
Healthier Kansas Menus



RECIPES

Child Nutrition & Wellness, Kansas State Department of Education - 2009

Healthier Kansas Menus - RECIPES



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

- *Food for Fifty*, Ninth Edition (1989) Grace Shugart, Mary Molt.
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- USD 234 Fort Scott
- USD 308 Hutchinson
- USD 364 Marysville
- USD 503 Parsons

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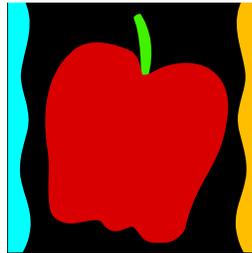
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BBQ Beef on a Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 135

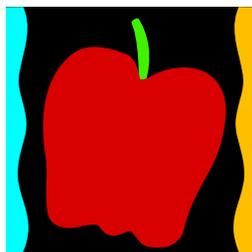
| Ingredients | 100 Servings | | Servings | | Directions |
|--|--------------|-----------------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Beef, cubed, canned in broth | | 3.75 #10 cans (106 oz per can) | | | <ol style="list-style-type: none"> 1. Drain broth from canned beef. Shred chunks coarsely. 2. Add BBQ sauce to canned beef. Rinse out the BBQ sauce bottle with the water. Add to meat and sauce. Mix. 3. Heat in oven, tilting skillet, steam kettle or on the stove top. Add water or broth drained from canned beef if needed to maintain volume as water evaporates. CCP: Heat to 135°F or higher for 15 seconds. CCP: Hold for hot service at 135° F or higher. <p><i>Optional:</i> 3 lb 6 oz shredded, pre-cooked roast beef or 5 lb 6 oz raw top round roast may be substituted for each #10 can of beef. Sodium will be substantially lower. CCP: Heat to 145°F or higher for 15 seconds if raw roast is used.</p> |
| Barbecue sauce, no more than 500 mg sodium per 1 fl oz | | 1 gal + 1 qt | | | |
| Water or juice from canned beef | | 2½ cups | | | |
| Hamburger bun, whole wheat (1.5 oz each) OR prepare following Healthier Kansas Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns | | 100 | | | |

| Serving Size | 1 Serving Provides | Yield |
|------------------|--------------------|-------------------|
| #8 scoop (½ cup) | 2 oz M/MA | 11 quarts + 1 cup |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 287 | Vitamin A | 1 IU | Iron | 3.49 mg |
| Protein | 20.06 gm | Vitamin C | 0 mg | Calcium | 54.79 mg |
| Carbohydrate | 40.29 gm | Fiber | 1.98 gm | Cholesterol | 45 mg |
| Fat | 5.88 gm | % Fat | 18.43 % | Sodium | 936 mg |
| Saturated Fat | 2.55 gm | % Saturated Fat | 7.98 % | | |

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Chef Salad with Spinach & Bread Sticks

Main Dish

HACCP: #1 No Cook

Healthier Kansas Recipe 189

| Ingredients | 10 Servings | | Servings | | Directions |
|---|------------------|---------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Spinach, fresh, partially trimmed, AP Salad Mix, prepackaged (iceberg/carrots/cabbage) | 10 oz 12.5 oz | | | | 1. Clean and chop fresh spinach. 2. Combine salad mix and spinach. 3. Portion 2.25 oz mixture into serving container. |
| Ham, Pork, (11% fat or less) Cheese, Cheddar, shredded | 12.5 oz 10 oz | | | | 4. Cut ham into bite-sized pieces. 5. Sprinkle 1.25 oz of ham and 1 oz of cheese on top of each salad. CCP: Hold at 41°F or below for cold service. |
| Garbanzo Beans, canned, drained | | 2½ cups | | | 6. Portion ¼ cup drained garbanzo beans into portion cups and place on the side of the salad. |
| Bread Sticks (1 oz) Healthier Kansas Menus Whole Wheat Rolls, Bread Sticks, Buns Recipe #877 | 20 each | | | | 7. Serve with one 1 oz bread stick and reduced fat dressing. |
| | | | | | <i>Optional:</i> <ul style="list-style-type: none"> • Substitute one 2 oz roll or 8 saltines (4 packages of 2 each) for the bread sticks. • Substitute 1.5 oz of turkey ham or 1 oz of cooked turkey breast for the ham. |

| Serving Size | 1 Serving Provides | Yield |
|----------------------------|---|-----------|
| One salad + 2 bread sticks | 2 oz M/MA + 1¼ cup vegetable + 2.22 units G/B | 10 salads |

Chef Salad with Spinach & Bread Sticks, continued

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 330 | Vitamin A | 3688 IU | Iron | 2.84 mg |
| Protein | 19.18 gm | Vitamin C | 14.94 mg | Calcium | 273.85 mg |
| Carbohydrate | 29.45 gm | Fiber | 7.20 gm | Cholesterol | 50 mg |
| Fat | 15.61 gm | % Fat | 42.59 % | Sodium | 1013 mg |
| Saturated Fat | 7.60 gm | % Saturated Fat | 20.74 % | | |

Chicken & Noodles

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 152
(USD 364 Marysville, modified)

| Ingredients | 100 Servings | | Servings | | Directions |
|---|---------------|--|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken broth, from base (no more than 750 mg sodium per cup) | | 4 gal + 3 qt prepared | | | 1. Reconstitute the chicken base following package directions. Reserve 1 quart of broth per 100 servings to mix with flour and/or to adjust the final recipe volume. |
| Chicken, cooked, pulled, frozen Poultry Seasoning Sage, ground Pepper, white Dehydrated onion flakes Allspice, ground (optional) Food Coloring, yellow (optional) | 12 lb + 12 oz | 1 tsp ¾ tsp ½ tsp ⅓ cup ¼ tsp ½ tsp | | | 2. Place broth, chicken, poultry seasoning, sage, pepper, onions, food coloring (optional) and allspice (optional) into a stock pot, steam-jacketed kettle or tilting skillet. Bring to a simmer. |
| Egg Noodles, dry, enriched Flour, all-purpose, enriched | 8 lb + 8 oz | 1½ cups | | | 3. Add noodles and cook until slightly tender. Noodles will continue cooking as they are held for service. 4. Mix flour in small amount of reserved broth (or water) and add to noodles to thicken. Adjust amount of flour to make the desired consistency. Simmer until thickened. CCP: Heat to 165° F or higher for at least 15 seconds. |
| | | | | | 5. Add additional broth or cook down as needed to make 25 quarts for every 100 1-cup servings. 6. Pour into steam table pans. CCP: Hold at 135° F or above for hot service. |

Chicken & Noodles, continued

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------------|---------------------------|-----------------------------------|
| K-12: 8 oz spoodle or ladle (1 cup) | 2 oz M/MA + 1.5 units G/B | Approximately 6 gallons + 1 quart |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 263 | Vitamin A | 54 IU | Iron | 2.33 mg |
| Protein | 21.49 gm | Vitamin C | 0.21 mg | Calcium | 22.92 mg |
| Carbohydrate | 30.06 gm | Fiber | 1.36 gm | Cholesterol | 81 mg |
| Fat | 5.62 gm | % Fat | 19.25 % | Sodium | 611 mg |
| Saturated Fat | 1.53 gm | % Saturated Fat | 5.22 % | | |

Chicken Wrap

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 158

| Ingredients | 100 Servings | | Servings | | Directions |
|---|--------------|------------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken strips, breaded, whole-grain, CN labeled, 2 oz M/MA and ¾ to 1 unit G/B Cheese, Cheddar, shredded Tortilla, whole-wheat, 8” – 10”, (1.5 oz minimum) | 2 lb + 1 oz | 100 servings 100 each | | | 1. Purchase CN labeled precooked, breaded, chicken strips with 2 oz M/MA and ¾ – 1 unit G/B; with no more than 600 mg sodium and no more than 16 grams of fat per serving. 2. Purchase an 8” – 10” tortilla that weighs at least 1.5 oz. 3. Heat chicken according to manufacturer’s directions. <p style="text-align: center;">CCP: Hold at 135°F or above until served.</p> 4. For each wrap serve 2 oz M/MA of chicken strips (usually 3 strips) on top of tortilla. Sprinkle with .33 ounce of cheese. Fold tortilla in half. <i>Note: Use of either whole grain tortilla OR chicken nuggets with whole grain breading is required to meet whole grain guidelines.</i> |

| Serving Size | 1 Serving Provides | Yield |
|--------------|-------------------------------|--------------|
| 1 each | 2.33 oz M/MA + 2.42 units G/B | 100 servings |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 412 | Vitamin A | 97 IU | Iron | 3.29 mg |
| Protein | 19.93 gm | Vitamin C | 0 mg | Calcium | 164.35 mg |
| Carbohydrate | 34.96 gm | Fiber | 2.32 gm | Cholesterol | 50 mg |
| Fat | 21.49 gm | % Fat | 47.00 % | Sodium | 890 mg |
| Saturated Fat | 5.83 gm | % Saturated Fat | 12.76 % | | |

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Chili

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 128

| Ingredients | 100 – 6 oz Servings Or (76 – 8 oz Servings) | | ____ Servings | | Directions |
|--|--|--|---------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Ground beef, 80/20, raw Dehydrated onion flakes Chili powder Cumin ground Garlic powder Tomato puree Pinto beans, canned, drained Tomato juice Red or Cayenne pepper (optional) Water | 12 lb + 12 oz 5 oz | 1 cup + 2 Tbsp 2½ Tbsp 1½ Tbsp 2 qt + ½ cup 4½ #10 cans 3 qt + ¼ cup 2 Tbsp As needed | | | <ol style="list-style-type: none"> 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 2. Drain beans. 3. Add remaining ingredients, except water, to ground beef. 4. Add additional water or juice from canned beans to make approximately 19 - 20 quarts for every 100 3/4-cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates. <p>CCP: Heat to 160°F or higher for at least 15 seconds. CCP: Hold hot for service at 135° F or above.</p> |
| | | | | | <p><i>Notes:</i></p> <ul style="list-style-type: none"> ▪ For less sodium, choose a “fancy” or very-low sodium chili powder. ▪ Older students may like the chili more spicy and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste. ▪ May use 1.33 lbs of fresh onions per 100 servings in place of dried onions. ▪ May use minced garlic in place of garlic powder. ▪ 1-cup servings may be counted as 2 M/MA + 7/8 cup vegetable if beans are counted as a vegetable. |

Chili, continued

| Serving Size | 1 Serving Provides | Yield |
|------------------------------------|--|----------------------------|
| K-6: 6 oz spoodle (3/4 cup) | K-6: 3.14 oz M/MA +.29 cups vegetable (Beans counted as M/MA) | 100 servings: 6 oz spoodle |
| 7-12: 8 oz spoodle (1 cup) | 7-12: 4 oz M/MA + .38 cup vegetable (Beans counted as M/MA) | 75 servings: 8 oz spoodle |
| | | Approximately 19 quarts |

Nutrients Per 6 oz Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 210 | Vitamin A | 574 IU | Iron | 3.43 mg |
| Protein | 17.52 gm | Vitamin C | 9.01 mg | Calcium | 65.81 mg |
| Carbohydrate | 17.38 gm | Fiber | 3.67 gm | Cholesterol | 38 mg |
| Fat | 7.98 gm | % Fat | 34.24 % | Sodium | 721 mg |
| Saturated Fat | 2.893 gm | % Saturated Fat | 12.58 % | | |

Hot Ham & Cheese on a Bun

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 48

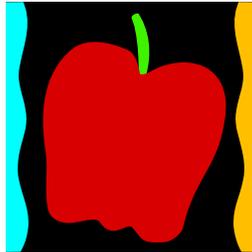
| Ingredients | 100 Servings | | Servings | | Directions |
|--|--------------|--------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Ham, pork (11% fat or less) | 11 lb + 8 oz | | | | 1. Slice ham into 0.6 oz slices. CCP: Preheat ham to a minimum of 135° F for at least 15 seconds. 2. Assemble sandwiches using 1 bun, 1 slice of cheese (.5 oz), and 1.8 oz of ham (3 slices) per sandwich. 3. Place on paper-lined sheet pans and cover, or wrap individually in foil. 4. Heat in oven until cheese begins to melt. CCP: Hold for hot service at 135 °F or above. |
| Cheese American, slices | 3 lb + 2 oz | (100 .5 oz slices) | | | |
| Hamburger bun, whole wheat (1.5 oz each) OR Prepare following Healthier Kansas Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns | | 100 each | | | |
| | | | | | Cold Ham & Cheese Variation: Do not preheat ham. Assemble sandwiches as above. CCP: Hold at 41 °F or below for cold service. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------------|--------------|
| 1 each | 2 oz M/MA + 1.66 units G/B | 100 servings |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 247 | Vitamin A | 137 IU | Iron | 1.86 mg |
| Protein | 16.21 gm | Vitamin C | 2.09 mg | Calcium | 145.37 mg |
| Carbohydrate | 21.71 gm | Fiber | 2.66 gm | Cholesterol | 43 mg |
| Fat | 10.33 gm | % Fat | 37.61 % | Sodium | 1135 mg |
| Saturated Fat | 4.63 gm | % Saturated Fat | 16.87 % | | |

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Italian Pasta Bake

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 67
(USDA D-22, modified)

| Ingredients | 100 Servings | | Servings | | Directions |
|--|------------------------|---|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Water | | 6 gal | | | 1. Bring water to a boil. |
| Macaroni, elbow, enriched | 5 lb + 4 oz | | | | 2. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes, or until tender. Do not overcook. Drain well. Set aside for Step 5. |
| Ground beef, 80/20, raw Dehydrated Onion flakes | 17 lb + 4 oz 3.5 oz | | | | 3. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 4. Add onions and cook for 5 minutes. |
| Tomato paste Tomatoes, canned, with liquid, chopped Beef broth or beef stock (no more than 1200 mg sodium per cup reconstituted) Garlic powder Pepper Italian Seasoning Mix | | ½ #10 can 1 #10 can 3 qt 2 Tbsp 1 Tbsp 1½ cups | | | 5. Add tomato paste, tomatoes, beef broth, garlic powder, pepper, Italian seasoning and macaroni. Mix gently. 6. Cook over medium heat, uncovered. CCP: Heat to 160° F or higher for 15 seconds. 7. Pour into 12" x 20" x 2½" steam table pans. (About 7 quarts per pan; about 3 pans per 100 servings). |
| Cheese, Mozzarella part-skim, shredded | 1 lb + 12 oz | | | | 8. Evenly divide cheese and sprinkle cheese over pans. CCP: Hold for hot service at 135° F or higher. |
| | | | | | <i>Alternate Mixing Method:</i> At Step 5, divide all ingredients equally among the steam table pans. Heat in oven until 160° F or higher. Remove from oven and top with cheese before serving. |

Italian Pasta Bake, continued

| Serving Size | 1 Serving Provides | Yield |
|------------------------|--|--------------|
| 6 oz spoodle (3/4 cup) | 2.26 oz M/MA + .93 unit G/B + .36 cup vegetable | 100 servings |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|-----------|
| Calories | 297 | Vitamin A | 513 IU | Iron | 3.44 mg |
| Protein | 21.95 gm | Vitamin C | 12.74 mg | Calcium | 109.18 mg |
| Carbohydrate | 24.11 gm | Fiber | 2.10 gm | Cholesterol | 56 mg |
| Fat | 12.23 gm | % Fat | 37.10 % | Sodium | 303 mg |
| Saturated Fat | 4.95 gm | % Saturated Fat | 15.03 % | | |

Macaroni & Cheese

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 118
(USD 234 Fort Scott, modified)

| Ingredients | 100 - #8 Scoop Servings (or 75 - #6 Scoop Servings) | | ____ Servings | | Directions |
|----------------------------|--|--------------|---------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Water | | 6 gal | | | 1. Bring water to a boil. 2. Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes, or until tender. Do not overcook. Drain well. |
| Macaroni, elbow, enriched | 5 lb + 4oz | | | | |
| Milk, Skim | | 1 gal + 1 qt | | | 3. In a separate pan, heat the milk. 4. Add margarine, pepper and shredded cheese to the warm milk. Mix to make cheese sauce. 5. Divide macaroni and sauce evenly among pans and stir. 6. Hold for 30 minutes at 180-190° F to allow sufficient time for mixture to set up properly. CCP: Hold for hot service at 135° F or higher. |
| Margarine, regular | 1 lb | | | | |
| Pepper | | 1 tsp | | | |
| Cheese, American, shredded | 6 lb + 4 oz | | | | |

| Serving Size | 1 Serving Provides | Yield |
|---------------------------------|--|------------------------|
| K-6: #8 scoop (1/2 cup) | K-6: 1 oz M/MA + .93 unit G/B | 100 servings: #8 scoop |
| 7-12: #6 scoop (2/3 cup) | 7-12: 1.33 oz M/MA + 1.24 units G/B | 75 servings: #6 scoop |
| | | 3 ½ gallons |

Macaroni & Cheese, continued

Nutrients Per #8 Scoop Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 235 | Vitamin A | 841 IU | Iron | 0.92 mg |
| Protein | 10.99 gm | Vitamin C | 0.01 mg | Calcium | 253.14 mg |
| Carbohydrate | 20.84 gm | Fiber | 0.77 gm | Cholesterol | 15 mg |
| Fat | 11.90 gm | % Fat | 45.52 % | Sodium | 471 mg |
| Saturated Fat | 4.21 gm | % Saturated Fat | 16.11 % | | |

Pig in a Blanket

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 30

| Ingredients | 100 Servings | | Servings | | Directions |
|--|--------------|--|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Dough from Whole Wheat Rolls, 51%, Healthier Kansas Recipe 877 OR Bread dough, Whole Wheat, frozen Frankfurter, Turkey Pan release spray | 12.5 lb | 1 recipe for 100 servings 100 each (2 oz) | | | <ol style="list-style-type: none"> 1. Purchase reduced-fat frankfurter with no more than 16 grams of fat and no more than 800 mg of sodium per hot dog. 2. Prepare roll recipe #877 or purchase prepared, frozen dough. Thaw per manufacturer's instructions. 2 oz of dough is needed per frankfurter. 3. Spray work surface lightly with pan release spray to allow easier handling. 4. For every 10 servings, roll 20 ounces of dough into a 14" long x 15" wide rectangle. Cut 2 x 5, placing hot dogs horizontally in 5 rows with 2 hot dogs to each row. 5. Wrap each hot dog in one square of dough, pinching seams to seal. Place seam side down on sheet pans (18" x 26" x 1") lined with pan liners. 6. Bake until lightly browned. * Conventional oven: 350° F for 18-20 minutes * Convection oven: 325° F for 12-15 minutes CCP: Frankfurters are at least 135° F for 15 seconds: 7. Spray pigs in a blanket lightly with pan release spray after removing from oven. CCP: Hold for hot service at 135° F or higher. <p>Alternate Wrapping Method: Cut dough in 2 oz long strips. Wrap a strip in a spiral around each frankfurter, pinching dough together at the ends to seal.</p> |

| Serving Size | 1 Serving Provides | Yield |
|--------------|---------------------------|--------------|
| 1 each | 2 oz M/MA + 2.2 units G/B | 100 servings |

Pig in a Blanket, continued

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 292 | Vitamin A | 47 IU | Iron | 2.52 mg |
| Protein | 11.48 gm | Vitamin C | 2.42 mg | Calcium | 119.76 mg |
| Carbohydrate | 31.02 gm | Fiber | 2.40 gm | Cholesterol | 44 mg |
| Fat | 13.89 gm | % Fat | 42.85 % | Sodium | 812 mg |
| Saturated Fat | 2.90 gm | % Saturated Fat | 8.93 % | | |

Spaghetti & Meat Sauce

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 170
(USDA D-35 modified)

| Ingredients | 100 Servings | | Servings | | Directions |
|--|--------------|-----------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Ground Beef, 80/20 Spaghetti Sauce, canned | 17 lb | 3.25 #10 cans | | | 1. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per 1/2-cup serving. 2. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 3. Add spaghetti sauce. CCP: Heat to 160 °F or above for at least 15 seconds. |
| Water Spaghetti Noodles, dry, enriched Pan release spray | 9 lb + 8 oz | 12 gal As needed | | | 4. Bring water to a boil. 5. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly. 6. Stir noodles into meat sauce. 7. Divide mixture equally into steam table pans (12" x 20" x 4") which have been lightly coated with pan release spray. Use 3 pans for every 100 servings. 8. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135°F or greater) per pan and mix gently. CCP: Hold for hot service at 135 °F or above. |
| | | | | | Note: USDA Recipes D-35 Spaghetti Sauce may be used in place of purchased spaghetti sauce. |

Spaghetti & Meat Sauce, continued

| Serving Size | 1 Serving Provides | Yield |
|----------------------|---|-------------------------|
| 8 oz spoodle (1 cup) | 2 oz M/MA + .39 cup vegetable + 1.68 units G/B | Approximately 27 quarts |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 371 | Vitamin A | 394 IU | Iron | 3.91 mg |
| Protein | 22.63 gm | Vitamin C | 7.10 mg | Calcium | 50.06 mg |
| Carbohydrate | 41.81 gm | Fiber | 2.96 gm | Cholesterol | 51 mg |
| Fat | 11.74 gm | % Fat | 28.48 % | Sodium | 510 mg |
| Saturated Fat | 3.88 gm | % Saturated Fat | 9.41 % | | |

Stromboli Squares

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 181
(USD 503 Parsons, modified)

| Ingredients | 120 Servings | | Servings | | Directions |
|--|--|---------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Dough from Whole Wheat Rolls, 51%, Healthier Kansas Recipe 877 | 20 lb (approximately 1.5 x 100-roll recipe) | | | | 1. Portion 2 lbs 8 oz dough balls. Roll half of the balls to fit 18" x 26" x 1" sheet pans. Place rolled dough rectangles on sheet pans lined with pan liners. Set remaining balls aside for step 5. |
| Italian Seasonings Mozzarella Cheese, part-skim | 8 lb | 2 Tbsp | | | 2. Mix shredded cheese and seasonings. |
| Turkey ham, lean, shaved or deli sliced Italian Seasonings (optional) | 10 lb | | | | 3. On each sheet pan lay out 2 lbs 8 oz of turkey ham. 4. Top each sheet pan with 2 lbs of cheese. Spread cheese evenly. 5. Roll out remaining bread dough balls to fit over the tops of the pan. Lay on top of cheese. Stretch to fit to the edge of the pan(s) and crimp. 6. Prick the top layer of dough with a large meat fork to allow for air expansion. Brush dough with an egg wash or spray with pan release spray before baking. Sprinkle top with Italian seasonings (optional). 7. Bake until golden brown: * Conventional oven: 350° F for 18-24 minutes * Convection oven: 325° F for 15 to 20 minutes Recommended internal temperature for bread is 196-198°F. 8. Cool slightly before cutting. Cut each pan into 30 servings. (3 x 10 cut or 3 x 5 cut with squares cut into triangles.) CCP: Hold for hot service at 135° or higher. |

Stromboli Squares, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|-----------------------------|--------------|
| 1 each | 2.0 oz M/MA + 2.8 units G/B | 120 servings |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 326 | Vitamin A | 227 IU | Iron | 2.55 mg |
| Protein | 19.12 gm | Vitamin C | 3.00 mg | Calcium | 284.19 mg |
| Carbohydrate | 37.66 gm | Fiber | 2.98 gm | Cholesterol | 44 mg |
| Fat | 11.38 gm | % Fat | 31.44 % | Sodium | 779 mg |
| Saturated Fat | 4.27 gm | % Saturated Fat | 11.79 % | | |

Taco Meat

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 76
(USDA D-13 modified)

| Ingredients | 100 #16 Scoop Servings (or 75 #12 Scoop Servings) | | ____ Servings | | Directions |
|---|--|----------------|---------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Beef, ground 80/20, raw | 13 lb | | | | <ol style="list-style-type: none"> 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. CCP: Heat to 160° F for at least 15 seconds. 3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. CCP: Hold for hot service at 135° F or higher |
| Dehydrated Onion Flakes | 2 oz | | | | |
| Pepper | | 1 Tbsp + 1 tsp | | | |
| Tomato Paste | | 3 cups | | | |
| Mexican Seasoning Mix (see Healthier Kansas Recipe 79) Or Purchased Mexican Seasoning Mix | | ½ cup + 1 Tbsp | | | |
| Salt | | 1 Tbsp | | | |
| Sugar, Brown | | ¼ cup | | | |
| Water | | 2 qt | | | |

| Serving Size | 1 Serving Provides | Yield |
|-------------------|------------------------|-----------------------------|
| #16 scoop (¼ cup) | #16 scoop: 1.5 oz M/MA | 100 servings: #16 scoop |
| #12 scoop (⅓ cup) | #12 scoop: 2.0 oz M/MA | 75 servings: #12 scoop |
| | | 1 gallon + 3 quarts + 1 cup |

Nutrients Per #16 Scoop Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 132 | Vitamin A | 320 IU | Iron | 1.60 mg |
| Protein | 12.20 gm | Vitamin C | 5.21 mg | Calcium | 20.63 mg |
| Carbohydrate | 3.0 gm | Fiber | 0.57 gm | Cholesterol | 39 mg |
| Fat | 7.70 gm | % Fat | 52.68 % | Sodium | 117 mg |
| Saturated Fat | 2.90 gm | % Saturated Fat | 19.80 % | | |

Variation: Taco Burger: Scoop taco meat mixture on bun. Top each taco burger with ½ ounce shredded cheese.

Mexican Seasoning Mix

Seasonings

HACCP: Non-Hazardous/Other

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

| Ingredients | 4 Cups | | Servings | | Directions |
|--|--------|--|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Chili powder Cumin, ground Paprika Onion powder | | 1¾ cup 1⅓ cup ¼ cup + 3 Tbsp ¼ cup + 3 Tbsp | | | 1. Mix all ingredients together well. 2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator. 3. Use 1/4 cup + 3 Tbsp per 10 lbs of ground beef, adjusting to taste. |

Yield: 1 quart

Turkey & Cheese Sub

Main Dish

HACCP: #1 No Cook

Healthier Kansas Recipe 144

| Ingredients | 100 Servings | | Servings | | Directions |
|---|--------------|--------------------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Turkey Breast, thin sliced, cooked, no more than 700 mg sodium per 2 oz serving | 9 lb + 6 oz | | | | 1. Place 1.5 oz of turkey and one slice of cheese on each bun. 2. If sandwiches are assembled in advance, cover trays with plastic wrap or wrap individually in plastic wrap. CCP: Hold for service at 41°F or below. |
| Cheese American, slices | 3 lb + 2 oz | (100 .5 oz slices) | | | |
| Hamburger bun, whole wheat, purchased OR prepare following Healthier Kansas Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns | | 100 (1.5 oz) | | | |

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------------|----------------|
| 1 each | 2 oz M/MA + 1.67 units G/B | 100 sandwiches |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 200 | Vitamin A | 137 IU | Iron | 1.60 mg |
| Protein | 12.80 gm | Vitamin C | 0 mg | Calcium | 132.9 mg |
| Carbohydrate | 21.21 gm | Fiber | 1.98 gm | Cholesterol | 28 mg |
| Fat | 6.97 gm | % Fat | 31.41 % | Sodium | 875 mg |
| Saturated Fat | 3.10 gm | % Saturated Fat | 13.99 % | | |

Yogurt & Muffin Plate

Main Dish

HACCP: #1 No Cook

Healthier Kansas Recipe 190

| Ingredients | 10 Servings | | Servings | | Directions |
|---------------------|-------------|---------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Yogurt, regular | | 10 cartons (6 oz each) | | | 1. Place one carton of yogurt and one muffin on a small plate or plastic container. CCP: Hold yogurt at 41 ° F or below until served. |
| Muffin (1.8 – 2 oz) | | 10 each | | | |
| | | | | | <i>Note:</i> <ul style="list-style-type: none"> Offer regular or reduced-fat yogurt to ensure adequate calories for an entrée. Muffins may be purchased or school made using USDA Recipe B-12 Muffin Squares or USDA Recipe B-5 Banana Bread Squares. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|-----------------------------|-----------|
| 1 each | 1.5 oz M/MA + 1.0 units G/B | 10 plates |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|-----------|
| Calories | 345 | Vitamin A | 750 IU | Iron | 89 mg |
| Protein | 8.89 gm | Vitamin C | 0 mg | Calcium | 175.33 mg |
| Carbohydrate | 57.50 gm | Fiber | 1.06 gm | Cholesterol | 30 mg |
| Fat | 9.86 gm | % Fat | 25.73 % | Sodium | 282 mg |
| Saturated Fat | 3.06 gm | % Saturated Fat | 7.97 % | | |

Black Bean & Corn Salsa

Vegetables

HACCP: #1 No Cook

Healthier Kansas Recipe 81
(USDA E-21 modified)

| Ingredients | 100 Servings | | Servings | | Directions |
|--|--|--|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Black Beans, canned, drained Corn frozen, thawed Green Pepper, fresh, AP Red Pepper, fresh, AP Red onions, fresh, AP | 3 lb + 12 oz 15 oz 15 oz 5 oz | 1 ¹ / ₃ #10 can | | | 1. Chill canned beans prior to preparation. 2. Combine drained beans, corn, diced peppers and diced onions. |
| Lemon Juice Parsley, dried Cumin, ground Garlic Powder Picante Sauce Salad Oil | | ½ cup 2 Tbsp 1 Tbsp 2 tsp 3¼ cups ¼ cup | | | 3. Mix remaining ingredients to make the dressing. 4. Pour dressing over the salad and toss lightly to combine. 5. Chill 2 hours before serving. CCP: Hold for cold service at 41° F or lower. |

| Serving Size | 1 Serving Provides | Yield |
|----------------------|--------------------|--------------------------------|
| 2 oz spoodle (¼ cup) | .25 cup vegetable | Approximately 6 quarts + 1 cup |

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|----------|-------------|----------|
| Calories | 81 | Vitamin A | 214 IU | Iron | 0.70 mg |
| Protein | 2.53 gm | Vitamin C | 10.98 mg | Calcium | 14.16 mg |
| Carbohydrate | 8.74 gm | Fiber | 1.94 gm | Cholesterol | 0 mg |
| Fat | 0.82 gm | % Fat | 9.09 % | Sodium | 152 mg |
| Saturated Fat | 0.13 gm | % Saturated Fat | 1.47 % | | |

Celery & Cucumbers

Vegetables

HACCP: Non-Hazardous Other

Healthier Kansas Recipe 126

| Ingredients | 100 Servings | | Servings | | Directions |
|----------------------------|----------------------------|---------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Celery, AP Cucumber, AP | 6 lb 1 oz, AP 7 lbs, AP | | | | <ol style="list-style-type: none"> 1. Handle produce with gloved hands. Rinse produce. 2. Trim celery as needed and weigh. 3. Peel or score cucumbers. if desired. 4. Cut celery into ½" x 4" sticks. Cut or slice cucumbers. 5. Refrigerate until served. |

| Serving Size | 1 Serving Provides | Yield |
|---|--------------------|--------------|
| K-12: .8 oz celery + 1 oz cucumber | .43 cup vegetable | 100 servings |

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|---------|-------------|----------|
| Calories | 7 | Vitamin A | 1242 IU | Iron | 0.11 mg |
| Protein | 0.34 gm | Vitamin C | 1.68 mg | Calcium | 14.60 mg |
| Carbohydrate | 1.37 gm | Fiber | 0.62 gm | Cholesterol | 0 mg |
| Fat | 0.09 gm | % Fat | 10.57% | Sodium | 23 mg |
| Saturated Fat | 1 gm | % Saturated Fat | 1.79% | | |

Cheesy Potatoes

Vegetables

HACCP: #2 Same Day Service

Healthier Kansas Recipe 176

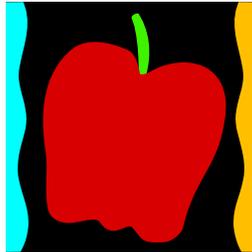
| Ingredients | 100 Servings | | Servings | | Directions |
|--|--------------|---------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Pan release spray | | | | | 1. Spray steam table pans (12" x 20" x 2") with pan release spray. Use two pans for every 100 servings. 2. Melt margarine. 3. Mix soup, margarine, sour cream, onions and milk. 4. Add hash browns and cheese. Mix thoroughly. 5. Pour 6½ quarts + ½ cup mixture into each steam table pan. 6. Bake uncovered until golden brown: * Conventional oven: 375° F for 1 hour * Convection oven: 350° F for 45 minutes CCP: Hold for hot service at 135° F or higher. |
| Margarine, regular | 12 oz | | | | |
| Sour cream, light (3 gm fat per oz) | 6 lb + 4 oz | | | | |
| Cream of Mushroom Soup, condensed | | 1 can (50 oz) | | | |
| Onions, diced | | 3 cups | | | |
| Milk, Non-fat | | 3 cups | | | |
| Cheese, Cheddar | 2 lb + 8 oz | | | | |
| Hashed Brown Potatoes, frozen, thawed | 12 lb + 8 oz | | | | |

| Serving Size | 1 Serving Provides | Yield |
|---------------------------------|--------------------------------|---------------------------------|
| K-12: #8 scoop (1/2 cup) | .4 oz M/MA + .25 cup vegetable | Approximately 12 quarts + 1 cup |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 172 | Vitamin A | 347 IU | Iron | 0.82 mg |
| Protein | 5.52 gm | Vitamin C | 5.27 mg | Calcium | 140.42mg |
| Carbohydrate | 13.99 gm | Fiber | 0.88 gm | Cholesterol | 22 mg |
| Fat | 10.71 gm | % Fat | 56.15 % | Sodium | 230 mg |
| Saturated Fat | 5.07 gm | % Saturated Fat | 26.61 % | | |

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Fresh Citrus Fruit Cup

Fruits

HACCP: #Non-Hazardous/Other

Healthier Kansas Recipe 134

| Ingredients | 112 - 2oz Servings (or 75 - 3 oz Servings) | | ____ Servings | | Directions |
|-----------------------------|---|-----------|---------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Mandarin Oranges, pieces | | 1 #10 can | | | <ol style="list-style-type: none"> 1. Chill cans of mandarin oranges. Wipe tops of cans clean before opening. 2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container. 3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges. 4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. 5. Wash and remove stems from grapes. 6. Add apples and grapes to bananas and oranges. 7. Chill thoroughly. <p style="margin-top: 10px;">CCP: Hold for cold service at 41° F or lower. <i>Note:</i> Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.</p> |
| Bananas, fresh, AP | 5 lb | 6½ cups | | | |
| Apples, fresh, AP | 2 lb | 5¾ cups | | | |
| Grapes, fresh, AP | 2 lb | 5¼ cups | | | |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------------|---------------------|------------------------|
| K-6: 2 oz spoodle (1/4 cup) | 2 oz: .26 cup fruit | 112 servings: 2 oz |
| 7-12: 3 oz spoodle (3/8 cup) | 3 oz: .39 cup fruit | 75 servings: 3 oz |
| | | Approximately 7 quarts |

Fresh Citrus Fruit Cup, continued

Nutrients Per 2 oz Serving

| | | | | | |
|---------------|---------|-----------------|---------|-------------|---------|
| Calories | 31 | Vitamin A | 225 IU | Iron | 0.12 mg |
| Protein | 0.30 gm | Vitamin C | 4.90 mg | Calcium | 3.49 mg |
| Carbohydrate | 7.91 gm | Fiber | 0.78 gm | Cholesterol | 0 mg |
| Fat | 0.11 gm | % Fat | 3.09 % | Sodium | 1 mg |
| Saturated Fat | 0.03 gm | % Saturated Fat | 0.83 % | | |

Fresh Mixed Fruit Cup

Fruits

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 183

| Ingredients | 100 – 2oz Servings (or 66 – 3oz Servings) | | ____ Servings | | Directions |
|------------------------------|--|-----------|---------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Apples, fresh, AP | 3 lb + 2 oz | 9 cups | | | 1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening. 2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. 3. Slice bananas. 4. Mix fresh fruit with canned fruit. 5. Chill thoroughly. CCP: Hold for cold service at 41° F or lower. |
| Bananas, fresh, AP | 5 lb + 2 oz | 7 cups | | | |
| Fruit cocktail, light syrup, | | 1 #10 can | | | |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------------|---------------------|-----------------------------------|
| K-6: 2 oz spoodle (¼ cup) | 2 oz: .28 cup fruit | 100 servings: 2 oz spoodle |
| 7-12: 3 oz spoodle (3/8 cup) | 3 oz: .42 cup fruit | 66 servings: 3 oz spoodle |
| | | Approximately 1½ gallons + 2 cups |

Nutrients Per 2 oz Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 46 | Vitamin A | 84 IU | Iron | 0.17 mg |
| Protein | 0.40 gm | Vitamin C | 3.40 mg | Calcium | 3.96 mg |
| Carbohydrate | 11.96 gm | Fiber | 1.29 gm | Cholesterol | 0 mg |
| Fat | 0.15 gm | % Fat | 2.90 % | Sodium | 2 mg |
| Saturated Fat | 0.04 gm | % Saturated Fat | 0.73 % | | |

Garden Spinach Salad

Vegetables

HACCP: #1 No Cook

Healthier Kansas Recipe 164
(Team Nutrition modified)

| Ingredients | 100 Servings | | Servings | | Directions |
|--|--|---------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Spinach, fresh, AP Lettuce, Iceberg, AP Tomatoes, fresh, AP Carrots, fresh, AP Cucumber, fresh, AP | 3 lb 4 oz 3 lb 1 lb + 5 oz 15 oz 14 oz | | | | 1. Handle all produce with clean gloved hands or clean utensils. 2. Rinse and trim spinach and lettuce, if not purchased ready-to-eat. Chop lettuce and spinach. Rinse, core and dice tomatoes. Rinse, peel and grate carrots. Rinse, peel (or score) and chop cucumbers. 3. Toss all ingredients together CCP: Hold for cold service at 41° F or lower. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|------------------------------------|
| K-12: 1.2 oz | .5 cup vegetable | Approximately 2 gallons + 2 quarts |

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|-----------|-------------|----------|
| Calories | 8 | Vitamin A | 1996.5 IU | Iron | 0.49 mg |
| Protein | 0.64 gm | Vitamin C | 5.46 mg | Calcium | 18.99 mg |
| Carbohydrate | 1.50 gm | Fiber | 0.66 gm | Cholesterol | 0 mg |
| Fat | 0.10 gm | % Fat | 11.40 % | Sodium | 15 mg |
| Saturated Fat | 0.01 gm | % Saturated Fat | 1.71 % | | |

Pineapple & Bananas

Fruits

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 141

| Ingredients | 100 – 2 oz Servings (or 67 – 3oz servings) | | ____ Servings | | Directions |
|--------------------------|---|-------------|---------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Pineapple chunks, canned | | 2½ #10 cans | | | 1. Chill cans of pineapple. Wipe tops of cans clean before opening. 2. Place pineapple in serving pan leaving enough room to add bananas. Drain pineapple if desired. 3. Handle bananas with gloved hands. Peel, slice and add to pineapple chunks. Combine gently. 4. Chill thoroughly. CCP: Hold for cold service at 41° F or lower. |
| Bananas, fresh, AP | 3 lb | 4 cups | | | |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------------|---------------------|--------------------------------|
| K-6: 2 oz spoodle (1/4 cup) | 2 oz: .34 cup fruit | 100 servings: 2 oz spoodle |
| 7-12: 3 oz spoodle (3/8 cup) | 3 oz: .51 cup fruit | 67 servings: 3 oz spoodle |
| | | Approximately 6 quarts + 1 cup |

Nutrients Per 2 oz Serving

| | | | | | |
|---------------|---------|-----------------|---------|-------------|---------|
| Calories | 35 | Vitamin A | 28 IU | Iron | 0.15 mg |
| Protein | 0.33 gm | Vitamin C | 5.06 mg | Calcium | 7.76 mg |
| Carbohydrate | 9.11 gm | Fiber | 0.82 gm | Cholesterol | 0 mg |
| Fat | 0.08 gm | % Fat | 2.02 % | Sodium | 1 mg |
| Saturated Fat | 0.01 gm | % Saturated Fat | 0.34 % | | |

Strawberries & Bananas

Fruits

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 124

| Ingredients | 100 – 2 oz Servings (or 66 – 3 oz Servings) | | ____ Servings | | Directions |
|---|--|---------|---------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Strawberries, frozen, sweetened, sliced | 8 lb | | | | <ol style="list-style-type: none"> 1. Thaw strawberries in refrigerator. 2. Chill cans of applesauce. Wipe tops of cans clean before opening. 3. Mix applesauce into thawed strawberries. 4. Handle bananas with gloved hands. Peel and slice bananas. Add to strawberries. Combine gently. <p>CCP: Hold for cold service at 41° F or lower.</p> |
| Applesauce, canned, sweetened | | 3 cups | | | |
| Bananas, AP | 11 lb + 8 oz | 15 cups | | | |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------------|---------------------|-----------------------------------|
| K-6: 2 oz spoodle (1/4 cup) | 2 oz: .32 cup fruit | 100 servings: 2 oz spoodle |
| 7-12: 3 oz spoodle (3/8 cup) | 3 oz: .49 cup fruit | 66 servings: 3 oz spoodle |
| | | Approximately 1 gallon + 2 quarts |

Nutrients per 2 oz Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|---------|
| Calories | 70 | Vitamin A | 31 IU | Iron | 0.33 mg |
| Protein | 0.57 gm | Vitamin C | 18.06 mg | Calcium | 5.97 mg |
| Carbohydrate | 18.55 gm | Fiber | 1.65 gm | Cholesterol | 0 mg |
| Fat | 0.17 gm | % Fat | 2.19 % | Sodium | 4 mg |
| Saturated Fat | 0.04 gm | % Saturated Fat | 0.54 % | | |

Tomato Salsa

Vegetables

HACCP: #1 No Cook

Healthier Kansas Recipe 129

| Ingredients | 96 Servings | | Servings | | Directions |
|---|-------------|--|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Tomatoes, crushed, salsa-ready, canned, not drained Garlic powder Cilantro dried Cumin, ground Lemon juice, canned Dehydrated onion flakes Jalapeno peppers, canned, drained (optional) | 2 oz | 1 #10 can ½ tsp 1 tsp 2 Tbsp 2 Tbsp ½ cup | | | 1. Mix all ingredients except jalapeno peppers. 2. Optional: Mince or puree optional jalapeno peppers before adding to the salsa. Mix well. 3. Refrigerate for at least one hour to blend flavors. CCP: Refrigerate until served. Hold for cold service at 41° F or lower. 4. May be pre-portioned. |
| | | | | | Substitutions and Variations: <ul style="list-style-type: none"> ▪ May increase or decrease the amount of jalapeno peppers and/or seasonings to taste. ▪ May substitute fresh peppers for canned peppers; fresh garlic for garlic powder; fresh onions for dried onions, lime juice for lemon juice, and/or fresh cilantro for dried cilantro. ▪ May substitute diced tomatoes for crushed tomatoes. |

| Serving Size | 1 Serving Provides | Yield |
|------------------------|--------------------|----------|
| K-12: 1 fl oz (2 Tbsp) | .13 cup vegetable | 3 quarts |

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|---------|-------------|---------|
| Calories | 14 | Vitamin A | 199 IU | Iron | 0.42 mg |
| Protein | .86 gm | Vitamin C | 5.57 mg | Calcium | 7.44 mg |
| Carbohydrate | 3.07 gm | Fiber | 0.37 gm | Cholesterol | 0 mg |
| Fat | 0.13 gm | % Fat | 8.07 % | Sodium | 103 mg |
| Saturated Fat | 0.02 gm | % Saturated Fat | 0.94 % | | |

Tossed Salad with Romaine

Vegetables

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 74

| Ingredients | 100 Servings | | Servings | | Directions |
|---|--------------|---------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Salad Mix, prepackaged (iceberg/carrots/cabbage) | 3 lb 12 oz | | | | 1. Handle salad mix with gloved hands. Chop salad mix and Romaine lettuce into bite-sized pieces if needed. 2. Toss together. CCP: Hold ingredients for cold service at 41° F or lower. |
| Romaine Lettuce, AP | 3 lb 8 oz | | | | |
| | | | | | <i>Optional:</i> <ul style="list-style-type: none"> ▪ May substitute fresh, chopped spinach for the Romaine lettuce. ▪ May substitute pre-packaged mixed salad with Romaine or Spinach. ▪ For a more nutritious salad, increase the amount of Romaine or spinach used. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|------------------------------------|
| K-12: 1 oz | .52 cup vegetable | Approximately 2 gallons + 2 quarts |

Nutrients Per Serving

| | | | | | |
|---------------|---------|-----------------|-----------|-------------|---------|
| Calories | 6 | Vitamin A | 1271.9 IU | Iron | 0.15 mg |
| Protein | 0.40 gm | Vitamin C | 5.01 mg | Calcium | 9.24 mg |
| Carbohydrate | 1.32 gm | Fiber | 0.53 g | Cholesterol | 0 mg |
| Fat | 0.05 gm | % Fat | 7.52 % | Sodium | 4 mg |
| Saturated Fat | 0.01 gm | % Saturated Fat | 0.98 % | | |

Baked Beans

Vegetables

HACCP: #2 Same Day Service

Healthier Kansas Recipe 188

USDA Recipe, modified

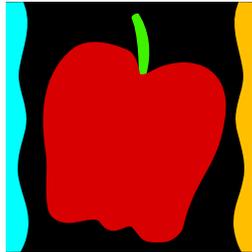
| Ingredients | 100—1/4 cup Servings (or 50—1/2 cup Servings) | | _____ Servings | | Directions |
|--|--|---|----------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Pan release spray Beans, baked, canned, vegetarian | | 2 #10 cans | | | 1. Wipe tops of cans clean before opening. Place canned beans into steam table pan (12" X 20" X 2-1/2") that has been treated with pan release spray. Set aside. |
| Tomato Sauce Onions, dehydrated flakes Dry Mustard Brown Sugar Vinegar, cider | 2.66 oz 4 oz | 3 cups ¼ cup + 2 Tbsp 2 Tbsp 1 cup ½ cup | | | 2. In separate bowl, combine tomato sauce, onions, dry mustard, brown sugar, and cider vinegar. Blend well with a whisk. 3. Pour mixture over beans in each steam table pan. Stir to combine. 4. Cover pans with lid or aluminum foil. |
| | | | | | 5. Bake: * Conventional oven: 350° F. for 2-1/4 hours * Convection oven: 325° F for 1-1/4 hours Remove cover during last half hour of baking to brown beans. CCP: Hold for hot service at 135° F or higher. |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------------|--------------------------------------|--------------------------------|
| K-6: 2 oz spoodle (1/4 cup) | K-6: .25 cup fruit/vegetable | 100 servings: 2 oz spoodle |
| 7-12: 4 oz spoodle (1/2 cup) | K-6: .50 cups fruit/vegetable | 50 servings: 5 oz spoodle |
| | | Approximately 6 quarts + 1 cup |

Nutrients Per 1/4 cup Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 71 | Vitamin A | 91.8 IU | Iron | .83 mg |
| Protein | 3.11 gm | Vitamin C | 1.08 mg | Calcium | 25.62 mg |
| Carbohydrate | 16.19 gm | Fiber | 2.69 gm | Cholesterol | 0 mg |
| Fat | .24 gm | % Fat | 3.07 % | Sodium | 249 mg |
| Saturated Fat | .05 gm | % Saturated Fat | .58 % | | |

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Cherry Crisp, Whole Wheat

Desserts

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 121
USDA C-07, modified

| Ingredients | 105 Servings | | ____ Servings | | Directions |
|--|---|------------------------|---------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Flour, White Whole Wheat Oats, rolled or quick Sugar, Brown Margarine, regular Cherries, canned. packed in water | 1 lb + 14 oz 1 lb + 3 oz 1 lb + 14 oz 2 lb | 3 #10 cans | | | 1. For topping: Combine flour, rolled oats, brown sugar and margarine. Mix until crumbly. Set aside for Step 8. 2. For filling: Drain cherries, reserving juice. For 105 servings, reserve 3 cups juice. Set juice aside. 3. Place one #10 can of drained cherries into each steam table pan (12" x 20" x 2-1/2"). Use 3 pans for 100 servings. |
| Sugar, granulated Orange juice, frozen, unsweetened Cornstarch | 1 lb + 4 oz | ½ cup 1 cup | | | 4. Combine ½ cup cherry juice with cornstarch. Stir until smooth. 5. Combine remaining cherry juice with sugar and orange juice concentrate. Cook juice mixture on medium heat for 2 minutes. 6. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well. |
| | | | | | 7. Divide liquid mixture among pans and mix. 8. Divide topping and spread evenly over top of pans. 9. Bake until the top is browned and crisp. Turn pans half way through the baking time to promote even baking. * Conventional oven: 425° F for 35-45 minutes * Convection oven: 350° F for 25-35 minutes 10. Cool. Cut each pan 5 x 7 (35 pieces per pan). |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------|------------------------------|--------------------|
| K-12: 1 piece cut 5 x 7 | .75 unit G/B + .36 cup fruit | 3 steam table pans |

Cherry Crisp, Whole Wheat, continued

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 196 | Vitamin A | 937 IU | Iron | 1.87 mg |
| Protein | 2.42 gm | Vitamin C | 3.62 mg | Calcium | 25.53 mg |
| Carbohydrate | 31.82 gm | Fiber | 2.39 gm | Cholesterol | 0 mg |
| Fat | 7.53 gm | % Fat | 34.56 % | Sodium | 90 mg |
| Saturated Fat | 1.41 gm | % Saturated Fat | 6.49 % | | |

Chocolate Chip Cookies, Whole Wheat

Desserts

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 1079

USD 320 Wamego, modified

| Ingredients | 100 Servings | | ____ Servings | | Directions |
|---|------------------------------------|----------------------------|---------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Margarine, regular Brown Sugar Sugar, granulated | 1 lb + 3 oz 1 lb 1 lb + 5 oz | | | | 1. Beat margarine and sugars with paddle attachment in mixer until smooth. (Do not use reduced fat margarine) |
| Egg, whole, raw Vanilla | 7½ oz | 5 large 1 Tbsp + 2½ tsp | | | 2. Add egg and vanilla to margarine/sugar mixture. Mix well. |
| Baking Powder Baking Soda Oats, quick Flour, White Whole Wheat | 13½ oz 1 lb + 6 oz | 1 Tbsp + ¾ tsp 2¼ tsp | | | 3. Stir together baking powder, baking soda, oatmeal and flour. 4. Add flour mixture to margarine/sugar mixture in mixer bowl. Mix just until all ingredients are moistened. |
| Chocolate Chips, semi-sweet | 8½ oz | | | | 5. Stir in chocolate chips. |
| | | | | | 6. Drop by slightly rounded # 40 scoops (.92 oz) on to sheet pans (18" x 26") lined with pan liners. Place 24 per pan in 4 rows of 6 each. Cookies will spread to about 3" in diameter as they cook. |
| | | | | | 7. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 350°F for 10-12 minutes * Convection oven: 325°F for 6-10 minutes Do not overbake. 8. Cool about 5 minutes before removing from the baking sheet. Cookies will flatten as they cool. |
| | | | | | <i>Note:</i> If 100% whole grain <i>white</i> wheat flour is not available, replacing half the whole wheat flour with enriched white flour will provide a smoother texture. |

Chocolate Chip Cookies, Whole Wheat, continued

| Serving Size | 1 Serving Provides | Yield |
|----------------|--------------------|-------------|
| K-12: 1 cookie | .58 unit G/B | 100 cookies |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 129 | Vitamin A | 203 IU | Iron | 0.68 mg |
| Protein | 1.70 gm | Vitamin C | 0.01 mg | Calcium | 22.53 mg |
| Carbohydrate | 19.21 gm | Fiber | 1.25 gm | Cholesterol | 9 mg |
| Fat | 5.64 gm | % Fat | 39.27 % | Sodium | 102 mg |
| Saturated Fat | 1.37 gm | % Saturated Fat | 9.57 % | | |

Honey Apple Crisp, Whole Wheat

Desserts

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 39

USDA C-01, modified

| Ingredients | 96 Servings | | ____ Servings | | Directions |
|---|--|-----------------------------|---------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Flour, White Whole Wheat Oats, rolled or quick Sugar, Brown Cinnamon, ground Margarine, regular | 1 lb + 14 oz 1 lb + 2 oz 1 lb + 14 oz 1 lb + 8 oz | 3 Tbsp | | | 1. For topping: Combine flour, rolled oats, brown sugar, cinnamon, and margarine. Mix until crumbly. Set aside for Step 6. |
| Apples, sliced, canned in water Water | | 2 #10 cans As needed | | | 2. For filling: Drain apples, reserving juice. For 96 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 + 3¾ cups or 1 #10 can) apples into each steam table pan (12" x 20" x 2-1/2"). For 96 servings, use 2 pans. |
| Honey Cinnamon, ground Lemon Juice | 20 oz | 1 Tbsp ½ cup | | | 4. Spread 10 oz honey, ½ Tbsp cinnamon and 1/4-cup lemon juice over apples in each pan. Stir to combine. |
| | | | | | 5. Pour 1½ cups liquid over apples in each pan. 6. Divide topping among pans. Sprinkle 3 lb 6 oz, or approximately 2 qt + 1 cup, topping evenly over apples in each steam table 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 6 x 8 (48 pieces) |

Honey Apple Crisp, Whole Wheat, continued

| Serving Size | 1 Serving Provides | Yield |
|-------------------------|------------------------------|--------------------|
| K-12: 1 piece cut 6 x 8 | .81 unit G/B + .25 cup fruit | 2 steam table pans |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 181 | Vitamin A | 277 IU | Iron | 0.96 mg |
| Protein | 2.26 gm | Vitamin C | 0.56 mg | Calcium | 22.60 mg |
| Carbohydrate | 31.07 gm | Fiber | 3.02 gm | Cholesterol | 0 mg |
| Fat | 6.46 gm | % Fat | 32.11 % | Sodium | 71 mg |
| Saturated Fat | 1.20 gm | % Saturated Fat | 5.98 % | | |

Oatmeal Cookies, Whole Wheat

Desserts

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 37

USDA C-10, modified

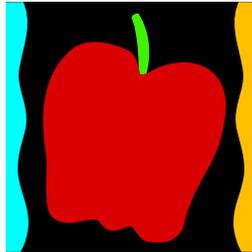
| Ingredients | 110 Servings | | ____ Servings | | Directions |
|---|---|--|---------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Flour, White Whole Wheat Baking Soda Oats, rolled or quick Sugar, granulated Sugar, brown Cinnamon, ground Cloves, ground | 1 lb + 13 oz 1 lb + 4 oz 14 oz 1 lb + 3 oz | 1 Tbsp + 1 tsp 2 tsp ½ tsp | | | 1. Blend flour, baking soda, oats, sugar, brown sugar, cinnamon, and cloves in mixer for 2 minutes on low speed. |
| Shortening Margarine, regular Eggs, whole Vanilla | 1 lb 14 oz | 6 large 2 Tbsp | | | 2. Add shortening, margarine, eggs and vanilla. Mix for 1 minute on medium speed. 3. Drop by slightly rounded #40 scoops on to sheet pans (18" x 26" x 1") lined with pan liners. Place 24 per pan in 4 rows of 6 each. Cookies will spread out to about 3" diameter as they cook. 4. Bake until lightly browned. Turn pans half way through the baking time to promote even baking. * Conventional oven: 350°F for 12-14 minutes * Convection oven: 300°F for 6-8 minutes Do not overbake. 5. Cool completely. Remove from sheet pans. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|-------------|
| K-12: 1 each | .71 unit G/B | 110 cookies |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 143 | Vitamin A | 142 IU | Iron | 0.72 mg |
| Protein | 2.01 gm | Vitamin C | 0.02 mg | Calcium | 13.43 mg |
| Carbohydrate | 17.46 gm | Fiber | 1.41 gm | Cholesterol | 12 mg |
| Fat | 7.77 gm | % Fat | 48.88 % | Sodium | 86 mg |
| Saturated Fat | 1.75 gm | % Saturated Fat | 10.97 % | | |

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Pumpkin Bars, Whole Wheat

Breads

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 45

| Ingredients | 60 Servings | | ___ Servings | | Directions |
|--|---------------------|---|--------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Sugar, granulated Vegetable Oil Salt | 1 lb + 7 oz 7 oz | 1 ³ / ₄ tsp | | | 1. Mix sugar, oil and salt in a mixer with a paddle attachment for 8 minutes. Mixture will appear grainy. |
| Pumpkin, canned | 2 lb + 6 oz | 1 qt + ³ / ₄ cup | | | 2. Add pumpkin and mix for 2 minutes. Scrape down sides of bowl. |
| Eggs, whole, raw | 12 oz | 7 large | | | 3. Slowly add eggs. Scrape down sides of bowl. |
| Milk, lowfat, 1% | 1 lb + 4 oz | 2 ¹ / ₂ cup | | | 4. Slowly add milk. Scrape down sides of bowl. |
| Flour, White Whole Wheat Baking Powder Baking Soda Cinnamon, ground Nutmeg, ground | 2 lb | 1 Tbsp 1 ³ / ₄ tsp 2 ¹ / ₂ tsp 2 ¹ / ₂ tsp | | | 5. In a separate bowl, mix flour, baking powder, baking soda, cinnamon and nutmeg. 6. Add to above mixture. Mix at low speed for 1 minute. |
| Pan release spray | | | | | 7. Spray an 18"x26"x1" sheet pan(s) with pan release spray. Divide batter equally among pan(s) and distribute batter evenly in each pan. (Approximately 6 pounds per pan and one pan for every 60 servings.) 8. Bake until lightly browned: * Conventional oven: 350°F for 40 minutes * Convection oven: 325°F for 30-35 minutes Turn pans half-way through baking to cook evenly, if needed. |
| | | | | | 9. Cool and cut each pan 6 X 10. |

Pumpkin Bars, Whole Wheat, continued

| Ingredients | 60 Servings | | ___ Servings | | Directions |
|--|-------------|-------------------------------------|--------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Powdered Sugar Vanilla Water, cold | 8 oz | 1½ cups 2½ tsp 2 Tbsp + 2 tsp | | | 10. Mix powdered sugar, vanilla and water to make a glaze. Add just enough water to make the glaze pourable. |
| | | | | | 11. As close to serving time as possible, drizzle the glaze in random lines over the pumpkin bars. Use about 10 tablespoons (almost ¾ cup) of glaze per 18' x 26' pan. Glaze disappears into the bars as they sit. |
| | | | | | Options and Tips: <ul style="list-style-type: none"> ▪ Powdered sugar may be lightly sifted over the bars in place of the glaze. ▪ Put the glaze in a squirt bottle or drizzle from a spoon. ▪ A thicker glaze takes longer to soak into the bars. ▪ This recipe is an excellent source of vitamin A. It may be served as a breakfast bar to increase vitamin A at breakfast. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|-------------|
| K-12: 1 each | 1.0 unit G/B | 1 sheet pan |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|----------|-------------|----------|
| Calories | 157 | Vitamin A | 2844 IU | Iron | .99 mg |
| Protein | 3.35 gm | Vitamin C | 0.76 mg | Calcium | 39.86 mg |
| Carbohydrate | 27.82 gm | Fiber | 2.344 gm | Cholesterol | 25 mg |
| Fat | 4.36 gm | % Fat | 24.93 % | Sodium | 144 mg |
| Saturated Fat | 0.82 gm | % Saturated Fat | 4.70 % | | |

Variation: Chocolate Pumpkin Bar: Follow steps 1-6, adding 1 ¾ cup cocoa powder per 60 servings in step 6. Follow steps 7-11.

Rice Crispy Bars

Desserts

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 82

| Ingredients | 96 Servings | | Servings | | Directions |
|--------------------|--------------|-----------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Margarine, regular | 12 oz | | | | <ol style="list-style-type: none"> 1. Heat oven to 200° F. 2. Melt 4 oz of margarine in <i>each</i> full 2" steam table pan (12" x 20" x 2"). 3. Add 1 lb 4 oz of marshmallows in each pan. Mix. 4. Return to oven. When marshmallows are completely melted remove from oven and gently mix in 3 quarts of cereal per pan. 5. Press mixture evenly and lightly into the pan. Spray utensil or gloved hands with pan release spray to prevent sticking to the mixture. 6. Cool completely before cutting. Cut each pan 4 x 8. |
| Marshmallows | 3 lb + 12 oz | | | | |
| Crispy Rice Cereal | | 9 quarts | | | |
| Pan release spray | | As needed | | | |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|--------------------|
| K-12: 1 each | .5 unit G/B | 3 steam table pans |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 122 | Vitamin A | 325 IU | Iron | 3.61 mg |
| Protein | 1.02 gm | Vitamin C | 2.93 mg | Calcium | 1.80 mg |
| Carbohydrate | 23.15 gm | Fiber | 0.08 gm | Cholesterol | 0 mg |
| Fat | 2.96 gm | % Fat | 21.82 % | Sodium | 135 mg |
| Saturated Fat | 0.56 gm | % Saturated Fat | 4.13 % | | |

Royal Brownies

Desserts

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 62
USDA C-21, modified

| Ingredients | 100 Servings | | ____ Servings | | Directions |
|------------------------------|--------------|----------------|---------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Salad oil | | 1½ cup | | | 1. Cream oil, sugar, vanilla and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl. |
| Sugar, granulated | 3 lb + 4 oz | | | | |
| Vanilla extract | | 1 Tbsp | | | |
| Applesauce, unsweetened | 2 lb + 8 oz | 4½ cup | | | 2. Add eggs and mix for 1 minute on medium speed. Scrape down sides of bowl. |
| Egg Whites, raw | 1 lb + 8 oz | 20 large | | | |
| Flour, All-purpose, enriched | 1 lb + 14 oz | | | | 3. In a separate bowl, combine flour, cocoa and baking soda. 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 batter evenly in a full sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. |
| Cocoa powder, unsweetened | 12 oz | | | | |
| Baking soda | 2 Tbsp | | | | |
| Pan release spray | | As needed | | | 6. Bake until set but still moist in the center: * Conventional oven: 350° F for 20-30 minutes * Convection oven: 300° F for 18-25 minutes 7. Cut each pan 10 x 10. |
| Powdered Sugar | | 2 Tbsp – ¼ cup | | | |
| | | | | | Optional: Brownies may be lightly dusted with powdered sugar. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|-------------|
| K-12: 1 each | .58 unit G/B | 1 sheet pan |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 133 | Vitamin A | 3 IU | Iron | 0.89 mg |
| Protein | 2.28 gm | Vitamin C | 0.14 mg | Calcium | 6.58 mg |
| Carbohydrate | 24.40 gm | Fiber | 1.50 gm | Cholesterol | 0 mg |
| Fat | 3.83 gm | % Fat | 25.96 % | Sodium | 88 mg |
| Saturated Fat | 0.76 gm | % Saturated Fat | 5.14 % | | |

Whole Wheat Bread, 51%

Breads

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 107

USDA B-16, modified

| Ingredients | 100 Slices (or 200 – ½ Slices) | | ____ Servings | | Directions |
|--|---|---|---------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Flour, White Whole Wheat Flour, All-purpose, enriched Dry Milk, instant, nonfat* Sugar, granulated Yeast, <i>instant</i> , dry Salt | 3 lbs + 12 oz 3 lbs + 8 oz 7 oz 11.5 oz 3 oz 1.75 oz | 1¾ cup 1¼ cup + 3 Tbsp ½ cup 2 Tbsp + 2 tsp | | | 1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed. |
| Vegetable Oil | 13 oz | 1 ² / ₃ cup | | | 3. Add oil and blend for approximately 2 minutes on low speed. |
| Water* (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°) | | 2 qt + ¼ cup (+ up to 1 cup if dough is stiff) | | | 4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes). |
| Pan release spray | | As needed | | | 6. Divide dough into four balls (approximately 3 lbs 6 oz each) per recipe for every 100 2 oz slices. Spray with pan release spray or cover with plastic wrap until ready to shape. Shape each ball into a smooth roll 24" long. Place lengthwise, one or two per pan, on sheet pans (18" x 26" x 1") lined with pan liners. |

Whole Wheat Bread, 51%, continued

| Ingredients | 100 Slices | | Servings | | Directions |
|-------------|------------|---------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | 7. Proof in a warm area until double in bulk (30 - 50 minutes). 8. Bake until lightly browned: * Conventional oven: 400° F for 28-40 minutes * Convection oven: 350° F for 20 - 30 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked bread is 196-198°F. 9. Lightly spray loaves with pan release spray when baking is completed. Let cool. 10. Trim off the crust on the ends of each loaf. 11. Cut each loaf into 25 slices for 2 oz slices. |

| Serving Size | 1 Serving Provides | Yield |
|----------------------|--------------------|------------|
| K-12: 1 slice (2 oz) | 2.2 units G/B | 100 slices |
| | | 4 loaves |

Nutrients Per Slice

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 160 | Vitamin A | 9.6 IU | Iron | 1.68 mg |
| Protein | 4.02 gm | Vitamin C | 2.30 mg | Calcium | 17.08 mg |
| Carbohydrate | 28.07 gm | Fiber | 2.40 gm | Cholesterol | 0 mg |
| Fat | 4.12 gm | % Fat | 23.15 % | Sodium | 192 mg |
| Saturated Fat | 0.63 gm | % Saturated Fat | 3.55 % | | |

*IMPORTANT!!!

If applying for the HealthierUS School Challenge Gold Award,
replace instant nonfat dry milk and 2 cups of water with 2 cups of 1% fluid milk.

Whole Wheat Cinnamon Puff, 51%

Breads

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 46

| Ingredients | 100 Servings | | Servings | | Directions |
|--|---------------------|---------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Dough from Whole Wheat Roll, 51%,(Healthier Kansas Recipe 877) | 1 recipe for 100 | | | | 1. Form 2 oz rolls from dough. Place in rows of 7 across and 10 down on sheet pans (18" x 26" x 2") lined with pan liners. 2. Place in a warm area (about 90° F) until double in size (about 30-50 minutes). |
| Margarine, regular | 6 oz | | | | 3. Melt margarine (or use butter-flavored spray as needed). |
| Sugar, granulated Cinnamon, ground | 6 oz ¾ oz | ¾ cup 3 Tbsp | | | 4. Mix sugar and cinnamon in a separate bowl. |
| | | | | | 5. When rolls have risen, brush melted margarine evenly over the tops of the rolls or spray evenly with butter-flavored spray so that roll tops are covered. 6. Sprinkle cinnamon sugar over the tops of the rolls. |
| | | | | | 7. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 400° F for 18-20 minutes * Convection oven: 350° F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F. |
| Powdered Sugar Vanilla Extract Water | 1 lb + 4 oz 4 oz | 3¾ cup 2 Tbsp ½ cup | | | 8. Let rolls cool 5-10 minutes. 9. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 10. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm. |

Whole Wheat Cinnamon Puff, 51%

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|-----------|
| K-12: 1 each | 2.2 units G/B | 100 rolls |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 207 | Vitamin A | 108 IU | Iron | 1.71 mg |
| Protein | 4.56 gm | Vitamin C | 2.43 mg | Calcium | 38.54mg |
| Carbohydrate | 36.23 gm | Fiber | 2.51 gm | Cholesterol | 0 mg |
| Fat | 5.47 gm | % Fat | 23.82 % | Sodium | 217 mg |
| Saturated Fat | 0.87 gm | % Saturated Fat | 3.79 % | | |

Whole Wheat Cinnamon Rolls, 51%

| Breads | HACCP: Non-Hazardous/Other | | | | Healthier Kansas Recipe 127 |
|---|-----------------------------|---------------------------|----------|---------|--|
| Ingredients | 108 Servings | | Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| 51% White Whole Wheat Roll Dough (Healthier Kansas Recipe 877) Pan release spray | 13.5 lb (Recipe for 100) | As needed | | | 1. Prepare dough according to Kansas Menus Recipe #877. Form dough into 3 lb balls (4½ balls for 108 servings) and spray with pan release spray or cover with plastic wrap. |
| Sugar, granulated Cinnamon, ground | 1 lb | 2 cups 2/3 cup | | | 2. Mix sugar and cinnamon in a separate bowl. |
| Salad oil | 2 oz | ¼ cup | | | 3. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into a rectangle 24" x 10" x 1/4" thick. 4. Brush dough with oil. Sprinkle with approximately ½ cup cinnamon-sugar mixture per rectangle. 5. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 1-inch circles. Cut the ½ roll into 12 circles. 6. Place rolls on sheet pans (18" x 26" x 1) lined with pan liners in 8 rows with 6 per row (48 per pan). |
| | | | | | 7. Place in a warm area (90° F) until double in size (30-50 minutes). 8. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 400° F for 18-20 minutes * Convection oven: 350° F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F. |
| Powdered Sugar Vanilla extract Water | 1 lb + 4 oz 4 oz | 3¾ cup 2 Tbsp ½ cup | | | 9. Let rolls cool 5-10 minutes. 10. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 11. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm. |

Whole Wheat Cinnamon Rolls, 51%, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|-----------|
| K-12: 1 each | 2.0 units G/B | 108 rolls |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 195 | Vitamin A | 45 IU | Iron | 1.62 mg |
| Protein | 4.24 gm | Vitamin C | 2.26 mg | Calcium | 40.07 mg |
| Carbohydrate | 36.25 gm | Fiber | 2.58 gm | Cholesterol | 0 mg |
| Fat | 4.30 gm | % Fat | 19.89 % | Sodium | 186 mg |
| Saturated Fat | 0.64 gm | % Saturated Fat | 2.97 % | | |

Whole Wheat French Garlic Bread, 51%

Breads

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 163

Food for 50, modified

| Ingredients | 60 Slice (or 120 – ½ Slices) | | ____ Servings | | Directions |
|--|---|---|---------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Flour, White Whole Wheat Flour, All-purpose, enriched Sugar, granulated Salt Yeast, instant, dry | 3 lb + 2 oz 2 lb + 14 oz 2¼ oz 2 oz 1¼ oz | 4½ Tbsp 3 Tbsp 3 Tbsp + 2¼ tsp | | | 1. Place flours, sugar, salt and yeast in mixer bowl. Using a dough hook, blend on low speed approximately 2 minutes. 2. Slowly add oil and blend on low speed for approximately 2 minutes. 3. Slowly add water to the dry ingredients and mix for 1 minute on low speed or until all water is mixed with the dry ingredients. If dough is too stiff to mix well, add up to 1 cup extra water per 100 servings. 4. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. |
| Vegetable Oil | 3 oz | ¼ cup + 2 Tbsp | | | |
| Water (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°) | | 2 qt + ¼ cup | | | |
| Cornmeal Pan release spray | | 4-6 Tbsp As needed | | | |
| | | | | | 5. Divide dough evenly into balls weighing approximately 3 lb 6 oz each. The recipe for 120 (1.5 G/B) slices will make 3 loaves. 6. Shape each piece into a smooth loaf by rolling dough using rolling pin or sheeter to 24" X 18". Roll, jelly roll style, into tight 24" loaf. Place lengthwise, one or two per pan, on sheet pans (18" x 26" x 1") which have been lined with pan liners and sprinkled with approximately 2 tablespoons of cornmeal per pan. 7. Proof in a warm area (about 90° F) until double in size, approximately 30 - 50 minutes. 8. With a sharp knife, make 5 or 6 diagonal slits ¼" deep across the top of each loaf. |

Whole Wheat French Garlic Bread, 51%, continued

| Ingredients | 60 Slice (or 120 – ½ Slices) | | ____ Servings | | Directions |
|-------------------------------------|---------------------------------|---------|---------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Margarine, regular Garlic Powder | 12 oz | 1 Tbsp | | | <p>9. Bake until lightly browned. * Conventional oven: 400° F for 18-20 minutes * Convection oven: 375° F for 15-20 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198° F.</p> <p>10. Lightly spray loaves with pan release spray when baking is complete to improve the appearance. Let cool.</p> <p>11. Trim off the crusts on the ends of each loaf.</p> <p>12. Cut each loaf into 20 slices for 2.7 oz slices.</p> <p>13. Cut each 2.7 oz piece in half for 1.35 oz serving.</p> <p>14. Melt margarine and mix with garlic powder. Lightly brush each slice with melted margarine. Hold and serve warm.</p> |
| | | | | | <p>Optional: For a shiny crust, brush loaves before baking with an egg wash made from one slightly beaten egg and one tablespoon water or milk.</p> |

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------|---------------------------|-----------------------|
| K-6: ½ slice (1.35 oz) | K-6: 1.5 units G/B | 120 servings: ½ slice |
| 7-12: 1 slice (2.7 oz) | 7-12: 3 units G/B | 60 servings: 1 slice |
| | | 3 loaves |

Nutrients in 1/2 Slice

| | | | | | |
|---------------|----------|-----------------|---------|-------------|---------|
| Calories | 107 | Vitamin A | 101 IU | Iron | 1.16 mg |
| Protein | 2.67 gm | Vitamin C | 1.20 mg | Calcium | 8.9 mg |
| Carbohydrate | 17.54 gm | Fiber | 1.67 gm | Cholesterol | 0 mg |
| Fat | 3.31 gm | % Fat | 27.77 % | Sodium | 211 mg |
| Saturated Fat | 0.59 gm | % Saturated Fat | 4.94 % | | |

Whole Wheat Rolls, Bread Sticks, Buns, 51%

Breads

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 877

USDA B-16, modified

| Ingredients | 100 Servings | | Servings | | Directions |
|--|---|--|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Flour, White Whole Wheat Flour, All-purpose, enriched Dry Milk, instant, nonfat* Sugar, granulated Yeast, <i>instant</i> , dry Salt | 3 lbs + 12 oz 3 lbs + 8 oz 7 oz 11.5 oz 3 oz 1.75 oz | 1¾ cup 1¼ cup + 3 Tbsp ½ cup 2 Tbsp + 2 tsp | | | 1. Place flour, dry milk, sugar, yeast and salt in mixer bowl. 2. Blend with dough hook for approximately 2 minutes on low speed. |
| Vegetable Oil | 13 oz | 1 ² / ₃ cup | | | |
| Water* (Calculate water temperature by subtracting the temperature of the dry ingredients from 145°) | | 2 qt + ¼ cup (+ up to 1 cup if dough is stiff) | | | 4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. |
| Pan release spray | | As needed | | | 6. Form rolls from dough by pinching off 2 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18" x 26" x 1") which have been lined with pan liners. (See variations below for shaping bread sticks and hamburger buns.) 7. Place in a warm area (about 90° F) until double in size, approximately 45-60 minutes. |

Whole Wheat Rolls, Bread Sticks, Buns, 51%, continued

| Ingredients | 100 Servings | | ___ Servings | | Directions |
|-------------|--------------|---------|--------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | 8. Bake until lightly browned. * Conventional oven: 400° F for 18-20 minute * Convection oven: 350° F for 12-14 minutes Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F. 9. Rolls will have a better appearance if lightly sprayed with pan release spray when they come out of the oven. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|--|
| K-12: 1 each | 2.2 units G/B | 100 rolls – Approximately 13 lbs 8 oz of dough |

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 160 | Vitamin A | 9.6 IU | Iron | 1.68 mg |
| Protein | 4.02 gm | Vitamin C | 2.30 mg | Calcium | 17.08 mg |
| Carbohydrate | 28.07 gm | Fiber | 2.40 gm | Cholesterol | 0 mg |
| Fat | 4.12 gm | % Fat | 23.15 % | Sodium | 192 mg |
| Saturated Fat | 0.63 gm | % Saturated Fat | 3.55 % | | |

*IMPORTANT!!!

If applying for the HealthierUS School Challenge Gold Award,
replace instant nonfat dry milk and 2 cups of water with 2 cups of 1% fluid milk.

Variations

Bread Stick Variation

1. Follow steps 1 – 5 for Whole Wheat Rolls.
2. At step 6, pinch 2-ounce dough balls stretching to make “sticks”. Place in rows 3 across and 17 down on sheet pans lined with pan liners. OR weigh out 6-pound 6-ounce dough balls. Place one ball per pan. Roll or spread to fill pan. Cut 3 across and 17 down.
3. Melt 10 oz margarine and mix in 1 tablespoon of garlic powder for every 100 breadsticks. Brush top of breadsticks.
4. Continue with remaining steps.

Hamburger Bun Variation

1. Follow steps 1 – 5 above.
2. At step 6, form 1.5 or 2 oz dough balls.
3. Flatten with a rolling pin, or with hands, or place on sheet pans, cover with a tray liner and flatten buns with a second sheet pan.
4. Continue with remaining steps.

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

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