.18% | Sodium | 160.3 mg |
| Saturated Fat | 4.66 gm | % Saturated Fat | 30.70% | | |

Taco Soup

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 20

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---------------------------------------|-------------|----------------|------------|----------|---|
| | Weight | Measure | Weight | Measure | |
| Ground Beef, 80/20, raw | 1 lb 14 oz | | 8 oz | | <ol style="list-style-type: none"> 1. Brown ground beef. Chop into ¼ to ½-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. Heat to 165° F or above for at least 15 seconds. 2. Add Mexican seasoning mix. 3. Add water and bring to a boil. 4. Add beef base and stir to dissolve. 5. Add corn to soup. 6. Drain and rinse beans and add to soup. 7. Add salsa to soup. 8. Simmer for 30-40 minutes to 165° F or higher. Hold hot for service at 135° F or higher. 9. Serve ½ cup portions and garnish at service with ½ Tbsp of cheese per serving. |
| Mexican Seasoning Mix (HKM Recipe 79) | | ¾ cup | | 1 ½ Tbsp | |
| Water | | 3 ½ cups | | ¾ cup | |
| Beef Base, low sodium | ¾ oz | 1 Tbsp + 1 tsp | ¼ oz | 1 ¾ tsp | |
| Corn, frozen | 14 oz | 3 cups | 4 oz | ⅞ cup | |
| Beans, pinto, canned | | 4 ⅛ cups | | 1 cup | |
| Salsa, canned | | 2 ¾ cups | | ¾ cup | |
| Cheese, cheddar, shredded | | 1 cup | | ¼ cup | |

| | | |
|---|---|---------------|
| Serving Size ½ cup (4 oz spoodle) | Crediting Information 1 ½ oz M/MA + ⅛ cup Vegetable (Beans credited as M/MA) | Notes: |
|---|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|---------|
| Calories | 138 | Vitamin A | 552.6 IU | Iron | 2.3 mg |
| Protein | 11.25 gm | Vitamin C | 2.3 mg | Calcium | 70.7 mg |
| Carbohydrate | 10.35 gm | Fiber | 2.05 gm | Cholesterol | 28 mg |
| Fat | 5.93 gm | % Fat | 38.65% | Sodium | 248 mg |
| Saturated Fat | 2.36 gm | % Saturated Fat | 15.36% | | |

Turkey and Cheese Sub

Main Dish
HACCP: #1 No Cook

Healthier Kansas Recipe 144

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|----------------------------|---|----------------------|---|--|
| | Weight | Measure | Weight | Measure | |
| Turkey Breast, thin sliced, cooked, no more than 350 mg sodium per 1 ½ oz serving Cheese, American, slices Hamburger Buns, whole wheat, weighing 1 oz each OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | 1 lb 9 oz 13 oz | 25 slices (½ oz each) 25 each | 6 oz 3 oz | 6 slices (½ oz each) 6 each | 1. Place 1 slice (1 oz) of turkey on one half of bun (or amount needed to provide 1 oz M/MA - if not using fully cooked turkey breast with no added ingredients, product should be CN labeled or have a product formulation statement with crediting information). 2. Top with one slice (½ oz) of American cheese. 3. Place other half of bun on top. 4. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually in plastic wrap. Hold at 41° F or below. |

| | | |
|-----------------------------------|--|---------------|
| Serving Size 1 sandwich | Crediting Information 1 ½ oz M/MA + 1 oz eq Grains | Notes: |
|-----------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 173 | Vitamin A | 177.6 IU | Iron | 1.05 mg |
| Protein | 11.8 gm | Vitamin C | 3.96 mg | Calcium | 103 mg |
| Carbohydrate | 15.81 gm | Fiber | 1.34 gm | Cholesterol | 26.78 mg |
| Fat | 7.06 gm | % Fat | 36.70% | Sodium | 556.3 mg |
| Saturated Fat | 3.33 gm | % Saturated Fat | 17.31% | | |

White Chicken Chili

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 128
 Iowa Gold Star Recipe

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|--------------------|------------|----------|---|
| | Weight | Measure | Weight | Measure | |
| Onions, yellow, AP | 10 oz | | 3 oz | | 1. In a large stock pot, combine chopped onions, garlic, chicken, beans with liquid, water, chicken base, white pepper, and ground cumin. 2. Simmer for 10 minutes to blend flavors, stirring occasionally. 3. Add green chili peppers. 4. Add prepared chicken stock and simmer for 10 minutes. 5. Add additional broth or cook down as needed to make total volume equal to 12 ½ cups per 25 ½-cup servings. Heat to 165° F or higher for 15 seconds. 6. Portion with 4 oz ladle (½ cup) and top with 2 Tbsp mozzarella cheese at time of service. Hold for hot service at 135° F or higher. |
| Garlic, fresh, minced | | 3 Tbsp | | 2 ½ tsp | |
| Chicken, pre-cooked, diced | 1 lb 11 oz | | 7 oz | | |
| Beans, great northern, canned, low sodium, undrained | | 4 ½ cups | | 1 cup | |
| Water | | ¾ cup | | 1 ½ Tbsp | |
| Chicken Base, low sodium | | 3 Tbsp | | 1 Tbsp | |
| White Pepper, ground | | 4 tsp | | 1 ½ tsp | |
| Cumin, ground | | ½ Tbsp | | ¾ tsp | |
| Green Chili Peppers, canned, diced | | ½ cup | | ⅛ cup | |
| Chicken Stock, prepared from low sodium base | | 4 cups + 3 Tbsp | | 1 cup | |
| Mozzarella Cheese, part skim, shredded | | 3 ¼ cups | | ¾ cup | |

| | | |
|---|---|---------------|
| Serving Size ½ cup (4 oz ladle) | Crediting Information 1 ½ oz M/MA + ⅛ cup | Notes: |
|---|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 160 | Vitamin A | 72.1 IU | Iron | 1.72 mg |
| Protein | 16.91 gm | Vitamin C | 3 mg | Calcium | 110.72 mg |
| Carbohydrate | 16.72 gm | Fiber | 3.65 gm | Cholesterol | 33 mg |
| Fat | 2.98 gm | % Fat | 16.70% | Sodium | 159 mg |
| Saturated Fat | 1.44 gm | % Saturated Fat | 8.10% | | |

Yummy Sloppy Joe on a Bun

Main Dish
HACCP: #2 Same Day Service

Healthier Kansas Recipe 123
 USD 512 Shawnee Mission

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|----------|------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Beef, ground, 80/20, raw | 2 lb 3 oz | | 9 oz | | 1. Brown ground beef. Chop into ¼ to ½-inch pieces as beef is browning. Drain. Heat to 165° F or above for at least 15 seconds. 2. Chop celery and bell pepper. 3. Add shredded cabbage, onions, chopped celery, chopped green pepper, and water. Cook until vegetables are tender. Heat to 135° F for at least 15 seconds. 4. Stir in catsup, brown sugar, lemon juice, vinegar, worchestershire sauce, mustard, and pepper. simmer for 10 minutes or until cabbage is tender. Hold at 135° F or higher. 5. Portion ¼ cup (2 oz spoodle) on each 1 oz bun. |
| Cabbage, shredded, EP | 5 oz | 1 ⅝ cups | 2 oz | ¾ cup | |
| Onions, dehydrated | | 2 Tbsp | | 2 tsp | |
| Celery, AP | 4 oz | | 1 oz | | |
| Green Bell Pepper, AP | 3 oz | | 1 oz | | |
| Water | | ¼ cup | | ⅛ cup | |
| Catsup | | 1 ⅓ cups | | ⅓ cup | |
| Sugar, brown, packed | | ⅓ cup | | 1 Tbsp | |
| Lemon Juice | | 3 Tbsp | | ¾ Tbsp | |
| Vinegar, white | | 1 ¾ Tbsp | | ½ Tbsp | |
| Worcestershire Sauce | | 1 ¾ Tbsp | | ½ Tbsp | |
| Mustard, yellow | | 1 ½ Tbsp | | 1 ⅛ tsp | |
| Pepper, black | | 1 ⅛ tsp | | ¼ tsp | |
| Hamburger Bun, whole wheat, purchased, weighing 1 oz each OR Prepare using HKM Recipe 877, Whole Wheat Rolls, Breadsticks, Buns | | 25 each | | 6 each | |

| | | |
|---|--|---|
| Serving Size 1 sandwich (¼ cup filling + 1 bun) | Crediting Information 1 oz M/MA + 1 oz eq Grains + ⅛ cup Vegetable | Notes: For 3-5 year olds, will need to serve an additional ½ oz M/MA (see production notes for menu/serving suggestions). |
|---|--|---|

Continue on next page...

Yummy Sloppy Joe on a Bun

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 197 | Vitamin A | 136.7 IU | Iron | 1.75 mg |
| Protein | 10.95 gm | Vitamin C | 8.4 mg | Calcium | 34.63 mg |
| Carbohydrate | 22.37 gm | Fiber | 1.56 gm | Cholesterol | 30 mg |
| Fat | 7.45 gm | % Fat | 33.97% | Sodium | 291 mg |
| Saturated Fat | 2.4 gm | % Saturated Fat | 10.95% | | |

Apple Glazed Sweet Potatoes

Vegetable
HACCP: #2 Same Day Service

Healthier Kansas Recipe 122
 New Hampshire Dept. of HHS

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|--|------------|---|---|
| | Weight | Measure | Weight | Measure | |
| Sweet Potatoes, fresh, whole, AP Apple Juice, 100% juice Nutmeg, ground Cinnamon, ground Salt Butter, unsalted, cut into 1-inch pats | 3 lb 14 oz | 2 cups 3/8 tsp 1/2 Tbsp 3/4 tsp 2 Tbsp | 15 oz | 1/2 cup 1/8 tsp 3/8 tsp 1/8 tsp 1 1/2 tsp | 1. Preheat oven to 375° F. 2. Prick sweet potatoes with a fork and bake 45-60 minutes until tender. 3. Slice potatoes lengthwise into wedges (8 per potato). 4. Place apple juice in kettle or stockpot and heat over medium high heat until reduced to 1/4 of original volume. 5. Add nutmeg, cinnamon, and salt to apple glaze and stir in pats of butter. Reduce heat. 6. Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through. 7. Serve 2 wedges per 1/4 cup serving. Hold at 135° F or higher. |

| | | |
|---|---|---------------|
| Serving Size 2 wedges (1/4 cup) | Crediting Information 1/4 cup Vegetable | Notes: |
|---|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 78 | Vitamin A | 10003 IU | Iron | 0.47 mg |
| Protein | 1.14 gm | Vitamin C | 9.3 mg | Calcium | 24.62 mg |
| Carbohydrate | 16.53 gm | Fiber | 2.24 gm | Cholesterol | 2 mg |
| Fat | 1 gm | % Fat | 11.45% | Sodium | 109 mg |
| Saturated Fat | 0.6 gm | % Saturated Fat | 6.94% | | |

Apple Salad

Fruit
HACCP: #1 No Cook

Healthier Kansas Recipe 121
Ohio Dept. of Education

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--------------------------------|-------------|---------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Apples, fresh, #125-138, AP | 1 lb 5 oz | | 5 oz | | 1. With gloved hands, wash and core apples, do not peel. Chop into bite size pieces. Add raisins and yogurt. Mix well. Hold at 41° F or below. 2. Serve cold. |
| Raisins, seedless, unsweetened | 4 oz | ¾ cup | 1 oz | ⅛ cup | |
| Yogurt, vanilla, low-fat | 5 oz | ⅝ cup | 1 ¼ oz | ⅛ cup | |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Fruit | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|---------|-------------|----------|
| Calories | 31 | Vitamin A | 15.3 IU | Iron | 0.12 mg |
| Protein | 0.48 gm | Vitamin C | 1.2 mg | Calcium | 13.39 mg |
| Carbohydrate | 7.66 gm | Fiber | 0.74 gm | Cholesterol | 0 mg |
| Fat | 0.13 gm | % Fat | 3.87% | Sodium | 4 mg |
| Saturated Fat | 0.05 gm | % Saturated Fat | 1.60% | | |

Asian Fresh Vegetables

Vegetable
HACCP: #2 Same Day Service

Healthier Kansas Recipe 141
 Idaho Child Nutrition Program

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|--------------|------------|-------------|--|
| | Weight | Measure | Weight | Measure | |
| Cabbage, whole, AP | 7 oz | 2 cups (cut) | 2 oz | ½ cup (cut) | 1. Slice cabbage and peppers into medium strips. 2. Toss all vegetables together and steam 5 minutes. Hold for hot service at 135° F or higher. |
| Peas, green, frozen | 6 oz | ⅞ cup | 2 oz | ⅞ cup | |
| Broccoli, raw, florets, EP | 4 oz | 1 ½ cups | 1 oz | ⅓ cup | |
| Carrots, frozen, sliced or crinkle cut | 10 oz | 1 ½ cups | 2 oz | ⅝ cup | |
| Peppers, green bell, AP | 6 oz | ⅞ cup (cut) | 1 oz | ⅞ cup (cut) | |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Vegetable | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|-----------|-------------|----------|
| Calories | 13 | Vitamin A | 1869.3 IU | Iron | 0.23 mg |
| Protein | 0.67 gm | Vitamin C | 12.7 mg | Calcium | 11.35 mg |
| Carbohydrate | 2.77 gm | Fiber | 1.07 gm | Cholesterol | 0 mg |
| Fat | 0.11 gm | % Fat | 7.46% | Sodium | 17 mg |
| Saturated Fat | 0.01 gm | % Saturated Fat | 1.16% | | |

Baked Beans

Vegetable
HACCP: #2 Same Day Service

Healthier Kansas Recipe 188
USDA Recipe, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|----------------------------------|-------------|---------------|------------|-----------|---|
| | Weight | Measure | Weight | Measure | |
| Pan Release Spray | | As Needed | | As Needed | <ol style="list-style-type: none"> 1. Wipe tops of cans clean before opening. Spray baking dish with pan release spray, then place canned beans into 9x13" casserole pan (for 25 servings) or 4 cup baking dish (for 6 servings). Set aside. 2. In a separate bowl, whisk together tomato sauce, onions, dry mustard, brown sugar, and cider vinegar. 3. Pour mixture over beans in each pan. Stir to combine. 4. Cover pans with lid or aluminum foil. 5. Bake: *Conventional oven: 350° F for 1 hour. *Convection oven: 325° F for 45 minutes. Monitor pans in oven, as baking time may be reduced for 6 serving recipe. Remove cover during last half hour of baking to reduce liquid. Hold for hot service at 135° F or higher. |
| Beans, baked, canned, vegetarian | | 1 qt + 2 cups | | 1 ½ cups | |
| Tomato Sauce, canned | | ¾ cup | | 3 Tbsp | |
| Onions, dehydrated flakes | | 1 ½ Tbsp | | 1 tsp | |
| Dry Mustard | | ½ Tbsp | | ⅜ tsp | |
| Brown Sugar, packed | | ¼ cup | | 1 Tbsp | |
| Vinegar, cider | | 2 Tbsp | | ½ Tbsp | |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Vegetable | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 75 | Vitamin A | 102.2 IU | Iron | 0.88 mg |
| Protein | 3.29 gm | Vitamin C | 1 mg | Calcium | 26.81 mg |
| Carbohydrate | 16.96 gm | Fiber | 2.84 gm | Cholesterol | 0 mg |
| Fat | 0.26 gm | % Fat | 3.10% | Sodium | 263 mg |
| Saturated Fat | 0.05 gm | % Saturated Fat | 0.58% | | |

Black Bean and Corn Salsa

Vegetable
HACCP: #1 No Cook

Healthier Kansas Recipe 81
USDA E-21, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|------------------------------|-------------|-------------------|------------|--------------|--|
| | Weight | Measure | Weight | Measure | |
| Black Beans, canned, drained | | 4 cups | | 1 ½ cups | 1. Thaw corn under refrigeration. 2. Chill canned beans prior to preparation. 3. Dice peppers and onion into small dice, ¼" or smaller. 4. Combine drained beans, corn, diced peppers, and diced onion. 5. In another bowl, mix remaining ingredients to make the dressing. 6. Pour dressing over the salad and toss lightly to combine. 7. Chill 2 hours before serving. Hold for cold service at 41° F or lower. |
| Corn, frozen, whole kernel | 15 oz | 2 ⅔ cups | 3 ½ oz | ⅔ cup | |
| Green Pepper, fresh, AP | 4 oz | ⅔ cup (cut) | 1 oz | ⅛ cup (cut) | |
| Red Pepper, fresh, AP | 4 oz | ⅔ cup (cut) | 1 oz | ⅛ cup (cut) | |
| Red Onion, fresh, AP | 2 oz | 3 ½ cup (cut) | | 1 Tbsp (cut) | |
| Lemon Juice | | 2 Tbsp | | ½ Tbsp | |
| Parsley, dried | | ½ Tbsp | | ⅓ tsp | |
| Cumin, ground | | ¾ tsp | | ⅛ tsp | |
| Garlic Powder | | ½ tsp | | ⅛ tsp | |
| Salsa, canned, low sodium | | ¾ cup + 1 Tbsp | | 3 Tbsp | |
| Salad Oil | | 1 Tbsp | | ¾ tsp | |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Vegetable | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|----------|-------------|----------|
| Calories | 82 | Vitamin A | 240.2 IU | Iron | 0.86 mg |
| Protein | 2.66 gm | Vitamin C | 11.9 mg | Calcium | 15.09 mg |
| Carbohydrate | 8.81 gm | Fiber | 1.81 gm | Cholesterol | 0 mg |
| Fat | 0.84 gm | % Fat | 9.25% | Sodium | 101 mg |
| Saturated Fat | 0.14 gm | % Saturated Fat | 1.54% | | |

Creamy Cole Slaw

Vegetable
HACCP: #1 No Cook

Healthier Kansas Recipe 20
Adapted from Iowa Gold Star Recipes

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|------------------------------|-------------|---------------------|------------|---------------------|--|
| | Weight | Measure | Weight | Measure | |
| Cabbage, green, shredded, EP | 1 lb 8 oz | 2 qt + 2 cups | 6 oz | 2 ½ cups | <ol style="list-style-type: none"> 1. Shred carrots and mix with cabbage in a 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. Spread into shallow pan (9x13") to a product depth of 2" or less for 25 servings. Cool to 41° F or lower within 4 hours. 5. Cover and refrigerate until ready to use. 6. Mix lightly before serving. Serve cold. Hold for cold service at 41° F or lower. |
| Carrots, AP | 3 oz | ¾ cup (shredded) | 1 oz | ⅓ cup (shredded) | |
| Mayo, reduced calorie | 7 oz | ½ cup | 2 oz | 1 ½ Tbsp | |
| Sugar, granulated | | 1 Tbsp | | ¾ tsp | |
| Celery Seed | | 1 tsp | | ¼ tsp | |
| Dry Mustard | | ½ tsp | | ⅛ tsp | |
| Vinegar, white | | 1 Tbsp | | ¾ tsp | |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Vegetable | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|---------|-------------|----------|
| Calories | 29 | Vitamin A | 595 IU | Iron | 0.17 mg |
| Protein | 0.43 gm | Vitamin C | 10.2 mg | Calcium | 13.46 mg |
| Carbohydrate | 3.73 gm | Fiber | 0.79 gm | Cholesterol | 2 mg |
| Fat | 1.58 gm | % Fat | 48.79% | Sodium | 16 mg |
| Saturated Fat | 0.27 gm | % Saturated Fat | 8.44% | | |

Fresh Citrus Fruit Cup

Fruit
HACCP: #1 No Cook

Healthier Kansas Recipe 134

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|---------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Mandarin Oranges, canned in 100% juice or light syrup | 1 lb 1 oz | 2 cups | 4 oz | ½ cup | <ol style="list-style-type: none"> 1. Chill cans of mandarin oranges. Wipe tops of cans before opening. 2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container. 3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges. 4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. 5. Wash and remove stems from grapes. 6. Add apples and grapes to bananas and oranges. 7. Chill thoroughly. <p style="text-align: center;">Hold for cold service at 41° F or lower.</p> <p><i>Note:</i> Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries, or kiwi.</p> |
| Bananas, fresh, AP | 1 lb 2 oz | | 4 oz | | |
| Apples, fresh, AP | 1 lb 6 oz | | 5 oz | | |
| Grapes, fresh, AP | 7 oz | 1 ⅞ cup | 2 oz | ¼ cup | |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Fruit | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|---------|
| Calories | 49 | Vitamin A | 283.9 IU | Iron | 0.18 mg |
| Protein | 0.44 gm | Vitamin C | 7 mg | Calcium | 5.17 mg |
| Carbohydrate | 12.56 gm | Fiber | 1.43 gm | Cholesterol | 0 mg |
| Fat | 0.16 gm | % Fat | 3.05% | Sodium | 2 mg |
| Saturated Fat | 0.04 gm | % Saturated Fat | 0.75% | | |

Fresh Mixed Fruit Cup

Fruit
HACCP: #1 No Cook

Healthier Kansas Recipe 183

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|---------------|------------|----------------|-----------|--|
| | Weight | Measure | Weight | Measure | |
| Apples, fresh, AP Bananas, fresh, AP Fruit cocktail, canned in 100% juice or light syrup | 8 oz 14 oz | 3 cups | 2 oz 3 ½ oz | ¾ cup | 1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening. 2. Using gloved hands, wash, trim, core, and cut the apples into bite-sized pieces. Do not peel apples. 3. Slice bananas. 4. Mix fresh fruit with canned fruit. 5. Chill thoroughly. Hold for cold service at 41° F or lower. |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Fruit | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|----------|-------------|---------|
| Calories | 33 | Vitamin A | 101.7 IU | Iron | 0.12 mg |
| Protein | 0.32 gm | Vitamin C | 2.7 mg | Calcium | 3.7 mg |
| Carbohydrate | 8.38 gm | Fiber | 0.94 gm | Cholesterol | 0 mg |
| Fat | 0.09 gm | % Fat | 2.43% | Sodium | 1 mg |
| Saturated Fat | 0.02 gm | % Saturated Fat | 0.64% | | |

Garden Salad

Vegetable
HACCP: #1 No Cook

Healthier Kansas Recipe 164
 Team Nutrition, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|------------------------------------|-------------|----------|------------|--------------|--|
| | Weight | Measure | Weight | Measure | |
| Spinach, partly trimmed, fresh, AP | 13 oz | | 3 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. Hold for cold service at 41° F or lower. |
| Lettuce, romaine, AP | 13 oz | | 3 oz | | |
| Tomatoes, fresh, AP | 2 ½ oz | | ½ oz | 1 Tbsp (cut) | |
| Carrots, fresh, AP | 2 oz | ½ medium | ½ oz | 1 Tbsp (cut) | |
| Cucumber, fresh, AP | 2 oz | ½ medium | ½ oz | 1 Tbsp (cut) | |

| | | |
|------------------------------|---|---------------|
| Serving Size ½ cup | Crediting Information ¼ cup Vegetable | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|-----------|-------------|----------|
| Calories | 8 | Vitamin A | 3048.4 IU | Iron | 0.56 mg |
| Protein | 0.66 gm | Vitamin C | 5.3 mg | Calcium | 20.78 mg |
| Carbohydrate | 1.41 gm | Fiber | 0.74 gm | Cholesterol | 0 mg |
| Fat | 0.11 gm | % Fat | 13.61% | Sodium | 14 mg |
| Saturated Fat | 0.02 gm | % Saturated Fat | 1.83% | | |

Mixed Berry Smoothie

Fruit
HACCP: #1 No Cook

Healthier Kansas Recipe 1

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|-----------|------------|----------|---|
| | Weight | Measure | Weight | Measure | |
| Mixed Berries, frozen Yogurt, vanilla flavor, nonfat 100% Apple Juice *may use any other flavor of 100% juice in place of apple juice | | 12 ½ cups | | 3 cups | <ol style="list-style-type: none"> Place frozen berries, yogurt, and juice in a blender. (Note: Smoothies may need to be made in multiple batches based on blender capacity. If making multiple batches, keep ratios of each ingredient the same in each batch.) Put lid on blender. Blend for about 2 minutes or until frozen fruit is chopped and all ingredients are mixed well. Serve cold in a glass with a straw. Hold for cold service at 41° F or lower. |
| | | 6 ¼ cups | | 1 ½ cups | |
| | | 6 ¼ cups | | 1 ½ cups | |

| | | |
|-------------------------------------|---|---------------|
| Serving Size ¾ cup (6 oz) | Crediting Information ½ cup Fruit + ½ oz M/MA | Notes: |
|-------------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|-----------|-------------|-----------|
| Calories | 110 | Vitamin A | 125.52 IU | Iron | 0.43 mg |
| Protein | 1.87 gm | Vitamin C | 30.68 mg | Calcium | 111.96 mg |
| Carbohydrate | 25.45 gm | Fiber | 3.17 gm | Cholesterol | 1.84 mg |
| Fat | 0.1 gm | % Fat | 0.79% | Sodium | 31.62 mg |
| Saturated Fat | 0.02 gm | % Saturated Fat | 0.13% | | |

Peach Smoothie

Fruit
HACCP: #1 No Cook

Healthier Kansas Recipe 2

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|-----------------------------------|------------|--------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Peaches, frozen, chunks Yogurt, vanilla flavor, nonfat 100% Apple Juice *may use any other flavor of 100% juice in place of apple juice | | 12 ½ cups 6 ¼ cups 6 ¼ cups | | 3 cups 1 ½ cups 1 ½ cups | 1. Place frozen peaches, yogurt, and juice in a blender. (Note: Smoothies may need to be made in multiple batches based on blender capacity. If making multiple batches, keep ratios of each ingredient the same in each batch.) 2. Put lid on blender. 3. Blend for about 2 minutes or until frozen fruit is chopped and all ingredients are mixed well. 4. Serve cold in a glass with a straw. Hold for cold service at 41° F or lower. |

| | | |
|-------------------------------------|---|---------------|
| Serving Size ¾ cup (6 oz) | Crediting Information ½ cup Fruit + ½ oz M/MA | Notes: |
|-------------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|-----------|-------------|-----------|
| Calories | 110 | Vitamin A | 128.52 IU | Iron | 1.07 mg |
| Protein | 2.37 gm | Vitamin C | 112.18 mg | Calcium | 111.96 mg |
| Carbohydrate | 25.45 gm | Fiber | 1.17 gm | Cholesterol | 1.84 mg |
| Fat | 0.1 gm | % Fat | 0.79% | Sodium | 44.12 mg |
| Saturated Fat | 0.02 gm | % Saturated Fat | 0.13% | | |

Ranch Potato Wedges

Vegetable
HACCP: #2 Same Day Service

Healthier Kansas Recipe 131
Idaho Child Nutrition Programs

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-----------------------------|-------------|-----------|------------|-----------|--|
| | Weight | Measure | Weight | Measure | |
| Potato, russet, IQF, wedges | 2 lb 2 oz | | 8 oz | | <ol style="list-style-type: none"> 1. Preheat oven to 325° F. 2. Spread potato wedges over a lined baking sheet. 3. Put oil into a squeeze bottle or dispenser and shake over all potatoes or spray generously with pan release spray. 4. In a small bowl, mix garlic powder, dehydrated onions, parsley, salt, and sugar. 5. Evenly sprinkle seasoning mixture over all pans and toss to coat. 6. Bake 30 minutes or until potatoes are fork-tender. Hold for hot service at 135° F or higher. |
| Vegetable Oil | | 1 Tbsp | | ¾ tsp | |
| OR | | | | | |
| Pan Release Spray | | As Needed | | As Needed | |
| Garlic Powder | | ½ Tbsp | | ¾ tsp | |
| Onions, dehydrated flakes | | 1 ½ Tbsp | | 1 ⅛ tsp | |
| Parsley, dried | | ¼ cup | | 1 Tbsp | |
| Salt | | ½ tsp | | ⅛ tsp | |
| Sugar, granulated | | 1 Tbsp | | ¾ tsp | |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Vegetable | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 71 | Vitamin A | 4.7 IU | Iron | 0.87 mg |
| Protein | 2.02 gm | Vitamin C | 9.6 mg | Calcium | 9.86 mg |
| Carbohydrate | 14.96 gm | Fiber | 1.07 gm | Cholesterol | 0 mg |
| Fat | 0.69 gm | % Fat | 8.70% | Sodium | 74 mg |
| Saturated Fat | 0.12 gm | % Saturated Fat | 1.49% | | |

Southwestern Lentils

Vegetable
HACCP: #2 Same Day Service

Healthier Kansas Recipe 138

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---------------------------|-------------|-----------|------------|-----------|---|
| | Weight | Measure | Weight | Measure | |
| Lenitls, brown, dry | 8 oz | | 2 oz | | <ol style="list-style-type: none"> 1. Combine lentils and water in a stockpot, using the water ratio recommended by the manufacturer. Bring to a boil, turn heat to low and simmer 30 minutes covered. 2. Chop onions. 3. Saute the chopped onion and garlic in oil for 2-3 minutes to soften. Add this mixture, along with the cumin, chili powder, undrained crushed tomatoes and salt to lentils. 4. Bring to a boil. Reduce the heat to low and simmer, uncovered, for 10 minutes. Hold for hot service at 135° F or higher. |
| Water | | As Needed | | As Needed | |
| Vegetable Oil | | 1 Tbsp | | 1 tsp | |
| Onions, fresh, AP | 9 oz | | 2 oz | | |
| Garlic, fresh, minced | | 1 Tbsp | | ¾ tsp | |
| Cumin, ground | | ½ Tbsp | | ⅓ tsp | |
| Chili Powder | | 1 Tbsp | | ¾ tsp | |
| Tomatoes, crushed, canned | | 1 ½ Tbsp | | ⅓ tsp | |
| Salt | | ¾ tsp | | ⅛ tsp | |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Vegetable | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|----------|-------------|----------|
| Calories | 49 | Vitamin A | 166.7 IU | Iron | 0.9 mg |
| Protein | 2.86 gm | Vitamin C | 3.1 mg | Calcium | 10.36 mg |
| Carbohydrate | 8.32 gm | Fiber | 1.45 gm | Cholesterol | 0 mg |
| Fat | 0.77 gm | % Fat | 14.05% | Sodium | 114 mg |
| Saturated Fat | 0.12 gm | % Saturated Fat | 2.14% | | |

Strawberries and Bananas

Fruit
HACCP: #1 No Cook

Healthier Kansas Recipe 124

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|---------------------------------|-----------------------|----------------------|---------------------|--|
| | Weight | Measure | Weight | Measure | |
| Strawberries, frozen, unsweetened, sliced Applesauce, canned, unsweetened Bananas, AP | 1 lb 6 oz 1 lb 12 oz | 2 ½ cups ¾ cup | 6 oz 7 oz | ⅝ cup 3 Tbsp | 1. Thaw strawberries in refrigerator. 2. Chill cans of applesauce. Wipe tops of cans clean before opening. 3. Mix applesauce into thawed strawberries. 4. Handle bananas with gloved hands. Peel and slice bananas. Add to strawberries. Combine gently. Hold for cold service at 41° F or lower. |

| | | |
|------------------------------|---|---------------|
| Serving Size ¼ cup | Crediting Information ¼ cup Fruit | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|---------|-------------|---------|
| Calories | 30 | Vitamin A | 26.3 IU | Iron | 0.25 mg |
| Protein | 0.34 gm | Vitamin C | 12.1 mg | Calcium | 5.25 mg |
| Carbohydrate | 7.75 gm | Fiber | 1.14 gm | Cholesterol | 0 mg |
| Fat | 0.1 gm | % Fat | 2.95% | Sodium | 1 mg |
| Saturated Fat | 0.02 gm | % Saturated Fat | 0.75% | | |

Summer Fruit Salad

Fruit
HACCP: #1 No Cook

Healthier Kansas Recipe 119
Ohio Dept. of Education

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-------------------------|-------------|---------|------------|------------|---|
| | Weight | Measure | Weight | Measure | |
| Strawberries, fresh, AP | 1 lb | | 4 oz | | 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. Hold for cold service at 41° F or lower. |
| Bananas, fresh, AP | 1 lb 1 oz | | 5 oz | | |
| Blueberries, fresh, AP | 8 oz | | 2 oz | | |
| Pineapple Juice, 100% | | 1/3 cup | | 1 1/2 Tbsp | |

| | | |
|--------------------------------|---|---------------|
| Serving Size 1/4 cup | Crediting Information 1/4 cup Fruit | Notes: |
|--------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|---------|-------------|---------|
| Calories | 33 | Vitamin A | 21.8 IU | Iron | 0.17 mg |
| Protein | 0.45 gm | Vitamin C | 13.9 mg | Calcium | 5.07 mg |
| Carbohydrate | 8.37 gm | Fiber | 1.18 gm | Cholesterol | 0 mg |
| Fat | 0.16 gm | % Fat | 4.44% | Sodium | 1 mg |
| Saturated Fat | 0.03 gm | % Saturated Fat | 0.78% | | |

Tomato Salsa

Vegetable
HACCP: #1 No Cook

Healthier Kansas Recipe 129

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|---------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Tomatoes, canned, crushed, not drained | | 3 cups | | ¾ cup | <ol style="list-style-type: none"> Mix all ingredients except jalapeno peppers. Optional: Mince or puree optional jalapeno peppers before adding to the salsa. Mix well. Refrigerate for at least one hour to blend flavors. Hold for cold service at 41° F or below. May be pre-portioned. <p>Substitutions and Variations:</p> <ul style="list-style-type: none"> - May increase or decrease the amount of jalapeno peppers and/or seasonings to taste. - May substitute fresh peppers for canned peppers; fresh garlic for garlic powder; fresh onions for dried onions; lime juice for lemon juice; and/or fresh cilantro for dried cilantro. - May substitute diced tomatoes for crushed tomatoes. |
| Garlic Powder | | ⅛ tsp | | Dash | |
| Cilantro, dried | | ¼ tsp | | Dash | |
| Cumin, ground | | ½ Tbsp | | ⅓ tsp | |
| Lemon Juice, canned | | ½ Tbsp | | ⅓ tsp | |
| Onion, dehydrated flakes | | 2 Tbsp | | ½ Tbsp | |
| Jalapeno Peppers, canned, drained (optional) | | 1 Tbsp | | 1 tsp | |

| | | |
|-------------------------------|---|---------------|
| Serving Size 2 Tbsp | Crediting Information ⅛ cup Vegetable | Notes: |
|-------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|----------|-------------|---------|
| Calories | 14 | Vitamin A | 199.1 IU | Iron | 0.42 mg |
| Protein | 0.86 gm | Vitamin C | 5.6 mg | Calcium | 7.44 mg |
| Carbohydrate | 3.08 gm | Fiber | 0.37 gm | Cholesterol | 0 mg |
| Fat | 0.13 gm | % Fat | 8.06% | Sodium | 103 mg |
| Saturated Fat | 0.01 gm | % Saturated Fat | 0.94% | | |

Tossed Salad

Vegetable
HACCP: #1 No Cook

Healthier Kansas Recipe 74

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-----------------------------|-------------|---------|------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Spinach, fresh, trimmed, AP | 13 oz | | 4 oz | | 1. Handle salad with gloved hands. Chop spinach and romaine lettuce into bite-sized pieces, if needed. 2. Toss together. Hold ingredients for cold service at 41° or lower. |
| Lettuce, romaine, AP | 13 oz | | 4 oz | | |

| | | |
|------------------------------|---|---------------|
| Serving Size ½ cup | Crediting Information ¼ cup Vegetable | Notes: |
|------------------------------|---|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|-----------|-------------|---------|
| Calories | 6 | Vitamin A | 2666.3 IU | Iron | 0.54 mg |
| Protein | 0.6 gm | Vitamin C | 4.7 mg | Calcium | 19.4 mg |
| Carbohydrate | 1.02 gm | Fiber | 0.63 gm | Cholesterol | 0 mg |
| Fat | 0.1 gm | % Fat | 15.53% | Sodium | 13 mg |
| Saturated Fat | 0.1 gm | % Saturated Fat | 2.03% | | |

Angel Biscuits, Whole Wheat

Grains
HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 120
 Cooking Light, modified by KSDE

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|----------|------------|-------------------|---|
| | Weight | Measure | Weight | Measure | |
| Flour, white whole wheat | | 1 ⅞ cups | | ½ cup | 1. Combine flours, yeast, sugar, baking powder, baking soda, and salt in mixing bowl using a paddle attachment on low speed. 2. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes). 3. Add buttermilk to flour mixture, mix just until ingredients are moistened. 4. Cover and chill 1 hour. 5. Turn the dough out onto a floured surface; knead lightly 5 times. 6. Roll dough into a ½-inch thickness; cut with a 2 ½-inch biscuit cutter. Biscuits should weight approximately 1 oz each. 7. Place the biscuits on a paper lined baking sheet. 8. Bake in a convection oven at 450° F for 9 minutes or a conventional oven at 475° F for 12 minutes, or until golden brown. |
| Flour, all-purpose, enriched | | 1 ⅓ cup | | ⅓ cup | |
| Yeast, instant | | 2 ⅓ cups | | ⅞ tsp | |
| Sugar, granulated | | 3 Tbsp | | 2 ¼ tsp | |
| Baking Powder | | ⅝ tsp | | ⅛ tsp | |
| Baking Soda | | ⅝ tsp | | ⅛ tsp | |
| Salt | | ⅝ tsp | | ⅛ tsp | |
| Vegetable Shortening, <i>trans</i> fat free | | ⅓ cup | | 1 Tbsp + 1 tsp | |
| Buttermilk, low-fat | | 1 ¼ cups | | ¼ cup + 1 Tbsp | |
| Flour for kneading: Flour, whole wheat | | ¼ cup | | 1 Tbsp | |

| | | |
|---|--|---------------|
| Serving Size 1 biscuit (1 oz) | Crediting Information 1 oz eq Grains | Notes: |
|---|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 94 | Vitamin A | 5.8 IU | Iron | 0.89 mg |
| Protein | 2.42 gm | Vitamin C | 1.5 mg | Calcium | 26.96 mg |
| Carbohydrate | 14.59 gm | Fiber | 1.35 gm | Cholesterol | 0 mg |
| Fat | 3.18 gm | % Fat | 30.40% | Sodium | 126 mg |
| Saturated Fat | 0.82 gm | % Saturated Fat | 7.81% | | |

Blueberry Oat Mini Muffin, Whole Grain

Grains
HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 28
USD 349 Stafford, modified

| Ingredients | 24 Servings | | 12 Servings | | Directions |
|----------------------------------|-------------|----------|-------------|------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Applesauce, canned, unsweetened | | 1 ½ cups | | ¾ cup | <ol style="list-style-type: none"> 1. Beat applesauce, eggs, oil, milk, and sugar until smooth. *For ½ large egg, beat one egg in a bowl and pour half (about 1 ⅔ Tbsp) in with the other ingredients. 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. 3. Add blueberries and mix by hand to incorporate into the batter (be careful to not overmix to avoid color bleeding through muffins). *Tip: Add blueberries while still frozen to decrease color bleeding. 4. Portion #30 scoop (about 2 Tbsp) of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. 5. Bake until lightly browned: *Conventional oven: 375° F for 16-20 minutes. *Convection oven: 350° F for 12-16 minutes. |
| Eggs, whole, raw | | 1 large | | 1 small OR ½ large* | |
| Oil, soybean, salad, or cooking | | 3 Tbsp | | 1 Tbsp + 1 ½ tsp | |
| Milk, lowfat, fluid, 1% | | ¼ cup | | 2 Tbsp | |
| Sugar, granulated | | ⅓ cup | | 2 Tbsp + 2 tsp | |
| Oats, rolled, dry | | 1 ⅔ cups | | ⅞ cup | |
| Baking Powder | | 1 Tbsp | | 1 ½ tsp | |
| Baking Soda | | ¾ tsp | | ⅜ tsp | |
| Cinnamon, ground | | 1 ⅛ tsp | | ½ tsp | |
| Flour, whole wheat | | 1 cup | | ½ cup | |
| Blueberries, frozen, unsweetened | | 1 cup | | ½ cup | |

| | | |
|--------------------------------------|--|---------------|
| Serving Size 1 mini muffin | Crediting Information ½ oz eq Grains | Notes: |
|--------------------------------------|--|---------------|

Continue on next page...

Blueberry Oat Mini Muffin, Whole Grain

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 67 | Vitamin A | 17.5 IU | Iron | 0.49 mg |
| Protein | 1.71 gm | Vitamin C | 0.2 mg | Calcium | 38.49 mg |
| Carbohydrate | 10.68 gm | Fiber | 1.3 mg | Cholesterol | 7 mg |
| Fat | 2.1 gm | % Fat | 28.12% | Sodium | 90 mg |
| Saturated Fat | 0.38 gm | % Saturated Fat | 5.04% | | |

Cornbread Mini Muffins

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 127

USDA B-09, modified

| Ingredients | 24 Servings | | 12 Servings | | Directions |
|-----------------------|-------------|----------------|-------------|------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Flour, whole wheat | | 1 ¼ cup | | ⅔ cup | <ol style="list-style-type: none"> 1. Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed. 2. Mix eggs, milk, and oil. Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy. *For ½ large egg, beat one egg in a bowl and pour half (about 1 ⅔ Tbsp) in with the other ingredients. 3. Portion #30 scoop (about 2 Tbsp) of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. <i>Note:</i> Could also be baked into squares: - 24 servings - one 9x13" pan cut 6 x 4 - 12 servings - one 8x8" pan cut 3 x 4 4. Bake until lightly browned: *Conventional oven: 375° F for 16-20 minutes. *Convection oven: 350° F for 12-16 minutes. |
| Cornmeal, whole grain | | 1 ¼ cup | | ⅔ cup | |
| Sugar | | ¼ cup | | 2 Tbsp | |
| Baking Powder | | 2 tsp | | 1 tsp | |
| Salt | | ½ tsp | | ¼ tsp | |
| Eggs, whole, raw | | 1 large | | 1 small OR ½ large* | |
| Milk, lowfat | | 1 ⅓ cup | | ⅔ cup | |
| Vegetable Oil | | 2 Tbsp + 2 tsp | | 1 Tbsp + 1 tsp | |
| Pan Release Spray | | As Needed | | As Needed | |

| | | |
|--|--|---------------|
| Serving Size 1 mini muffin (or 1 square) | Crediting Information ¾ oz eq Grains | Notes: |
|--|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 74 | Vitamin A | 36.3 IU | Iron | 0.65 mg |
| Protein | 1.74 gm | Vitamin C | 0 mg | Calcium | 37.7 mg |
| Carbohydrate | 12.24 gm | Fiber | 1.18 gm | Cholesterol | 8.09 mg |
| Fat | 2.03 gm | % Fat | 24.67% | Sodium | 57.58 mg |
| Saturated Fat | 0.37 gm | % Saturated Fat | 4.47% | | |

Oatmeal Rolls, Whole Grain

Grains
HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 14
tasteofhome.com, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|------------------------------|-------------|---|------------|--|---|
| | Weight | Measure | Weight | Measure | |
| Oats, quick-cooking | | ¾ cup | | 3 Tbsp | <ol style="list-style-type: none"> 1. Place oats, flours, sugars, yeast, and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed. Use fork or wire whip for smaller amounts. 3. Add oil and blend for approximately 2 minutes on low speed. 4. Add first amount of water to the dry ingredients. Add additional water if dough appears too stiff. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. 6. Spray dough with pan release spray or cover with plastic wrap until ready to shape. Shape into 1 oz balls. Place on appropriate sized baking pan lined with parchment paper or sprayed with pan release spray. 7. Proof, covered, in a warm area until double in size (30-50 minutes). 8. Bake until lightly browned, turning pans half-way through baking time to promote even baking: *Conventional oven: 375° F for 18-20 minutes. *Convection oven: 325° F for 12-14 minutes. |
| Flour, white whole wheat | | 1 ½ cups | | ½ cup | |
| Flour, all-purpose, enriched | | 1 ⅓ cups | | ⅓ cup | |
| Sugar, granulated | | 2 tsp | | 1 tsp | |
| Sugar, brown | | 2 ½ Tbsp | | 2 tsp | |
| Yeast, instant, dry | | 1 Tbsp | | 1 tsp | |
| Salt | | 1 tsp | | ¼ tsp | |
| Vegetable Oil | | 2 Tbsp | | ½ Tbsp | |
| Water | | 1 ⅓ cups (+ up to ⅛ cup if dough is too stiff) | | ⅓ cup (+ up to 1 ½ tsp if dough is too stiff) | |
| Pan Release Spray | | As Needed | | As Needed | |

Continue on next page...

Oatmeal Rolls, Whole Grain

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-------------|-------------|---------|------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | <p>Recommended internal temperature for baked bread is 196-198° F.</p> <p>9. Lightly spray rolls with pan release spray when baking is completed. Let cool.</p> |

| Serving Size | Crediting Information | Notes: |
|--------------|-----------------------|--------|
| 1 roll | 1 oz eq Grains | |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|--------|-------------|---------|
| Calories | 68 | Vitamin A | 0.2 IU | Iron | 0.77 mg |
| Protein | 1.76 gm | Vitamin C | 2.3 mg | Calcium | 6.63 mg |
| Carbohydrate | 12.76 gm | Fiber | 1.1 gm | Cholesterol | 0 mg |
| Fat | 1.32 gm | % Fat | 17.58% | Sodium | 89 mg |
| Saturated Fat | 0.2 gm | % Saturated Fat | 2.67% | | |

Savory Rice

Grains
HACCP: #2 Same Day Service

Healthier Kansas Recipe 17
USD 306 Southeast of Saline, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|---|-------------|----------|------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Rice, brown, long grain, dry | | 1 ½ cups | | ⅓ cup | <ol style="list-style-type: none"> 1. Spray 9x13" (25 servings) or 6x11" (6 servings) pan with pan release spray. Place all dry rice, dehydrated onion, and parsley flakes in pan. 2. Set seasoning packet from wild rice mix aside for step 3. 3. Mix water, seasoning packet, chicken base, and oil. Stir until seasoning and chicken base are dissolved. 4. Pour water/broth over rice mix and stir. Cover pan with foil. 5. Bake: *Conventional oven: 350° F for 40-45 minutes. *Convection oven: 325° F for 30-35 minutes. 6. Fluff when ready to serve. Serve hot. Hold for hot service at 135° F or higher. |
| Rice, long grain & wild mix (with seasoning packet) | | ½ cup | | ⅛ cup | |
| Onions, dehydrated flakes | | ⅛ cup | | 2 tsp | |
| Parsley, dried | | ½ Tbsp | | ⅜ tsp | |
| Oil, canola | | 3 Tbsp | | 2 ¼ tsp | |
| Base, chicken, low sodium, dry | | 3 ½ Tbsp | | 1 ⅛ tsp | |
| Water | | 1 qt | | 1 cup | |

| | | |
|------------------------------|--|---------------|
| Serving Size ¼ cup | Crediting Information ½ oz eq Grains | Notes: |
|------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 71 | Vitamin A | 2.6 IU | Iron | 0.34 mg |
| Protein | 1.45 gm | Vitamin C | 0.5 mg | Calcium | 9.41 mg |
| Carbohydrate | 11.51 gm | Fiber | 0.51 gm | Cholesterol | 0 mg |
| Fat | 2.17 gm | % Fat | 27.31% | Sodium | 58 mg |
| Saturated Fat | 0.36 gm | % Saturated Fat | 4.49% | | |

Seasoned Brown Rice

Grains

Healthier Kansas Recipe 142

HACCP: #2 Same Day Service

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|------------------------------|-------------|----------|------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Rice, brown, long-grain, dry | | 2 cups | | ½ cup | <ol style="list-style-type: none"> Boil water. Spray pan (25 servings - 9x13"; 6 servings - 8" round pan) with pan release spray. Combine rice, spices, and boiling water in pan. Cover pan with foil. Bake: <ul style="list-style-type: none"> *Conventional oven: 350° F for 40-45 minutes. *Convection oven: 325° F for 30-35 minutes. Fluff when ready to serve. Serve hot. Hold for hot service at 135° F or higher. |
| Pepper, black, ground | | ¾ tsp | | ⅛ tsp | |
| Salt | | ½ Tbsp | | ⅜ tsp | |
| Garlic Powder | | 1 Tbsp | | ¾ tsp | |
| Water | | 2 ¾ cups | | ⅔ cup | |

| | | |
|------------------------------|--|---------------|
| Serving Size ¼ cup | Crediting Information ½ oz eq Grains | Notes: |
|------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 58 | Vitamin A | 0.2 IU | Iron | 0.25 mg |
| Protein | 1.29 gm | Vitamin C | 0 mg | Calcium | 4.94 mg |
| Carbohydrate | 12.18 gm | Fiber | 0.57 gm | Cholesterol | 0 mg |
| Fat | 0.45 gm | % Fat | 6.99% | Sodium | 142 mg |
| Saturated Fat | 0.09 gm | % Saturated Fat | 1.42% | | |

Spanish Brown Rice

Grains

Healthier Kansas Recipe 237

HACCP: #2 Same Day Service

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|---------------------------------|------------|--------------------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Rice, brown, long-grain, dry Salsa, canned, mild Water | | 2 cups 7/8 cup 2 1/2 cups | | 1/2 cup 3 Tbsp + 1 tsp 2/3 cup | 1. Boil water. 2. Spray 9x13" pan for 25 servings or 8" round pan for 6 servings with pan release spray. Combine rice, salsa, and boiling water in pan. 3. Cover pans with foil. 4. Bake: *Conventional oven: 350° F for 40-45 minutes. *Convection oven: 325° F for 30-35 minutes. 5. Fluff when ready to serve. Serve hot. Hold for hot service at 135° F or higher. |

| | | |
|--------------------------------|--|---------------|
| Serving Size 1/4 cup | Crediting Information 1/2 oz eq Grains | Notes: |
|--------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 60 | Vitamin A | 28 IU | Iron | 0.23 mg |
| Protein | 1.22 gm | Vitamin C | 0 mg | Calcium | 4.34 mg |
| Carbohydrate | 12.45 gm | Fiber | 0.74 gm | Cholesterol | 0 mg |
| Fat | 0.45 gm | % Fat | 6.76% | Sodium | 66 mg |
| Saturated Fat | 0.09 gm | % Saturated Fat | 1.36% | | |

Whole Wheat Bread, 51%

Grains
HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 107
USDA B-16, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|---|------------|--|---|
| | Weight | Measure | Weight | Measure | |
| Flour, white whole wheat | | 1 ¾ cups | | ½ cup | <ol style="list-style-type: none"> 1. Place flour, dry milk, sugar, yeast, and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed. 3. Add oil and blend for approximately 2 minutes on low speed. 4. Add first amount of water to the dry ingredients. If dough appears too stiff, add water. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes). 6. Spray dough with pan release spray or cover with plastic wrap until ready to shape. Shape into a long, smooth roll. Place lengthwise on a baking sheet lined with parchment paper or sprayed with nonstick spray. 7. Proof in a warm area until double in bulk (30-50 minutes). 8. Bake until lightly browned: *Conventional oven: 400° F for 28-40 minutes. *Convection oven: 350° F for 20-30 minutes. |
| Flour, all-purpose, enriched | | 1 ½ cups | | ⅓ cup | |
| Dry Milk, instant, nonfat | | ¼ cup + 3 Tbsp | | 1 ½ Tbsp | |
| Sugar, granulated | | 3 Tbsp + 1 tsp | | 2 ½ tsp | |
| Yeast, instant, dry | | 1 Tbsp | | 1 tsp | |
| Salt | | 1 ⅛ tsp | | ½ tsp | |
| Vegetable Oil | | 3 ½ Tbsp | | 1 Tbsp | |
| Water (calculate proper water temperature by subtracting the temperature of the dry ingredients from 145° F) | | 1 cup (+ up to 2 Tbsp if dough is stiff) | | ¼ cup (+ up to 1 ½ tsp if dough is stiff) | |
| Pan Release Spray | | As Needed | | As Needed | |

Continue on next page...

Whole Wheat Bread, 51%

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-------------|-------------|---------|------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked bread is 196-198° F. 9. Lightly spray loaves with pan release spray when baking is completed. Let cool. 10. Trim off the crust on the ends of each loaf. 11. Cut loaf into 1 oz slices. |

| | | |
|--------------------------------|--|---------------|
| Serving Size 1 slice | Crediting Information 1 oz eq Grains | Notes: |
|--------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 85 | Vitamin A | 26.8 IU | Iron | 0.85 mg |
| Protein | 2.32 gm | Vitamin C | 2.3 mg | Calcium | 19.68 mg |
| Carbohydrate | 14.57 gm | Fiber | 1.2 gm | Cholesterol | 0 mg |
| Fat | 2.22 gm | % Fat | 23.48% | Sodium | 117 mg |
| Saturated Fat | 0.36 gm | % Saturated Fat | 3.77% | | |

Whole Wheat French Garlic Bread, 51%

Grains
HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 163
Food for 50, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|-----------|------------|-------------------|--|
| | Weight | Measure | Weight | Measure | |
| Flour, white whole wheat | | 1 ¾ cups | | ½ cup | <ol style="list-style-type: none"> 1. Place flours, sugar, salt, and yeast in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed. 3. Add oil and blend for approximately 2 minutes on low speed. 4. Slowly add water to the dry ingredients and mix for 1 minute on low speed or until all water is mixed with the dry ingredients. If dough is too stiff to mix well, add a small amount of extra water. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes). 6. Shape into a smooth loaf by rolling dough using rolling pin. Roll, jelly roll style, into tight loaf. Place lengthwise on pan which has been lined with parchment paper or sprayed with pan release spray and sprinkled with cornmeal. 7. Proof in a warm area (about 90° F) until double in size, approximately 30-50 minutes. 8. With a sharp knife, make 5 or 6 diagonal slits ¼" deep across the top of each loaf. |
| Flour, all-purpose, enriched | | 1 ½ cups | | ⅓ cup | |
| Sugar, granulated | | 2 ¼ tsp | | ¾ tsp | |
| Salt | | 1 ½ tsp | | ½ tsp | |
| Yeast, instant, dry | | 1 ¾ tsp | | ¾ tsp | |
| Vegetable Oil | | 1 Tbsp | | 1 tsp | |
| Water (calculate proper water temperature by subtracting the temperature of the dry ingredients from 145° F) | | 1 ¼ cup | | ¼ cup + 1 Tbsp | |
| Cornmeal | | 1 Tbsp | | 1 tsp | |
| Pan Release Spray | | As Needed | | As Needed | |
| *Optional Egg Wash | | | | | |
| Egg | | 1 large | | 1 large | |
| Water OR Milk | | 1Tbsp | | 1 Tbsp | |

Continue on next page...

Whole Wheat French Garlic Bread, 51%

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-------------|-------------|---------|------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | <p>9. Bake until lightly browned: *Conventional oven: 400° F for 18-20 minutes. *Convection oven: 375° F for 15-20 minutes. Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked bread is 196-198° F.</p> <p>10. Lightly spray loaves with pan release spray when baking is completed to improve the appearance. Let cool.</p> <p>11. Trim off the crust on the ends of each loaf.</p> <p>12. Cut loaf into 1 oz slices.</p> <p>13. Lightly spray leach slice with garlic-flavored spray. Hold and serve warm.</p> <p>Optional: For a shiny crust, brush loaves before baking with an egg wash made from one slightly beaten egg and one tablespoon water or milk.</p> |

| | | |
|--------------------------------|--|---------------|
| Serving Size 1 slice | Crediting Information 1 oz eq Grains | Notes: |
|--------------------------------|--|---------------|

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 64 | Vitamin A | 0 IU | Iron | 0.86 mg |
| Protein | 1.97 gm | Vitamin C | 0.9 mg | Calcium | 5.93 mg |
| Carbohydrate | 12.94 gm | Fiber | 1.23 gm | Cholesterol | 0 mg |
| Fat | 0.75 gm | % Fat | 10.58% | Sodium | 136 mg |
| Saturated Fat | 0.12 gm | % Saturated Fat | 1.73% | | |

Whole Wheat Rolls, Breadsticks, and Buns, 51%

Grains
HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 877
 USDA B-16, modified

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|--|-------------|---|------------|--|--|
| | Weight | Measure | Weight | Measure | |
| Flour, white whole wheat | | 1 ¾ cups | | ¼ cup + 3 Tbsp | 1. Place flour, dry milk, sugar, yeast, and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed. 3. Add oil and blend for approximately 2 minutes on low speed. 4. Add first amount of water to the dry ingredients. If dough appears too stiff, add water. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes). 6. Form rolls from dough by pinching off 1 oz pieces and shaping. Place rolls in rows of 4 across and 3 down on baking sheets which have been lined with parchment paper or sprayed with nonstick spray. (See variations below for shaping breadsticks and hamburger buns.) 7. Proof in a warm area until double in size (45-60 minutes). 8. Bake until lightly browned: *Conventional oven: 400° F for 18-20 minutes. *Convection oven: 350° F for 12-14 minutes. |
| Flour, all-purpose, enriched | | 1 ½ cups | | ¼ cup + 2 Tbsp | |
| Dry Milk, instant, nonfat | | ¼ cup + 3 Tbsp | | 1 Tbsp + 2 tsp | |
| Sugar, granulated | | 3 Tbsp + 1 tsp | | 2 ½ tsp | |
| Yeast, instant, dry | | 1 Tbsp | | ¾ tsp | |
| Salt | | 1 ⅛ tsp | | ¼ tsp | |
| Vegetable Oil | | 3 ½ Tbsp | | 2 ½ tsp | |
| Water (calculate proper water temperature by subtracting the temperature of the dry ingredients from 145° F) | | 1 cup (+ up to 2 Tbsp if dough is stiff) | | ¼ cup (+ up to 1 ½ tsp if dough is stiff) | |
| Pan Release Spray | | As Needed | | As Needed | |

Continue on next page...

Whole Wheat Rolls, Breadsticks, and Buns, 51%

| Ingredients | 25 Servings | | 6 Servings | | Directions |
|-------------------------------|-------------|--|------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked bread is 196-198° F. 9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven. |
| Serving Size 1 roll | | Crediting Information 1 oz eq Grains | | | Notes: |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 85 | Vitamin A | 26.8 IU | Iron | 0.85 mg |
| Protein | 2.32 gm | Vitamin C | 2.3 mg | Calcium | 19.68 mg |
| Carbohydrate | 14.57 gm | Fiber | 1.2 gm | Cholesterol | 0 mg |
| Fat | 2.22 gm | % Fat | 23.48% | Sodium | 117 mg |
| Saturated Fat | 0.36 gm | % Saturated Fat | 3.77% | | |

Breadstick Variation

1. Follow steps 1-5 for Whole Wheat Rolls.
2. At step 6, pinch 1-ounce dough balls stretching to make "sticks". Place in rows on baking sheets lined with parchment paper.
3. Brush with margarine or butter and sprinkle lightly with garlic powder for a Garlic Breadstick.
4. Continue with remaining steps.

Hamburger Bun Variation

1. Follow steps 1-5 above.
2. At step 6, form 1 oz dough balls.
3. Flatten with a rolling pin, or with hands, or place on baking sheets, cover with a tray liner and flatten buns with a second baking sheet.
4. Continue with remaining steps.

Note: Dough made with whole wheat flour will absorb more water and requires increased rising/proofing time. Mixing time is less because the bran from the whole grain cuts through developing gluten strands with increased mixing resulting in a product with low volume. Even an additional one minute mixing time with whole grains can make a difference in quality. Figuring water temperature so that the final dough temperature is approximately 80° F is essential for quality bread products.