Cooking with Whole Grains (4 hours)
Idaho State Department of Education – Child Nutrition Programs
Agenda

1:00 p.m.	Welcome and introductions
1:15 p.m.	Cooking with Whole Grains
1:40 p.m.	Label reading activity
1:55 p.m.	Cooking with Whole Grains Cont.
2:40 p.m.	Recipe modification activity
3:00 p.m.	Recipe review
3:15 p.m.	Break
3:30 p.m.	“Whole Grain Chef” competition & taste testing
4:35 p.m.	Clean up
4:45 p.m.	Questions, evaluations, and certificates

Title: Cooking with Whole Grains

Purpose: To provide school food service personnel with the knowledge and skills to comply with the New Nutrition Standards for Idaho School Meals for serving whole grains in their NSBP and NSLP programs.

Learner Objectives:

1) Explain the New Nutrition Standards for Idaho School Meals for whole grains.
2) Read food labels and ingredient lists to identify whole grain foods.
3) Differentiate between products that are made from whole grain and those that are misleading.
4) Identify a variety of whole grains to be offered at school breakfasts and lunches.
5) Practice cooking skills to prepare whole grain foods.

Presenter Materials:

1) Instructor's guide
2) Computer & projector
3) Food package labels for label reading activity – divide labels into four groups of six labels
4) USDA Recipes for recipe modification activity – divide recipes into four groups of six recipes
5) Samples of raw grains (buckwheat, steel cut oats, quinoa, bulgur, wheat berries, cracked wheat) for class participants to look at
6) Prepared samples for taste testing (barley, quinoa, wheat berries, commodity pancakes)
7) Recipes for "Whole Grain Chef" competition
8) Groceries on shopping list

Participant Materials:

1) Agenda
2) PowerPoint note pages
3) What is a Whole Grain? handout
4) Label reading activity
5) Recipe modification activity
6) Whole grains cooking chart
7) Recipe packet
8) Evaluation

Pre-class Prep

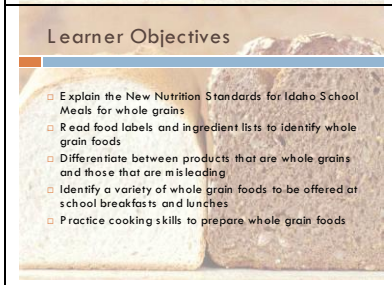
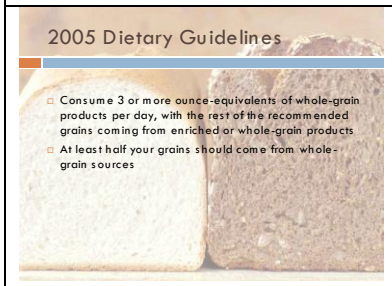
1) Set up computer & projector
2) Prepare quinoa, barley, and wheat berries before class for taste testing
3) Set up labels and recipe packets for Activity 1 & 2
4) Set up groceries and recipes for cooking competition

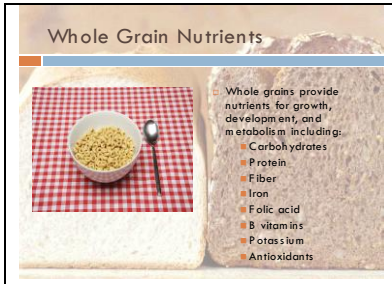
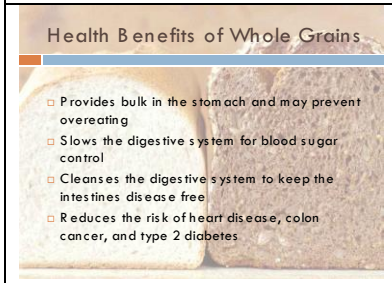
Time:

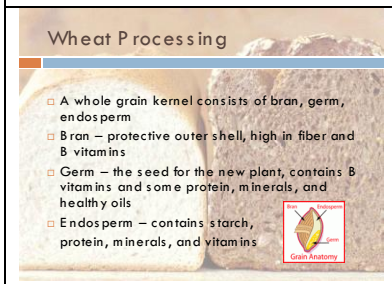
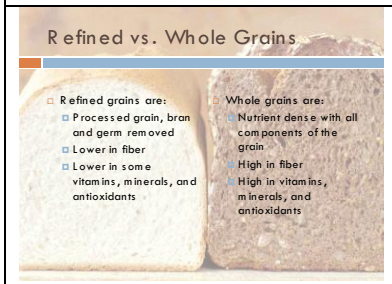
Welcome	15 minutes
PowerPoint slides	60 minutes
Label reading activity	20 minutes
Recipe modification activity	25 minutes
Whole grain recipe review	15 minutes
Break	15 minutes
Cooking competition	45 minutes
Taste testing	15 minutes
Clean up	15 minutes
Questions, certificates, evaluation	15 minutes

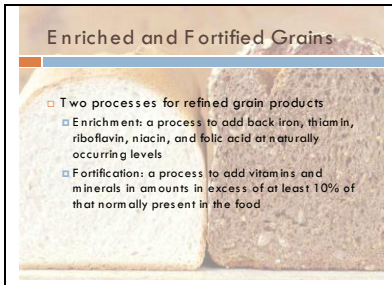
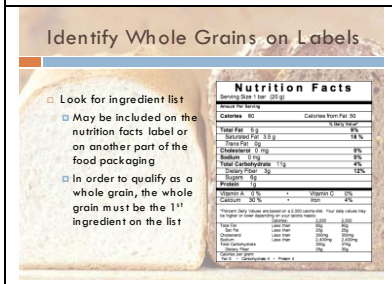
Trainer Script:

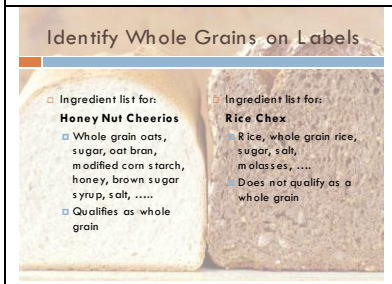
PowerPoint Slide	Script	Activity Notes
	Slide 1: Welcome to Cooking with Whole Grains	

	Slide 2: Introduce yourself. Ask participants to introduce themselves by giving their name and the school or district were they work. Also, ask participants to mention the most unique whole grain food they serve on their menus.	(Welcome and introductions will take approximately 20 minutes)
	Slide 3: I hope you are able to leave here today and be able to: 1) Explain the New Nutrition Standards for Idaho School Meals for whole grains 2) Read food labels and ingredient lists to identify whole grain foods 3) Differentiate between products that are made from whole grain and those that are misleading 4) Identify a variety of whole grain foods to be offered at school breakfasts and lunches 5) Practice cooking skills to prepare whole grain foods	
	Slide 4: In 2005, new Dietary Guidelines were released for Americans two years of age and older. The Dietary Guidelines are developed based on the most current and reliable nutrition research. The Dietary Guidelines say Americans are encouraged to consume 3 or more ounces of whole grain foods per day. In other words, at least half your grains should be from whole grain sources.	

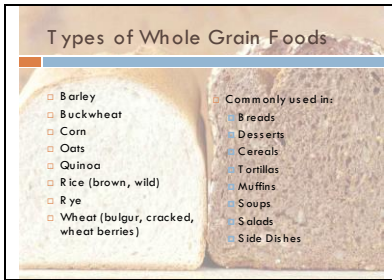
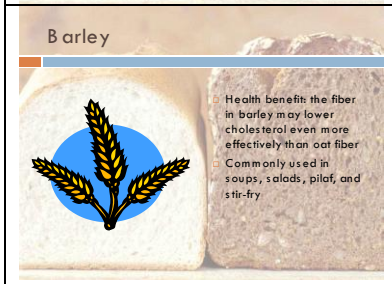
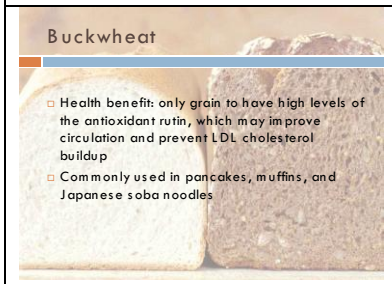
	Slide 5: Whole grains are important in the diet because they provide many of the nutrients our bodies need. Whole grains provide a mix of nutrients including carbohydrates, protein, fiber, iron, folic acid, B-vitamins, potassium, and antioxidants for growth, development, and metabolism. Whole grain foods provide a balanced source of many of the nutrients our bodies need.	
	Slide 6: In addition to growth, development, and metabolism, whole grains provide many other health benefits. They are an excellent source of fiber. Fiber is a non-digestible carbohydrate that provides bulk to the foods we eat. This bulk helps us feel full faster and slows the digestion and absorption process to help with blood sugar control. The fiber bulk helps move food and byproducts through the intestines, which help the muscles of the intestines work properly and keeps the gastrointestinal tract free of waste products, toxins, and disease-causing microorganisms. This helps to reduce the risk of heart disease, cancer (especially colon cancer), and diabetes.	
	Slide 7: Beginning school year 2009-2010, New Nutrition Standards for Idaho School Meals will be in place. Food Service Directors have already received a booklet explaining the new standards. Here is an example of what the booklet looks like. I will pass it around for you to take a look. The New Nutrition Standards state, "SFA's shall offer one whole grain food in all serving lines 3 x week at breakfast and lunch." This means that each choice line or bar you offer students should provide a whole grain food at least 3 times a week.	Show copy of the New Nutrition Standards for Idaho School Meals booklet.

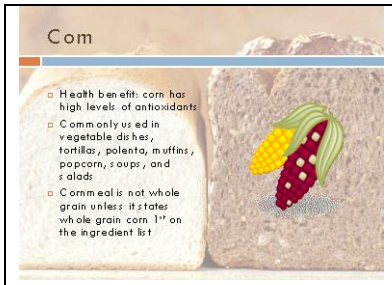
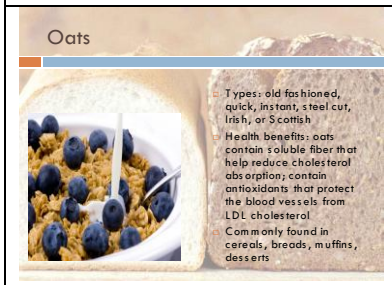
	Slide 7 Cont: Related to this standard, whole grains are defined as a homemade food with more than 50% of the grains in the recipe as whole or purchased foods with the whole grain ingredient listed first on the ingredient list.	
	Slide 8: So what exactly is a whole grain? All grains, when they grow in the field, have three parts: the bran, germ, and endosperm. Bran is the protective outer shell that is high in fiber and B-vitamins. The germ is the seed part of the grain. The germ is rich in B-vitamins, minerals, some protein, and healthy oils. The endosperm contains starch, protein, and some vitamins and minerals. Whole grains, or foods made from it, contain all parts of the grain kernel and all of the naturally occurring nutrients. Enriched “white” flour contains only the endosperm, while whole grain flour contains extra protein, fiber, vitamins, and minerals that are only found in the bran and germ. All three parts of the grain are important.	
	Slide 9: In wheat, when the bran and the germ are removed, the endosperm remains. This is the process of refining wheat into flour. The endosperm is ground into un-enriched white flour. In terms of comparing the nutritional value of refined grains vs. whole grains, refined grains are lower in fiber, vitamins, minerals, and antioxidants. Whole grains are higher in all of these nutrients.	

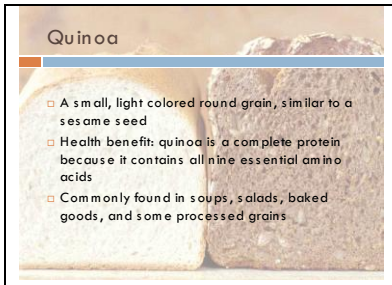
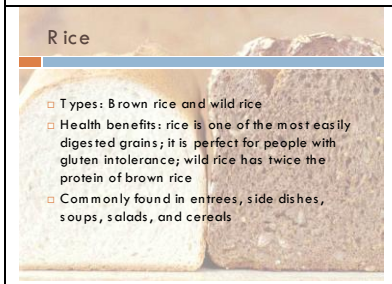
	Slide 10: There are two processes used by food manufacturers to enhance the nutritional value of refined grains. When whole grains are refined, the nutrient content of the product is diminished. Because of this loss of nutrients, the Enrichment Act of 1942 was instated. Nutrients that are added back in the enrichment process include: iron, thiamin, riboflavin, and niacin. Folate was amended in 1996, and as of January 1, 1998 was added back into refined bread and cereal products. Nutrients are added back to enriched products at naturally occurring levels. On the other hand, fortification is a process to add vitamins and minerals to refined food products in amounts in excess of at least 10% of those normally present in the original product. Whole grain bread is still more nutritious than enriched white bread. This is because not all the nutrients lost by refinement are added back into the food. Specifically, vitamin B6, magnesium, and zinc are not included in the enrichment process. Further, the fiber content is greatly diminished by refining whole grains. Thus, the benefits of fiber are not obtained from consuming the refined grain product as compared to the whole, unrefined grain.	
	Slide 11: Let's go over how to identify whether a processed or prepared food product is whole grain. First, locate the ingredient list on the food packaging. It may be at the bottom of the nutrition facts label or it may be in another location on the label.	Pass around two examples of ingredient lists: one located with the nutrition facts label and one located somewhere else on the food package.

	Slide 11 Cont: Second, read the ingredient list. The ingredients are listed in descending order by weight. Therefore, the first ingredient listed is the primary ingredient. If the first ingredient is a whole grain ingredient, then the product is whole grain. If the first is an enriched or refined grain, the product is not whole grain. It is important to know that whole grain foods cannot be identified by the color of the food; label-reading skills are needed when looking at grains. For many grain products the word “whole” or “whole grain” will appear before the grain name.	
	Slide 12: Now, lets look at an example, I am going to pass around two cereal boxes. Both boxes make a claim about whole grains on the front of the box. Can I have a volunteer read us the first three ingredients on the Honey Nut Cheerios label? *Allow volunteer to read the label.* So what is the first ingredient? Is the product whole grain? Yes. Can I have a volunteer read us the first three ingredients on the Rice Chex? *Allow volunteer to read the label.* So what is the first ingredient? Is the product whole grain? No. *FYI, the Idaho Department of Education, Child Nutrition Programs do not endorse the use of any particular brand*	Pass around the cereal boxes for Honey Nut Cheerios and Rice Chex.

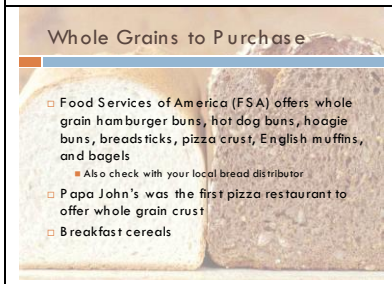
	or product. This is simply an exercise in label reading.	
	Slide 13: Complete Activity 1 4 groups – 6 labels each Sort into whole / non-whole Note claims on packaging • While groups work, pass out plates/spoons	Activity 1 (15 minutes) We are going to divide into four groups to practice reading labels and ingredient lists. Count off 1 through 4, and then, we will divide into groups. Each group will be given 6 labels. As a group, I want you to locate the ingredient list and write down the first three ingredients of each food. Then, identify the products that are whole grain and those that are not. Note any whole grain claims on the packaging. Are these claims on the whole grain foods reliable or are they misleading? Finally, select a group reporter to share your findings with the class. You will have about 8 minutes to read the labels, and then we will share what you found.

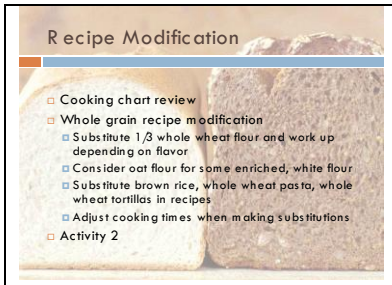
	Slide 14: We will now review specific types of whole grains. We will look at the grain before it is cooked, talk about specific health benefits, list types of the whole grain, and talk about common uses for the food. For some of the less familiar grains, we will also taste test them.	Pass out paper plates and plastic spoons for tasting.
	Slide 15: The first grain is barley. I am going to pass around a container of whole grain barley for you to look at. The fiber in barley is helpful in reducing cholesterol. Whole grain barley is a whole grain food. Pearled barley is not considered a whole grain. Barley is commonly used in soups, salads, pilaf, and stir-fry. I have some prepared whole grain barley for you to taste.	Pass around a container of whole grain barley for the class to look at. Pass out the prepared barley to taste.
	Slide 16: The next food we will look at is buckwheat. Ironically, buckwheat is not a grain, but is a close cousin to rhubarb. However, because buckwheat has a nutty flavor and provides nutrients similar to other whole grains, it is included. I am going to pass around a container of buckwheat for you to look at. Buckwheat contains the antioxidant rutin, which is helpful in improving circulation and preventing LDL cholesterol build-up. Buckwheat is commonly used in pancakes, Japanese soba noodles, and muffins. You will get to try buckwheat during our Whole Grain Chef competition.	Pass around a container of buckwheat for the class to look at.

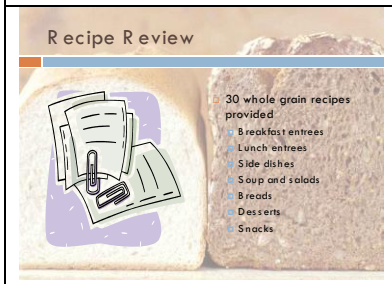
	Slide 17: The next grain is corn. Corn is familiar to all of us, but commonly thought of as a vegetable. Corn has high levels of antioxidants. Whole grain corn and corn meal, popcorn, whole grain corn tortillas, and polenta are common sources of corn. Corn is also frequently used in soups and salads. Slide 17 Cont: Be careful to examine the label of your cornmeal before assuming it is a whole grain product. De-germed cornmeal is not a whole grain food.	Ask Heidi to heat up samples of the commodity pancake. Pass around sample of whole grain cornmeal.
	Slide 18: The next grain is whole oats. Oats come in many varieties including: old fashioned, quick cooking, instant, steel cut, Irish, and Scottish. I will pass around some steel cut oats for you to look at. Oats are almost never processed (removing the bran and the germ); therefore, if you see oats or oat flour on the label, you can be certain it is a whole grain product. Oats are an excellent source of soluble fiber, which helps lower cholesterol by binding it in the intestinal tract for elimination from the body rather than absorption into the blood stream. Oats have a sweet flavor that makes it a breakfast cereal favorite. Oats are commonly used for cereals, breads, muffins, and desserts.	Pass around a container of steel cut oats for the class to look at.

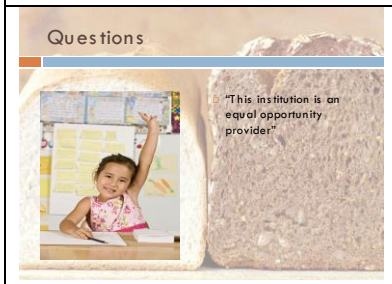
	Slide 19: Quinoa, is pronounced keen-wa. Go ahead and say it with me. Quinoa. This is a small round grain that looks like a sesame seed. I will pass around some for you to look at. Quinoa is a complete protein source because it contains all nine essential amino acids like meats and dairy products. Most plant sources of protein do not contain all nine essential amino acids. This makes quinoa an excellent grain choice for vegetarians. Slide 19 Cont: Quinoa is found in soups, salads, baked goods, pilaf, and some processed grains. I have some prepared quinoa for you to taste.	Spell the pronunciation to the class. Pass around a container of quinoa for the class to look at. Pass around prepared quinoa samples for taste testing.
	Slide 20: Brown rice and wild rice are considered whole grains. Wild rice is not rice, but rather the seed of an aquatic grass. Both brown rice and wild rice are good sources of fiber and easily digestible. Brown rice and wild rice are good choices for people with gluten intolerance. Brown rice and wild rice take longer to cook than white rice, and are commonly found in entrees, side dishes, soups, salads, and cereals.	

	Slide 21: The next grain is rye. Rye was once thought of more as a weed than a grain. However, because it is especially hardy in cold climates, its use became more widespread. Rye has an unusual amount of fiber in its endosperm. Rye is commonly used in breads and baked goods.	
	Slide 22: The final grain is wheat. Wheat should be the most familiar to all of us. However, some forms of wheat such as bulgur, wheat berries, and cracked wheat may be less familiar. I have samples of all three of these for you to look at. Whole wheat is a good source of fiber, vitamins, minerals, and essential oils. Wheat is commonly found in breads, cereals, pasta, soups, salads, and entrees. I have some cooked wheat berries for you to taste. Slide 22 Cont: What did you think about the grains you have tasted? How would you describe the flavors of the grains? How can you introduce some of these grains into your school breakfast and lunch programs?	Pass around containers of bulgur, wheat berries, and cracked wheat for the class to look at. Pass around prepared samples of wheat berries for taste testing.
	Slide 23: Idaho School Food Authorities have access to whole grain or whole-wheat commodities. In addition to whole wheat flour, spaghetti, and rotini, whole grain pancakes and tortillas have been introduced this year. I have brought samples of the whole grain pancake for you to try. We will be using the whole grain tortilla in our	Pass around samples of the whole grain pancake for taste testing.

	Whole Grain Chef competition.	
	Slide 24: Commercial vendors have whole grains foods available for schools to purchase. As a buyer, you will have to be specific as to the definition of a whole grain food because the vendor representatives will likely not understand what qualifies as a whole grain. Food Services of America (FSA) offers a variety of whole grain or whole wheat bread products, such as hamburger buns, hot dog buns, hoagie buns, breadsticks, pizza-crust, English muffins, and bagels. Your local bread vendor will likely have a selection of whole grain or whole-wheat products as well. Also, if you are a school that purchases pizza from a restaurant chain to serve at your school, ask the restaurant if they offer a whole grain crust. Papa John's was the first pizza franchise to offer whole grain pizza crust on all their pizzas. Slide 24 Cont: Finally, most breakfast cereals are now whole grain because the manufacturers have changed many of their recipes in the past several years. Remember to look at the label and make sure that whole wheat or a whole grain is the 1st ingredient on the ingredient list when looking at any prepared food.	

	Slide 25: In your packet, you have been provided with a Whole Grains cooking chart. This chart outlines how to cook and prepare many of the grains we have discussed and some additional grains you may want to try. The ratio of grains to liquid is included as well as the approximate cooking time. Note many of the cooking times for whole grains are longer than the cooking time for the refined grains. Next, I want to talk about how you can include more grains on your school breakfast and lunch menus. Do you need to come up with all new recipes? No. Take your existing recipes and work on modifications. For example, you can take a baked good recipe and substitute 1/3 whole-wheat flour for white flour and see how it turns out. If that works, try ½ whole-wheat flour, and see what happens. You may want to substitute oat flour for some white flour. Also, look to substitute brown rice, whole-wheat pasta, and whole grain tortillas in existing recipes. Remember to adjust cooking times to reflect the additional time needed to cook with whole grains. In your packet, turn to activity 2.	Activity 2 (25 minutes) Let's divide into four groups. Line up according to birth date, and I will break you into groups. Each group will be given six USDA recipes and the Activity 2 worksheet. I want each group to select three recipes to modify. For each recipe, your goal is to make it a whole grain recipe. Therefore, <50% of the grains in the recipe must be whole grain. *Remember, be practical. Don't switch out all the white flour for wheat flour or you may have a hard, undesirable final product.* You need to write down the name of the recipe, the recipe modifications with quantities, and adjust the cooking directions needed to accommodate the modifications. Appoint a group reporter to share your modifications with the class. You will have 15-20 minutes to review your recipes, work on your modifications, and a couple minutes for each group to share

		what you come up with.
	Slide 26: Ask the class to go to the whole grain recipe section of their packet. Give them a few minutes to look over the recipes. Describe what is unique about some of the recipes such as the Baked Oatmeal, Granola, Fruit Pizza, Cinnamon Toast Crunch Treats, and Chili. Explain that the breakfast burrito, breakfast cookie, bean burrito, chocolate chip cookie, cinnamon rolls, fruit crisp, fruit pizza, gingerbread, pasta salad, pizza wrap, pumpkin muffin, rocket bars, rolls, sugar cookies, Swedish apple pie, turkey wrap, vegetable quesadilla, and vegetable wrap all use whole grain commodity products. Ask, does anyone have other ideas for whole grain recipes?	
	Slide 27: Go ahead and take a 15-minute break. When you return, we will begin our “Whole Grain Chef” competition. Complete Activity 3 Slide 27 Cont:	Activity 3 (1 hour, 15 minutes) Line up alphabetically according to your last name. I will divide you into four groups. Each group will appoint someone to go to the recipe table and select a recipe for the group to prepare after I say start. Then, a member of the group will go to the ingredient table to retrieve your ingredients. You will have 50 minutes to prepare your recipe.

		As a group, you will need to come up with two recipe modifications that you would want to try with your recipe and appoint a group reporter to describe what you made and report your recipe modifications. You will need to prepare ~20 samples of your recipe to share with the class. The other group members will pass out the samples while the reporter is talking to the class about what you have prepared. You will be given 10 minutes to clean up your kitchen. Please keep in mind we need to leave the kitchen the way we found it.
	Slide 28: Does anyone have any questions? Thank you for attending Cooking with Whole Grains. Your participation and comments were appreciated. I am going to pass out the evaluations for you to complete before you leave. I will also be passing out certificates for attending the training.	

Cooking with Whole Grains Evaluation Form

Location: Date:

Trainer:

1. The workshop objectives were clearly presented. Yes No
2. Workshop objectives were achieved. Yes No
3. This workshop was worth my time. Yes No
4. The workshop provided practical information that I will begin using:

Immediately Within 1 month Within 6 months Eventually Never

Please circle your rating (1=beginner, 5=expert):

5. My level of knowledge/skills on personnel management **before** the workshop was:
1 2 3 4 5
6. My level of knowledge/skills on personnel management **after** the workshop is
1 2 3 4 5

Please check one rating for each item. Scale: SA: strongly agree; A: agree; D: disagree; SD: strongly disagree

Reaction to this Workshop	**SA**	**A**	**D**	**SD**
7. I was fully present and actively participated in this workshop.				
8. The order of content and activities made sense to me.				
9. The trainer knew the content well.				
10. The trainer was able to inform me and hold my interest.				
11. The trainer adequately handled questions.				
12. Activities and/or case studies showed me how to apply the content.				
13. Visual aids were organized and useful and helped me understand the content.				
14. Handouts were organized and useful and will help in my work.				
15. If held again, I would recommend this workshop to others.				

16. The overall rating I would give this workshop is:

extremely useful very useful useful not useful

The information I found **most** useful was:
Please share any additional comments; continue on reverse side, if needed:

Cooking with Whole Grains

Idaho Child Nutrition Programs

Welcome

- Introductions
  - Tell us your name and where you work
  - Tell us about the most unique whole grain food or recipe you serve on your menus

Learner Objectives

- Explain the New Nutrition Standards for Idaho School Meals for whole grains
- Read food labels and ingredient lists to identify whole grain foods
- Differentiate between products that are whole grains and those that are misleading
- Identify a variety of whole grain foods to be offered at school breakfasts and lunches
- Practice cooking skills to prepare whole grain foods

2005 Dietary Guidelines

- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products
- At least half your grains should come from whole-grain sources

Whole Grain Nutrients

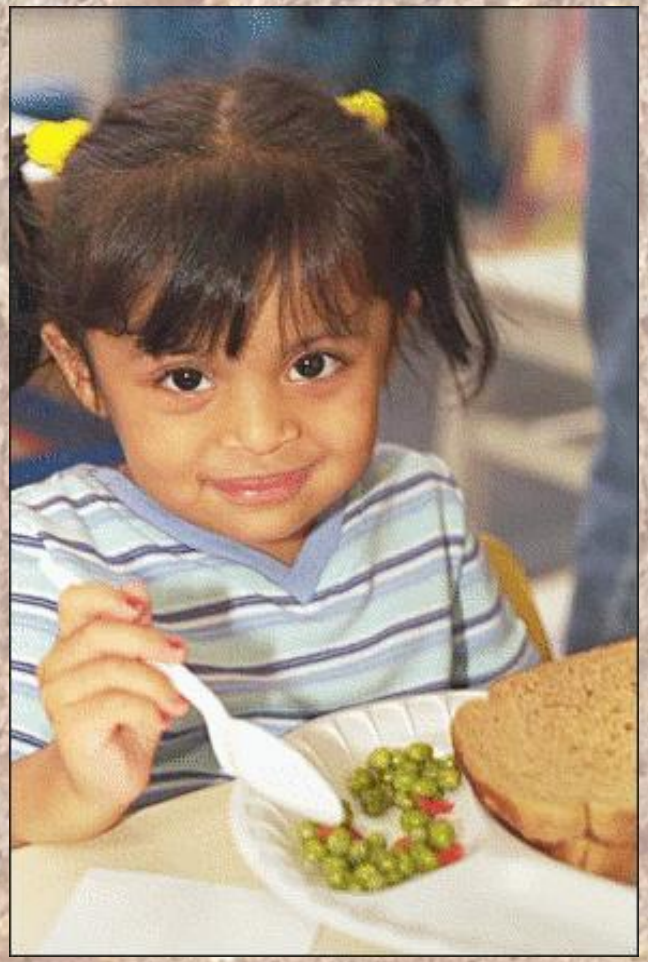
- Whole grains provide nutrients for growth, development, and metabolism including:
  - Carbohydrates
  - Protein
  - Fiber
  - Iron
  - Folic acid
  - B vitamins
  - Potassium
  - Antioxidants

Health Benefits of Whole Grains

- Provides bulk in the stomach and may prevent overeating
- Slows the digestive system for blood sugar control
- Cleanses the digestive system to keep the intestines disease free
- Reduces the risk of heart disease, colon cancer, and type 2 diabetes

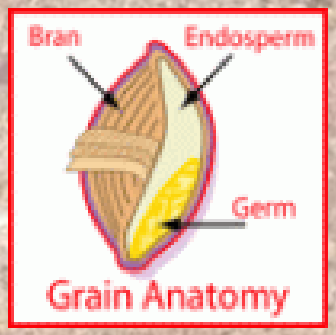
New Idaho Nutrition Standards

- SFA's shall offer one whole grain food in all serving lines 3 x week at breakfast and lunch
- Homemade foods – more than 50% of the grains in the recipe must be whole
- Purchased foods – the whole grain must be listed first on the ingredient list



Wheat Processing

- A whole grain kernel consists of bran, germ, endosperm
- Bran – protective outer shell, high in fiber and B vitamins
- Germ – the seed for the new plant, contains B vitamins and some protein, minerals, and healthy oils
- Endosperm – contains starch, protein, minerals, and vitamins



Refined vs. Whole Grains

- Refined grains are:
  - Processed grain, bran and germ removed
  - Lower in fiber
  - Lower in some vitamins, minerals, and antioxidants
- Whole grains are:
  - Nutrient dense with all components of the grain
  - High in fiber
  - High in vitamins, minerals, and antioxidants

Enriched and Fortified Grains

- Two processes for refined grain products
  - Enrichment: a process to add back iron, thiamin, riboflavin, niacin, and folic acid at naturally occurring levels
  - Fortification: a process to add vitamins and minerals in amounts in excess of at least 10% of that normally present in the food

Identify Whole Grains on Labels

- Look for ingredient list
  - May be included on the nutrition facts label or on another part of the food packaging
  - In order to qualify as a whole grain, the whole grain must be the 1st ingredient on the list

Nutrition Facts

Serving Size 1 bar (20 g)

Amount Per Serving		
Calories 80	Calories from Fat 50	
		% Daily Value*
Total Fat 6 g		**9%**
Saturated Fat 3.5 g		**18 %**
Trans Fat 0g		
Cholesterol 0 mg		**0%**
Sodium 0 mg		**0%**
Total Carbohydrate 11g		**4%**
Dietary Fiber 3g		**12%**
Sugars 6g		
Protein 1g		

Vitamin A 0 %	•	Vitamin C	0%
Calcium 30 %	•	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Identify Whole Grains on Labels

- Ingredient list for:

  Honey Nut Cheerios

  - Whole grain oats, sugar, oat bran, modified corn starch, honey, brown sugar syrup, salt, …..
  - Qualifies as whole grain

- Ingredient list for:

  Rice Chex

  - Rice, whole grain rice, sugar, salt, molasses, ….
  - Does not qualify as a whole grain

Identify Whole Grains on Labels

- Practice reading labels and ingredient lists
  - Four groups
  - Identify whole grain and non-whole grain foods
  - Look for misleading health claims

Types of Whole Grain Foods

- Barley
- Buckwheat
- Corn
- Oats
- Quinoa
- Rice (brown, wild)
- Rye
- Wheat (bulgur, cracked, wheat berries)

- Commonly used in:
  - Breads
  - Desserts
  - Cereals
  - Tortillas
  - Muffins
  - Soups
  - Salads
  - Side Dishes

Barley

- Health benefit: the fiber in barley may lower cholesterol even more effectively than oat fiber
- Commonly used in soups, salads, pilaf, and stir-fry

Buckwheat

- Health benefit: only grain to have high levels of the antioxidant rutin, which may improve circulation and prevent LDL cholesterol buildup
- Commonly used in pancakes, muffins, and Japanese soba noodles

Corn

- Health benefit: corn has high levels of antioxidants
- Commonly used in vegetable dishes, tortillas, polenta, muffins, popcorn, soups, and salads
- Cornmeal is not whole grain unless it states whole grain corn 1st on the ingredient list

Oats

- Types: old fashioned, quick, instant, steel cut, Irish, or Scottish
- Health benefits: oats contain soluble fiber that help reduce cholesterol absorption; contain antioxidants that protect the blood vessels from LDL cholesterol
- Commonly found in cereals, breads, muffins, desserts

Quinoa

- A small, light colored round grain, similar to a sesame seed
- Health benefit: quinoa is a complete protein because it contains all nine essential amino acids
- Commonly found in soups, salads, baked goods, and some processed grains

Rice

- Types: Brown rice and wild rice
- Health benefits: rice is one of the most easily digested grains; it is perfect for people with gluten intolerance; wild rice has twice the protein of brown rice
- Commonly found in entrees, side dishes, soups, salads, and cereals

Rye

- Health benefit: the fiber in rye promotes a rapid feeling of fullness
- Commonly found in breads and baked goods

Wheat

- Types: bulgur, wheat berries, cracked wheat, and whole wheat flour are whole grains
- Health benefits: a good source of fiber, vitamins, minerals, and essential oils
- Commonly found in breads, cereals, pasta, soups, salads, entrees, and desserts

Commodities Available in Idaho

- Whole wheat flour
- Whole grain spaghetti and rotini
- Whole grain pancakes
  - Taste test
- Whole grain tortillas

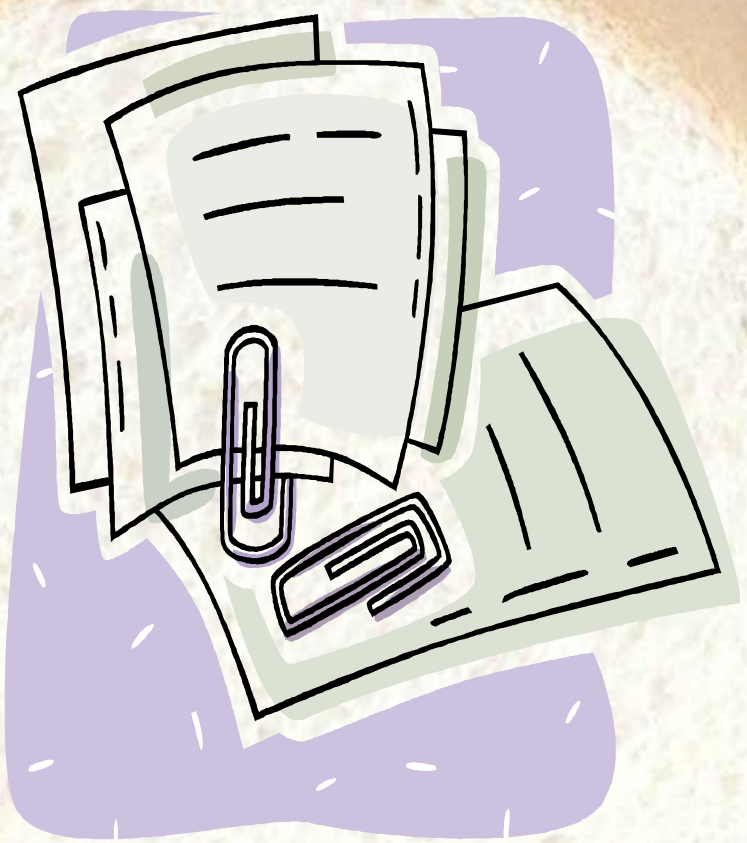
Whole Grains to Purchase

- Food Services of America (FSA) offers whole grain hamburger buns, hot dog buns, hoagie buns, breadsticks, pizza crust, English muffins, and bagels
  - Also check with your local bread distributor
- Papa John's was the first pizza restaurant to offer whole grain crust
- Breakfast cereals

Recipe Modification

- Cooking chart review
- Whole grain recipe modification
  - Substitute 1/3 whole wheat flour and work up depending on flavor
  - Consider oat flour for some enriched, white flour
  - Substitute brown rice, whole wheat pasta, whole wheat tortillas in recipes
  - Adjust cooking times when making substitutions
- Activity 2

Recipe Review



- 30 whole grain recipes provided
  - Breakfast entrees
  - Lunch entrees
  - Side dishes
  - Soup and salads
  - Breads
  - Desserts
  - Snacks

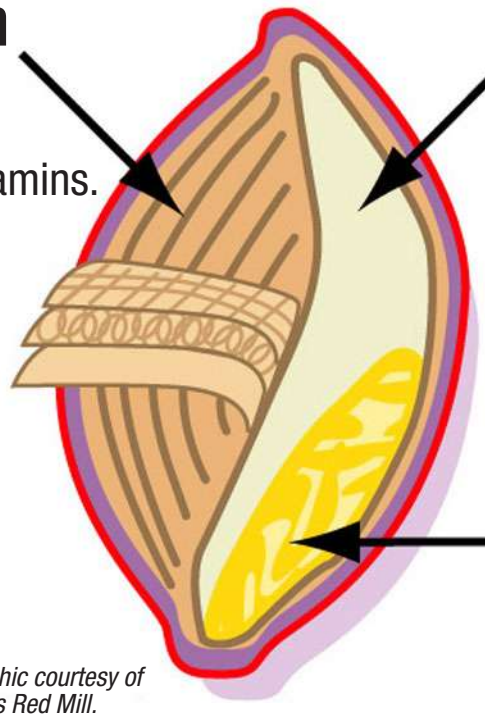
Cooking with Whole Grains

- Whole Grain Chef competition
  - Two recipe modifications
    - Baked oatmeal
    - Bulgur bean burrito
    - Vegetarian chili
    - Swedish apple pie

Questions

- "This institution is an equal opportunity provider"

What is a Whole Grain?



Bran

Protective outer shell.
High in fiber and B vitamins.

Endosperm

Contains starch,protein, and some vitamins and minerals.

Germ

The seed for a new plant. Contains B vitamins, some protein, minerals and healthy oils.

Graphic courtesy of Bob's Red Mill.

All grains, when they grow in the field, have three parts: the bran, germ and endosperm, as shown in the illustration here. Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. Enriched ("white") flour contains only the endosperm, while whole grain flour contains extra protein, fiber, vitamins and minerals that are found only in the bran and germ. All three parts are important!

The following are considered whole grains, when all three parts – the bran, germ, and endosperm – are included:

Amaranth, Barley (lightly pearled), Brown and Colored Rice, Buckwheat, Bulgur, Corn and Whole Cornmeal, Emmer, Farro, Grano (lightly pearled wheat), Kamut® grain, Millet, Oatmeal and Whole Oats, Popcorn, Quinoa, Sorghum, Spelt, Triticale, Whole Rye, Whole or Cracked Wheat, Wheat Berries, and Wild Rice.

WHOLE GRAINS COUNCIL
Whole Grains at Every Meal

Reading Food Label Ingredient Lists to Identify Whole Grains

Activity 1

1. Look at the six food packages assigned to your group. Locate the ingredient lists on each package. Record the first three ingredients of each package below:

   (1) _____,_____,_____

   (2) _____,_____,_____

   (3) _____,_____,_____

   (4) _____,_____,_____

   (5) _____,_____,_____

   (6) _____,_____,_____

2. List the whole grain foods and the non-whole grain foods.

   a. Whole Grain Foods:

   _____

   _____

   b. Non-Whole Grain Foods:

   _____

   _____

3. Note any whole grain claims on the labels. Do the whole grain claims indicate the product is a whole grain food?

   _____

   _____

   _____

4. Select a reporter to share your findings with the class.

Recipe Modification

Activity 2

Review the six USDA recipes provided to your group. Identify three recipes to modify to a whole grain recipe.

#1 Recipe: _____

- Ingredient Modification or Additions:

  _____

  _____

- Necessary Changes to Cooking Instructions (Refer to Cooking Chart):

  _____

  _____

#2 Recipe: _____

- Ingredient Modification or Additions:

  _____

  _____

- Necessary Changes to Cooking Instructions (Refer to Cooking Chart):

  _____

  _____

#3 Recipe: _____

- Ingredient Modification or Additions:

  _____

  _____

- Necessary Changes to Cooking Instructions (Refer to Cooking Chart):

  _____

  _____

Grain	Ratio of Grain to Liquid (Cups)	Approximate Yield (Cups)	Cooking Time
Amaranth	1:1	1 ½	12-17 minutes
Barley, Whole Grain	1:4	4	1 hour
Buckwheat	1:2	4	20 minutes
Cornmeal, Whole Grain (Polenta)	1:3 ½	2 ½	35-40 minutes
Couscous, Whole Wheat	1:2	3	10 minutes (heat off)
Millet	1:2	3	30-35 minutes
Oats, Steel Cut	1:4	4	20 minutes
Pasta, Whole Wheat	1:6	Varies	Varies
Popcorn	1:no liquid	8	5 minutes with air popper
Quinoa	1:2	3 ½	10-12 minutes
Rice, Brown	1:2 ½	4	35-40 minutes
Rice, Wild	1:3	4	30-45 minutes
Spelt	1:1 ½	2	Soak overnight, 45 minutes
Triticale	1:3	2 ½	75 minutes
Wheat, Berries	1:4	2	1 hour, 15 minutes
Wheat, Bulgur	1:2 ½	2	15-20 minutes
Wheat, Cracked	1:2	3	20 minutes

Sources: Culinary Institute of America. (2008). Techniques of Healthy Cooking; Rombauer, IS, Becker MR, and Becker, E. (2006). Joy of Cooking; www.wholegrainscouncil.org

Idaho Child Nutrition

Recipe: 000408 Whole Grains Baked Oatmeal
Recipe Source: Cooking Class
Recipe Group: BREAKFAST

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
Number of Portions: 20
Size of Portion: pieces

004044 OIL,SOYBN,SALAD OR COOKING.....	4 OZ	Mix all ingredients thoroughly. Spray a 2" half pan and pour the ingredients into the pan. Chill overnight.
002047 SALT,TABLE.....	2 TSP	
019334 SUGARS,BROWN.....	1 CUP, packed	
019335 SUGARS,GRANULATED.....	1 CUP	Bake at 350'°'F for 40 minutes. Cut into 20 pieces. Serve with a mini-spatula. Can be a little crumbly.
018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA.....	1 1/4 TBSP	
001123 EGG,WHOLE,RAW,FRESH.....	4 large	
002010 CINNAMON,GROUND.....	1 TBSP	
002025 NUTMEG,GROUND.....	2 TSP	
020038 OATS.....	5 CUP	
001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A.....	2 CUP	

Calories	310		Iron	2.48	mg	Protein	8.69	g	11.24% Calories from Prot
Cholesterol	44	mg	Calcium	120.28	mg	Carbohydrates	48.47	g	62.64% Calories from Carb
Sodium	357	mg	Vitamin A	98	IU	Total Fat	9.69	g	28.17% Calories from T Fat
Dietary Fiber	4.37	g	Vitamin C	0.10	mg	Saturated Fat	1.81	g	5.27% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous		**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004044	OIL,SOYBN,SALAD OR COOKING			
I	002047	SALT,TABLE			

I	019334	SUGARS,BROWN			
I	019335	SUGARS,GRANULATED			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	001123	EGG,WHOLE,RAW,FRESH			
I	002010	CINNAMON,GROUND			
I	002025	NUTMEG,GROUND			
I	020038	OATS			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			

Idaho Child Nutrition

Recipe: 000407 Whole Grain Bean Burrito
Recipe Source: W. Grains Counc
Recipe Group: SALADS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: Burritos

020012 BULGUR,DRY..... 000084 CHICKEN STOCK.....	1/2 CUP 1 CUP	Cook bulgur in broth for 12-15 minutes, until liquid is absorbed.
009152 LEMON JUICE,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 900132 Cilantro..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R..... 011215 GARLIC,RAW..... 090016 CUMIN,GROUND.....	6 TBSP 1/4 CUP 1/4 CUP 1/4 CUP, chopped 2 TSP 2 TSP	While grain cooks, mix dressing ingredients in a large bowl.
900139 BEANS,BLACK,CND,DRND..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011179 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,W... 900128 Tortilla, 8" whole wheat commodity..... 016103 REFRIED BEANS,CANNED (INCL USDA COMMODITY)..... 102550 CHEDDAR CHEESE..... 091747 SALSA MILD.....	24 OZ 2 large whole (3" dia) 2 CUP 24 Tortilla 24 OZ 24 OZ 24 OZ	Add drained and rinsed beans, tomatoes, and corn to dressing. Add bulgur.
		Steam tortillas for 3 minutes to soften. Lay out tortillas. Spread 1 oz. of refried beans and 1 oz. of cheddar cheese on each tortilla. Add 1/3 c. bulgur salad (from Step C) to each burrito. Fold in sides of tortilla and roll burrito. Serve with 1 oz. salsa.

Calories	364		Iron	2.75	mg	Protein	13.34	g	14.64% Calories from Prot
Cholesterol	17	mg	Calcium	258.31	mg	Carbohydrates	39.14	g	42.95% Calories from Carb
Sodium	966	mg	Vitamin A	427.5	IU	Total Fat	13.21	g	32.61% Calories from T Fat
Dietary Fiber	7.25	g	Vitamin A	65.1	RE	Saturated Fat	4.24	g	10.46% Calories from S Fat
			Vitamin C	11.61	mg	Trans. Fat	0.00*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	020012	BULGUR,DRY			
I	000084	CHICKEN STOCK			
I	009152	LEMON JUICE,RAW			
I	004044	OIL,SOYBN,SALAD OR COOKING			
I	900132	Cilantro			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	011215	GARLIC,RAW			
I	090016	CUMIN,GROUND			
I	900139	BEANS,BLACK,CND,DRND			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	011179	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BL			
I	900128	Tortilla, 8" whole wheat commodity			
I	016103	REFRIED BEANS,CANNED (INCL USDA COMM			
I	102550	CHEDDAR CHEESE			
I	091747	SALSA MILD			

Idaho Child Nutrition

Recipe: 000415 Whole Wheat Breakfast Burrito
Recipe Source:
Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: EACH

001123 EGG,WHOLE,RAW,FRESH..... 011178 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 002046 MUSTARD,PREPARED,YELLOW..... 090017 GARLIC,GRANULATED..... 006168 SAUCE,RTS,PEPPER OR HOT..... 002047 SALT,TABLE.....	45 large 1 LB 3/4 CUP 8 OZ, chopped 14 OZ, chopped 2 OZ 1/4 CUP 2 TSP 1 TBSP 2 TSP	1. In a mixer, using the paddle attachment, blend eggs, corn, milk, diced green peppers, onions, diced tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt. 2. Pour 1 gal 2 cups of the above egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with foil or metal lid. Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes Steamer: 30 minutes **CCP: Heat to 145° F or higher for 3 minutes.**
001168 CHEESE,LOFAT,CHEDDAR OR COLBY..... 900128 Tortilla, 8" whole wheat commodity..... 006164 SAUCE,RTS,SALSA.....	10 OZ 50 Tortilla 1/2 #10 Can	3. Sprinkle 5 oz (1 ¼ cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan). 4. Place one portion in center of each tortilla. Fold from bottom first, sides second, and top third, like an envelope. Place 25 tortillas flap side down into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Heat: Compartment steamer: for 2-3 minutes. Conventional oven: 300° F for 3 minutes covered with a clean damp cloth. Convection oven: 300° F for 3 minutes covered with a clean damp cloth.
		5. **CCP: Hold for hot service at 135° F or higher.** Serve each burrito with 2 Tbsp (1 oz) of salsa.
		Food as Purchased **50 Servings** / **100 Servings** Green peppers: 10 oz / 1 lb 4 oz Mature onions: 1 lb / 2 lb Tomatoes: 3 oz / 6 oz

Idaho Child Nutrition

Special Tip

1) For best results, cook egg filling in a steamer.

2) For 50 servings, use 1 lb 6 ½ oz (1 qt 3 ½ cups) dried whole eggs and 1 qt 3 ½ cups water in place of eggs. For 100 servings, use 2 lb 12 oz (3 qt 3 cups) dried whole eggs and 3 qt 3 cups water in place of eggs.

Serving

1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of v egetable, and 1 ½ servings of grains/breads.

Calories	219		Iron	2.09	mg	Protein	12.09	g	22.06% Calories from Prot
Cholesterol	192	mg	Calcium	163.70	mg	Carbohydrates	25.65	g	46.79% Calories from Carb
Sodium	736	mg	Vitamin A	374	IU	Total Fat	7.58	g	31.11% Calories from T Fat
Dietary Fiber	3.95	g	Vitamin C	5.72	mg	Saturated Fat	2.19	g	8.97% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001123	EGG,WHOLE,RAW,FRESH			
I	011178	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,U			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011282	ONIONS,RAW			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	002046	MUSTARD,PREPARED,YELLOW			
I	090017	GARLIC,GRANULATED			
I	006168	SAUCE,RTS,PEPPER OR HOT			

I	002047	SALT,TABLE			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			
I	900128	Tortilla, 8" whole wheat commodity			
I	006164	SAUCE,RTS,SALSA			

Idaho Child Nutrition

Recipe: 000398 Whole Grain Breakfast Cookie
Recipe Source: Montana
Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: #16 Cookie

014429 WATER,MUNICIPAL.....	2 TBSP	Preheat oven to 350'°'F for a conventional oven or 325'°"F if using a convection oven. Grease or line sheet pans with parchment paper.
019334 SUGARS,BROWN..... 020038 OATS..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED..... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND..... 004044 OIL,SOYBN,SALAD OR COOKING..... 009020 APPLESAUCE,CND,SWTND,WO/SALT..... 001124 EGG,WHITE,RAW,FRSH..... 002050 VANILLA EXTRACT..... 009298 RAISINS,SEEDLESS..... 900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODITY..... 012155 WALNUTS,ENGLISH.....	2 CUP, unpacked 2 1/2 CUP 2 CUP 2 CUP 1 TBSP 1 TSP 1 TSP 1 1/2 TSP 1 CUP 1/2 CUP, sauce 5 large 1 1/2 TSP 3/4 CUP, packed 1/3 CUP 1/4 CUP, pieces	In a large bowl, (an electric mixer is not necessary) stire together the oats, flour, baking soda, baking powder, salt, and cinnamon. Make well in the center and our the oil, applesauce, water, egg whites, and vanilla. Mix until well blended. Stir in the raisins, dried cranberries, and walnuts.
		Scoop cookies using #16 scoop. Place cookies 2 inches apart onto the prepared sheet pans and flatten well with wet hands. These cookies do not flatten very much while baking.
		In the preheated oven, bake 8 minutes for chewy cookies. The trick is to underbake them a bit, and the result is a soft, cakey cookie students will love.

Calories	299		Iron	2.16	mg	Protein	6.30	g	8.44% Calories from Prot
Cholesterol	0	mg	Calcium	64.15	mg	Carbohydrates	44.74	g	59.86% Calories from Carb
Sodium	230	mg	Vitamin A	2	IU	Total Fat	11.36	g	34.20% Calories from T Fat
Dietary Fiber	3.70	g	Vitamin C	0.27	mg	Saturated Fat	1.63	g	4.92% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	019334	SUGARS,BROWN			
I	020038	OATS			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT,TABLE			
I	002010	CINNAMON,GROUND			
I	004044	OIL,SOYBN,SALAD OR COOKING			
I	009020	APPLESAUCE,CND,SWTND,WO/SALT			
I	014429	WATER,MUNICIPAL			
I	001124	EGG,WHITE,RAW,FRSH			
I	002050	VANILLA EXTRACT			
I	009298	RAISINS,SEEDLESS			
I	900072	CRANBERRIES, WHOLE, SLICED DRIED-COM			
I	012155	WALNUTS,ENGLISH			

Idaho Child Nutrition

Recipe: 000417 Whole Grain Caramel Corn
Recipe Source: Joy of Cooking
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 25
Size of Portion: Cup

019034 POPCORN,AIR-POPPED.....	24 CUP	Pop 3 cups of popcorn kernals in an air popper. This will yield 24-25 cups of popped popcorn.
001145 BUTTER,WITHOUT SALT.... 090162 SUGARS,BROWN,LIGHT.... 014429 WATER,MUNICIPAL.....	6 TBSP 6 CUP, packed 1 1/2 CUP	Melt butter in a heavy saucepan. Add brown sugar and water. Stir over low heat until the sugar is dissolved. Bring to a boil over medium heat, then wash down the sides of the pan with a pastry brush dipped in warm water. Place a warmed candy thermometer in the pan and cook, without stirring, to 234'°"F, the soft ball stage. Pour over the popped popcorn. Stir gently with a greased spoon until the corn is well coated, then turn it out onto a cookie sheet lined with parchment paper.
		When the corn is cool enough to handle, lightly butter your fingers and separate the corn into individual balls (1 cup per caramel corn ball).

Calories	255		Iron	0.62	mg	Protein	1.09	g	1.71% Calories from Prot
Cholesterol	7	mg	Calcium	45.60	mg	Carbohydrates	57.78	g	90.71% Calories from Carb
Sodium	16	mg	Vitamin A	100.1	IU	Total Fat	3.11	g	10.99% Calories from T Fat
Dietary Fiber	1.11	g	Vitamin A	27.2	RE	Saturated Fat	1.79	g	6.33% Calories from S Fat
			Vitamin C	0.00	mg	Trans. Fat	N/A*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	019034	POPCORN,AIR-POPPED			
I	001145	BUTTER,WITHOUT SALT			

I	090162	SUGARS,BROWN,LIGHT			
I	014429	WATER,MUNICIPAL			

Idaho Child Nutrition

Recipe: 000404 Whole Wheat Choc Chip Cookies
Recipe Source: W. Grains Coun
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 48
Size of Portion: Cookies

012155 WALNUTS,ENGLISH..... 019080 CANDIES,SEMISWEET CHOC.....	1 1/2 CUP, pieces 1 1/2 CUP,lrg chips	Preheat oven to 375'°"F.
001001 BUTTER,WITH SALT..... 019335 SUGARS,GRANULATED..... 019334 SUGARS,BROWN..... 002050 VANILLA EXTRACT..... 001123 EGG,WHOLE,RAW,FRESH..... 018372 LEAVENING AGENTS,BAKING SODA.....	3/4 CUP 3/4 CUP 1/2 CUP, unpacked 1 TSP 2 large 1 TSP	In a mixer, cream together butter and sugars, then add vanilla and eggs.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED... 900133 Wheat Bran..... 900134 Flax.....	1 1/2 CUP 1/4 CUP 1/4 CUP 1/4 CUP	In a separate bowl, combine soda, flours, bran, and flax meal. You can use 2 1/4 cups whole wheat flour in place of the mix of flours, bran, and flax meal.
		Grandually add flour to mixing bowl; mix well. Add nuts and chocolate chips and mix well.
		Drop by rounded spoonfuls on a cookie sheet and bake for 8-10 minutes at 375'°"F.

Calories	119		Iron	0.63	mg	Protein	1.92	g	6.46% Calories from Prot
Cholesterol	16	mg	Calcium	12.37	mg	Carbohydrates	12.47	g	41.92% Calories from Carb
Sodium	51	mg	Vitamin A	100	IU	Total Fat	7.67	g	58.00% Calories from T Fat
Dietary Fiber	1.47	g	Vitamin C	0.13	mg	Saturated Fat	3.17	g	24.01% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001001	BUTTER,WITH SALT			
I	019335	SUGARS,GRANULATED			
I	019334	SUGARS,BROWN			
I	002050	VANILLA EXTRACT			
I	001123	EGG,WHOLE,RAW,FRESH			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	020581	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL			
I	900133	Wheat Bran			
I	900134	Flax			
I	012155	WALNUTS,ENGLISH			
I	019080	CANDIES,SEMISWEET CHOC			

Idaho Child Nutrition

Recipe: 000411 Whole Wheat Cinnamon Rolls
Recipe Source: Colorado Spring
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 500
Size of Portion: 2 oz. roll

018375 LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY.... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 001091 MILK,DRY,NONFAT,REG,WO/ VIT A..... 019335 SUGARS,GRANULATED..... 002047 SALT,TABLE.....	7 OZ 16 LB 16 LB 2 LB + 3 OZ 2 LB + 12 OZ 14 OZ	For best results, have all ingredients and utensils at room temperature. Mix yeast, flours, milk powder, white sugar, and salt for 4 minutes.
004044 OIL,SOYBN,SALAD OR COOKING..... 014429 WATER,MUNICIPAL.....	2 QT + 3 CUP 2 GAL + 5 CUP (8 fl oz)	Slowly add oil and water, then mix for 14 minutes. Let rise in warm area (90'°"F) for 45-60 minutes. Place on lightly floured surface and weigh out balls at 3 lbs. & 6 oz. each.
004080 MARGARINE,REG,HARD,SOYBN (HYDR&REG)..... 090162 SUGARS,BROWN,LIGHT..... 019335 SUGARS,GRANULATED..... 002010 CINNAMON,GROUND..... 001095 MILK,CND,COND,SWTND.....	6 LB + 1 OZ 5 LB + 6 OZ 9 LB 1 1/2 CUP 28 OZ	Measure margarine, brown sugar, sugar, cinnamon, and evaporated milk. Mix until spreadable paste is formed. Set aside. Roll each ball of dough into a rectangle 25"x10"x1/4" Spread cinnamon mixture over each rectangle, about 1/2 c. per rectangle. Roll each rectangle into long slender roll with cinnamon spread on the inside. Cut each roll into uniform one-ince pieces. Place cinnamon rolls on a lightly floured sheet pan and cover with bag. Place in a warm area (90'°') until double in size (23-30 minutes). Preheat oven to 400'°'F.
		Bake at 400'°'F for 18-20 minutes or until lightly brown in a conventional oven. Bake at 325'°'F for 12-14 minutes if using a convection oven. Optional: Frost with white glaze frosting.

Calories	258		Iron	1.54	mg	Protein	4.55 g	7.05% Calories from Prot
Cholesterol	1	mg	Calcium	47.27	mg	Carbohydrates	39.37 g	61.06% Calories from Carb
Sodium	376	mg	Vitamin A	204	IU	Total Fat	9.82 g	34.26% Calories from T Fat
Dietary Fiber	2.42	g	Vitamin C	0.28	mg	Saturated Fat	1.58 g	5.52% Calories from S Fat

Idaho Child Nutrition

		Trans. Fat 0.00* g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	018375	LEAVENING AGENTS,YEAST,BAKER'S,ACTIV			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	001091	MILK,DRY,NONFAT,REG,WO/ VIT A			
I	019335	SUGARS,GRANULATED			
I	002047	SALT,TABLE			
I	004044	OIL,SOYBN,SALAD OR COOKING			
I	014429	WATER,MUNICIPAL			
I	004080	MARGARINE,REG,HARD,SOYBN (HYDR&REG)			
I	090162	SUGARS,BROWN,LIGHT			
I	019335	SUGARS,GRANULATED			
I	002010	CINNAMON,GROUND			
I	001095	MILK,CND,COND,SWTND			

Idaho Child Nutrition

Recipe: 000440 Whole Grain CTC Treats
Recipe Source: WG Cooking Clas
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: EACH

004067 MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (... 000078 MARSHMALLOWS..... 115692 CEREAL, CINNAMON TOAST CRUNCH, BULKPAK.....	2 TBSP 20 OZ 12 CUP	1. Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. 2. Add Cinnamon Toast Crunch cereal. Stir until well coated. 3. Using spatula or waxed paper, press mixture evenly into a sheet pan. SERVING: cut into 2x2 inch squares. YIELD: 24 squares.

Calories	170		Iron	3.00	mg	Protein	1.07	g	2.52% Calories from Prot
Cholesterol	0	mg	Calcium	67.02	mg	Carbohydrates	34.91	g	82.18% Calories from Carb
Sodium	159	mg	Vitamin A	375.4	IU	Total Fat	3.28	g	17.36% Calories from T Fat
Dietary Fiber	0.67	g	Vitamin A	76.1	RE	Saturated Fat	0.18	g	0.93% Calories from S Fat
			Vitamin C	4.00	mg	Trans. Fat	0.00*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004067	MARGARINE,REG,HARD,CORN&SOYBN (HYD			

I	000078	MARSHMALLOWS			
I	115692	CEREAL, CINNAMON TOAST CRUNCH, BULK			

Idaho Child Nutrition

Recipe: 000399 Whole Grain Fruit Crisp
Recipe Source: WG Council
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 80
Size of Portion: 1/2 c.

		Preheat oven to 350 degrees. Spray baking dish with cooking spray.
009348 APPLES,CND,WATER PACK,SLCD.... 009054 BLUEBERRIES,FRZ,UNSWTND.....	7 1/2 CUP 5 QT, unthawed	Wash, core, and chop apples. No need to peel them. Put apples in baking dish with blueberries.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 020038 OATS..... 002010 CINNAMON,GROUND..... 019334 SUGARS,BROWN..... 004044 OIL,SOYBN,SALAD OR COOKING.....	3 1/3 CUP 10 CUP 3 TBSP + 1 TSP 5 CUP, unpacked 2 1/2 CUP	In another bowl, mix flour, oats, sugar, and oil until crumbly. Spread evenly over fruit.
		Bake at 350'°"F for about 40 minutes or bubbly.

Calories	216		Iron	1.50	mg	Protein	4.20	g	7.77% Calories from Prot
Cholesterol	0	mg	Calcium	27.31	mg	Carbohydrates	32.49	g	60.12% Calories from Carb
Sodium	5	mg	Vitamin A	26	IU	Total Fat	8.57	g	35.69% Calories from T Fat
Dietary Fiber	4.26	g	Vitamin C	1.08	mg	Saturated Fat	1.26	g	5.26% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	009348	APPLES,CND,WATER PACK,SLCD			
I	009054	BLUEBERRIES,FRZ,UNSWTND			

I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	020038	OATS			
I	002010	CINNAMON,GROUND			
I	019334	SUGARS,BROWN			
I	004044	OIL,SOYBN,SALAD OR COOKING			

Idaho Child Nutrition

Recipe: 000401 Whole Wheat Fruit Pizza
Recipe Source: Cooking Class
Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: Pizza

900129 Pancake, Whole Grain.....	24 Pancake	1. Lay out pancakes on a sheet pan.
050065 Whipped Topping.....	3 CUP	
009384 MANDARIN ORANGES,CND,LT SYRUP,DRND.....	24 OZ	2. Spread 1oz. of whipped topping on each pancake.
009148 KIWI FRUIT,(CHINESE GOOSEBERRIES),FRSH,RAW...	3 CUP	
009316 STRAWBERRIES,RAW.....	3 CUP, whole	3. Drain manadarin oranges. Wash kiwis and strawberries. Peel and slice kiwis. Slice strawberries.
		4. Arrange 1 oz. of each fruit on each pancake. Be creative.
		5. Serve with a pancake turner.

Calories	133		Iron	0.66	mg	Protein	3.67	g	11.02% Calories from Prot
Cholesterol	13	mg	Calcium	60.67	mg	Carbohydrates	25.75	g	77.37% Calories from Carb
Sodium	199	mg	Vitamin A	475	IU	Total Fat	2.23	g	15.06% Calories from T Fat
Dietary Fiber	2.36	g	Vitamin C	36.75	mg	Saturated Fat	0.35	g	2.36% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous		**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900129	Pancake, Whole Grain			
I	050065	Whipped Topping			
I	009384	MANDARIN ORANGES,CND,LT SYRUP,DRND			

I	009148	KIWI FRUIT,(CHINESE GOOSEBERRIES),FRS			
I	009316	STRAWBERRIES,RAW			

Idaho Child Nutrition

Recipe: 000391 Whole Wheat Gingerbread
Recipe Source: Lolo Elementary
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 700
Size of Portion: 1 piece

014429 WATER,MUNICIPAL.....	2 GAL	Boil water.
004044 OIL,SOYBN,SALAD OR COOKING..... 009020 APPLESAUCE,CND,SWTND,WO/SALT..... 019304 MOLASSES..... 900087 Egg, liquid.....	4 LB 4 LB 23 LB 7 LB + 1/4 LB	Mix oil, applesauce, molasses, and eggs.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED..... 020027 CORNSTARCH..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND..... 002021 GINGER,GROUND..... 002011 CLOVES,GROUND..... 019335 SUGARS,GRANULATED.....	10 LB 8 LB 1 LB + 3/4 LB 3 1/2 OZ 2/3 CUP 2 TBSP 3/4 CUP 3/4 CUP 3/4 CUP 8 LB	Add dry ingredients.
		Add half the water, mix well.
		Add the rest of the water slowly.
		Spray large sheet pans and use pan extenders. Put 9#'s of batter per pan. Bake at 300'°"F for about 20 minutes, rotate and bake for another 15 minutes
		Cut each large sheet pan of bread into 70 servings.

Calories	141		Iron	1.36	mg	Protein	2.01	g	5.72% Calories from Prot
Cholesterol	20	mg	Calcium	46.42	mg	Carbohydrates	26.89	g	76.30% Calories from Carb
Sodium	106	mg	Vitamin A	30	IU	Total Fat	3.24	g	20.68% Calories from T Fat
Dietary Fiber	1.09	g	Vitamin C	0.18	mg	Saturated Fat	0.55	g	3.54% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	004044	OIL,SOYBN,SALAD OR COOKING			
I	009020	APPLESAUCE,CND,SWTND,WO/SALT			
I	019304	MOLASSES			
I	900087	Egg, liquid			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	020027	CORNSTARCH			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT,TABLE			
I	002010	CINNAMON,GROUND			
I	002021	GINGER,GROUND			
I	002011	CLOVES,GROUND			
I	019335	SUGARS,GRANULATED			

Idaho Child Nutrition

Recipe: 500100 GRANOLA
Recipe Source: USDA J-01
Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 1/4 CUP

020038 OATS.....	1 LB + 2 OZ	1. Combine the rolled oats and peanut granules (optional) in a large bowl.
019334 SUGARS,BROWN.....	6 1/2 OZ	
009400 APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C...	1 CUP	2. Mix the brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a stock pot. Stir well. Heat on medium for 4 minutes. Do not boil.
004318 OIL,VEG,TYPE B-COMMOD.....	1/4 CUP + 1 TBSP	
019296 HONEY.....	1 CUP	
002047 SALT,TABLE.....	1 TSP	3. Add the brown sugar mixture to the oats and peanuts. Toss to evenly coat.
002010 CINNAMON,GROUND.....	1 TBSP	
002050 VANILLA EXTRACT.....	1 TBSP	4. Spread 3 lb 12 oz (3 qt 1 cup) of this mixture on each sheet pan (18" x 26" x 1"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Bake: Conventional oven: 250° F for 1 ¼ hours Convection oven: 200° F for 1 ¼ hours Stir granola every 15 minutes.
009298 RAISINS,SEEDLESS.....	10 OZ	5. Remove from oven. Cool. 6. Mix in raisins. 7. Portion with No. 16 scoop (¼ cup).
		Special Tips 1) Store in a tightly covered container in a cool place. 2) Serve over puddings, yogurt, or ice cream.
		Serving ¼ cup (No. 16 scoop) provides 1 serving of grains/breads.

Calories	129		Iron	1.04	mg	Protein	2.89	g	8.96% Calories from Prot
Cholesterol	0	mg	Calcium	17.00	mg	Carbohydrates	24.85	g	77.05% Calories from Carb
Sodium	49	mg	Vitamin A	1	IU	Total Fat	2.49	g	17.37% Calories from T Fat
Dietary Fiber	2.00	g	Vitamin C	0.30	mg	Saturated Fat	0.39	g	2.71% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050210	Granola			
I	020038	OATS			
I	019334	SUGARS,BROWN			
I	009400	APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT			
I	004318	OIL,VEG,TYPE B-COMMOD			
I	019296	HONEY			
I	002047	SALT,TABLE			
I	002010	CINNAMON,GROUND			
I	002050	VANILLA EXTRACT			
I	009298	RAISINS,SEEDLESS			

Idaho Child Nutrition

Recipe: 000396 Whole Grain Oatmeal Cookie
Recipe Source: USDA
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: EACH

019335 SUGARS,GRANULATED..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 001123 EGG,WHOLE,RAW,FRESH..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 009019 APPLESAUCE,CND,UNSWTND,WO/ VIT C..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND.....	1 LB + 8 OZ 8 OZ 5 large 1/2 CUP 1 CUP, sauce 12 OZ 1 TSP 1 TSP 2 TSP 1 TSP	1. Combine sugar and margarine or butter in mixer with a paddle attachment for 5 minutes on medium speed until smooth and creamy. 2. Add eggs slowly. Mix on medium speed for 1 minute. 3. Add milk and applesauce. Mix for 1 minute on medium speed. Scrape down sides of bowl. 4. Add the flour, baking soda, salt, cinnamon, and nutmeg. Mix for 2 minutes on low speed until blended.
020038 OATS..... 009298 RAISINS,SEEDLESS.....	1 QT + 3 CUP 13 OZ	5. Add oats and raisins. Mix on low speed for 30 seconds. 6. Lightly coat each sheet pan (18" x 26" x 1") with pan release spray or line with parchment paper. For 50 servings, use 3 pans, one pan will have only 10 cookies. For 100 servings, use 5 pans. Portion with level No. 24 scoop (2 2/3 Tbsp) in rows of 4 across and 5 down. 7. Bake until lightly browned: Conventional oven: 350°F for 18-20 minutes Convection oven: 325°F for 10-12 minutes
		Special Tips **For 50 servings**, use 2 ¼ oz (¾ cup) dried whole eggs and ¾ cup water in place of eggs. **For 100 servings**, use 4 ½ oz (1 ½ cup) dried whole eggs and 1 cup water in place of eggs. For bar cookies, spread 6 lb 5 oz (2 qt ½ cup) of dough in a half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. Bake for 20-25 minutes in a 325° F convection oven. Cut 5 x 10 for 50 servings.
		Serving 1 cookie. For Enhanced Meal Pattern only: 1 cookie provides 1 serving of grains/breads.

Idaho Child Nutrition

Calories	228		Iron	1.62	mg	Protein	5.38	g	9.45% Calories from Prot
Cholesterol	21	mg	Calcium	24.92	mg	Carbohydrates	39.95	g	70.10% Calories from Carb
Sodium	125	mg	Vitamin A	193	IU	Total Fat	5.80	g	22.90% Calories from T Fat
Dietary Fiber	2.89	g	Vitamin C	0.26	mg	Saturated Fat	1.20	g	4.74% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous		**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	019335	SUGARS,GRANULATED			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	001123	EGG,WHOLE,RAW,FRESH			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	009019	APPLESAUCE,CND,UNSWTND,WO/ VIT C			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT,TABLE			
I	002010	CINNAMON,GROUND			
I	002025	NUTMEG,GROUND			
I	020038	OATS			
I	009298	RAISINS,SEEDLESS			

Idaho Child Nutrition

Recipe: 000412 Whole Grain Pasta Salad
Recipe Source:
Recipe Group: SALADS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 3/8 CUP

014429 WATER,MUNICIPAL..... 002047 SALT,TABLE..... 020107 MACARONI,WHOLE-WHEAT,DRY..... 011333 PEPPERS,SWEET,GREEN,RAW.....	1 GAL + 1 1/2 QT 2 TBSP 1 LB + 11 OZ 12 OZ	1. Heat water to rolling boil. Add salt. 2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook according to package directions. DO NOT OVERCOOK. Drain well. Rinse under cold water.
011095 BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..... 002030 PEPPER,BLACK..... 050137 Italian Dressing.....	1 LB + 7 OZ 2 CUP, chopped or sliced 4 OZ 1 TSP 2 CUP	3. Add vegetables, olives, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 5 lb 1 oz (approximately 2 qt 1 1/3 cups) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. **CCP: Cool to 41°F or lower within 4 hours**. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. 6. Portion with No. 10 scoop (3/8 cup).
		Serving ? cup (No. 10 scoop) provides ? cup of vegetable and ½ serving of grains/breads.

Calories	122		Iron	0.81	mg	Protein	2.83	g	9.28% Calories from Prot
Cholesterol	0	mg	Calcium	19.93	mg	Carbohydrates	13.48	g	44.17% Calories from Carb
Sodium	415	mg	Vitamin A	243	IU	Total Fat	7.05	g	51.94% Calories from T Fat
Dietary Fiber	1.99	g	Vitamin C	12.22	mg	Saturated Fat	0.99	g	7.30% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	002047	SALT,TABLE			
I	020107	MACARONI,WHOLE-WHEAT,DRY			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011095	BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	009193	OLIVES,RIPE,CND (SMALL-EXTRA LRG)			
I	002030	PEPPER,BLACK			
I	050137	Italian Dressing			

Idaho Child Nutrition

Recipe: 000402 Whole Grain P.F. Chang's Rice
Recipe Source: P.F Chang's
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 25
Size of Portion: 1/2 c.

900131 Oyster Sauce..... 016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA..... 000084 CHICKEN STOCK.....	1 TBSP + 1 TSP 1/2 CUP 4 TBSP	In a mixing bowl, mix soy sauce, chicken broth, and oyster sauce together. Set aside.
015149 SHRIMP,MIXED SPECIES,RAW..... 051113 BEEF ROAST,FOOD SERV,TO 20% SOL,"ROAST BEEF-T... 075013 CHICKEN BREAST,Boneless,Skinless (avg 4 oz)..... 004623 OIL,VEG,TYPE A-COMMOD.....	8 OZ 8 OZ 8 OZ,raw,yield included 1 TBSP	Add 1/2 T. oil to hot pan. Add chicken, beef, and shrimp, and stir fry until done. Set aside.
001132 EGG,WHL,CKD,SCRMBLD.....	2 large	Add remaining 1/2 T. oil and add egg in and scramble.
020037 RICE,BROWN,LONG-GRAIN,CKD..... 011300 PEAS,EDIBLE-PODDED,RAW..... 011124 CARROTS,RAW..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R.....	7 CUP 2 CUP, whole 1 CUP,strips/slices 1 CUP, chopped	Add all ingredients together and stir fry until rice is evenly coated.
		*** Only contains 1 oz. of meat/meat alternate for schools using Enhanced Food Based Menu Planning.

Calories	107		Iron	1.00	mg	Protein	7.01	g	26.24% Calories from Prot
Cholesterol	37	mg	Calcium	22.93	mg	Carbohydrates	14.85	g	55.59% Calories from Carb
Sodium	307	mg	Vitamin A	958.4	IU	Total Fat	2.22	g	18.72% Calories from T Fat
Dietary Fiber	1.40	g	Vitamin A	154.3	RE	Saturated Fat	0.53	g	4.46% Calories from S Fat
			Vitamin C	4.26	mg	Trans. Fat	0.03*	g	0.24% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900131	Oyster Sauce			
I	016424	SOY SAU MADE FROM SOY&WHEAT (SHOYU)			
I	000084	CHICKEN STOCK			
I	015149	SHRIMP,MIXED SPECIES,RAW			
I	051113	BEEF ROAST,FOOD SERV,TO 20% SOL,"ROA			
I	075013	CHICKEN BREAST,Boneless,Skinless (avg 4 oz)			
I	004623	OIL,VEG,TYPE A-COMMOD			
I	001132	EGG,WHL,CKD,SCRMBLD			
I	020037	RICE,BROWN,LONG-GRAIN,CKD			
I	011300	PEAS,EDIBLE-PODDED,RAW			
I	011124	CARROTS,RAW			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			

Idaho Child Nutrition

Recipe: 000400 Whole Wheat Pizza Wrap
Recipe Source: Cooking Class
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: Wrap

900128 Tortilla, 8" whole wheat commodity..... 011256 TOMATO SAUCE,CND,MARINARA SAUCE..... 900119 Beef, Ground 15%..... 051061 CHEESE BLEND,"SCHOOL CHOICE SHRD BLEND:MOZZ C...	24 Tortilla 1 1/2 CUP 2 LB 1 1/2 LB	Preheat oven to 350'°"F. Arrange tortilla's on sheet pans. Spread 1 oz. of marinara sauce on each tortilla. Sprinkle 1 oz. of cooked ground beef and 1 oz. of cheese on each tortilla. Put tortillas in the oven for 5 minutes to melt the cheese.
011457 SPINACH,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	6 CUP 1 1/2 CUP, chopped or sliced	Add 1/4 c. spinach and 1T. of olives and 1 T. of tomatoes on each tortilla. Roll the wraps tight and chill. Serve cold.

Calories	257		Iron	1.99	mg	Protein	16.04	g	24.96% Calories from Prot
Cholesterol	22	mg	Calcium	325.39	mg	Carbohydrates	22.89	g	35.63% Calories from Carb
Sodium	687	mg	Vitamin A	1319	IU	Total Fat	11.20	g	39.23% Calories from T Fat
Dietary Fiber	3.88	g	Vitamin C	5.54	mg	Saturated Fat	3.64	g	12.73% Calories from S Fat
						Trans. Fat	0.16*	g	0.54% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

Idaho Child Nutrition

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900128	Tortilla, 8" whole wheat commodity			
I	011256	TOMATO SAUCE,CND,MARINARA SAUCE			
I	900119	Beef, Ground 15%			
I	051061	CHEESE BLEND,"SCHOOL CHOICE SHRD BLE			
I	011457	SPINACH,RAW			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			

Idaho Child Nutrition

Recipe: 000418 Whole Grain Polenta
Recipe Source: CIA
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: 2" squares

001001 BUTTER,WITH SALT..... 011215 GARLIC,RAW..... 014429 WATER,MUNICIPAL..... 000084 CHICKEN STOCK..... 001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM).... 117073 SALT, KOSHER..... 114658 PEPPER BLACK, RESTAURANT.....	1 3/4 OZ 2 TBSP 1 3/4 QT 2 QT 1 QT 1/2 TSP 1/2 TSP	Heat butter in a large saucepan. Add the garlic and saute until aromatic. Add the stock, milk, salt, and pepper. Bring to a boil.
020020 CORNMEAL,WHOLE-GRAIN,YEL..... 020011 BUCKWHEAT FLR,WHOLE-GROAT.....	1 LB 1 LB	Whisking contstantly, gradually rain the cornmeal and flour into the stock. Lower the heat and simmer for about 45 minutes, stirring frequently.
115860 CHEESE, PARMESAN, GRATED.....	3 1/2 OZ	Remove the mixture from the heat and stir in the cheese. Brush a 1/2 sheet pan with water and pour the polenta onto the pan. Cool and cover with plastic, and refrigerate until firm.
		When firm, cut into 2" squares and serve. Polenta could be served with a hot bowl of soup or chili; on top of a southwest or taco salad; topped with tomato bruschetta; or as a side dish to a main entree salad bar.

Calories	186		Iron	1.48	mg	Protein	7.30	g	15.71% Calories from Prot
Cholesterol	10	mg	Calcium	115.04	mg	Carbohydrates	30.58	g	65.83% Calories from Carb
Sodium	623	mg	Vitamin A	201.1	IU	Total Fat	4.30	g	20.82% Calories from T Fat
Dietary Fiber	3.28	g	Vitamin A	54.5	RE	Saturated Fat	2.13	g	10.33% Calories from S Fat
			Vitamin C	0.22	mg	Trans. Fat	0.00*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	%					? - Soy
Fat Change.....	%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001001	BUTTER,WITH SALT			
I	011215	GARLIC,RAW			
I	014429	WATER,MUNICIPAL			
I	000084	CHICKEN STOCK			
I	001085	MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR			
I	117073	SALT, KOSHER			
I	114658	PEPPER BLACK, RESTAURANT			
I	020020	CORNMEAL,WHOLE-GRAIN,YEL			
I	020011	BUCKWHEAT FLR,WHOLE-GROAT			
I	115860	CHEESE, PARMESAN, GRATED			

Idaho Child Nutrition

Recipe: 000403 Whole Grain Preacher Cookies
Recipe Source: Virginia Tech
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 25
Size of Portion: cookies

019335 SUGARS,GRANULATED..... 900035 Milk - 1%..... 004065 MARGARINE,REG,HARD,CORN (HYDR&REG).... 019165 COCOA,DRY PDR,UNSWTND.....	13 OZ 4 OZ 1/2 CUP 4 TBSP	Place sugar, milk, margarine, and cocoa in small sauce pot and bring to a boil for one minute.
002050 VANILLA EXTRACT..... 020038 OATS..... 016098 PEANUT BUTTER,SMOOTH STYLE,W/SALT.....	1 TSP 5 1/2 OZ 4 1/4 OZ	Turn off heat and add remaining three ingredients to sauce pot. Portion cookies into rounded 1-ounce scoops and place onto parchment paper. Press cookies flat. Allow mixture to cool and harden before serving.

Calories	147		Iron	0.51	mg	Protein	2.63	g	7.18% Calories from Prot
Cholesterol	0	mg	Calcium	14.06	mg	Carbohydrates	20.58	g	56.18% Calories from Carb
Sodium	67	mg	Vitamin A	171.1	IU	Total Fat	6.66	g	40.89% Calories from T Fat
Dietary Fiber	1.24	g	Vitamin A	38.1	RE	Saturated Fat	1.30	g	8.00% Calories from S Fat
			Vitamin C	0.06	mg	Trans. Fat	0.00*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Miscellaneous		**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	019335	SUGARS,GRANULATED			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

I	900035	Milk - 1%			
I	004065	MARGARINE,REG,HARD,CORN (HYDR&REG)			
I	019165	COCOA,DRY PDR,UNSWTND			
I	002050	VANILLA EXTRACT			
I	020038	OATS			
I	016098	PEANUT BUTTER,SMOOTH STYLE,W/SALT			

Idaho Child Nutrition

Recipe: 000394 Whole Grain Pumpkin Muffin
Recipe Source: Gooding SD
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 720
Size of Portion: 2 oz.

019335 SUGARS,GRANULATED..... 004065 MARGARINE,REG,HARD,CORN (HYDR&REG)..... 002047 SALT,TABLE.....	21 LB + 12 OZ 6 LB 1/3 CUP	In a mixing bowl using a paddle attachment, cream the sugar, margarine, and salt for 10 minutes at medium speed.
011424 PUMPKIN,CND,WO/SALT.....	3 #10 Can	Add pumpkin and mix for 2 minutes. Scrape down sides of the bowl.
001123 EGG,WHOLE,RAW,FRESH.....	9 LB	Slowly add eggs. Scrape down sides of bowl.
001084 MILK,LOWFAT,FLUID,1% MILKFAT,PROT FORT,W/ VIT.....	4 QT	Slowly add milk. Scrape down sides of bowl.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED..... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 018372 LEAVENING AGENTS,BAKING SODA..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND.....	6 LB + 12 OZ 12 LB 1/2 CUP + 2 TBSP 1/3 CUP + 2 TSP 1/2 CUP 1/2 CUP	In a separate bowl, mix flour, baking powder, baking soda, cinnamon and nutmeg. Add to above mixture. Mix at low speed for 1 minute.
		Dip 3 qts, 3 1/4 cups into each greased and floured 18"x26"x1" sheet pan. Bake in convection oven at 350'°'F for 30-35 minutes or until center tests done. Cut each pan 8x10 to make 80 muffin squares. Dust with powdered sugar

Calories	137		Iron	0.82	mg	Protein	2.58	g	7.52% Calories from Prot
Cholesterol	24	mg	Calcium	30.80	mg	Carbohydrates	23.95	g	69.86% Calories from Carb
Sodium	152	mg	Vitamin A	2081	IU	Total Fat	3.92	g	25.71% Calories from T Fat
Dietary Fiber	1.45	g	Vitamin C	0.61	mg	Saturated Fat	0.81	g	5.33% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	019335	SUGARS,GRANULATED			
I	004065	MARGARINE,REG,HARD,CORN (HYDR&REG)			
I	002047	SALT,TABLE			
I	011424	PUMPKIN,CND,WO/SALT			
I	001123	EGG,WHOLE,RAW,FRESH			
I	001084	MILK,LOWFAT,FLUID,1% MILKFAT,PROT FOR			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002010	CINNAMON,GROUND			
I	002025	NUTMEG,GROUND			

Idaho Child Nutrition

Recipe: 000409 Whole Grain Rocket Bars
Recipe Source: Gooding
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 168
Size of Portion: 2.5 oz. bar

016026 BEANS,GREAT NORTHERN,MATURE SEEDS,CND.....	2 1/4 LB	Preheat oven to 350'°'F. Puree or blend beans until smooth.
004331 SHORTENING,VEG,TYPE I-COMMOD..... 002050 VANILLA EXTRACT..... 001123 EGG,WHOLE,RAW,FRESH..... 019335 SUGARS,GRANULATED..... 019334 SUGARS,BROWN..... 009020 APPLESAUCE,CND,SWTND,WO/SALT.....	16 OZ 3 TBSP 2 CUP(4.86 lrg eggs) 1 1/2 LB 1 3/4 LB 1 LB	Place sugars into mixer and turn on low, add shortening, vanilla, eggs, applesauce, and beans.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED..... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 020038 OATS..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE.....	1 LB 3 LB 2 1/4 LB 2 1/4 TBSP 1 TBSP	In a separate bowl: Mix 2 1/4 c. of white flour and 2 1/4 c. of wheat flour with baking soda, salt, and oats. Stir and add to mixer. Add remaining flour and mix well.
900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODITY.... 019080 CANDIES,SEMISWEET CHOC.....	2 CUP 1 CUP,mini chips	Add cranberries and chocolate chips. **You can substitute dried cherries for chocolate chips.
		Using a #40 scoop, portion onto sprayed paper lined cookie sheets 4x6. Bake at 350'°'F. Bake 5 minutes, rotate pans, and bake an additional 4-5 minutes. (Total cooking time 9-10 minutes). Cookie Bars: Spray full size sheet pans with pan release spray. Spread dough onto pans and bake at 325'°'F for 20-25 minutes. Cut each pan 5x10 for 50 servings.

Calories	142		Iron	1.02	mg	Protein	3.27	g	9.24% Calories from Prot
Cholesterol	12	mg	Calcium	15.74	mg	Carbohydrates	24.27	g	68.50% Calories from Carb
Sodium	100	mg	Vitamin A	15	IU	Total Fat	3.92	g	24.91% Calories from T Fat
Dietary Fiber	2.14	g	Vitamin C	0.12	mg	Saturated Fat	1.06	g	6.72% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	016026	BEANS,GREAT NORTHERN,MATURE SEEDS,			
I	004331	SHORTENING,VEG,TYPE I-COMMOD			
I	002050	VANILLA EXTRACT			
I	001123	EGG,WHOLE,RAW,FRESH			
I	019335	SUGARS,GRANULATED			
I	019334	SUGARS,BROWN			
I	009020	APPLESAUCE,CND,SWTND,WO/SALT			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	020038	OATS			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT,TABLE			
I	900072	CRANBERRIES, WHOLE, SLICED DRIED-COM			
I	019080	CANDIES,SEMISWEET CHOC			

Idaho Child Nutrition

Recipe: 000410 Whole Grain Rolls
Recipe Source: Gooding
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 405
Size of Portion: Roll

014429 WATER,MUNICIPAL..... 004318 OIL,VEG,TYPE B-COMMOD.....	12 QT 2 QT	Preheat oven to 350'°'F. Use Dough Hook. In a mixer bowl combine warm water (110'°'F) and oil and 8 lbs. of white and wheat flour. Beat well.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 020038 OATS..... 019335 SUGARS,GRANULATED..... 002047 SALT,TABLE..... 001091 MILK,DRY,NONFAT,REG,WO/ VIT A..... 018375 LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY....	18 LB 18 LB 3 QT 3 CUP 1 CUP 3 CUP 1 CUP	In a separate bowl, mix together 1 lb. white flour and 1 lb wheat flour with oats, sugar, salt, dry milk, and yeast. Add to mixer. Add remaining flour alternating between each kind. Beat well until mixed. Place dough in greased pans and allow to rise. Portion onto sprayed paperlined sheet pans 6x9. Makes approximately 7.5 pans. Bake at 350'°"F for 10 minutes, turn and rotate pans. Bake an additional 10 minutes or until the internal temperature reaches 193'°'F.

Calories	208		Iron	2.02	mg	Protein	6.13	g	11.78% Calories from Prot
Cholesterol	0	mg	Calcium	24.60	mg	Carbohydrates	35.20	g	67.66% Calories from Carb
Sodium	287	mg	Vitamin A	2	IU	Total Fat	5.23	g	22.61% Calories from T Fat
Dietary Fiber	3.59	g	Vitamin C	0.06	mg	Saturated Fat	0.76	g	3.28% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	004318	OIL,VEG,TYPE B-COMMOD			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	020038	OATS			
I	019335	SUGARS,GRANULATED			
I	002047	SALT,TABLE			
I	001091	MILK,DRY,NONFAT,REG,WO/ VIT A			
I	018375	LEAVENING AGENTS,YEAST,BAKER'S,ACTIV			

Idaho Child Nutrition

Recipe: 000434 Whole Grain Southwest Popcorn
Recipe Source: Betty Crocker
Recipe Group: SNACKS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 25
Size of Portion: 1 Cup

019034 POPCORN,AIR-POPPED.....	25 CUP	Pop 3 cups of popcorn kernals in an air popper. This will yield 24-25 cups of popped popcorn.
110933 MARGARINE..... 002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 002020 GARLIC POWDER..... 116250 CHEESE, MONTEREY PEPPER JACK...	1/2 CUP 2 TSP 1 TSP 1 TSP 2 OZ	Heat margarine, chili powder, cumin, and garlic until margarine is melted. Drizzle over hot popcorn; toss. Immediately sprinkle grated cheese on popcorn. Serve warm or cold.

Calories	73		Iron	0.34	mg	Protein	1.66	g	9.08% Calories from Prot
Cholesterol	2	mg	Calcium	17.09	mg	Carbohydrates	6.54	g	35.75% Calories from Carb
Sodium	53	mg	Vitamin A	262.4	IU	Total Fat	4.67	g	57.37% Calories from T Fat
Dietary Fiber	1.25	g	Vitamin A	46.0	RE	Saturated Fat	1.18	g	14.49% Calories from S Fat
			Vitamin C	0.15	mg	Trans. Fat	N/A*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	019034	POPCORN,AIR-POPPED			
I	110933	MARGARINE			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			

I	002020	GARLIC POWDER			
I	116250	CHEESE, MONTEREY PEPPER JACK			

Idaho Child Nutrition

Recipe: 000393 Whole Grain Spanish Rice
Recipe Source: Gooding SD
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 400
Size of Portion: 1/2 c.

011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011821 PEPPERS,SWEET,RED,RAW.....	2 CUP, chopped 2 CUP, chopped 2 CUP, chopped	Preheat oven to 300 degrees and chop peppers and onions, then set aside.
020036 RICE,BROWN,LONG-GRAIN,RAW..... 014429 WATER,MUNICIPAL.....	8 QT 16 QT	In a 2 full size 4" hotel pans, combine 4 quarts of rice & 8 quarts of water in each pan. Mix together.
000065 BASE,CHICKEN,Dry..... 011546 TOMATO PRODUCTS,CND,PASTE,WO/SALT... 002026 ONION POWDER..... 002020 GARLIC POWDER..... 002047 SALT,TABLE.....	1 LB 6 CUP 6 TBSP 3 TBSP 4 TBSP	Stir 3 cups tomato paste, 8 oz. chicken base, 3 T. onion power, 3 T. garlic powder, and 1 T. of salt into each pan. Mix well.
		Add 1 cup of chopped red peppers, green peppers, and diced onions to each pan. Mix well.
		Cover and place in 300'°'F oven for 2 hours. Stir after one hour.
		Serve 1/2 c. portions.

Calories	62		Iron	0.36	mg	Protein	1.52	g	9.84% Calories from Prot
Cholesterol	1	mg	Calcium	7.43	mg	Carbohydrates	12.69	g	81.99% Calories from Carb
Sodium	210	mg	Vitamin A	86	IU	Total Fat	0.59	g	8.60% Calories from T Fat
Dietary Fiber	0.75	g	Vitamin C	3.35	mg	Saturated Fat	0.13	g	1.93% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Idaho Child Nutrition

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011282	ONIONS,RAW			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011821	PEPPERS,SWEET,RED,RAW			
I	020036	RICE,BROWN,LONG-GRAIN,RAW			
I	014429	WATER,MUNICIPAL			
I	000065	BASE,CHICKEN,Dry			
I	011546	TOMATO PRODUCTS,CND,PASTE,WO/SALT			
I	002026	ONION POWDER			
I	002020	GARLIC POWDER			
I	002047	SALT,TABLE			

Idaho Child Nutrition

Recipe: 000397 Whole Wheat Sugar Cookies
Recipe Source: USDA
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 25
Size of Portion: EACH

004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD... 019335 SUGARS,GRANULATED..... 001123 EGG,WHOLE,RAW,FRESH..... 002050 VANILLA EXTRACT..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A.....	6 OZ 12 OZ 2 large 1/2 TBSP 3 TBSP	1. Cream margarine or butter and sugar in mixer with paddle attachment on medium speed for 10 minutes. 2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down sides of bowl.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE..... 002025 NUTMEG,GROUND..... 002010 CINNAMON,GROUND.....	14 1/2 OZ 1/2 TBSP 3/4 TSP 3/4 TSP 1/2 TSP 1/2 TSP	3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended.
019335 SUGARS,GRANULATED..... 002010 CINNAMON,GROUND.....	1/4 CUP 1 TSP	4. Lightly coat each sheet pan (18" x 26" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows of 4 across and 5 down. For 50 servings, use 3 pans, 1 pan will only have 10 cookies. For 100 servings, use 4 pans. 5. Combine sugar and cinnamon and sprinkle over cookies. 6. Bake until light brown: Conventional oven: 375° F for 12 minutes Convection oven: 350° F for 6 minutes
		Special Tip **For 50 servings**, use 2 oz (2/3 cup) dried whole eggs and 2/3 cup water in place of eggs. **For 100 servings**, use 3 1/2 oz (1 cup 3 Tbsp) dried whole eggs and 1 cup 3 Tbsp water in place of eggs. For a lighter texture, substitute enriched all-purpose flour for half of the whole wheat flour.
		Serving 1 cookie. For Enhanced Meal Pattern only: 1 cookie provides 1 serving of grains/breads.

Idaho Child Nutrition

Calories	173		Iron	0.79	mg	Protein	2.89	g	6.66% Calories from Prot
Cholesterol	17	mg	Calcium	26.91	mg	Carbohydrates	28.03	g	64.67% Calories from Carb
Sodium	180	mg	Vitamin A	268	IU	Total Fat	6.22	g	32.31% Calories from T Fat
Dietary Fiber	2.10	g	Vitamin C	0.05	mg	Saturated Fat	1.31	g	6.80% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	019335	SUGARS,GRANULATED			
I	001123	EGG,WHOLE,RAW,FRESH			
I	002050	VANILLA EXTRACT			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	018371	LEAVENING AGENTS,BAKING PDR,LOW-SODI			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT,TABLE			
I	002025	NUTMEG,GROUND			
I	002010	CINNAMON,GROUND			
I	019335	SUGARS,GRANULATED			
I	002010	CINNAMON,GROUND			

Idaho Child Nutrition

Recipe: 000405 Whole Wheat Swedish Apple Pie
Recipe Source: W. Grains Coun.
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: Pieces

		Preheat oven 350'°'F. Spray a half sheet pan with cooking spray. Use a sheet pan extender.
001123 EGG,WHOLE,RAW,FRESH.....	3 large	In a large bowl, beat egg thoroughly with a fork, until it forms a ribbon.
019335 SUGARS,GRANULATED..... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND..... 002050 VANILLA EXTRACT.....	1 1/2 CUP 1 1/2 CUP 1 TBSP 1 1/2 TSP 1 1/2 TSP 3/4 TSP	Add everything else EXCEPT apples and nuts, and mix thoroughly.
009003 APPLES,RAW,WITH SKIN..... 012155 WALNUTS,ENGLISH.....	9 medium (3 per LB) 1 CUP, pieces	Add apples and nuts, and mix as well as you can. It's a very lumpy mix. Mix until the batter sticks together.
		Spread batter on the sheet pan. Bake at 350'°'F for 30 minutes or until slightly brown.

Calories	144		Iron	0.73	mg	Protein	2.72	g	7.56% Calories from Prot
Cholesterol	26	mg	Calcium	49.63	mg	Carbohydrates	26.11	g	72.70% Calories from Carb
Sodium	218	mg	Vitamin A	60	IU	Total Fat	4.11	g	25.78% Calories from T Fat
Dietary Fiber	2.57	g	Vitamin C	2.49	mg	Saturated Fat	0.53	g	3.35% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

Idaho Child Nutrition

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001123	EGG,WHOLE,RAW,FRESH			
I	019335	SUGARS,GRANULATED			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	002047	SALT,TABLE			
I	002010	CINNAMON,GROUND			
I	002050	VANILLA EXTRACT			
I	009003	APPLES,RAW,WITH SKIN			
I	012155	WALNUTS,ENGLISH			

Idaho Child Nutrition

Recipe: 000414 Whole Wheat Tabouleh
Recipe Source:
Recipe Group: SALADS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 3/4 CUP

014429 WATER,MUNICIPAL..... 002047 SALT,TABLE..... 020012 BULGUR,DRY..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 011206 CUCUMBER,PEELED,RAW..... 011297 PARSLEY,RAW..... 011282 ONIONS,RAW..... 002056 MINT LEAVES, FRESH.....	2 QT + 2 1/2 CUP 2 TBSP 3 LB + 6 OZ 4 LB + 14 OZ 2 LB + 8 OZ 3 OZ 12 OZ 1/4 CUP	1. Add salt to water and bring to a boil. 2. In a large bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain. 3. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
009154 LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH..... 004318 OIL,VEG,TYPE B-COMMOD.....	1 1/3 CUP 1/2 CUP	4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. Spread 5 lb13 oz (approximately 3 qt 2/3 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 3 pans. For 100 servings, use 6 pans. 5. **CCP: Cool to 41° F or lower within 4 hours.** Refrigerate until ready to serve. 6. Portion with 6 oz ladle (¾ cup).
		Food as Purchased **50 Servings** / **100 Servings** Tomatoes: 5 lb 10 oz / 11 lb 4 oz Cucumbers: 3 lb 2 oz / 6 lb 4 oz Parsley: 4 oz / 8 oz Mature onions: 14 oz / 1 lb 12 oz
		Special Tip For a tasty variation, add 2 cups of chopped black olives per 50 servings.
		Serving ¾ cup (6 oz ladle) provides ? cup of vegetable and ¾ serving of grains/breads.

Calories	140	Iron	1.06 mg	Protein	4.43 g	12.70%	Calories from Prot
Cholesterol	0 mg	Calcium	24.02 mg	Carbohydrates	26.68 g	76.44%	Calories from Carb

Idaho Child Nutrition

Sodium	294	mg	Vitamin A	541	IU	Total Fat	2.75	g	17.74% Calories from T Fat
Dietary Fiber	6.47	g	Vitamin C	11.09	mg	Saturated Fat	0.40	g	2.58% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	002047	SALT,TABLE			
I	020012	BULGUR,DRY			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	011206	CUCUMBER,PEELED,RAW			
I	011297	PARSLEY,RAW			
I	011282	ONIONS,RAW			
I	002056	MINT LEAVES, FRESH			
I	009154	LEMON JUC,FRZ,UNSWTND,SINGLE STRENG			
I	004318	OIL,VEG,TYPE B-COMMOD			

Idaho Child Nutrition

Recipe: 000392 Whole Wheat Turkey Wrap
Recipe Source: Cooking Class
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 24
Size of Portion: Wrap

900128 Tortilla, 8" whole wheat commodity...	24 Tortilla	Steam tortillas for 3 minutes until warm OR place in warmer to prevent torn tortillas when folding.
050333 Hummus.....	1 1/2 CUP	
990024 Turkey, deli.....	3 LB	Arrange tortillas on prep table. Spread 1T. of hummus on each tortilla. Add 2 oz. turkey, 5 leaves spinach, 1 T. cucumber, and 2 red pepper rings on each tortilla.
011457 SPINACH,RAW.....	6 CUP	
011205 CUCUMBER,WITH PEEL,RAW.....	1 1/2 LB	
011821 PEPPERS,SWEET,RED,RAW.....	3 CUP, sliced	Roll wrap tight and serve cold.

Calories	218		Iron	1.82	mg	Protein	14.35	g	26.28% Calories from Prot
Cholesterol	10	mg	Calcium	116.14	mg	Carbohydrates	25.84	g	47.31% Calories from Carb
Sodium	963	mg	Vitamin A	1095	IU	Total Fat	6.48	g	26.69% Calories from T Fat
Dietary Fiber	3.91	g	Vitamin C	25.54	mg	Saturated Fat	1.04	g	4.29% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous		**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900128	Tortilla, 8" whole wheat commodity			
I	050333	Hummus			
I	990024	Turkey, deli			
I	011457	SPINACH,RAW			
I	011205	CUCUMBER,WITH PEEL,RAW			
I	011821	PEPPERS,SWEET,RED,RAW			

Idaho Child Nutrition

Recipe: 500200 VEGETABLE CHILI
Recipe Source: USDA D-49
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 3/4 CUP

004318 OIL,VEG,TYPE B-COMMOD..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW.....	1/4 CUP 1 LB, chopped + 4 OZ, chopped 10 OZ, chopped	1. Heat the oil in a steam-jacketed kettle. 2. Add the onions and sauté 3 minutes, until translucent. 3. Add the green peppers and sauté 2 minutes, until tender.
002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 090017 GARLIC,GRANULATED..... 002026 ONION POWDER..... 019334 SUGARS,BROWN..... 011966 TOMATOES,CRUSHED,CND,HTD..... 011531 TOMATOES,RED,RIPE,CND,WHL,REG PK.....	3/4 CUP 1 OZ 1 TBSP + 1 TSP 2 TSP 4 OZ 1 #10 CAN 1 # 2 1/2 Can + 2 TBSP	4. Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
016029 BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CND... 020012 BULGUR,DRY..... 014429 WATER,MUNICIPAL..... 001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ.....	1 1/4 #10 Can, drained 3 CUP 1/2 CUP 2 LB	5. Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered. 6. Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. **CCP: Heat to 140° F or higher for at least 15 seconds**. 7. **CCP: Hold for hot service at 135° F or higher**. Portion with 6 oz ladle (¾ cup).
001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	3 LB + 2 OZ	8. Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.
		Special Tip This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).
		Serving ¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate, ? cup of vegetable, and ¼ serving of grains/breads.

Idaho Child Nutrition

Calories	261		Iron	2.64	mg	Protein	17.01	g	26.12% Calories from Prot
Cholesterol	20	mg	Calcium	389.11	mg	Carbohydrates	31.57	g	48.47% Calories from Carb
Sodium	708	mg	Vitamin A	1469	IU	Total Fat	8.74	g	30.17% Calories from T Fat
Dietary Fiber	7.47	g	Vitamin C	20.45	mg	Saturated Fat	4.39	g	15.16% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050249	Vegetable Chili			
I	004318	OIL,VEG,TYPE B-COMMOD			
I	011282	ONIONS,RAW			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			
I	090017	GARLIC,GRANULATED			
I	002026	ONION POWDER			
I	019334	SUGARS,BROWN			
I	011966	TOMATOES,CRUSHED,CND,HTD			
I	011531	TOMATOES,RED,RIPE,CND,WHL,REG PK			
I	016029	BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,			
I	020012	BULGUR,DRY			
I	014429	WATER,MUNICIPAL			
I	001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			

Idaho Child Nutrition

Recipe: 000416 Whole Wheat Veg Quesadilla
Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

900128 Tortilla, 8" whole wheat commodity.....	50 Tortilla	1. For 50 servings, line 3 sheet pans (18" x 26" x 1") with parchment paper. Place 8-9 tortillas side by side on each pan (use a total of 25 tortillas). For 100 servings, line 5 sheet pans (18" x 26" x 1") with parchment paper. Place 10 tortillas side by side on each pan (use a total of 50 tortillas). Reserve for step 5.
011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW..... 016153 BEANS,BLACK,CND,DRND..... 011172 CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 002026 ONION POWDER..... 002028 PAPRIKA.....	1 LB, chopped + 4 OZ, chopped 15 OZ, chopped 1/2 #10 Can + 15 OZ 1/2 #10 Can,drained 15 OZ 2 TBSP 2 TBSP 1 TBSP + 1 TSP 1 TBSP + 1 TSP	2. Combine peppers, onions, black beans, and corn. Heat on medium heat for 5 minutes. 3. Add diced tomatoes to vegetable mixture and drain excess liquid. 4. Add chili powder, cumin, onion powder, and paprika to vegetable mixture.
042155 CHEESE,MONTEREY,LOW FAT..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	1 LB + 9 OZ 1 LB + 9 OZ	5. Sprinkle each tortilla with ¼ cup of Monterey Jack cheese. 6. Spoon 1 cup 1 Tbsp vegetable mixture on to each tortilla. 7. Sprinkle each tortilla with ¼ cup Cheddar cheese. 8. Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning. 9. Bake until tops are golden brown: Conventional oven: 400° F for 10 minutes Convection oven: 375° F for 7 minutes 10. Allow quesadilla to stand for 5 minutes. 11. Cut each quesadilla in half and serve. One portion is ½ quesadilla.

Idaho Child Nutrition

Food as Purchased

	50 Servings	100 Servings
Green peppers	1 lb 9 oz	3 lb 2 oz
Mature onions	1 lb 1 oz	2 lb 2 oz
Tomatoes	1 lb 2 oz	2 lb 4 oz

Serving

1 serving provides 1 ¼ oz equivalent meat/meat alternate, ? cup vegetable, and 1 serving of grains/breads.

Calories	318		Iron	2.62	mg	Protein	15.82	g	19.92% Calories from Prot
Cholesterol	12	mg	Calcium	287.23	mg	Carbohydrates	34.86	g	43.90% Calories from Carb
Sodium	730	mg	Vitamin A	436	IU	Total Fat	7.21	g	20.41% Calories from T Fat
Dietary Fiber	6.13	g	Vitamin C	14.66	mg	Saturated Fat	3.23	g	9.14% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900128	Tortilla, 8" whole wheat commodity			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011282	ONIONS,RAW			
I	016153	BEANS,BLACK,CND,DRND			
I	011172	CORN,SWT,YEL,CND,WHL KERNEL,DRND SO			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			
I	002026	ONION POWDER			

I	002028	PAPRIKA			
I	042155	CHEESE,MONTEREY,LOW FAT			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			

Idaho Child Nutrition

Recipe: 000395 Whole Wheat Vegetable Wraps
Recipe Source: USDA
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

900128 Tortilla, 8" whole wheat commodity..... R500160 RANCH DRESSING..... 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW...	50 Tortilla 1 QT + 2 1/4 CUP 13 OZ, shredded	1. Steam tortillas for 3 minutes until warm OR place in warmer to prevent torn tortillas when folding. 2. For ranch dressing use Ranch Dressing Recipe (see E-19). Spread 2 Tbsp ranch dressing down the center of each tortilla. 3. Place about 1/4 oz lettuce on top of ranch dressing.
011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW..... 011124 CARROTS,RAW..... 011206 CUCUMBER,PEELED,RAW.....	1 LB, chopped + 10 OZ, chopped 1 LB, chopped + 13 OZ, chopped 1 LB + 5 OZ 1 LB + 9 OZ	4. Combine raw ingredients: green peppers(chopped), onions(chopped), carrots (peeled, sliced) and cucumbers(peeled and diced). Portion 2 oz vegetable mix with a No. 10 scoop (3/8 cup) ontop of lettuce leaf and dressing.
001182 USDA COMMODITY,CHS,CHEDDAR,RED FAT.....	3 LB + 2 OZ	5. Sprinkle 1 oz (1/4 oz) cheese on top of vegetables. 6. Fold the top and bottom of the tortilla into the center. Beginning at either side, roll the tortilla until all the contents cannot be seen. 7. Cut diagonally in half.
		Food As Purchased **50 Servings** / **100 Servings** Leaf Lettuce: 1 lb 4 oz / 2 lb 8 oz Green Peppers: 2 lb 1 oz / 4 lb 2 oz Mature Onions: 2 lb 1 oz / 4 lb 2 oz Carrots: 1 lb 10 oz / 3 lb 4 oz Cucumbers: 1 lb 14 oz / 3 lb 12 oz
		Serving 2 pieces provide 1 oz equivalent meat/meat alternate, 3/8 cup of vegetable,and 2 servings of grains/breads.

Calories	252	Iron	1.31 mg	Protein	13.30 g	21.08%	Calories from Prot
Cholesterol	21 mg	Calcium	403.89 mg	Carbohydrates	28.08 g	44.49%	Calories from Carb

Idaho Child Nutrition

Sodium	737	mg	Vitamin A	2334	IU	Total Fat	9.67	g	34.46% Calories from T Fat
Dietary Fiber	4.10	g	Vitamin C	14.77	mg	Saturated Fat	4.32	g	15.41% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900128	Tortilla, 8" whole wheat commodity			
R	500160	RANCH DRESSING			
I	011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011282	ONIONS,RAW			
I	011124	CARROTS,RAW			
I	011206	CUCUMBER,PEELED,RAW			
I	001182	USDA COMMODITY,CHS,CHEDDAR,RED FAT			

Idaho Child Nutrition

Recipe: 500063 CHICKEN RICE SOUP
Recipe Source: USDA H-02A
Recipe Group: SOUPS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: CUP

044188 SOUP,CHICKEN BROTH,LO SODIUM,CND... 011143 CELERY,RAW..... 011282 ONIONS,RAW..... 002030 PEPPER,BLACK..... 002034 POULTRY SEASONING.....	3 GAL + 3 1/2 QT 1 LB, chopped + 8 OZ, chopped 14 OZ, chopped 1 TSP 1 TSP	1. Combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning. 2. Bring to boil. Reduce heat and cover. Simmer for 10 minutes.
020050 RICE,WHITE,MEDIUM-GRAIN,RAW,ENR..... 005360 CHICK,DICED,CKD,FROZEN-COMMOD.....	1 LB + 14 OZ 1 LB + 9 1/2 OZ	3. Add rice and chicken or turkey. Return to simmer. Cover. Simmer for 20 minutes or until rice is tender. **CCP: Heat to 165° F or higher for at least 15 seconds**. 4. Pour 9 lb (1 gal 2/3 cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. 5. **CCP: Hold for hot service at 135°F or higher**. Portion with 8 oz ladle (1 cup).
		Food as Purchased **50 Servings** / **100 Servings** Celery: 1 lb 13 oz / 3 lb 10 oz Carrots: 15 oz / 1 lb 14 oz Mature onions: 1 lb / 2 lb Chicken, whole,w/out neck&giblets: 4 lb 7 oz / 8 lb 14 oz
		Serving 1 cup (8 oz ladle) provides ½ oz equivalent meat /meat alternate a nd ½ serving of grains/breads.

Calories	112		Iron	1.04	mg	Protein	6.69	g	23.90% Calories from Prot
Cholesterol	14	mg	Calcium	22.99	mg	Carbohydrates	16.77	g	59.90% Calories from Carb
Sodium	205	mg	Vitamin A	25	IU	Total Fat	1.71	g	13.73% Calories from T Fat
Dietary Fiber	0.48	g	Vitamin C	1.68	mg	Saturated Fat	0.45	g	3.60% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050169	Chicken Rice Soup			
I	044188	SOUP,CHICKEN BROTH,LO SODIUM,CND			
I	011143	CELERY,RAW			
I	011282	ONIONS,RAW			
I	002030	PEPPER,BLACK			
I	002034	POULTRY SEASONING			
I	020050	RICE,WHITE,MEDIUM-GRAIN,RAW,ENR			
I	005360	CHICK,DICED,CKD,FROZEN-COMMOD			

Idaho Child Nutrition

Recipe: 500049 CHERRY CRISP
Recipe Source: USDA C-07
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED... 020038 OATS..... 019334 SUGARS,BROWN..... 002011 CLOVES,GROUND..... 002047 SALT,TABLE..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 090063 CHERRIES,TART,CND,H2O PK.....	13 1/2 OZ 9 OZ 15 OZ 1/2 TSP 1/2 TSP 1 LB 1 1/3 #10 CAN	1. For topping: Combine flour, rolled oats or rolled wheat, brown sugar, cloves, salt, and margarine or butter. Mix until crumbly. Set aside for step 8. 2. For filling: Drain cherries, reserving juice. For 50 servings, reserve 1 cup juice. For 100 servings, reserve 2 cups juice. Set juice aside for step 4. 3. Place 5 lb 14 oz (3 qt) cherries into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
019335 SUGARS,GRANULATED..... 009214 ORANGE JUC,FRZ CONC,UNSWTND,UNDIL..... 020027 CORNSTARCH..... 014429 WATER,MUNICIPAL.....	10 OZ 1/4 CUP 1/4 CUP + 2 TBSP 1/4 CUP	4. Combine cherry juice with sugar and orange juice concentrate. Cook juice mixture over medium heat for 2 minutes. 5. Combine cornstarch and water. Stir until smooth. 6. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.
		7. Pour 2 cups liquid mixture over cherries in each pan. 8. Sprinkle 3 lb 5 oz (approximately 2 qt 2 cups) topping evenly over cherries in each pan. 9. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes 10. Cool. Cut each pan 5 x 10 (50 pieces per pan).

Idaho Child Nutrition

Variation

Cherry Crisp (Using Frozen Red Tart Pitted Cherries, Thawed)

50 servings: Follow step 1. In step 2, use 8 lb 8 oz (3 qt 3 cups) thawed frozen red tart pitted cherries. Drain and reserve 1 cup juice for step 4. In step 3, place 6 lb (2 qt 1 cup) drained cherries into 1 steamtable pan. Continue with steps 4-10.

100 servings: Follow step 1. In step 2, use 17 lb (1 gal 3 ½ qt) thawed frozen red tart pitted cherries. Drain and reserve 2 cups juice for step 4. In step 3, place 6 lb (2 qt 1 cup) drained cherries into each of 2 steamtable pans. Continue with steps 4-10.

Serving

1 piece provides ¼ cup of fruit.
For Enhanced Meal Pattern only: 1 piece also provides ¾ serving grains/breads.

Calories	196		Iron	1.67	mg	Protein	2.28	g	4.65% Calories from Prot
Cholesterol	0	mg	Calcium	22.00	mg	Carbohydrates	30.53	g	62.31% Calories from Carb
Sodium	117	mg	Vitamin A	822	IU	Total Fat	7.80	g	35.82% Calories from T Fat
Dietary Fiber	1.50	g	Vitamin C	3.40	mg	Saturated Fat	1.57	g	7.21% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050048	Cherry Crisp			
I	020581	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL			
I	020038	OATS			
I	019334	SUGARS,BROWN			

I	002011	CLOVES,GROUND			
I	002047	SALT,TABLE			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	090063	CHERRIES,TART,CND,H2O PK			
I	019335	SUGARS,GRANULATED			
I	009214	ORANGE JUC,FRZ CONC,UNSWTND,UNDIL			
I	020027	CORNSTARCH			
I	014429	WATER,MUNICIPAL			

Idaho Child Nutrition

Recipe: 500054 CHICKEN AND NOODLES
Recipe Source: USDA D-17
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: CUP

044188 SOUP,CHICKEN BROTH,LO SODIUM,CND..... 020109 NOODLES,EGG,DRY,ENRICHED..... 011282 ONIONS,RAW..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 002030 PEPPER,BLACK..... 005360 CHICK,DICED,CKD,FROZEN-COMMOD.....	2 GAL 2 LB + 8 OZ 14 OZ, chopped 4 OZ 4 OZ 1 QT + 2 CUP 1 1/2 TSP 6 LB + 6 OZ	1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN. 2. Melt margarine or butter. Add flour and stir until smooth. 3. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine.
		4. Stir occasionally until thickened. **CCP: Heat to 165° F or higher for at least 15 seconds.** 5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. 6. **CCP: Hold for hot service at 135° F or higher**. Portion with 8 oz ladle (1 cup).
		Food as Purchased **50 Servings** **100 Servings** Mature onions 1 lb 2 lb Carrots 10 oz 1 lb 4 oz Chicken, whl, w/out neck&giblets 17 lb 12 oz 35 lb 8 oz
		Serving 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

Calories	244		Iron	1.89	mg	Protein	21.89	g	35.88% Calories from Prot
Cholesterol	75	mg	Calcium	63.00	mg	Carbohydrates	21.31	g	34.94% Calories from Carb
Sodium	186	mg	Vitamin A	128	IU	Total Fat	7.52	g	27.74% Calories from T Fat
Dietary Fiber	0.80	g	Vitamin C	0.90	mg	Saturated Fat	1.87	g	6.89% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050089	Chicken and Noodles			
I	044188	SOUP,CHICKEN BROTH,LO SODIUM,CND			
I	020109	NOODLES,EGG,DRY,ENRICHED			
I	011282	ONIONS,RAW			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	002030	PEPPER,BLACK			
I	005360	CHICK,DICED,CKD,FROZEN-COMMOD			

Idaho Child Nutrition

Recipe: 500089 CORNBREAD STUFFING
Recipe Source: USDA B-06A
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUM.... R500088 CORNBREAD..... 011143 CELERY,RAW..... 011282 ONIONS,RAW..... 002034 POULTRY SEASONING..... 002030 PEPPER,BLACK..... 090017 GARLIC,GRANULATED..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD.....	1 GAL, cubes + 1 1/2 QT, cubes 2 LB + 5 1/2 OZ 1 LB, chopped 12 OZ, chopped 1 TBSP 1 1/4 TSP 1 TBSP 10 1/2 OZ	1. Combine bread cubes, crumbled cornbread, celery, onions, poultry seasoning, pepper, granulated garlic, margarine or butter, and thyme (optional). Mix lightly until well blended.
044188 SOUP,CHICKEN BROTH,LO SODIUM,CND.....	3 QT	2. Add chicken stock to bread mixture. Mix gently to moisten. 3. Spread 6 lb 7 oz (3 qt 3 cups) of stuffing evenly into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Bake: Conventional oven: 350° F for 30-40 minutes Convection oven: 300° F for 20-30 minutes **CCP: Heat to 165° F or higher for at least 15 seconds**. 5. **CCP: Hold for hot service at 135° F or higher**. Cut each pan 5 x 5 (25 pieces). 6. If desired, serve with Chicken or Turkey Gravy (see G-03A).
		Food as Purchased **50 Servings** **100 Servings** Celery 1 lb 4 oz 2 lb 8 oz Mature onions 14 oz 1 lb 12 oz

Idaho Child Nutrition

		Serving 1 piece provides 1 ½ servings of grains/breads.

Calories	162		Iron	1.20	mg	Protein	3.59	g	8.85% Calories from Prot
Cholesterol	7	mg	Calcium	68.00	mg	Carbohydrates	21.19	g	52.32% Calories from Carb
Sodium	289	mg	Vitamin A	230	IU	Total Fat	7.09	g	39.41% Calories from T Fat
Dietary Fiber	1.20	g	Vitamin C	1.00	mg	Saturated Fat	1.33	g	7.40% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050015	Cornbread Stuffing			
I	018069	BREAD,WHITE,COMMLY PREP (INCL SOFT B			
R	500088	CORNBREAD			
I	011143	CELERY,RAW			
I	011282	ONIONS,RAW			
I	002034	POULTRY SEASONING			
I	002030	PEPPER,BLACK			
I	090017	GARLIC,GRANULATED			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	044188	SOUP,CHICKEN BROTH,LO SODIUM,CND			

Idaho Child Nutrition

Recipe: 500058 CHICKEN FAJITAS
Recipe Source: USDA D-40
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: EACH

006186 SOUP, STOCK, VEG, ,W/O MSG..... 020027 CORNSTARCH..... 004318 OIL,VEG,TYPE B-COMMOD..... 002053 VINEGAR,DISTILLED..... 019335 SUGARS,GRANULATED..... 002030 PEPPER,BLACK..... 090017 GARLIC,GRANULATED..... 002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 090019 OREGANO LEAVES,DRIED..... 005064 CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,C...	2 CUP 1/4 CUP 2 CUP 2 CUP 12 OZ 1 TBSP + 1 TSP 1 TBSP + 1 TSP 2 TBSP 1 1/4 TSP 2 TSP, ground 9 LB	1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool. 3. Add the oil to the cooled, thickened stock mixture. 4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
		5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator. 6. Drain the chicken. Discard any leftover marinade. 7. Prepare no more than 50 portions per batch. Preheat grill to 350° F. Add 9 lb of the sliced chicken and sauté about 10 minutes. Sauté remaining chicken. Remove to steamtable pan (12" x 20" x 2 ½). For 50 servings, use 1 pan. For 100 servings, use 2 pans
011172 CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 090098 TOMATOES,CND,DICED,DRND..... 006164 SAUCE,RTS,SALSA.....	1/2 #10 Can,drained 12 OZ, chopped 8 OZ, chopped 1/4 #10 Can w/juice 1 LB	8. Combine corn, diced onions, diced green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken. **CCP: Heat to 165° F or higher for at least 15 seconds**. 9. **CCP: Hold for hot service at 135° F or higher**.
018364 TORTILLAS,RTB OR -FRY,FLR.....	50 tortilla (7-8" dia)	For each serving, place No. 8 scoop (½ cup) of filling on each tortilla. If desired, fold or roll tortilla over filling.
		Food as Purchased **50 Servings** **100 Servings** Mature onions 14 oz 1 lb 12 oz Green peppers 11 oz 1 lb 6 oz

Idaho Child Nutrition

Special Tips

1) If a grill is not available, a steam-jacketed kettle may be used to sauté the chicken.
2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.
3) This makes an attractive lunch plate when served with Refried Beans (I-15).

Serving

1 fajita provides 2 oz equivalent meat/meat alternate,
? cup of vegetable, and 1 serving of grains/breads.

Calories	241		Iron	2.10	mg	Protein	21.99	g	36.50% Calories from Prot
Cholesterol	51	mg	Calcium	54.00	mg	Carbohydrates	23.37	g	38.79% Calories from Carb
Sodium	284	mg	Vitamin A	240	IU	Total Fat	6.28	g	23.45% Calories from T Fat
Dietary Fiber	1.80	g	Vitamin C	6.70	mg	Saturated Fat	1.40	g	5.22% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050240	Chicken Fajitas			
I	006186	SOUP, STOCK, VEG, ,W/O MSG			
I	020027	CORNSTARCH			
I	004318	OIL,VEG,TYPE B-COMMOD			
I	002053	VINEGAR,DISTILLED			
I	019335	SUGARS,GRANULATED			
I	002030	PEPPER,BLACK			
I	090017	GARLIC,GRANULATED			
I	002009	CHILI POWDER			

I	090016	CUMIN,GROUND			
I	090019	OREGANO LEAVES,DRIED			
I	005064	CHICKEN,BROILERS OR FRYERS,BREAST,ME			
I	011172	CORN,SWT,YEL,CND,WHL KERNEL,DRND SO			
I	011282	ONIONS,RAW			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	090098	TOMATOES,CND,DICED,DRND			
I	006164	SAUCE,RTS,SALSA			
I	018364	TORTILLAS,RTB OR -FRY,FLR			

Idaho Child Nutrition

Recipe: 500073 CHICKEN TETRAZZINI
Recipe Source: USDA D-42
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

014429 WATER,MUNICIPAL..... 002047 SALT,TABLE..... 020120 SPAGHETTI,DRY,ENRICHED..... 004318 OIL,VEG,TYPE B-COMMOD..... 011282 ONIONS,RAW..... 011124 CARROTS,RAW..... 011143 CELERY,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011260 MUSHROOMS,RAW.....	3 GAL 2 TSP 2 LB + 6 OZ 1/4 CUP 1 LB, chopped 1 LB 8 OZ, chopped 4 OZ, chopped 1 LB + 4 OZ	1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside. 2. In a steam-jacketed kettle or large sauce pan, heat the vegetable oil. Add the **diced** vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Sauté vegetables 5 minutes or until tender. Set aside.
004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 044188 SOUP,CHICKEN BROTH,LO SODIUM,CND..... 002030 PEPPER,BLACK..... 002059 SALT, ONION..... 090017 GARLIC,GRANULATED..... 005360 CHICK,DICED,CKD,FROZEN-COMMOD.....	12 OZ 8 OZ 3 QT + 3 CUP 2 QT + 1 CUP 1 TSP 2 TSP 2 TSP 6 LB + 4 OZ	3. Melt the margarine or butter in a steam-jacketed kettle or stock pot. Add flour and cook for 5 minutes. 4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, pepper, onion salt, and garlic. Simmer for 5 minutes. 5. In each steamtable pan (12" x 20" x 2 ½"), combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
001032 CHEESE,PARMESAN,GRATED.....	6 OZ	6. Sprinkle 3 oz (¾ cup 2 Tbsp) of Parmesan cheese on top of each pan. 7. Bake until golden brown: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 35 minutes **CCP: Heat to 165° F or higher for at least 15 seconds**. 8. **CCP: Hold for hot service at 135° F or higher**. Cut each pan 5 x 5 (25 pieces per pan).

Idaho Child Nutrition

Food as Purchased

	50 Servings	100 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Carrots	1 lb 4 oz	2 lb 8 oz
Celery	10 oz	1 lb 4 oz
Green peppers	5 oz	10 oz
Mushrooms	1 lb 5 oz	2 lb 10 oz
Chicken,whole,w/out neck&giblets	17 lb 6 oz	34 lb 12 oz
OR		
Turkey, whole,w/out neck&giblets	13 lb 5 oz	26 lb 10 oz

Special Tip

Cooked turkey can be substituted for chicken.

Serving

1 piece provides 2 oz equivalent meat/meat alternate, ? cup of vegetable, and ½ serving of grains/breads.

Calories	313		Iron	1.88	mg	Protein	23.52	g	30.06% Calories from Prot
Cholesterol	56	mg	Calcium	156.00	mg	Carbohydrates	24.27	g	31.02% Calories from Carb
Sodium	355	mg	Vitamin A	2490	IU	Total Fat	13.11	g	37.70% Calories from T Fat
Dietary Fiber	1.59	g	Vitamin C	3.40	mg	Saturated Fat	3.59	g	10.33% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050242	Chicken Tetrazzini			

Idaho Child Nutrition

I	014429	WATER,MUNICIPAL			
I	002047	SALT,TABLE			
I	020120	SPAGHETTI,DRY,ENRICHED			
I	004318	OIL,VEG,TYPE B-COMMOD			
I	011282	ONIONS,RAW			
I	011124	CARROTS,RAW			
I	011143	CELERY,RAW			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011260	MUSHROOMS,RAW			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	044188	SOUP,CHICKEN BROTH,LO SODIUM,CND			
I	002030	PEPPER,BLACK			
I	002059	SALT, ONION			
I	090017	GARLIC,GRANULATED			
I	005360	CHICK,DICED,CKD,FROZEN-COMMOD			
I	001032	CHEESE,PARMESAN,GRATED			

Idaho Child Nutrition

Recipe: 500004 ARROZ CON QUESO
Recipe Source: USDA D-48
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: RICE WITH CHEESE

Number of Portions: 50
Size of Portion: SERVINGS

020050 RICE,WHITE,MEDIUM-GRAIN,RAW,ENR..... 014429 WATER,MUNICIPAL.....	2 LB + 13 OZ 3 1/2 CUP	1. Place rice and water in a stock pot or steam-jacketed kettle. Bring to a boil. Cover and reduce heat to medium. Simmer for 12 minutes or until tender.
011282 ONIONS,RAW..... 011689 PEPPERS,MILD GRN CHILI,CND,DRND..... 011688 PEPPERS,JALEPENO,CND,DRND..... 090017 GARLIC,GRANULATED..... 001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 002047 SALT,TABLE..... 042155 CHEESE,MONTEREY,LOW FAT..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY..... 016146 BEANS,PINTO,MATURE,CND,DRND.....	1 LB, chopped + 8 OZ, chopped 12 OZ 4 OZ 1 TBSP + 1 TSP 3 LB 1 QT + 1 CUP 2 TSP 1 LB 1 LB 1 #10 CAN, drained	2. Combine onion, chilies, jalapenos, granulated garlic, yogurt, milk, salt, Monterey Jack cheese, Cheddar cheese, and pinto beans. Add to rice. Spread 5 lb 8 oz (2 qt 2 cups) in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake: Conventional Oven: 350° F for 35 minutes Convection Oven: 325° F for 30 minutes **CCP: Heat to 140° F or higher.**
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	1 LB + 8 OZ 1 LB + 3 OZ	3. Sprinkle 12 oz (1 3/4 cups 2 Tbsp) of diced tomatoes and 9 1/2 oz (2 1/3 cups) of Cheddar cheese over top of each steamtable pan and bake for 5 minutes, until cheese is melted. 4. **CCP: Hold for hot service at 135° F or higher.** Portion with No. 8 scoop (½ cup).

Special Tip:

SOAKING BEANS
Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS
Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.
CCP: Hold for hot service at 135°F.
OR
Chill for later use. If chilling:
CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.
1 lb dry pinto beans = about 2 (3/8) cups dry or 5 (1/4) cups cooked beans.

Food as Purchased

	50 servings	100 servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Tomatoes	1 lb 12 oz	3 lb 8 oz
Dry pinto beans	1 lb 13 oz	3 lb 10 oz

Serving

1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate, 1/8 cup of vegetable, and 3/4 serving of grains/breads

OR

1/2 cup (No. 8 scoop) provides 1 oz equivalent meat/meat alternate, 1/4 cup of vegetable, and 3/4 serving of grains/breads.

Calories	248		Iron	2.16	mg	Protein	14.61	g	23.56% Calories from Prot
Cholesterol	20	mg	Calcium	351.99	mg	Carbohydrates	32.12	g	51.80% Calories from Carb
Sodium	543	mg	Vitamin A	415	IU	Total Fat	6.72	g	24.39% Calories from T Fat
Dietary Fiber	2.08	g	Vitamin C	6.50	mg	Saturated Fat	4.09	g	14.85% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050248	Arroz con Queso (Rice with Cheese)			
I	020050	RICE,WHITE,MEDIUM-GRAIN,RAW,ENR			
I	014429	WATER,MUNICIPAL			
I	011282	ONIONS,RAW			
I	011689	PEPPERS,MILD GRN CHILI,CND,DRND			
I	011688	PEPPERS,JALEPENO,CND,DRND			
I	090017	GARLIC,GRANULATED			
I	001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	002047	SALT,TABLE			
I	042155	CHEESE,MONTEREY,LOW FAT			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			
I	016146	BEANS,PINTO,MATURE,CND,DRND			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			

Idaho Child Nutrition

Recipe: 500011 BANANA BREAD SQUARES
Recipe Source: USDA B-05
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVING

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 019335 SUGARS,GRANULATED..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE.....	1 LB + 12 OZ 1 LB + 1 OZ 1/4 CUP 1 TBSP + 2 1/4 TSP 1 TSP 1 TSP	1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt in mixer for 1 minute at low speed.
001123 EGG,WHOLE,RAW,FRESH..... 014429 WATER,MUNICIPAL..... 004331 SHORTENING,VEG,TYPE I-COMMOD.....	4 large 1 1/4 CUP 6 1/2 OZ	2. Combine eggs and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed.
009040 BANANAS,RAW.....	2 3/4 CUP, mashed	3. Add mashed bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.
		4. Pour 5 lb 10 oz (2 qt 2 cups) batter into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 5. Bake until browned: Conventional oven: 350°F for 35-45 minutes Convection oven: 300°F for 25-35 minutes 6. Cool. Cut each pan 5 x 10 (50 pieces per pan). 7. For loaf pans: Pour 1 lb 14 oz (3 1/2 cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 50 servings, use 3 loaf pans. For 100 servings, use 6 loaf pans. Bake until browned: Conventional oven: 350°F for 50-60 minutes Convection oven: 300°F 40-50 minutes
		Remove from pans. Cool completely. Cut each loaf into 17 slices, about ½" thick.

Idaho Child Nutrition

Food as Purchased

	50 Servings	100 Servings
Bananas	2 lb 9 oz	5 lb 2 oz

Special Tip:

For 50 servings, use 2 oz (2/3 cup) dried whole eggs and 2/3 cup water in place of eggs.

For 100 servings, use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of eggs.

Variations:

A. Banana Bread Squares (Using Master Mix B-01)

50 servings: Omit step 1. Blend 2 lb 7 ½ oz (2 qt) Master Mix with 1 lb 1 oz (2 ½ cups) sugar. In step 2, omit shortening. Continue with steps 3-6.

100 servings: Omit steps 1. Blend 4 lb 15 oz (4 qt) Master Mix with 2 lb 2 oz (1 qt 1 cup) sugar. In step 2, omit shortening. Continue with steps 3-6.

Serving

1 piece provides 1 serving of grains/breads.

Calories	149		Iron	0.90	mg	Protein	2.41	g	6.47% Calories from Prot
Cholesterol	17	mg	Calcium	38.00	mg	Carbohydrates	25.56	g	68.62% Calories from Carb
Sodium	130	mg	Vitamin A	45	IU	Total Fat	4.31	g	26.01% Calories from T Fat
Dietary Fiber	0.80	g	Vitamin C	1.40	mg	Saturated Fat	1.10	g	6.64% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous		**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

Idaho Child Nutrition

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050012	Banana Bread Squares			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	019335	SUGARS,GRANULATED			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	018371	LEAVENING AGENTS,BAKING PDR,LOW-SODI			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT,TABLE			
I	001123	EGG,WHOLE,RAW,FRESH			
I	014429	WATER,MUNICIPAL			
I	004331	SHORTENING,VEG,TYPE I-COMMOD			
I	009040	BANANAS,RAW			

Idaho Child Nutrition

Recipe: 500002 APPLE-HONEY CRISP
Recipe Source: USDA C-02A
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED... 020038 OATS..... 019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND..... 002047 SALT,TABLE..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 009348 APPLES,CND,WATER PACK,SLCD.....	14 OZ 9 OZ 15 OZ 1 TBSP + 1 1/2 TSP 1/2 TSP 1 LB 1 #10 CAN	1. For topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine or butter. Mix until crumbly. Set aside for step 6.
014429 WATER,MUNICIPAL.....	1 As Needed	2. For filling: Drain apples, reserving juice. For 50 servings, add enough water to juice to make 1 ½ cups liquid. For 100 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for step 5. 3. Place 5 lb 9 oz (2 qt 3 ¾ cups) apples into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
019296 HONEY..... 002010 CINNAMON,GROUND..... 009154 LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH.....	10 OZ 1 1/2 TSP 1/4 CUP	4. Spread 10 oz (¾ cup 2 Tbsp) honey, 1 ½ tsp cinnamon, and ¼ cup lemon juice over apples in each pan. Stir to combine. 5. Pour 1 ½ cups liquid over apples in each pan.
		6. Sprinkle 3 lb 6 oz (approximately 2 qt 1 cup) topping evenly over apples in each pan. 7. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes 8. Cool. Cut each pan 5 x 10 (50 pieces per pan).
		Serving 1 piece provides ¼ cup of fruit. For Enhanced Meal Pattern only: 1 piece also provides ¾ serving grains/breads.

Calories	194		Iron	1.00	mg	Protein	1.96	g	4.05% Calories from Prot
Cholesterol	0	mg	Calcium	21.00	mg	Carbohydrates	30.48	g	62.84% Calories from Carb
Sodium	113	mg	Vitamin A	350	IU	Total Fat	7.97	g	36.98% Calories from T Fat

Idaho Child Nutrition

Dietary Fiber	2.30 g	Vitamin C	0.60 mg	Saturated Fat	1.59 g	7.38%	Calories from S Fat
				Trans. Fat	0.00* g	0.00%	Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050042	Apple-Honey Crisp			
I	020581	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL			
I	020038	OATS			
I	019334	SUGARS,BROWN			
I	002010	CINNAMON,GROUND			
I	002047	SALT,TABLE			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	009348	APPLES,CND,WATER PACK,SLCD			
I	014429	WATER,MUNICIPAL			
I	019296	HONEY			
I	002010	CINNAMON,GROUND			
I	009154	LEMON JUC,FRZ,UNSWTND,SINGLE STRENG			

Idaho Child Nutrition

Recipe: 500044 CARROT CAKE
Recipe Source: USDA C-05
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 019335 SUGARS,GRANULATED..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND..... 002011 CLOVES,GROUND..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A.....	1 LB + 14 OZ 1 LB + 11 1/2 OZ 3 TBSP + 2 TSP 1 1/2 TSP 1 1/2 TSP 1 TSP 2 1/2 OZ	1. Blend flour, sugar, baking powder, salt, cinnamon, cloves, nutmeg (optional), and dry milk in mixer for 1 minute on low speed.
001123 EGG,WHOLE,RAW,FRESH..... 004318 OIL,VEG,TYPE B-COMMOD..... 011124 CARROTS,RAW..... 009349 PNAPPL,CND,LT SYRUP,CRUSHED,DRND.....	9 large 2 CUP 2 QT, grated + 3/4 CUP, grated 1/4 #10 CAN, drained	2. Add eggs and oil to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed. 3. Add carrots, pineapple, and nuts (optional). Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed.
		4. Pour 8 lb 12 oz (approximately 1 gal) batter into each sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray and dusted with flour. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 5. Bake until lightly browned: Conventional oven: 350° F for 35-45 minutes Convection oven: 300° F for 30-40 minutes 6. Cool. If desired, frost or lightly dust with powdered sugar. 7. Cut each pan 5 x 10 (50 pieces per pan).
		Food as Purchased **50 Servings** **100 Servings** Carrots 2 lb 5 oz 4 lb 10 oz
		Special Tip **For 50 servings**, use 4 ½ oz (1 ½ cup) dried whole eggs and 1 ½ cup water in place of eggs. **For 100 servings**, use 9 oz (3 cups) dried whole eggs and 3 cups water in place of eggs.

Idaho Child Nutrition

		Serving 1 piece provides ? cup of vegetable and fruit. For Enhanced Meal Pattern only: 1 piece also provides 1 serving of grains/breads.

Calories	232		Iron	1.18	mg	Protein	3.62	g	6.24% Calories from Prot
Cholesterol	39	mg	Calcium	82.00	mg	Carbohydrates	33.02	g	56.93% Calories from Carb
Sodium	190	mg	Vitamin A	3898	IU	Total Fat	9.86	g	38.24% Calories from T Fat
Dietary Fiber	1.20	g	Vitamin C	1.50	mg	Saturated Fat	1.54	g	5.97% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050045	Carrot Cake			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	019335	SUGARS,GRANULATED			
I	018371	LEAVENING AGENTS,BAKING PDR,LOW-SODI			
I	002047	SALT,TABLE			
I	002010	CINNAMON,GROUND			
I	002011	CLOVES,GROUND			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	001123	EGG,WHOLE,RAW,FRESH			
I	004318	OIL,VEG,TYPE B-COMMOD			
I	011124	CARROTS,RAW			
I	009349	PNAPPL,CND,LT SYRUP,CRUSHED,DRND			

Idaho Child Nutrition

Recipe: 500026 BROC CHEESE & RICE CASSEROLE
Recipe Source: USDA I-08
Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

020345 RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/SALT..... 011092 BROCCOLI,FRZ,CHOPD,UNPREP..... 006043 SOUP,CRM OF MUSHROOM,CND,COND,COMM..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 900002 CHEESE BLEND, AMERICAN AND SKIM MILK CHEESES... 011282 ONIONS,RAW..... 090017 GARLIC,GRANULATED..... 002030 PEPPER,BLACK.....	2 LB + 3 OZ 5 LB 3 1/4 CUP 3 CUP 1 LB + 10 OZ 8 OZ, chopped 1 1/2 TSP 1 TSP	1. For cooked rice, use Cooking Rice recipe (see-B-03). Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano (optional).
		2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 2/3 cups) crumbs evenly over each pan.
		4. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes DO NOT OVERBAKE. **CCP: Heat to 140° F or higher.** OR If using previously cooked and chilled rice: **CCP: Heat to 165° F or higher for at least 15 seconds.** **5. CCP: Hold for hot service at 135°F or higher.** Portion with No. 12 scoop (1/3 cup).
		Food as Purchased **50 Servings** / **100 Servings** Enrich white rice long grain, reg: 15 oz / 1 lb 14 oz Mature onions: 10 oz / 1 lb 4 oz

Idaho Child Nutrition

Serving

? cup (No. 12 scoop) provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¼ serving of grains/breads.

Calories	137		Iron	1.03	mg	Protein	7.01	g	20.47% Calories from Prot
Cholesterol	8	mg	Calcium	155.99	mg	Carbohydrates	19.90	g	58.11% Calories from Carb
Sodium	390	mg	Vitamin A	979	IU	Total Fat	3.43	g	22.53% Calories from T Fat
Dietary Fiber	1.60	g	Vitamin C	23.50	mg	Saturated Fat	1.92	g	12.60% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous		**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050180	Broccoli, Cheese, and Rice Casserole			
I	020345	RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/S			
I	011092	BROCCOLI,FRZ,CHOPD,UNPREP			
I	006043	SOUP,CRM OF MUSHROOM,CND,COND,COM			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	900002	CHEESE BLEND, AMERICAN AND SKIM MILK			
I	011282	ONIONS,RAW			
I	090017	GARLIC,GRANULATED			
I	002030	PEPPER,BLACK			

Idaho Child Nutrition

Recipe: 500037 BREAD STUFFING
Recipe Source: USDA B-06
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUM.... 011143 CELERY,RAW..... 011282 ONIONS,RAW..... 002034 POULTRY SEASONING..... 002030 PEPPER,BLACK..... 090017 GARLIC,GRANULATED..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD.....	4 LB + 11 OZ 1 LB, chopped 12 OZ, chopped 1 TBSP 1 1/2 TSP 1 TBSP 10 1/2 OZ	1. Combine bread cubes, celery, onions, raisins (optional), poultry seasoning, pepper, granulated garlic, margarine or butter, and thyme (optional). Mix lightly until well blended.
044188 SOUP,CHICKEN BROTH,LO SODIUM,CND.....	3 QT	2. Add chicken stock to bread mixture. Mix gently to moisten. 3. Spread 6 lb 7 oz (3 qt 3 cups) of stuffing evenly into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Bake: Conventional oven: 350° F for 30-40 minutes Convection oven: 300° F for 20-30 minutes **CCP: Heat to 165° F or higher for at least 15 seconds.** 5. **CCP: Hold for hot service at 135° F or higher**. Cut each pan 5 x 5 (25 pieces). 6. If desired, serve with Chicken or Turkey Gravy (see G-03A).
		Food as Purchased **50 Servings** **100 Servings** Celery 1 lb 4 oz 2 lb 8 oz Mature onions 14 oz 1 lb 12 oz
		Serving 1 piece provides 1 ½ servings of grains/breads.

Calories	165	Iron	1.40 mg	Protein	3.96 g	9.61%	Calories from Prot
Cholesterol	1 mg	Calcium	56.00 mg	Carbohydrates	22.64 g	54.90%	Calories from Carb

Idaho Child Nutrition

Sodium	327	mg	Vitamin A	226	IU	Total Fat	6.45	g	35.18% Calories from T Fat
Dietary Fiber	1.20	g	Vitamin C	1.00	mg	Saturated Fat	1.22	g	6.66% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050014	Bread Stuffing			
I	018069	BREAD,WHITE,COMMLY PREP (INCL SOFT B			
I	011143	CELERY,RAW			
I	011282	ONIONS,RAW			
I	002034	POULTRY SEASONING			
I	002030	PEPPER,BLACK			
I	090017	GARLIC,GRANULATED			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	044188	SOUP,CHICKEN BROTH,LO SODIUM,CND			

Idaho Child Nutrition

Recipe: 500184 TACO PIE WITH BEANS
Recipe Source: USDA D-45B
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

016146 BEANS,PINTO,MATURE,CND,DRND..... 002060 TACO SEASONING MIX, MILD..... 014429 WATER,MUNICIPAL..... 006178 USDA COMMODITY,SALSA..... 011547 TOMATO PRODUCTS,CND,PUREE,WO/SALT.... 014429 WATER,MUNICIPAL.....	2 #10 CAN, drained 6 OZ 2 1/2 CUP 1/3 #10 Can 1/3 #10 Can + 3/4 CUP 1 QT	1. Drain beans, and mash. 2. Sprinkle the taco seasoning mix over beans. 3. Add water and allow to simmer for 15 minutes. 4. In a bowl, combine salsa, tomato puree, and water.
018364 TORTILLAS,RTB OR -FRY,FLR.....	40 tortilla (7-8" dia)	5. Cut tortillas in halves.
		6. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	2 LB	7. Assembly *Bottom layer*: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 8 oz (3 1/3 cups) of the bean mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1 1/2 cups) shredded cheese over taco sauce. *Middle layer*: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 8 oz (3 1/3 cups) of bean mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1 1/2 cups) shredded cheese over taco sauce. *Top layer*: Place 12 half-tortillas on top of the taco sauce. Divide the remaining bean mixture on top of the tortillas. Divide the remaining taco sauce over the bean mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce.
		8. Tightly cover pans. 9. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 20 minutes **CCP: Heat to 165° F or higher for at least 15 seconds**. 10. **CCP: Hold for hot service at 135° F or higher.** Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).

Food as Purchased

	50 Servings	100 Servings
Dry pinto beans	4 lb 5 oz	8 lb 10 oz

Special Tip

SOAKING BEANS
Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

Discard the water. Proceed with recipe.

COOKING BEANS
Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.
CCP: Hold for hot service at 135°F.

OR

Chill for later use.
CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.
1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked beans.

Serving

1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of veg etable, and 1 ¼ serving of grains/breads.

Calories	264		Iron	3.61	mg	Protein	13.68	g	20.73% Calories from Prot
Cholesterol	10	mg	Calcium	257.98	mg	Carbohydrates	38.21	g	57.90% Calories from Carb
Sodium	960	mg	Vitamin A	726	IU	Total Fat	6.48	g	22.11% Calories from T Fat
Dietary Fiber	4.79	g	Vitamin C	5.38	mg	Saturated Fat	2.86	g	9.74% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050254	Taco Pie with Beans			
I	016146	BEANS,PINTO,MATURE,CND,DRND			
I	002060	TACO SEASONING MIX, MILD			
I	014429	WATER,MUNICIPAL			
I	006178	USDA COMMODITY,SALSA			
I	011547	TOMATO PRODUCTS,CND,PUREE,WO/SALT			
I	014429	WATER,MUNICIPAL			
I	018364	TORTILLAS,RTB OR -FRY,FLR			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			

Idaho Child Nutrition

Recipe: 500141 PANCAKES
Recipe Source: USDA B-13
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: EACH

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM..... 002047 SALT,TABLE..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 019335 SUGARS,GRANULATED.....	2 LB 1/4 CUP 1 1/2 TSP 2 1/2 OZ 2 1/4 OZ	1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.
001123 EGG,WHOLE,RAW,FRESH..... 014429 WATER,MUNICIPAL..... 004318 OIL,VEG,TYPE B-COMMOD.....	8 large 1 QT + 1 1/4 CUP 1 CUP	2. Combine eggs, water, and oil. Add to dry ingredients. 3. Blend for 2 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX. 4. If desired, lightly coat griddle surface with pan release spray. Portion batter with level No. 20 scoop (3 Tbsp 1 tsp) onto griddle, which has been heated to 375° F. 5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on other side, approximately 1 minute. 6. Serve immediately or reheat in covered steamtable pans (12" x 20" x 2 ½"): Conventional Oven: 350° F for 10-15 minutes Convection Oven: 300° F for 8-10 minutes
		Special Tip **For 50 servings**, use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of eggs. **For 100 servings**, use 8 oz (2 2/3 cups) dried whole eggs and 2 2/3 cups water in place of eggs.
		Variation A. *Pancakes (Using Master Mix)* **50 servings**: Omit step 1. Use 2 lb 13 oz (2 qt 1 cup) Master Mix and 2 1/4 oz (1/3 cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6. **100 servings**: Omit step 1. Use 5 lb 10 oz (4 qt 2 cups) Master Mix and 4 1/2 oz (2/3 cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6.

Idaho Child Nutrition

		Serving 1 pancake provides 1 serving of grains/breads.

Calories	127		Iron	1.09	mg	Protein	3.36	g	10.58% Calories from Prot
Cholesterol	34	mg	Calcium	89.00	mg	Carbohydrates	16.26	g	51.20% Calories from Carb
Sodium	205	mg	Vitamin A	84	IU	Total Fat	5.34	g	37.81% Calories from T Fat
Dietary Fiber	0.50	g	Vitamin C	0.10	mg	Saturated Fat	0.89	g	6.30% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050024	Pancakes			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	018371	LEAVENING AGENTS,BAKING PDR,LOW-SODI			
I	002047	SALT,TABLE			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	019335	SUGARS,GRANULATED			
I	001123	EGG,WHOLE,RAW,FRESH			
I	014429	WATER,MUNICIPAL			
I	004318	OIL,VEG,TYPE B-COMMOD			

Idaho Child Nutrition

Recipe: 500196 TUNA AND NOODLES
Recipe Source: USDA D-37
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: CUP

014429 WATER,MUNICIPAL..... 020109 NOODLES,EGG,DRY,ENRICHED.....	2 GAL 2 LB + 8 OZ	1. Heat water to rolling boil. 2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step 6.
004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 011143 CELERY,RAW..... 011282 ONIONS,RAW.....	8 OZ 1 LB, chopped 14 OZ, chopped	3. Melt margarine or butter. Add celery and onions. Cook over medium heat for 5-6 minutes.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 044188 SOUP,CHICKEN BROTH,LO SODIUM,CND..... 002030 PEPPER,BLACK..... 002029 PARSLEY,DRIED..... 002047 SALT,TABLE.....	8 OZ 1 GAL 1 GAL 1 1/2 TSP 1/2 CUP 1 TSP	4. Add flour and stir until smooth. 5. Add milk, chicken stock, pepper, parsley, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
015126 TUNA,WHITE,CND IN H2O,DRND SOL..... 009154 LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH.....	2 (66 1/2 OZ CAN, drained) 2/3 CUP	6. Add cooked noodles, tuna, and lemon juice, Stir gently to combine. Cook over medium heat for 6-8 minutes. **CCP: Heat to 165° F or higher for at least 15 seconds**.
		7. Pour into medium half-steamtable pans (10" x 12" x 4 "). For 50 servings, use 3 pans. For 100 servings, use 6 pans. Hold for 30 minutes on a 180-190° F to allow sufficient time for mixture to set up properly. 8. **CCP: Hold for hot service at 135° F or higher**. Portion with 8 oz ladle (1 cup).
		Food as Purchased **50 Servings** / **100 Servings** Celery: 1 lb 4 oz / 2 lb 8 oz Mature onions: 1 lb / 2 lb

Idaho Child Nutrition

		Serving 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate an d 1 ¼ serving of grains/breads.

Calories	282		Iron	3.91	mg	Protein	23.18	g	32.88% Calories from Prot
Cholesterol	51	mg	Calcium	132.99	mg	Carbohydrates	33.15	g	47.02% Calories from Carb
Sodium	391	mg	Vitamin A	276	IU	Total Fat	5.79	g	18.47% Calories from T Fat
Dietary Fiber	1.48	g	Vitamin C	2.79	mg	Saturated Fat	1.24	g	3.97% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050121	Tuna and Noodles			
I	014429	WATER,MUNICIPAL			
I	020109	NOODLES,EGG,DRY,ENRICHED			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	011143	CELERY,RAW			
I	011282	ONIONS,RAW			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	044188	SOUP,CHICKEN BROTH,LO SODIUM,CND			
I	002030	PEPPER,BLACK			
I	002029	PARSLEY,DRIED			
I	002047	SALT,TABLE			
I	015126	TUNA,WHITE,CND IN H2O,DRND SOL			
I	009154	LEMON JUC,FRZ,UNSWTND,SINGLE STRENG			

Idaho Child Nutrition

Recipe: 500144 PEANUT BUTTER BARS
Recipe Source: USDA C-26
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: EACH

004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 019334 SUGARS,BROWN..... 016098 PEANUT BUTTER,SMOOTH STYLE,W/SALT..... 002047 SALT,TABLE.....	4 OZ 1 LB + 2 OZ 13 OZ 1 TSP	1. Cream margarine or butter, brown sugar, peanut butter, and salt in mixer with a paddle attachment for 10 minutes on medium speed.
001124 EGG,WHITE,RAW,FRSH..... 009019 APPLESAUCE,CND,UNSWTND,WO/ VIT C..... 002050 VANILLA EXTRACT..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM.....	5 large 4 OZ 1 TBSP 1 LB 1 TBSP	2. Add egg whites, applesauce, and vanilla. Mix on low speed for 1 minute or until smooth. 3. In a separate bowl, combine flour and baking powder.
		4. Add half of the dry mixture to batter and mix for 1 minute on low speed. Scrape down the sides of bowl. Add the other half of the dry mixture and mix for 1 minute on low speed, or until smooth. 5. For 50 servings, spread 4 lb 2 oz (approximately 1 qt 2 cups) of batter into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 100 servings, spread 8 lbs 4 oz (3 qt) into a sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. 6. Bake until set and light brown: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes 7. For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x 10 (100 pieces per pan). 8. Frost with Peanut Butter Glaze (C-27).
		Serving 1 bar. For Enhanced Meal Pattern only: 1 piece provides ½ serving of grains/breads.

Idaho Child Nutrition

Calories	137		Iron	0.79	mg	Protein	3.36	g	9.81% Calories from Prot
Cholesterol	0	mg	Calcium	30.00	mg	Carbohydrates	18.91	g	55.20% Calories from Carb
Sodium	144	mg	Vitamin A	81	IU	Total Fat	5.68	g	37.29% Calories from T Fat
Dietary Fiber	0.70	g	Vitamin C	0.00	mg	Saturated Fat	1.15	g	7.54% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050226	Peanut Butter Bars			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	019334	SUGARS,BROWN			
I	016098	PEANUT BUTTER,SMOOTH STYLE,W/SALT			
I	002047	SALT,TABLE			
I	001124	EGG,WHITE,RAW,FRSH			
I	009019	APPLESAUCE,CND,UNSWTND,WO/ VIT C			
I	002050	VANILLA EXTRACT			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	018371	LEAVENING AGENTS,BAKING PDR,LOW-SODI			

Idaho Child Nutrition

Recipe: 500165 ROYAL BROWNIES
Recipe Source: USDA C-21
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

004318 OIL,VEG,TYPE B-COMMOD..... 019335 SUGARS,GRANULATED..... 002047 SALT,TABLE..... 002050 VANILLA EXTRACT..... 009019 APPLESAUCE,CND,UNSWTND,WO/ VIT C.....	3/4 CUP 1 LB + 10 OZ 1 1/2 TSP 1 1/2 TSP 1 LB + 4 OZ	1. Cream oil, sugar, salt, vanilla, and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.
001124 EGG,WHITE,RAW,FRSH.....	10 large	2. Add egg whites and mix for 1 minute on medium speed. Scrape down sides of bowl.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 019165 COCOA,DRY PDR,UNSWTND..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM.....	15 OZ 6 OZ 1 TBSP	3. In a separate bowl combine, flour, cocoa, and baking powder. Mix for 1 minute on medium speed. 4. Add dry mixture to creamed ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Batter will be very thick. 5. Spread 5 lb 3 oz (2 qt 1 ½ cups) of batter in each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 6. Sprinkle nuts (optional) over batter. 7. Bake: Conventional oven: 350° F for 20-30 minutes Convection oven: 300° F for 18-25 minutes Bake until set, but still moist in the center. 8. Cut each pan 5 x 10 (50 pieces per pan).
		Special Tip Brownies may be iced with Brownie Icing (C-22) or lightly dusted with powdered sugar.
		Variation *Swiss Brownies*: Swiss Brownies are lighter in color than Royal Brownies. **For 50 servings**, decrease cocoa to 4 oz (1 1/3 cups). **For 100 servings**, decrease cocoa to 8 oz (2 2/3 cups).

Idaho Child Nutrition

		Serving 1 piece. For Enhanced Meal Pattern only: 1 piece provides ½ serving of grai ns/breads.

Calories	137		Iron	0.95	mg	Protein	2.28	g	6.65% Calories from Prot
Cholesterol	0	mg	Calcium	23.00	mg	Carbohydrates	25.48	g	74.39% Calories from Carb
Sodium	111	mg	Vitamin A	2	IU	Total Fat	3.84	g	25.20% Calories from T Fat
Dietary Fiber	1.50	g	Vitamin C	0.20	mg	Saturated Fat	0.75	g	4.93% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050221	Royal Brownies			
I	004318	OIL,VEG,TYPE B-COMMOD			
I	019335	SUGARS,GRANULATED			
I	002047	SALT,TABLE			
I	002050	VANILLA EXTRACT			
I	009019	APPLESAUCE,CND,UNSWTND,WO/ VIT C			
I	001124	EGG,WHITE,RAW,FRSH			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	019165	COCOA,DRY PDR,UNSWTND			
I	018371	LEAVENING AGENTS,BAKING PDR,LOW-SODI			

Idaho Child Nutrition

Recipe: 500413 PUMPKIN CAKE
Recipe Source: USDA-TEAM NUTRI
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVING

019335 SUGARS,GRANULATED..... 004065 MARGARINE,REG,HARD,CORN (HYDR&REG)..... 002047 SALT,TABLE.....	1 LB + 13 OZ 8 OZ 1 1/2 TSP	1. In a mixing bowl using a paddle attachment, cream the sugar, margarine and salt for 10 minutes at medium speed.
011424 PUMPKIN,CND,WO/SALT.....	1 QT	2. Add pumpkin and mix for 2 minutes. Scrape down sides of bowl.
001123 EGG,WHOLE,RAW,FRESH.....	12 OZ	3. Slowly add eggs. Scrape down sides of bowl.
001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A.....	2 1/2 CUP	4. Slowly add milk. Scrape down sides of bowl.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 018372 LEAVENING AGENTS,BAKING SODA..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND.....	1 LB + 9 OZ 2 1/2 TSP 1 1/2 TSP 2 TSP 2 TSP	5. In a separate bowl mix flour, baking powder, baking soda, cinnamon, and nutmeg. Add to above mixture. Mix at low speed for 1 minute. 6. Dip 3qts 3 1/4cups into each greased and floured 18"x26"x1" sheet pan. Bake in a conventional oven at 350 degrees for 35 to 40 minutes or a convection oven at 325 degrees for 30 to 35 minutes. Cut each cake 5x10 to make 50 servings. SERVING: 1 piece YIELD: 50 servings- 7 lb 13oz

Calories	170		Iron	1.08	mg	Protein	2.87	g	6.77% Calories from Prot
Cholesterol	26	mg	Calcium	41.31	mg	Carbohydrates	29.70	g	70.07% Calories from Carb
Sodium	191	mg	Vitamin A	4030	IU	Total Fat	4.62	g	24.54% Calories from T Fat
Dietary Fiber	0.98	g	Vitamin C	0.68	mg	Saturated Fat	1.08	g	5.73% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050302	Pumpkin Cake			
I	019335	SUGARS,GRANULATED			
I	004065	MARGARINE,REG,HARD,CORN (HYDR&REG)			
I	002047	SALT,TABLE			
I	011424	PUMPKIN,CND,WO/SALT			
I	001123	EGG,WHOLE,RAW,FRESH			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002010	CINNAMON,GROUND			
I	002025	NUTMEG,GROUND			

Idaho Child Nutrition

Recipe: 500409 NOT FRIED RICE
Recipe Source: USDA-TEAM NUTRI
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: CUP

020046 RICE,WHITE,LONG-GRAIN,PARBLD,ENR,DRY..... 006172 SOUP,STOCK,CHICK,HOME-PREPARED.....	3 LB 3 QT + 2 CUP	1. Cook rice in chicken stock in a covered stock pot or steam kettle until tender-firm, about 10 minutes.
010136 PORK,CURED,HAM,BNLESS,REG (APPROX 11% FAT),RS.... 011282 ONIONS,RAW..... 011143 CELERY,RAW..... 011124 CARROTS,RAW..... 011821 PEPPERS,SWEET,RED,RAW..... 011334 PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT..... 002020 GARLIC POWDER..... 002021 GINGER,GROUND..... 990002 SAUCE,SOY SAUCE..... 002031 PEPPER,RED OR CAYENNE..... 011313 PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT.....	3 LB + 2 OZ 12 OZ, chopped 4 OZ, chopped 1 LB 10 OZ 10 OZ 1 TBSP + 1 TSP 1/2 TSP 1/2 CUP 2 TSP 1 LB + 3 OZ	2. Heat ham, onions, celery, carrots, red and green peppers, rice, garlic powder, giner soy sauce, and red pepper flakes for 20 minutes in a large sauce pan or steam kettle on low heat. Add peas and mix. Portion 1 gal 1 cup (7lb 8oz) per 12"x20"x2 1/2" steamtable pan.
004065 MARGARINE,REG,HARD,CORN (HYDR&REG)..... 001123 EGG,WHOLE,RAW,FRESH.....	1 TBSP 8 OZ	3. Melt margarine in a sauce pan or tilting skillet. Add whipped eggs and scramble until firm. Set aside.
012023 SESAME SEEDS,WHOLE,DRIED..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R.....	1/4 CUP 1/2 CUP, chopped	4. Toast sesame seeds in a pan over medium heat until lightlly browned. 5. chop scrambled eggs and sprinkle 1 1/4 cups (8oz) over each pan of rice mixture. Sprinkle 2 Tbsp of sesame seeds and 1/4 cup of chopped green onions on each pan of rice to garnish. SERVING: 1 cup provides 1oz of cooked lean meat, 1/8 cup of vegetable and 1 serving of grains/breads. YIELD: 50 servings- 17 lb

Calories	194		Iron	2.00	mg	Protein	10.82	g	22.30% Calories from Prot
Cholesterol	32	mg	Calcium	30.30	mg	Carbohydrates	28.97	g	59.71% Calories from Carb
Sodium	614	mg	Vitamin A	2784	IU	Total Fat	3.49	g	16.17% Calories from T Fat
Dietary Fiber	1.67	g	Vitamin C	23.61	mg	Saturated Fat	0.96	g	4.46% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050304	Fried Rice			
I	020046	RICE,WHITE,LONG-GRAIN,PARBLD,ENR,DRY			
I	006172	SOUP,STOCK,CHICK,HOME-PREPARED			
I	010136	PORK,CURED,HAM,BNLESS,REG (APPROX 11			
I	011282	ONIONS,RAW			
I	011143	CELERY,RAW			
I	011124	CARROTS,RAW			
I	011821	PEPPERS,SWEET,RED,RAW			
I	011334	PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SAL			
I	002020	GARLIC POWDER			
I	002021	GINGER,GROUND			
I	990002	SAUCE,SOY SAUCE			
I	002031	PEPPER,RED OR CAYENNE			
I	011313	PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT			
I	004065	MARGARINE,REG,HARD,CORN (HYDR&REG)			
I	001123	EGG,WHOLE,RAW,FRESH			
I	012023	SESAME SEEDS,WHOLE,DRIED			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			

Idaho Child Nutrition

Recipe: 500103 GROUND BEEF & MACARONI (MEX)
Recipe Source: USDA D-22
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 3/4 CUP

014429 WATER,MUNICIPAL..... 002047 SALT,TABLE..... 020099 MACARONI,DRY,ENR..... 023502 USDA COMMODITY,BF,GROUND BULK/COARSE GROUND,F... 011282 ONIONS,RAW.....	3 GAL 3 TBSP 2 LB + 10 OZ 8 LB + 8 OZ 14 OZ, chopped	1. Heat water to rolling boil. Add salt. 2. Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4. 3. Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.
011541 TOMATO PASTE,CND,HTD..... 090098 TOMATOES,CND,DICED,DRND..... 006188 SOUP, STOCK, BEEF, LO SODIUM..... 002030 PEPPER,BLACK..... 090017 GARLIC,GRANULATED..... 002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 002028 PAPRIKA..... 002026 ONION POWDER.....	25 # 10 Can 1/2 #10 Can w/juice 1 QT + 2 CUP 1 1/2 TSP 1 TBSP 2 TBSP 1 TBSP + 1 1/2 TSP 1 1/2 TSP 1 1/2 TSP	4. Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes. **CCP: Heat to 155° F or higher for at least 15 seconds**.
		5. Pour into steamtable pans (12" x 20 " x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 6. Sprinkle 7 oz (1 ¾ cups) of shredded cheese (optional) evenly over each pan. 7. **CCP: Hold for hot service at 135° F or higher**. Portion with two No. 10 scoops (¾ cup) per serving.
		Seasonings: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. **For 50 servings**, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix. **For 100 servings**, use 1/2 cup 1 Tbsp Mexican seasoning Mix.

Idaho Child Nutrition

Food as Purchased

	50 Servings	100 Servings
Mature onions	1 lb	2 lb

Variation

Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use ½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1 ¼ cups Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or ¼ cup 3 Tbsp dried basil, ¼ cup 3 Tbsp dried oregano, ¼ cup 1 Tbsp dried marjoram, and 1 Tbsp dried thyme. Continue with steps 5-7.

Serving

¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alterna te, ? cup of vegetable, and 1 serving of grains/breads.

Calories	283		Iron	3.31	mg	Protein	19.96	g	28.21% Calories from Prot
Cholesterol	51	mg	Calcium	39.99	mg	Carbohydrates	26.14	g	36.95% Calories from Carb
Sodium	193	mg	Vitamin A	718	IU	Total Fat	10.66	g	33.90% Calories from T Fat
Dietary Fiber	2.49	g	Vitamin C	13.89	mg	Saturated Fat	4.38	g	13.95% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Idaho Child Nutrition

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050100	Ground Beef and Macaroni (With Mexican Seaso			
I	014429	WATER,MUNICIPAL			
I	002047	SALT,TABLE			
I	020099	MACARONI,DRY,ENR			
I	023502	USDA COMMODITY,BF,GROUND BULK/COAR			
I	011282	ONIONS,RAW			
I	011541	TOMATO PASTE,CND,HTD			
I	090098	TOMATOES,CND,DICED,DRND			
I	006188	SOUP, STOCK, BEEF, LO SODIUM			
I	002030	PEPPER,BLACK			
I	090017	GARLIC,GRANULATED			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			
I	002028	PAPRIKA			
I	002026	ONION POWDER			

Idaho Child Nutrition

Recipe: 500129 MACARONI AND CHEESE(NEW)
Recipe Source: USDA D-51
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 2/3 CUP

014429 WATER,MUNICIPAL..... 002047 SALT,TABLE..... 020100 MACARONI,COOKED,ENRICHED..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED..... 002047 SALT,TABLE..... 090018 MUSTARD,POWDER/DRY..... 002030 PEPPER,BLACK..... 002028 PAPRIKA.....	5 GAL 2 TBSP + 2 TSP 2 LB + 10 OZ 12 OZ 12 OZ 1 TBSP + 1 TSP 1 TBSP 1 TSP 1 TBSP	1. Add salt to boiling water. 2. Slowly add macaroni until water boils again. Cook uncovered until tender-firm, about 10 minutes. DO NOT OVERCOOK. Drain and rinse in cold water. 3. Melt margarine or butter in a stock pot or steam-jacketed kettle. 4. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted margarine. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 043374 SAUCE,WORCESTERSHIRE..... 001032 CHEESE,PARMESAN,GRATED..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	1 GAL + 1 QT 2 TSP 4 OZ 2 LB + 8 OZ	5. Heat milk in a stock pot to a simmer. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened. 6. Add Worcestershire sauce, shredded Parmesan and Cheddar cheeses, to the white sauce. Stir over low heat until cheese melts.
018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUM.... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	2 CUP, crumbs 1 QT, shredded	7. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 14 oz (1 gal 2 ¼ qt) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with a lid or foil. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 25 minutes **CCP: Heat to 140° F or higher**. 8. Combine the bread crumbs and Cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan. 9. Bake an additional 5 minutes, uncovered, until lightly browned. 10. **CCP: Hold for hot service at 135° F or higher**. Cut each pan 5 x 5 (25 pieces).

Idaho Child Nutrition

		Serving 1 portion provides 1 oz equivalent meat/meat alternate and 1 servi ng of grains/breads.

Calories	325		Iron	1.57	mg	Protein	17.21	g	21.18% Calories from Prot
Cholesterol	23	mg	Calcium	447.99	mg	Carbohydrates	32.70	g	40.25% Calories from Carb
Sodium	475	mg	Vitamin A	763	IU	Total Fat	13.63	g	37.74% Calories from T Fat
Dietary Fiber	1.49	g	Vitamin C	1.09	mg	Saturated Fat	5.93	g	16.42% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050251	New Macaroni and Cheese			
I	014429	WATER,MUNICIPAL			
I	002047	SALT,TABLE			
I	020100	MACARONI,COOKED,ENRICHED			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	002047	SALT,TABLE			
I	090018	MUSTARD,POWDER/DRY			
I	002030	PEPPER,BLACK			
I	002028	PAPRIKA			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	043374	SAUCE,WORCESTERSHIRE			
I	001032	CHEESE,PARMESAN,GRATED			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			
I	018069	BREAD,WHITE,COMMLY PREP (INCL SOFT B			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			

Idaho Child Nutrition

Recipe: 500401 FRUIT PAN DOWDY
Recipe Source: USDA-TEAM NUTRI
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVING

009240 PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS.....	7 LB + 2 OZ	1. Drain peach slices and reserve juice. Set aside.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE..... 019335 SUGARS,GRANULATED.....	3 LB 3 TBSP 1 TBSP 1 LB + 1 OZ	2. Using the paddle attachment, blend flour, baking soda, salt, and sugar at low speed for 30 seconds.
001123 EGG,WHOLE,RAW,FRESH..... 014429 WATER,MUNICIPAL.....	6 OZ 1 QT + 1/2 CUP	3. Whisk eggs until smooth. Add eggs, reserved juice, and water to dry ingredients and mix at low speed for 1 minute. Scrape sides of bowl and mix at medium speed for 1 minute. 4. Spread 3 lb 12oz (1 qt 2 cups) of batter in each lightly greased steam table pan (12"x20"x2 1/2").
019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND.....	8 OZ 1 TBSP	5. Distribute 3 lb 9oz (1qt 3 1/2cups) of peaches evenly over each pan of batter. 6. Blend brown sugar and cinnamon. Sprinkle 1/2 cup evenly over each pan. 7. Bake in a 350 degree conventional oven for 50 minutes or a 325 degree convection oven for 50 minutes. 8. Cut each pan into 25 portions (5x5). SERVING: 1 piece provides 1/4 cup of fruit. YIELD: 50 servings- 12 lb 6oz

Calories	193		Iron	1.68	mg	Protein	3.47	g	7.20% Calories from Prot
Cholesterol	13	mg	Calcium	13.58	mg	Carbohydrates	44.22	g	91.86% Calories from Carb
Sodium	375	mg	Vitamin A	236	IU	Total Fat	0.59	g	2.75% Calories from T Fat
Dietary Fiber	1.64	g	Vitamin C	1.50	mg	Saturated Fat	0.13	g	0.60% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050324	Fruit Pan Dowdy (with peaches)			
I	009240	PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT,TABLE			
I	019335	SUGARS,GRANULATED			
I	001123	EGG,WHOLE,RAW,FRESH			
I	014429	WATER,MUNICIPAL			
I	019334	SUGARS,BROWN			
I	002010	CINNAMON,GROUND			

Idaho Child Nutrition

Recipe: 500125 MUFFIN SQUARES
Recipe Source: USDA B-12
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM..... 019335 SUGARS,GRANULATED..... 002047 SALT,TABLE.....	1 LB + 12 OZ 3/4 CUP 3 TBSP + 2 TSP 7 OZ 2 TSP	1. Blend flour, dry milk, baking powder, sugar, and salt in mixer for 5 minutes on low speed. Add raisins (optional).
001123 EGG,WHOLE,RAW,FRESH..... 014429 WATER,MUNICIPAL..... 004318 OIL,VEG,TYPE B-COMMOD.....	3 large 2 3/4 CUP 3/4 CUP	2. Combine eggs and water. Add slowly to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds. 3. Add oil slowly while mixing approximately 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy. 4. Pour 4 lb 7 oz (2 qt 2 cups) batter into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 5. Bake until lightly browned: Conventional oven: 425°F for 25 minutes Convection oven: 350°F for 15 minutes 6. Cut each pan 5 x 10 (50 portions per pan). For muffin pans: Portion batter with No. 20 scoop (3 1/3 Tbsp) into muffin pans lightly coated with pan release spray. Fill no more than 2/3 full. Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-15 minutes To cool, remove muffins from pans immediately and place on cooling racks.
		Special Tip **For 50 servings**, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs. **For 100 servings**, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Idaho Child Nutrition

Variations

A. *Muffin Squares (Using Master Mix)*

50 servings: Omit step 1. Blend 2 lb 7 ½ oz (2 qt) Master Mix with 7 oz (1cup) sugar. Continue with step 2. Omit step 3. Continue with step 4-6.

100 servings: Omit step 1. Blend 4 lb 15 oz (4 qt) Master Mix with 14 oz (2 cups) sugar. Continue with step 2. Omit step 3. Continue with steps 4-6.

B. *Wheat Muffin Squares*

50 servings: In step 1, use 1 lb 5 oz (1 qt ¾ cup) enriched all-purpose flour and 7 oz (1 ½ cups 2 Tbsp) whole wheat flour. Continue with steps 2-6.

100 servings: In step 1, use 2 lb 10 oz (2 qt 1 ½ cups) enriched all-purpose flour and 14 oz (3 ¼ cups) whole wheat flour. Continue with steps 2-6.

Serving

1 piece provides 1 serving of grains/breads.

Calories	110		Iron	0.88	mg	Protein	2.36	g	8.57% Calories from Prot
Cholesterol	13	mg	Calcium	66.00	mg	Carbohydrates	16.87	g	61.34% Calories from Carb
Sodium	193	mg	Vitamin A	42	IU	Total Fat	3.73	g	30.52% Calories from T Fat
Dietary Fiber	0.40	g	Vitamin C	0.10	mg	Saturated Fat	0.58	g	4.72% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round

I	050021	Muffin Squares			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	018371	LEAVENING AGENTS,BAKING PDR,LOW-SODI			
I	019335	SUGARS,GRANULATED			
I	002047	SALT,TABLE			
I	001123	EGG,WHOLE,RAW,FRESH			
I	014429	WATER,MUNICIPAL			
I	004318	OIL,VEG,TYPE B-COMMOD			

Idaho Child Nutrition

Recipe: 500133 OATMEAL MUFFIN SQUARES
Recipe Source: USDA B-20
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

020038 OATS..... 014429 WATER,MUNICIPAL.....	8 OZ 3 1/2 CUP	1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 018372 LEAVENING AGENTS,BAKING SODA..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND..... 002047 SALT,TABLE.....	1 LB + 3 OZ 1 1/4 TSP 1 1/4 TSP 1 1/4 TSP 1 1/4 TSP	2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 019334 SUGARS,BROWN..... 019335 SUGARS,GRANULATED..... 002050 VANILLA EXTRACT..... 001124 EGG,WHITE,RAW,FRSH..... 001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ..... 009019 APPLESAUCE,CND,UNSWTND,WO/ VIT C..... 020038 OATS.....	6 OZ 1 LB + 2 OZ 1 LB + 2 OZ 2 1/2 TSP 7 large 1/4 CUP 1/4 CUP, sauce 3 OZ	3. In a separate mixing bowl, using a paddle attachment, beat the margarine or butter and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes. 4. Add the oat mixture and blend for 1 minute on low speed. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 019334 SUGARS,BROWN..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD.....	1/4 CUP 1/4 CUP, packed 1/4 CUP	5. For topping: Combine rolled oats, flour, brown sugar, and margarine or butter and mix until crumbs are size of small peas. 6. Lightly coat each steamtable pan (12" x 20" x 2 ½") with pan release spray. Pour 3 qt ½ cup (7 lb 7 oz) batter into each pan and spread evenly. Sprinkle 1 ¾ cups of topping over each pan. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 7. Bake until golden brown and muffin pulls away from sides of pan: Conventional oven: 325° F for 45 minutes Convection oven: 325° F for 35 minutes 8. Cut each pan 5 x 10 (50 pieces per pan).

Idaho Child Nutrition

Variations

A. *Peach Muffin Squares*
In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1 ¾ cups of topping over fruit. Bake as directed.

B. *Blueberry Muffin Squares*
In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1 ¾ cups of topping over fruit. Bake as directed.

Serving

1 piece provides 1 serving of grains/breads.

Calories	185		Iron	1.08	mg	Protein	2.87	g	6.20% Calories from Prot
Cholesterol	0	mg	Calcium	20.00	mg	Carbohydrates	34.51	g	74.61% Calories from Carb
Sodium	146	mg	Vitamin A	163	IU	Total Fat	4.23	g	20.57% Calories from T Fat
Dietary Fiber	0.99	g	Vitamin C	0.10	mg	Saturated Fat	0.86	g	4.18% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050201	Oatmeal Muffin Squares			
I	020038	OATS			
I	014429	WATER,MUNICIPAL			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	018372	LEAVENING AGENTS,BAKING SODA			

I	002010	CINNAMON,GROUND			
I	002025	NUTMEG,GROUND			
I	002047	SALT,TABLE			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	019334	SUGARS,BROWN			
I	019335	SUGARS,GRANULATED			
I	002050	VANILLA EXTRACT			
I	001124	EGG,WHITE,RAW,FRSH			
I	001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8			
I	009019	APPLESAUCE,CND,UNSWTND,WO/ VIT C			
I	020038	OATS			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	019334	SUGARS,BROWN			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			

Idaho Child Nutrition

Recipe: 000441 Whole Grain Bean Burrito - 1/2
Recipe Source: W. Grains Counc
Recipe Group: SALADS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 12
Size of Portion: Burritos

020012 BULGUR,DRY..... 000084 CHICKEN STOCK.....	1/4 CUP 1/2 CUP	Cook bulgur in broth for 12-15 minutes, until liquid is absorbed.
009152 LEMON JUICE,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 900132 Cilantro..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R..... 011215 GARLIC,RAW..... 090016 CUMIN,GROUND.....	3 TBSP 1/8 CUP 1/8 CUP 1/8 CUP, chopped 1 TSP 1 TSP	While grain cooks, mix dressing ingredients in a large bowl.
900139 BEANS,BLACK,CND,DRND..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011179 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,W... 900128 Tortilla, 8" whole wheat commodity..... 016103 REFRIED BEANS,CANNED (INCL USDA COMMODITY)..... 102550 CHEDDAR CHEESE.....	12 OZ 1 large whole (3" dia) 1 CUP 12 Tortilla 12 OZ 12 OZ	Add drained and rinsed beans, tomatoes, and corn to dressing. Add bulgur.
		Steam tortillas for 3 minutes to soften. Lay out tortillas. Spread 1 oz. of refried beans and 1 oz. of cheddar cheese on each tortilla. Add 1/3 c. bulgur salad (from Step C) to each burrito. Fold in sides of tortilla and roll burrito. Cut burritos in half.

Calories	353		Iron	2.61	mg	Protein	12.89	g	14.62% Calories from Prot
Cholesterol	17	mg	Calcium	246.02	mg	Carbohydrates	36.70	g	41.61% Calories from Carb
Sodium	776	mg	Vitamin A	340.6	IU	Total Fat	13.18	g	33.63% Calories from T Fat
Dietary Fiber	7.03	g	Vitamin A	47.7	RE	Saturated Fat	4.23	g	10.79% Calories from S Fat
			Vitamin C	8.54	mg	Trans. Fat	0.00*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	020012	BULGUR,DRY			
I	000084	CHICKEN STOCK			
I	009152	LEMON JUICE,RAW			
I	004044	OIL,SOYBN,SALAD OR COOKING			
I	900132	Cilantro			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	011215	GARLIC,RAW			
I	090016	CUMIN,GROUND			
I	900139	BEANS,BLACK,CND,DRND			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	011179	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BL			
I	900128	Tortilla, 8" whole wheat commodity			
I	016103	REFRIED BEANS,CANNED (INCL USDA COMM			
I	102550	CHEDDAR CHEESE			

Idaho Child Nutrition

Recipe: 000443 Whole Grain Baked Oatmeal 1/2
Recipe Source: Cooking Class
Recipe Group: BREAKFAST

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
Number of Portions: 10
Size of Portion: pieces

004044 OIL,SOYBN,SALAD OR COOKING.....	2 OZ	Mix all ingredients thoroughly. Spray a 2" half pan and pour the ingredients into the pan. Chill overnight.
002047 SALT,TABLE.....	1 TSP	
019334 SUGARS,BROWN.....	1/2 CUP, packed	
019335 SUGARS,GRANULATED.....	1/2 CUP	Bake at 350'°'F for 40 minutes. Cut into 20 sample size pieces. Serve with a mini-spatula. Can be a little crumbly.
018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA.....	2 TSP	
001123 EGG,WHOLE,RAW,FRESH.....	2 large	
002010 CINNAMON,GROUND.....	1 1/2 TSP	
002025 NUTMEG,GROUND.....	1 TSP	
020038 OATS.....	2 1/2 CUP	
001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A.....	1 CUP	

Calories	310		Iron	2.25	mg	Protein	8.71	g	11.25% Calories from Prot
Cholesterol	44	mg	Calcium	122.67	mg	Carbohydrates	48.65	g	62.83% Calories from Carb
Sodium	362	mg	Vitamin A	97.8	IU	Total Fat	9.68	g	28.13% Calories from T Fat
Dietary Fiber	4.36	g	Vitamin A	33.6	RE	Saturated Fat	1.82	g	5.28% Calories from S Fat
			Vitamin C	0.02	mg	Trans. Fat	0.00*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004044	OIL,SOYBN,SALAD OR COOKING			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

I	002047	SALT,TABLE			
I	019334	SUGARS,BROWN			
I	019335	SUGARS,GRANULATED			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	001123	EGG,WHOLE,RAW,FRESH			
I	002010	CINNAMON,GROUND			
I	002025	NUTMEG,GROUND			
I	020038	OATS			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			

Idaho Child Nutrition

Recipe: 000442 Whole Wh Swedish Apple Pie 1/2
Recipe Source: W. Grains Coun.
Recipe Group: DESSERTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 12
Size of Portion: Pieces

		Preheat oven 350'°'F. Spray a half 2" hotel pan with cooking spray.
001123 EGG,WHOLE,RAW,FRESH..... 001124 EGG,WHITE,RAW,FRSH.....	1 large 1 large	Separate egg white. In a large bowl, beat egg thoroughly with a fork, until it forms a ribbon.
019335 SUGARS,GRANULATED..... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND..... 002050 VANILLA EXTRACT.....	3/4 CUP 3/4 CUP 1 1/2 TSP 3/4 TSP 3/4 TSP 1/2 TSP	Add everything else EXCEPT apples and nuts, and mix thoroughly.
009003 APPLES,RAW,WITH SKIN..... 012155 WALNUTS,ENGLISH.....	5 medium (3 per LB) 1/2 CUP, pieces	Add apples and nuts, and mix as well as you can. It's a very lumpy mix. Mix until the batter sticks together.
		Spread batter in the hotel pan. Bake at 350'°'F for 30 minutes or until slightly brown.

Calories	145		Iron	0.66	mg	Protein	2.77	g	7.62% Calories from Prot
Cholesterol	18	mg	Calcium	48.74	mg	Carbohydrates	27.01	g	74.40% Calories from Carb
Sodium	220	mg	Vitamin A	53.4	IU	Total Fat	3.92	g	24.29% Calories from T Fat
Dietary Fiber	2.71	g	Vitamin A	11.5	RE	Saturated Fat	0.48	g	2.96% Calories from S Fat
			Vitamin C	2.72	mg	Trans. Fat	0.00*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Idaho Child Nutrition

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001123	EGG,WHOLE,RAW,FRESH			
I	001124	EGG,WHITE,RAW,FRSH			
I	019335	SUGARS,GRANULATED			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	018369	LEAVENING AGENTS,BAKING PDR,DOUBLE-A			
I	002047	SALT,TABLE			
I	002010	CINNAMON,GROUND			
I	002050	VANILLA EXTRACT			
I	009003	APPLES,RAW,WITH SKIN			
I	012155	WALNUTS,ENGLISH			

Idaho Child Nutrition

Recipe: 000445 Whole Grain Veg Chili 1/2
Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 12
Size of Portion: 3/4 CUP

004318 OIL,VEG,TYPE B-COMMOD..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW.....	1 TBSP 5 OZ, raw wgt 2 1/2 OZ, chopped	1. Heat the oil in a soup pot. 2. Add the onions and sauté 3 minutes, until translucent. 3. Add the green peppers and sauté 2 minutes, until tender.
002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 090017 GARLIC,GRANULATED..... 002026 ONION POWDER..... 019334 SUGARS,BROWN..... 011966 TOMATOES,CRUSHED,CND,HTD.....	3 TBSP 1 TBSP, whole 1 TSP 1/2 TSP 1 OZ 28 OZ	4. Add the chili powder, cumin, granulated garlic, onion powder, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
016029 BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CND... 020012 BULGUR,DRY..... 014429 WATER,MUNICIPAL..... 001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ.....	42 OZ 3/4 CUP 1/8 CUP 1/2 LB	5. Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered. 6. Add yogurt and stir to blend. Serve
001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	1/2 LB	8. Garnish with Cheddar cheese on top of each portion when served.

Calories	218		Iron	2.80	mg	Protein	14.11	g	25.92% Calories from Prot
Cholesterol	5	mg	Calcium	175.92	mg	Carbohydrates	33.50	g	61.55% Calories from Carb
Sodium	651	mg	Vitamin A	1030.8	IU	Total Fat	4.11	g	16.99% Calories from T Fat
Dietary Fiber	8.53	g	Vitamin A	164.3	RE	Saturated Fat	1.43	g	5.89% Calories from S Fat
			Vitamin C	19.30	mg	Trans. Fat	N/A*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

Idaho Child Nutrition

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004318	OIL,VEG,TYPE B-COMMOD			
I	011282	ONIONS,RAW			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			
I	090017	GARLIC,GRANULATED			
I	002026	ONION POWDER			
I	019334	SUGARS,BROWN			
I	011966	TOMATOES,CRUSHED,CND,HTD			
I	016029	BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,			
I	020012	BULGUR,DRY			
I	014429	WATER,MUNICIPAL			
I	001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			

Cooking with Whole Grains Shopping List

Baking Goods
Brown sugar – 1 lb
Oats, old fashioned – 5 cups
Oats, steel cut – 1 can
Whole-wheat flour – 5 lbs
Buckwheat, whole grain – 1 bag
Whole grain cornmeal – 1 lb
Sugar – 5 lbs
Quinoa – 1 lb
Barley, whole grain – 1 lb
Bulgur – 1 lb
Wheat berries – ½ lb
Cracked wheat – ½ lb
Baking powder
Black pepper
Oil, canola
Vanilla
Cooking spray
Cumin
Cinnamon
Nutmeg
Kosher salt
Chili powder
Garlic, granulated
Onion powder

Pantry
Chicken stock – 1 box
Black beans – 12 oz
Refried beans – 12 oz
Lemon juice
Walnuts – 1/2 cup
Tomatoes, crushed canned – 28 oz
Kidney beans – 42 oz

Produce
Tomato – 1
Cilantro
Green onions
Yellow onion - 1
Garlic – 1 head
Green pepper - 1
Apples – 5

Frozen
Corn – 1 lb

Dairy
Cheddar cheese, shredded – 20 oz
Skim milk – 1 c
Eggs –1/2 dozen
Yogurt, plain – ½ lb

Bakery
Tortilla, commodity
Pancakes, commodity

Paper Goods
Spoons
Plates
Cups
Napkins