

# NATIONAL SCHOOL LUNCH WEEK 2022 RECIPE BOOK

## GET YOUR DAY IN GEAR WITH A HEALTHY SCHOOL LUNCH

Join other districts around the state by participating in the theme days. Best practice is offering multiple entrees choices for the students. Use suggested menu as is for K-8 or 9-12 or add another entrée from TDA suggested recipes or local student favorites. \*Serve with a variety of milk each day!



### MONDAY • PASTA

Begin National School Lunch Week celebrations with these hearty pastas:

- Baked Cheesy Spaghetti Marinara
- Italian Pasta Salad
- Chicken Spinach Alfredo Bake



### TUESDAY • ENCHILADAS

Serve one of these vegetable packed enchilada recipes in addition to your classic cheese or beef enchiladas:

- Chicken Enchiladas
- Cheesy Vegetable Enchiladas



### WEDNESDAY • CHILI & CORNBREAD

As October weather cools, serve one of these warm chilis paired with classic cornbread:

- Chili con Carne without Beans
- Pork Green Chili
- Protein Packed Two Bean Chili



### THURSDAY • RICE DISH

Inspire your students with these rice dishes with international inspired flavors:

- Paella
- Korean Meatball Rice Bowl
- Fiesta Rice and Beans Bowl



### FRIDAY • FLATBREAD

Finish National School Lunch Week with a new flatbread recipe soon to be a student favorite:

- Veggie and Cheese Flatbread
- Spicy Sriracha Tuna Flatbread
- Spy Thai Beef Flatbread



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Food and Nutrition Division  
National School Lunch Week



www.SquareMeals.org  
Updated 10/01/2022



## Baked Cheesy Spaghetti Marinara

### Ingredients

Spaghetti noodles, dry, WGR	4 lbs plus 11 oz
Olive oil	$\frac{3}{4}$ cup plus 3 Tbsp
Butter, unsalted	$\frac{3}{4}$ cup plus 3 Tbsp
Parmesan cheese	2 $\frac{1}{2}$ cups
Eggs, well beaten	25 each
Cottage cheese, low-fat	12 $\frac{1}{2}$ cups
Mozzarella cheese, shredded	1 lb plus 9 oz
Spaghetti sauce, meatless	2 gal plus 5 $\frac{1}{2}$ cup

### Directions

1. In a saucepan, cook pasta al dente as directed on the package. Pasta will continue to cook in the oven and on the steam table.
2. In a saucepan over medium heat, heat the pre-made spaghetti sauce, stirring occasionally.
3. Drain spaghetti and add: olive oil, butter, parmesan cheese and eggs. Mix well.
4. Spray desired pan (9 x 13 to 2 - 2" full hotel pans) with vegetable spray.
5. Line pan with spaghetti mixture.
6. Spread cottage cheese over spaghetti mixture.
7. Gently spread spaghetti sauce over cottage cheese mixture.
8. Bake at 350°F for 20-30 minutes.
9. Sprinkle with mozzarella cheese and bake for an additional 5 minutes.
10. Serve immediately.

RECIPE GROUP: *Entrée*

**Portion Yield** 50 servings

**Portion Size** 1 cup

**HACCP Process** 2 – Same Day Service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 2 oz eq

**Grain** 1.5 oz eq

**Fruit** N/A

**Vegetable**  $\frac{1}{4}$  cup\*

**Milk** N/A



Source: *Washington State  
Schools "Scratch Cooking"  
Recipe Book*



\*Vegetable crediting:  
 $\frac{1}{4}$  cup Red/Orange Vegetable  
 $\frac{1}{4}$  cup Other Vegetable



## Italian Pasta Salad

### Ingredients

Elbow macaroni, dry, WGR	2 lbs plus 20 oz
Turkey breast, diced, thawed	4 lbs plus 12 oz
Pepperoni, turkey, diced, thawed	4 lbs plus 12 oz
Bell pepper, green, diced	2 lbs plus 2 oz
Cucumbers, diced	2 lbs plus 3 oz
Cherry tomatoes, whole	4 lbs plus 12 oz
Parmesan cheese, grated	1 cup
Italian salad dressing	1 qt

### Directions

1. Cook macaroni in boiling water until al dente, about 8-9 minutes. Drain and rinse with cool water.
2. In a large bowl, toss turkey, pepperoni, bell peppers, cucumbers, tomatoes, cheese and dressing with macaroni.
3. Chill and hold below 41°F until serving.

RECIPE GROUP: *Entrée*

**Portion Yield** 50 servings

**Portion Size** 1 ½ cups

**HACCP Process** 2 – Same Day Service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 2 oz eq

**Grain** 1 oz eq

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: Jennie-O K12 Recipes



\*Vegetable crediting:  
½ cup Other Vegetable





## Chicken Spinach Alfredo Bake

### Ingredients

Chicken, diced, frozen	2 lbs plus 4 oz
Spinach, chopped, frozen	12 oz
Alfredo sauce, prepared, frozen	1 qt plus 1 cup
Water	1 qt plus 1 cup
Cottage cheese, low-fat	3 cups
Garlic, granulated	½ tsp
Black pepper	¼ tsp
Pasta, rotini, dry, WGR	1 lb plus 8 oz
Cheese, mozzarella, shredded	12 oz
Parsley, dried, flakes	2 tsp

### Directions

1. Thaw diced chicken, spinach, and alfredo sauce in the refrigerator overnight.
2. Spray 2-in steam table pan with pan release.
3. Prepare sauce by whisking together alfredo sauce and water in a large bowl.
4. Add the diced chicken, spinach, cottage cheese, garlic, and black pepper. Stir together to combine.
5. Add uncooked rotini noodles to chicken mixture and stir to combine.
6. Pour mixture into prepared pan.
7. Top with shredded mozzarella cheese.
8. Cover pan with aluminum foil – be sure to spray the underside of the foil with pan release to prevent sticking to cheese.
9. Bake covered at 350°F for 50 to 60 minutes.
10. Just prior to serving, sprinkle dried parsley on top.
11. Cover and hold for service.
12. Serve using a no. 6 disher.

RECIPE GROUP: *Entrée*

**Portion Yield** 24 servings

**Portion Size** ⅔ cup

**HACCP Process** 2 – Same Day Service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 2 oz eq

**Grain** 1 oz eq

**Fruit** N/A

**Vegetable** N/A

**Milk** N/A



Source: *Culinary Nutrition Associates*



## Whole Grain-Rich Garlic Knots

### Ingredients

Salt, table	4 tsp
Granulated sugar	1 cup
Active dry yeast	¼ cup
Water	4 cups
Whole wheat flour	2 lbs
All-Purpose flour	2 lbs
Margarine	½ cup
Garlic powder	2 Tbsp
Garlic, raw, minced	2 Tbsp

### Directions

1. Place salt, sugar, yeast and warm water (110° F) in mixing bowl. Let sit for 5 minutes.
2. Place half of the flour on top of the water and turn on the mixer.
3. Gradually add remaining flour until dough pulls away from the edges of the bottom of the bowl. Mix for 6 minutes.
4. Remove dough from mixing bowl onto a lightly floured surface. Cut into 2-inch pieces.
5. Roll into sticks about 5 inches long and tie into a knot.
6. Place knots on a lined sheet pan. Make sure knots do not touch and have space in between to double in size. Proof for 30–40 minutes.
7. Melt margarine and combine with garlic powder and minced garlic. Stir until combined.
8. Lightly brush each knot with garlic margarine mixture.
9. Bake for 15-20 minutes or until golden brown.
  - Convection oven: 350°F
  - Conventional oven: 375°F

RECIPE GROUP: *Grain*

<b>Portion Yield</b>	48 rolls
<b>Portion Size</b>	1 each
<b>HACCP Process</b>	2 – Same Day Service

### MEAL PATTERN COMPONENTS

<b>Meat/Alt</b>	N/A
<b>Grain</b>	2.25 oz eq
<b>Fruit</b>	N/A
<b>Vegetable</b>	N/A
<b>Milk</b>	N/A



Source: *TDA Cooking for the Seasons*



## Kale Cranberry Salad

### Ingredients

Kale, raw, washed	2 ¼ lbs
Olive oil	½ cup
Cider vinegar	½ cup
Orange juice	1 cup
Soy sauce, low-sodium	½ cup
Black pepper, ground	½ tsp
Ginger, peeled, minced	2 tsp
Pumpkin or sunflower seeds	½ cup
Cranberries, dried	1 cup

### Directions

1. Remove and discard kale stems which runs through the middle of each leaf.
2. Chop kale into bite size pieces and place into a large mixing bowl.
3. Combine olive oil, cider vinegar, orange juice, soy sauce, black pepper, and minced ginger in a bowl. Whisk to combine.
4. Pour dressing over kale. Toss the kale and dressing to combine, massaging the dressing into the leaves to slightly soften.
5. Just before serving, add pumpkin or sunflower seeds and dried cranberries.

RECIPE GROUP: *Vegetable*

**Portion Yield** 25 servings

**Portion Size** 1 cup

**HACCP Process** 2 – Same Day Service

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: *TDA's Cooking for the Seasons*



\*Vegetable crediting:  
½ cup Dark Green Vegetable





## Roasted Cauliflower

### Ingredients

Cauliflower, raw, cut	8 lbs
Olive oil	4 Tbsp
Italian seasoning	1 Tbsp
Garlic powder	2 Tbsp
Salt	2 tsp

### Directions

- Preheat oven:
  - Convection oven: 400° F
  - Conventional oven: 425°F
- Wash and dry cauliflower thoroughly.
- Cut cauliflower into bite size pieces.
- Toss cauliflower with olive oil and seasonings until thoroughly coated.
- Place cauliflower on a lined baking sheet, do not overlap.
- Toast cauliflower for 20-30 minutes or until browned around the edges. Toss every 5-10 minutes during cooking to prevent burning.

RECIPE GROUP: *Vegetable*

**Portion Yield** 25 servings

**Portion Size** ½ cup

**HACCP Process** 2 – Same Day Service

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: *TDA's Cooking for the Seasons*



\*Vegetable crediting:  
½ cup Other Vegetable



## Texas Orange Slices

### Ingredients

Oranges, fresh, 136 count, 14 pounds plus 5 ounces  
Texas, whole

### Directions

1. Slice oranges into quarter sections.
2. Portion 4 pieces in single container cups for quick service .

RECIPE GROUP: *Fruit*

**Portion Yield** 50 servings

**Portion Size** 4 pieces

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

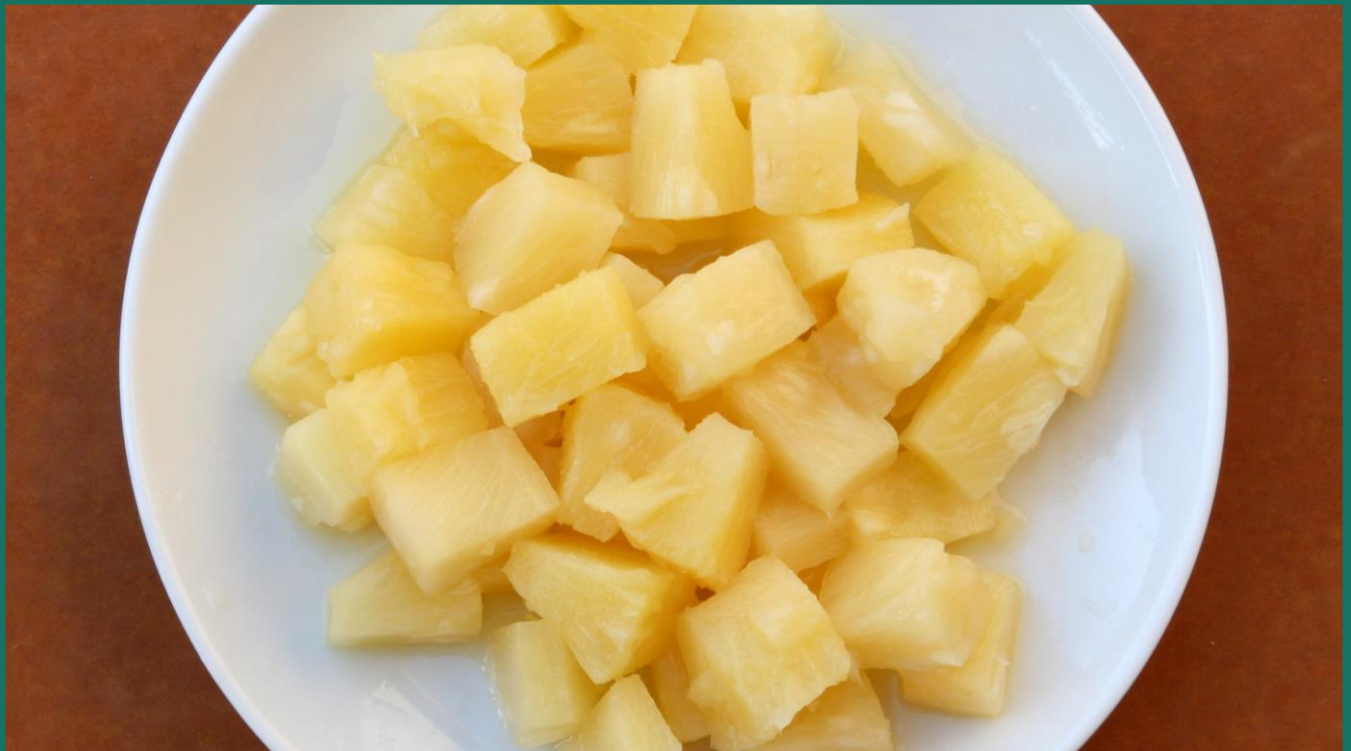
**Vegetable** N/A

**Milk** N/A



Source: *Food Buying Guide*





## Pineapple Tidbits

### Ingredients

Pineapple, canned, tidbits,  
packed in juice or light syrup

Three #10 cans

### Directions

1. Drain liquid from cans.
2. Portion ½ cup servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

<b>Portion Yield</b>	50 servings
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<b>Portion Size</b>	½ cup
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<b>HACCP Process</b>	1 – No cook
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### MEAL PATTERN COMPONENTS

<b>Meat/Alt</b>	N/A
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<b>Grain</b>	N/A
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<b>Fruit</b>	½ cup
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<b>Vegetable</b>	N/A
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<b>Milk</b>	N/A
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Source: *Food Buying Guide*



## Chicken Enchiladas

### Ingredients

Chicken strips, unbreaded	13 lbs plus 8 ⅓ oz
Cheese, cheddar, shredded	8 lbs plus 5 ⅓ oz
Beans, black, canned	4 lbs plus 2 ⅓ oz
Cumin	2 Tbsp plus ⅓ tsp
Tortilla, whole-grain rich+	200 each
Onion, yellow, fresh, diced	3 lbs plus 2 oz
Garlic, peeled, minced	5 ⅓ grams
Cilantro, chopped	1 ⅓ bunch
Vegetable oil	6 Tbsp plus ½ tsp
Salt	2 oz plus 6 ½ gram
Pepper, ground	10 ⅓ gram
Cumin	6 Tbsp plus 2 tsp
Paprika	2 oz plus 6 ¼ gram
Chili powder	2 oz plus 6 ½ gram
Oregano, dried	4 ¾ gram
Tomatoes, diced, canned	14 lbs plus 1 ⅓ oz
Water	1 gal plus 1 ¾ cup
Corn starch	5 lbs plus 10 ⅓ oz
Crushed red pepper	10 ½ gram

### Directions

1. Preheat oven to 350°F .
2. Whisk the cornstarch with enough water to form a slurry the consistency of thin gravy.
3. Sautee onions and garlic together.
4. Add cilantro, vegetable oil, salt, black pepper, cumin, paprika, chili powder, oregano, tomatoes, and crushed red pepper and bring to a simmer.
5. Burr mix and add slurry.
6. Set sauce aside for later use.
7. Mix chicken, cheese, beans and spice in Hobart with paddle.
8. Scoop 2 oz of filling into each tortilla.
9. Roll tortilla around filing.
10. Spread 16 oz sauce on bottom of hotel pan.
11. Place 24 enchiladas in a pan. Cover with 24 oz of sauce.
12. Cover with parchment and foil.
13. Cook for 20 minutes at 350°F.
14. Uncover and top with cheese and cook for another 10-15 minutes or until internal temperature is 165°F.
15. Serve 2 enchiladas.

RECIPE GROUP: *Entrée*

**Portion Yield** 100 servings

**Portion Size** 2 each

**HACCP Process** 2 – Same Day Service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 3 oz eq

**Grain** 2 oz eq+

**Fruit** N/A

**Vegetable** N/A

**Milk** N/A

+Grain oz eq may vary based on product used



Source: *The Lunch Box, Chef Ann Foundation*



## Cheesy Vegetable Enchiladas

### Ingredients

Tortillas, whole-grain rich+	200 each
Sweet potato, whole, raw	39 lbs plus 9 ½ oz
Peppers, poblano, whole, raw	19 lbs plus 4 ¼ oz
Cheese, cheddar, shredded	16 lbs plus 10 ¾ oz
Salt	2 Tbsp plus 1 tsp
Black beans, canned, low-sodium	14 lbs plus 9 ½ oz
Enchilada sauce	20 lbs plus 13 ½ oz

### Directions

1. Preheat oven to 350°F.
2. Dice sweet potatoes and steam.
3. Roast, peel, de-seed and chop poblanos.
4. Drain and rinse canned black beans.
5. Mix sweet potatoes, peppers, and black beans together.
6. Scoop 2 oz of the mixture into each tortilla.
7. Place 16 oz sauce in bottom of hotel pan.
8. Roll tortillas around filling and place 24 (3 rows of 8) into each pan.
9. Top with 24 oz of sauce.
10. Cover with parchment and foil.
11. Bake at 350°F for 20 minutes.
12. Uncover and top with cheese, cook another 10 – 15 minute or until cheese is melted.
13. Serve 2 enchiladas.

RECIPE GROUP: *Entrée*

**Portion Yield** 100 servings

**Portion Size** 2 each

**HACCP Process** 2 – Same Day Service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 2.5 oz eq

**Grain** 2 oz eq+

**Fruit** N/A

**Vegetable** ⅝ cup

**Milk** N/A

+Grain oz eq may vary based on product used



Source: *The Lunch Box, Chef Ann Foundation*



\*Vegetable crediting:  
½ cup Red Orange Vegetable  
⅙ cup Bean Pea Vegetable





## Spicy Black Beans

### Ingredients

Vegetable oil	¼ cup
Yellow or white onion, chopped	1 quart
Garlic, minced	½ cup
Black beans, low-sodium	2 #10 cans
Tomatoes, low-sodium, diced, canned	2 #2 ½ (28 ounce) cans
Jalapeno peppers, minced	½ cup
Cumin, ground	1 tablespoon

### Directions

1. Heat oil in a large sauté pan over medium heat until shimmering. Add onions and garlic. Cook, stirring often, until soft and fragrant. Do not brown.
2. When opening canned beans and tomatoes, do not drain.
3. Add black beans, tomatoes, jalapeno peppers and cumin.
4. Simmer over medium heat until heated through and flavors combine, 30-45 minutes over medium heat.

RECIPE GROUP: *Vegetable*

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: *TDA Cooking for the Seasons*



\*Vegetable crediting:  
½ cup Bean Peas Vegetable



## Street Corn

### Ingredients

Corn, frozen, whole kernel	10 lbs
Vegetable oil	½ cup
Mayonnaise, low-fat	1 ¼ cup
Jalapeno pepper, minced	½ cup
Chili powder	1 Tbsp
Granulated garlic	1 Tbsp
Lime juice	½ cup
Cotija or feta cheese	10 oz
Cilantro, chopped	1 ¼ cup

### Directions

1. Thaw and drain corn.
2. If using oven, preheat oven: convection oven: 350°F or conventional oven: 375°F. If using tilt skillet, preheat to medium-high.
3. In a large bowl, add corn and oil. Toss to coat.
4. If using the oven, spread corn evenly on a sheet pan, do not overcrowd.
5. Roast corn in oven until lightly golden brown, approximately 10 – 15 minutes depending on the equipment.
6. If using a tilt skillet, add oil-coated corn and stir until the corn begins to turn light golden brown.
7. While corn is cooking, add mayonnaise, jalapenos, chili powder, garlic, and lime juice in a bowl and mix. Combine mayonnaise mixture and cooked corn.
8. Garnish with cheese and chopped cilantro.

RECIPE GROUP: **Vegetable**

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: *TDA Cooking for the Seasons*



\*Vegetable crediting:  
½ cup Starchy Vegetable



## Cubed Cantaloupe

### Ingredients

Cantaloupe, fresh, whole, 17 pounds plus 8 ounces  
18 count (5-inch diameter, about 30 ounces)

### Directions

1. Rinse cantaloupes before cutting.
2. Cut cantaloupe into bite sized cubes.
3. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Fruit*

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



Source: *Food Buying Guide*





## Fresh Honeydew

### Ingredients

Honeydew melon, fresh, whole      20 pounds plus 8 ounces

### Directions

1. Rinse honeydew melons before cutting.
2. Cut honeydew into bite sized cubes.
3. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

**Portion Yield**      50 servings

**Portion Size**      ½ cup

**HACCP Process**      1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt**      N/A

**Grain**      N/A

**Fruit**      ½ cup

**Vegetable**      N/A

**Milk**      N/A



Source: *Food Buying Guide*



## Fresh Cauliflower Florets

### Ingredients

Cauliflower, fresh, florets, 5 pounds plus 8 ounces  
Ready-to-use

### Directions

1. Wash fresh cauliflower & cut to bite sized pieces if too large.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Vegetable*

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** NA

**Vegetable** ½ cup\*

**Milk** N/A



Source: *Food Buying Guide*



\*Vegetable crediting:  
½ cup Other Vegetable



## Classic Chili

### Ingredients

Beef, ground, 80/20	17 lbs plus 8 oz
Onions, diced, frozen	3 cups
Peppers, green, diced	1 qt plus ½ cup
Cumin, ground	1 Tbsp
Southwest blend seasoning, no sodium	1 cup
Chili powder	½ cup
Sauce, tomato, canned, low-sodium	2 qts plus 1 ¾ cup
Water	2 qts plus 2 cups
Tomatoes, crushed, canned	2 qts plus 1 ¾ cups

### Directions

1. Brown the ground meat in a saucepan and then drain the excess fat. After draining the ground beef, continue cooking it.
2. Add the onions and bell peppers and sauté until tender about 15-20 minutes.
3. Mix in the cumin, southwest spice blend, and chili powder and continue to cook for 5 minutes.
4. Stir in the tomato sauce, water and crushed tomatoes then bring to a boil.
5. Reduce heat to a simmer and cover the mixture.
6. Simmer slowly, stirring occasionally, for 30-40 minutes, until the mixture is thickened, and the desired temperature is reached.
7. Transfer chili to steamtable pans. Serve it immediately or cover and place in a warmer until ready for service. If aluminum foil is used as a cover, make holes in aluminum foil to allow steam to escape.
8. Portion ½ cup of chili using 4 oz ladle per serving.

RECIPE GROUP: *Meat/Alt*

**Portion Yield** 100 servings

**Portion Size** ½ cup

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 2.5 oz eq

**Grain** N/A

**Fruit** N/A

**Vegetable** ¼ cup\*

**Milk** N/A



Source: *Mississippi Recipes for Success*



\*Vegetable crediting:  
¼ cup Red/Orange Vegetable  
¼ Other Vegetable





## Pork Green Chili

### Ingredients

Pork legs, frozen 40 lb	26 lbs plus 3 oz
Peppers, chili, diced, canned	4 lbs plus 12 ¼ oz
Water	1 qt plus 6 ⅞ oz
Salt	5 Tbsp plus 1 ¼ tsp
Cumin, ground	5 Tbsp plus ⅓ tsp
Tomatillos, canned	4 lbs plus 12 ¼ oz
Black beans, canned, low sodium	4 lbs plus 12 ¼ oz
Tomatoes, diced, canned	4 lbs plus 12 ¼ oz

### Directions

1. Trim pork and place to deep hotel pan. Add salt, cumin, chili powder, and water. Add tomatoes, green chilies, and tomatillos. Cover and steam for 4 hours or until pork is shreddable. Reserve all liquids and ingredients.
2. Shred pork and place 5 lbs of shredded pork and 2 lbs of reserved liquid/tomatillo mixture into hotel pans. Add drained black beans into pans.
3. Serving: Reheat at 350°F for about 30 minutes until 165°F. Serving equals ¾ cup by volume.

RECIPE GROUP: *Meat/Alt*

**Portion Yield** 100 servings

**Portion Size** ¾ cup

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 2.5 oz eq

**Grain** N/A

**Fruit** N/A

**Vegetable** N/A

**Milk** N/A



Source: *The Lunch Box*, Chef Ann Foundation



## Protein-Packed Two-Bean Chili

### Ingredients

Tomatoes, diced, canned	1 ½ no. 10 cans
Tomato paste	½ no. 10 can
Beans, kidney, canned, drained	2 no. 10 cans
Beans, black, canned, drained	1 no. 10 can
Onions, fresh, chopped	1 lb
Peppers, green, fresh, diced	8 oz
Carrots, shredded	1 lb
Corn, thawed	8 oz
Salt	2 Tbsp
Chili powder	½ cup
Garlic, granulated	1 ½ tsp
Cumin	½ tsp
Water	2 cups

### Directions

1. Sauté onions and peppers in a small amount of water until soft and translucent approximately 5-7 minutes.
2. Add tomatoes and tomato paste to onions and peppers. Let mixture simmer until it is heated.
3. Add drained beans, shredded carrots, corn, spices and water. Simmer 1 to 1 ½ hours.
4. Use 8 oz ladle or spoodle, serve 8 oz of chili with preferred grain item.

RECIPE GROUP: *Meat/Alt*

**Portion Yield** 50 servings

**Portion Size** 1 cup

**HACCP Process** 2 – Same day service

#### MEAL PATTERN COMPONENTS

**Meat/Alt** 2 oz eq

**Grain** N/A

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: *Food Forward*



\*Vegetable crediting:  
½ cup Red/Orange Vegetable  
Beans count toward MMA





## Classic Cornbread

### Ingredients

Flour, whole wheat	3 cups
Cornmeal, white, whole-grain	2 ½ cups
Sugar	1 cup
Baking powder	¼ cups
Salt	1 ½ tsp
Milk, non-fat	3 ½ cups
Canola oil	½ cups
Optional:	
Bell peppers red, green, fresh, diced	1 ½ cups
Corn, canned, low-sodium, drained, rinsed	1 ½ cups

### Directions

1. Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
2. Combine eggs, milk, and oil in a large bowl. Stir well.
3. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. Add optional bell peppers and corn. Do not over mix. For 50 servings, mix 2-3 minutes on medium speed.
4. Pour batter on a sheet pan lightly coated with pan-release spray. For 50 servings pour 4 lbs plus 8 oz (1 qt plus 3 ½ cups) on 1 half sheet pan.
5. Bake until lightly browned.
  - Conventional oven: 400°F for 30-35 minutes
  - Convection oven 350°F for 20-25 minutes.
6. Remove from oven. Cool for 10 minutes.
7. Portion for 50 servings, cut each pan 5 x 10 (50 pieces per pan).

RECIPE GROUP: *Grains*

<b>Portion Yield</b>	50 servings
<b>Portion Size</b>	1 piece (about 2" x 2 ½")
<b>HACCP Process</b>	2 – Same day service

### MEAL PATTERN COMPONENTS

<b>Meat/Alt</b>	N/A
<b>Grain</b>	1 oz eq
<b>Fruit</b>	N/A
<b>Vegetable</b>	N/A
<b>Milk</b>	N/A



Source: *USDA Foods*





## Jalapeno Cheddar Cornbread

### Ingredients

Cornmeal, yellow, whole-grain	3 lbs plus 7 oz
Flour, whole wheat	10 oz
Sugar	1 ¼ cups
Baking powder	¾ cups plus 1 tsp
Salt	3 tsp
Butter, unsalted, melted	1 lb
Egg, frozen, whole	2 ¾ cups
Milk, 1% low-fat	1 qt
Black-eyed peas, canned, low-sodium, drained	1 no. 10 can
a	1 lb plus 4 oz
Jalapenos, raw, diced	½ cup

### Directions

- Preheat oven:
  - Conventional oven: 400°F
  - Convection oven: 375°F
- Spray a 2" full sized steamtable pan with pan release spray.
- Combine dry ingredients in a mixing bowl: cornmeal, flour, baking powder, and salt.
- In a separate bowl, whisk the melted butter, eggs, and milk.
- Gently stir the black-eyed peas, cheese, and jalapenos into the liquid mixture.
- Add the liquid mixture to the dry mixture, and gently mix just until combined. Do not overmix or the cornbread will be tough.
- Pour the mixture into a prepared pan. Each full size 2" pan should have 7.5 lbs of mixture.
- Bake for approximately 20-25 minutes until golden brown. Allow to sit for at least 15 minutes before cutting into 28 squares per pan, 4x7.

RECIPE GROUP: *Grains*

**Portion Yield** 56 servings

**Portion Size** 1 piece

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 1.25 oz eq

**Grain** 2 oz eq

**Fruit** N/A

**Vegetable** N/A

**Milk** N/A



Source: TDA's Underutilized  
USDA Foods Recipe Book



\*Vegetable crediting:  
½ cup Red/Orange Vegetable  
Beans count toward MIMA



## Glazed Carrots

### Ingredients

Carrots, baby	10 lbs
Olive oil	2 Tbsp
Garlic powder	1 Tbsp
Soy sauce, low-sodium	½ cup
Brown sugar, packed	2 Tbsp
Sesame oil	1 tsp
Rice wine vinegar	2Tbsp
Buffalo wing sauce	1 Tbsp
Sesame seeds	1 Tbsp

### Directions

- Preheat oven:
  - Conventional oven: 400°F
  - Convection oven: 375°F
- Line a sheet pan with parchment paper (2 sheet pans for 50 servings).
- Toss carrots with olive oil and garlic powder and place in a single layer between 2 sheet pans.
- Roast carrots in the oven for 20-25 minutes, or until tender.
- While the carrots are roasting, whisk together soy sauce, brown sugar, sesame oil, rice vinegar and hot sauce. Pour over roasted carrots after they are removed from the oven and stir to combine.
- Sprinkle with sesame seeds.
- Place carrots back in the oven and roast for another 10 minutes. Watch carefully so they do not burn.

RECIPE GROUP: **Vegetable**

**Portion Yield** 50

**Portion Size** ½ cup

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** N/A

**Vegetable** ½ cup

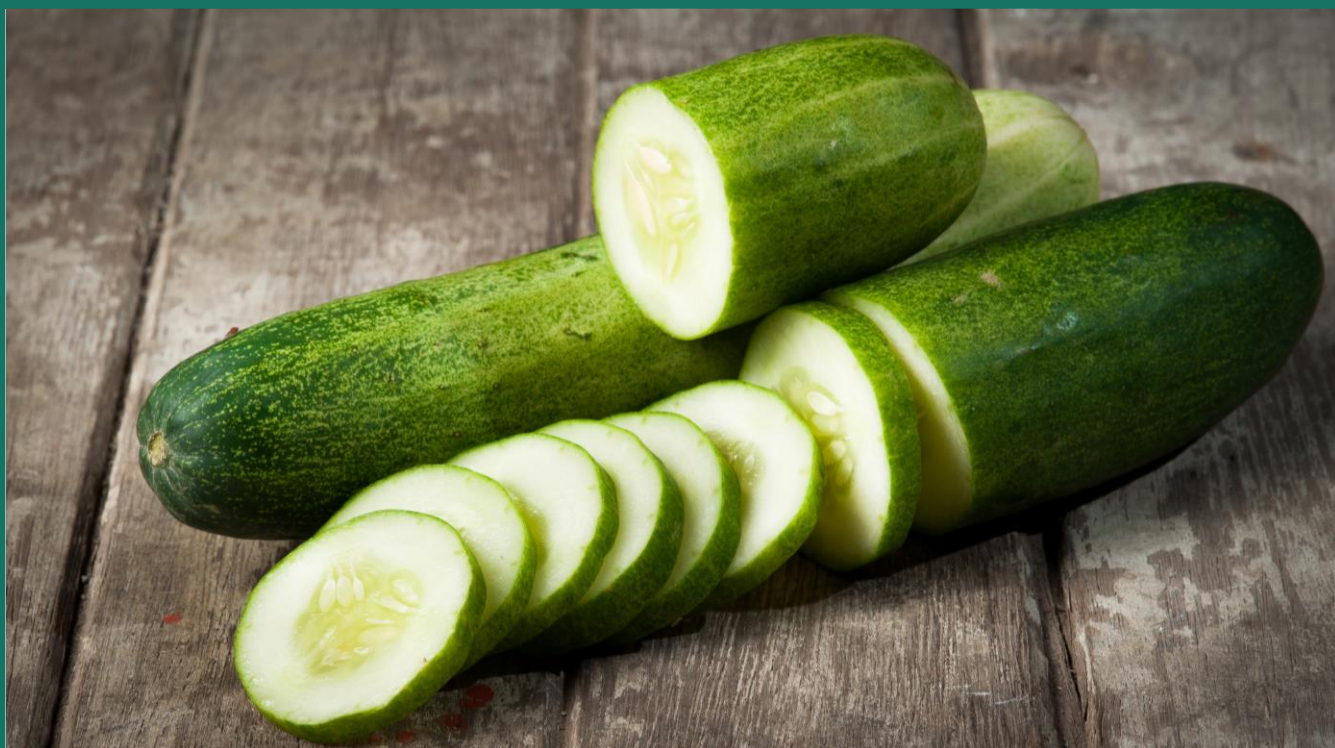
**Milk** N/A



Source: *TDA's Cooking for the Seasons*



\*Vegetable crediting:  
½ cup Red/Orange Vegetable



## Fresh Sliced Cucumbers

### Ingredients

Cucumbers, fresh, whole, 8 lbs plus 4 oz  
unpared

### Directions

1. Wash and slice cucumbers.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: **Vegetable**

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** NA

**Vegetable** ½ cup\*

**Milk** N/A

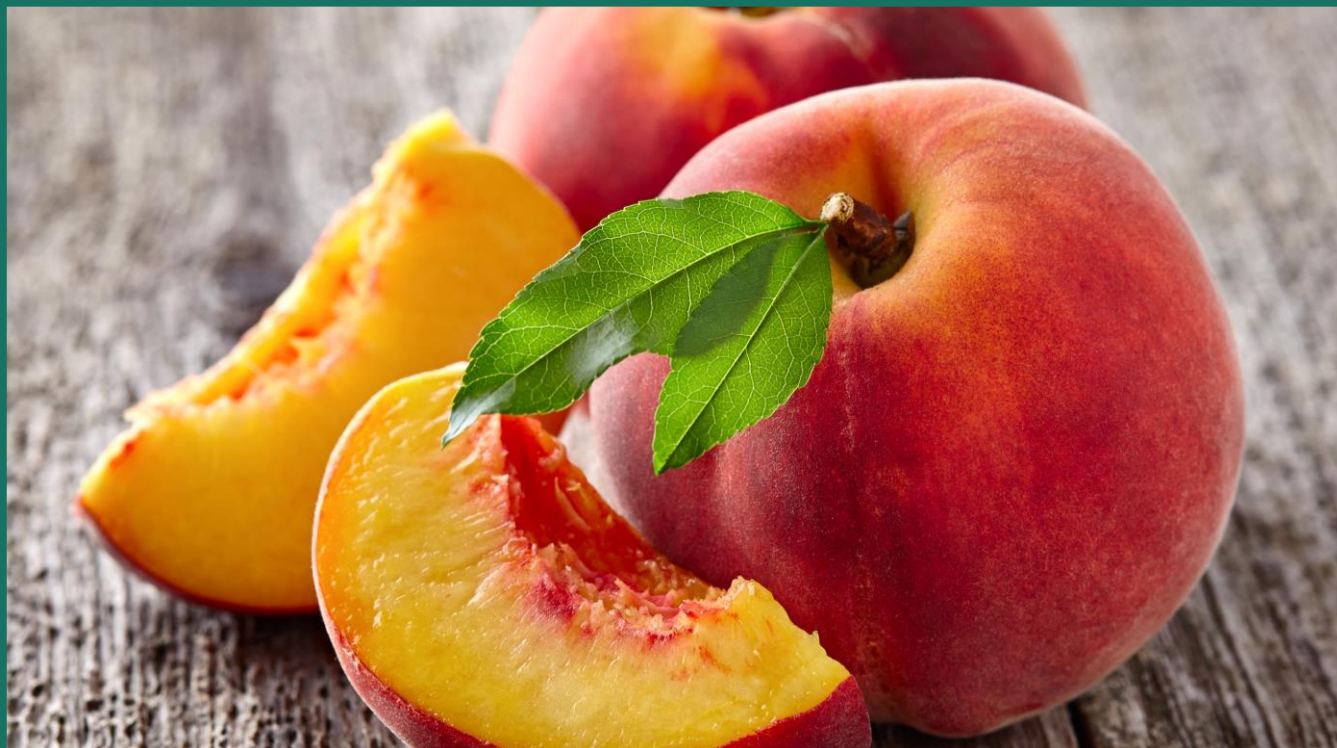


Source: *Food Buying Guide*



\*Vegetable crediting:  
½ cup Other Vegetable





## Sliced Peaches

### Ingredients

Peaches, canned,  
freestone, sliced

Four #10 cans

### Directions

1. Drain liquid from cans.
2. Portion ½ cup servings in single container cups for quick service .

RECIPE GROUP: **Fruit**

**Portion Yield** 54 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



Source: *Food Buying Guide*



## Fresh Grapes

### Ingredients

Grapes, fresh, seedless,  
whole, without stem

8 lbs plus 10 oz

### Directions

1. Wash fresh grapes.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Fruit*

Portion Yield	50 servings
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Portion Size	½ cup
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HACCP Process	1 – No cook
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### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
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Grain	N/A
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Fruit	½ cup
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Vegetable	N/A
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Milk	N/A
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Source: *Food Buying Guide*





## Paella

### Ingredients

Rice, brown, long grain, regular, dry	6 ¼ lbs
Salt	4 tsp
Turmeric, ground	1 tsp
Garlic, granulated	4 Tbsp
Paprika	4 Tbsp
Thyme, dried	2 Tbsp
Chicken broth, low-sodium	7 ½ qt
Vegetable oil	7 ½ qt
Chicken, diced, cooked, frozen	6 ¼ lbs
Peas, green, frozen	5 ¼ lbs
Peppers and onion blend, frozen	6 ½ lbs

### Directions

1. Divide rice evenly into two -2-inch deep, full-size steamtable pans.
2. Combine salt, turmeric, garlic, paprika, and thyme.
3. Divide seasonings evenly into both pans. Stir seasonings into rice.
4. Add 3 ¾ qt of chicken broth and 1 Tbsp of oil to each pan.
5. Add thawed chicken, peas, peppers and onions to each steamtable pan. Thoroughly combine.
6. Preheat oven to 375° F. Cover each steamtable pan and bake for 1 ½ hours until rice has absorbed all liquid. Remove cover and bake for 1 ½ hours, until rice has absorbed all liquid. Remove cover and bake an additional 15 minutes.
7. Remove from oven and let sit 15 minutes.

RECIPE GROUP: *Entrée*

**Portion Yield** 50 servings

**Portion Size** 1 cup

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 2 oz eq

**Grain** 2 oz eq

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: *USA Rice*



\*Vegetable crediting:  
¼ cup Starchy Vegetable  
¼ cup Other Vegetable



# Korean Meatball Rice Bowl

## Ingredients

Rice, brown, long grain, regular, dry	6 ¼ lbs
Water	6 ¼ qt
Sugar, brown, packed	1 cup
Soy sauce, less sodium	1 cup
Vinegar, apple cider	2 Tbsp
Gochujang paste	1 ½ Tbsp
Sesame oil	2 Tbsp
Ginger, ground	1 Tbsp
Cornstarch	3 Tbsp
Water	3 Tbsp
Meatballs, turkey plain or savory+	200 each
Sriracha	2 Tbsp
Vinegar, apple cider	1 cup
Garlic, granulated	2 Tbsp
Ginger, ground	2 Tbsp
Sugar, white granulated	2 Tbsp
Pears, diced or sliced, canned, drained	4 cups
Cabbage, shredded	1 ¼ lbs
Carrots, matchstick	1 lb
Radishes, red, thinly sliced	2 lbs
Cucumbers, thinly sliced	2 lbs
Scallions, cut on bias	3 cups plus 2 Tbsp
Sesame seeds	1 cup plus 2 tsp

## Directions

- Combine rice and water into a 2-inch steamtable pan. Stir to combine. Cover tightly. For 50 servings, use 2 pans.
- Cook rice.
  - Oven method: Cook in a 350°F oven for 45 to 55 minutes
  - Steamer method: Cook in steamer for 30 to 40 minutes.
- Remove from oven or steamer and let stand for 10 to 15 minutes.
- Remove cover; fluff rice with a fork before serving.
- Combine brown sugar, soy sauce, apple cider vinegar, gochujang paste, sesame oil, ginger, and garlic.
- Bring to a boil. Simmer until sauce thickens slightly.
- Make a slurry by mixing cornstarch and water. Stir into sauce and bring to a boil.
- For meatballs: cook according to package instructions.
- Remove from oven and toss with the Korean BBQ sauce: return to oven for 5 minutes. Remove from oven and hold, covered, in warmer until service.
- Mix sriracha, apple cider vinegar, garlic, ginger, sugar, and pears. As you are mixing, break up pears into small pieces. Stir to combine all ingredients.
- Combine the cabbage and shredded carrots in a bowl. Toss the cabbage and carrot mixture with the sauce for a quick
- Cover and place in refrigerator. Let sit for 2 hours or overnight. Use within 7 days.
- To assemble the Korean BBQ Meatball Rice Bowl:
  - Place 1 cup of brown rice in each serving bowl.
  - In one quadrant of the bowl, top with 4 glazed meatballs. Number may vary based on product and MMA needed.
  - In a second quadrant place ¼ cup (#16 scoop) of kimchi.
  - In a third quadrant place ⅓ cup of thinly sliced radishes and ⅓ cup of sliced cucumbers.
  - Garnish with 1 tbsp of thinly sliced scallions and 1 tsp of sesame seeds per bowl.
- Serve immediately.

RECIPE GROUP: *Entrée*

**Portion Yield** 50 servings

**Portion Size** 1 bowl

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 2 oz eq+

**Grain** 2 oz eq

**Fruit** N/A

**Vegetable** ¼ cup\*

**Milk** N/A



Source: Danone North American K12 Resources



\*Vegetable crediting:  
⅓ cup Red Orange Vegetable  
⅓ cup Other Vegetable

+MMA oz eq may vary based on product used



## Fiesta Rice and Beans Bowl

### Ingredients

Rice, brown, long grain, regular, dry	3 lbs plus 2 oz
Water	2 ½ qt
Corn, frozen or canned	¾ gal plus ½ cup
Salsa, canned	1 ¼ no. 10 can
Black beans, canned, drained	4 no. 10 cans
Taco seasoning	1 cup
Corn tortilla chips, bulk	2 teaspoons
Optional garnishes:	
Romaine lettuce, chopped	2 lbs plus 6 oz
Black olives, drained	½ no. 10 can
Jalapenos, sliced, canned	½ no. 10 can
Onion, diced	2 lbs
Cilantro, fresh	Garnish

### Directions

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.
  - Recommended cooking method: steam covered for approximately 15 minutes.
  - Alternate cooking methods:
    - Boil water and pour over ice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
    - Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Combine corn, black beans, salsa, and taco seasoning in tilt skillet or steamer, heating thoroughly, about 10 minutes. Transfer to serving pan and keep warm until service.
3. Portion one #8 scoop (½ cup) of rice in a bowl and top with two #8 scoops (1 cup) of bean mixture. Garnish with optional lettuce, olives, jalapenos and/or diced onions with a punch of cilantro. Serve with ⅔ cup or 28 grams of tortilla chips on the side.

RECIPE GROUP: *Entrée*

**Portion Yield** 50 servings

**Portion Size** 1 bowl

**HACCP Process** 2 – Same day service

#### MEAL PATTERN COMPONENTS

**Meat/Alt** 2 oz eq

**Grain** 2 oz eq

**Fruit** N/A

**Vegetable** ⅔ cup\*

**Milk** N/A



Source: Food Forward



\*Vegetable crediting:  
⅔ cup Red Orange Vegetable  
⅔ cup Starchy Vegetable



## Garlic Parmesan Green Beans

### Ingredients

Green beans, fresh	4 lbs plus 5 oz
Onion, yellow or white, rough chop	1 cup
Parmesan cheese, grated	6 Tbsp
Garlic, minced	1 Tbsp
Salt	1 tsp
Black pepper	½ tsp
Olive oil	3 Tbsp

### Directions

1. Remove the dry ends from the green beans.
2. To par-cook green beans, add boiling water for 2-5 minutes or until bright green. Immediately place in an ice bath to stop cooking. Let dry.
3. Preheat oven:
  - Conventional oven: 400° F
  - Convection oven 375°F
1. Mix together Parmesan cheese, minced garlic, salt, pepper and olive oil in a large bowl.
2. Toss par-cooked green beans and chopped onions in cheese mixture until evenly coated.
3. Spread onto a sheet pan in a single layer and roast in the preheated oven for 10 minutes or until onions are soft and vegetables start to turn brown.

RECIPE GROUP: *Vegetable*

**Portion Yield** 25 servings

**Portion Size** ½ cup

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: *TDA Cooking for the Seasons*



\*Vegetable crediting:  
½ cup Other Vegetable





## Fresh Cherry Tomatoes

### Ingredients

Tomatoes, fresh, cherry,                      8 lbs plus 5 oz  
whole without stem

### Directions

1. Wash cherry tomatoes.
2. Portion in single container cups for quick service.

RECIPE GROUP: *Vegetable*

**Portion Yield**      50 servings

**Portion Size**      ½ cup

**HACCP Process**    1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt**            N/A

**Grain**                N/A

**Fruit**                N/A

**Vegetable**          ½ cup\*

**Milk**                N/A



Source: *Food Buying Guide*



\*Vegetable crediting:  
½ cup Red Orange Vegetable



## Fresh Banana

### Ingredients

Bananas, fresh, 150 count, 7 to 7 1/8 inch, whole 13.9 pounds

### Directions

1. Separate bananas from the bunch for quick service.
2. 1 banana equals 1/2 cup.

RECIPE GROUP: **Fruit**

**Portion Yield** 50 servings

**Portion Size** 1 each

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** 1/2 cup

**Vegetable** N/A

**Milk** N/A



Source: *Food Buying Guide*



## Watermelon Cubes

### Ingredients

Watermelon, fresh, whole, 16 lbs plus 7 oz  
without rind

### Directions

1. Carefully cube watermelon into bite sized pieces.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



Source: *Food Buying Guide*





## Veggie and Cheese Flatbread

### Ingredients

Flatbread, whole-grain rich+	100 each
Zucchini squash	7 lbs plus 9 ½ oz
Red pepper, roasted	6 lbs plus 8 oz
Cheese, mozzarella, shredded	9 lbs plus 6 ½ oz
Cheese, feta	3 lbs plus 5 ¼ oz
Parmesan cheese	2 lbs
Sunflower oil	4 oz
Garlic, roasted	3 oz
Salt	1 Tbsp
Black pepper	1 tsp
Basil, fresh	18 ¾ gram

### Directions

1. Preheat oven to 350°F.
2. In a small metal container, place garlic and oil and roast for 30 minutes until garlic is soft. Reserve the oil for the cheese mixture.
3. Cut zucchini into half moons and mix together with salt, pepper, garlic, and three-quarter of the basil.
4. Mix mozzarella and drained feta together.
5. Mix sunflower oil and Parmesan cheese thoroughly.
6. Brush each flatbread with oil parmesan mixture.
7. Spread each bread with 2 oz of pre-blended cheese (a blend of mozzarella and feta).
8. Top cheese with ½ cup of vegetable mixture. Bake open faced for 20 minutes at 350°F.
9. Garnish with remaining basil.

RECIPE GROUP: *Entrée*

**Portion Yield** 100

**Portion Size** 1 each

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 2.5 oz eq

**Grain** 2 oz eq+

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A

+Grain oz eq may vary based on product used



Source: *The Lunch Box, Chef Ann Foundation*



\*Vegetable crediting:  
½ cup Other Vegetable



## Spicy Sriracha Tuna Flatbread

### Ingredients

Flatbread, whole-grain rich+	20 each
Onion, red raw	2.5 oz
Cilantro, washed	3 Tbsp
Greek yogurt, plain	1 cup
Mayonnaise, low-fat	1 cup
Sriracha	¼ cup
Lemon juice	3 Tbsp
Tuna, in water, low-sodium	43 oz
Mozzarella cheese, shredded	1 lb plus 4 oz

### Directions

1. Preheat oven to 400°F.
2. Line sheet pan with parchment paper and spray with pan release.
3. Dice onions into ¼ in pieces.
4. Cut away thick stems of cilantro bunch, then finely chop. Hold refrigerated until ready to use.
5. Combine Greek yogurt, mayonnaise, Sriracha, and lemon juice in a large bowl. Add undrained tuna and crumble into small pieces. Mix gently until all ingredients are combined.
6. Place flatbreads on pan. Top each flatbread with:
  - 2 oz tuna mixture using a packed no. 16 disher. Spread tuna to cover top of flatbread.
  - 1 oz mozzarella cheese using 2 oz spoodle
  - 1 tsp diced red onion
  - ½ tsp chopped cilantro
6. Bake at 400°F for 7-8 minutes.

RECIPE GROUP: *Entrée*

**Portion Yield** 20 servings

**Portion Size** 1 each

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** 3 oz eq

**Grain** 2 oz eq+

**Fruit** N/A

**Vegetable** N/A

**Milk** N/A

+Grain oz eq may vary based on product used



Source: *Star-Kist Foodservice K12 Recipes*



## Southwest Chickpea Salad

### Ingredients

Garbanzo beans, canned, low-sodium	1 no. 10 can
Tomatoes, fresh, cored, diced	5 lbs plus 9 oz
Fajita pepper and onion blend, IQF	5 lbs plus 8 oz
Corn, whole kernel, frozen	3 lbs plus 13 oz
Olive oil	1 pint
Lime juice, bottle	1 cup
Cumin, ground	1 Tbsp
Oregano leaves, whole	2 Tbsp
Paprika, smoked	2 Tbsp
Garlic powder	1 Tbsp
Salt	2 Tbsp
Cilantro, fresh	1 qt

### Directions

1. Thaw pepper and onion mixture and corn in advance. Drain and discard any liquid. Best practice, chill canned chickpeas overnight.
2. Drain and rinse chickpeas, discard any liquid.
3. In a large mixing bowl, combine drained chickpeas, thawed pepper and onion blend, corn and diced tomatoes.
4. Add olive oil, lime juice, cumin, oregano, smoked paprika, garlic and salt. Toss gently to combine.
5. Wash and roughly chop cilantro. Toss cilantro with chickpea salad as close to serving time as possible.
6. Serving size is ½ cup.

RECIPE GROUP: *Vegetable*

**Portion Yield** 69 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: TDA Underutilized  
USDA Foods Recipe Book



\*Vegetable crediting:  
½ cup Other Vegetable





## Fresh Broccoli Florets

### Ingredients

Broccoli, fresh, florets, trimmed, 3 lbs plus 8 oz  
Ready-to-use

### Directions

1. Wash fresh broccoli & cut to bite sized pieces.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Vegetable*

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** N/A

**Vegetable** ½ cup\*

**Milk** N/A



Source: *Food Buying Guide*



\*Vegetable crediting:  
½ cup Dark Green Vegetable



## Baked Pears

### Ingredients

Pears, canned, bartletts, sliced, light syrup	2 #10 cans
Margarine, trans fat free	4 oz
Brown sugar, packed	½ cup
Granulated sugar	½ cup
Cinnamon, ground	1 Tbsp plus 1 tsp
Ginger, ground	2 tsps

### Directions

1. Preheat oven to 350°F.
2. Spray 12-inch X 20 inch X 2 inch deep full size steam table pan with pan release.
3. Open and drain juice from pears using colander or perforated pans. Place 2 cans of drained pears in the pan.
4. Weigh and melt margarine (may use microwave); pour over pears and toss to combine.
5. Combine brown sugar, granulated sugar, cinnamon, and ginger in mixing bowl.
6. Sprinkle seasoned sugar mixture over pears and toss to combine.
7. Bake for 30 minutes at 350°F.
8. Cover and hold for service.
9. Serve ½ cup using # 8 disher or 4-ounce spoodle.

RECIPE GROUP: *Fruit*

**Portion Yield** 29 servings

**Portion Size** ½ cup

**HACCP Process** 2 – Same day service

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



Source: K12 Culinary



## Sliced Apples

### Ingredients

Apple, fresh, whole, cored, sliced 6 lbs plus 15 oz

### Directions

1. Wash apples and remove any stickers.
2. Core and slice apples.
3. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

**Portion Yield** 50 servings

**Portion Size** ½ cup

**HACCP Process** 1 – No cook

### MEAL PATTERN COMPONENTS

**Meat/Alt** N/A

**Grain** N/A

**Fruit** ½ cup

**Vegetable** N/A

**Milk** N/A



Source: Food Buying Guide