



# **C.H.E.F. Cookbook and Promising Practices Maryland's 2009 Team Nutrition Grant**



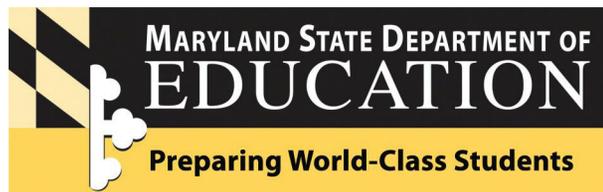
**Bernard J. Sadusky, Ed.D.**  
Interim State Superintendent of Schools

**James H. DeGraffenreidt, Jr.**  
President, Maryland State Board of Education

**Martin O'Malley**  
Governor

Maryland State Department of Education  
School and Community Nutrition Programs Branch  
200 West Baltimore Street  
Baltimore, Maryland 21201  
410-767-0199 (p)  
410-333-2635 (f)  
MarylandPublicSchools.org

For more information about the contents of this publication, please contact:  
Judith Dzimiera, RD  
Staff Specialist, MSDE  
jdzimiera@msde.state.md.us



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### **Written and Developed by:**

The students, teachers and school nutrition professionals from Baltimore City, Cecil, Charles, Garrett, Howard, Kent, Prince George's, Washington, and Worcester counties.

### **Graphics, Layout and Printing**



### **MSDE Project Coordinator**

Judith Dzimiera, RD, Staff Specialist, MSDE

### **Reviewers:**

Judith Dzimiera, RD, Staff Specialist, MSDE  
Stewart Eidel, Instructional Coordinator, MSDE  
Megan Lopes, Staff Specialist, MSDE  
Adrienne Robinette, Administrative Specialist, MSDE



## **About Team Nutrition**

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Nutritious school meals, nutrition education and a health-promoting school environment play an important role in helping students learn to enjoy healthy eating and physical activity. The goal of Team Nutrition is to encourage students to make food and physical activity choices for a healthy lifestyle through school meals and nutrition education based on the principles of the current Dietary Guidelines for Americans.

## **About Maryland's 2009 Team Nutrition Grant**

The Maryland State Department of Education (MSDE) administers several of the USDA Child Nutrition Programs, including the National School Lunch Program. The goal of Maryland's 2009 Team Nutrition Grant was to facilitate the creation of Culinary and Healthful Enhancement of Foods (CHEF) teams in local school systems to create and market menu items for one week of reimbursable school lunch meals. MSDE partnered with the Restaurant Association of Maryland Education Foundation (RAMEF) to provide training to CHEF teams focused on operational and nutritional requirements for school meals, implementation of the 2005 Dietary Guidelines for Americans, promotion and utilization of USDA foods, and the promotion of the HealthierUS School Challenge. Grant partners accomplished their goal by providing nine local school systems with mini-grants to conduct the following activities: create new menu items and recipes; market nutrition and health messages; provide nutrition education in the cafeteria, classroom, and other environments; and serve as a resource for nutrition education and support of school meal programs in the school systems.

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# Introduction

Maryland's grant partners facilitated the development of the nine CHEF teams in the following local school systems: Baltimore City, Cecil County, Charles County, Garrett County, Howard County, Kent County, Prince George's County, Washington County, and Worcester County. Teams consisted of School Food Service supervisors, Cafeteria managers, Culinary Arts teachers, and Career and Technology Education/Family and Consumer Science supervisors. A kick-off training provided the teams with information about the operational and nutritional requirements for school meals, the 2005 Dietary Guidelines for Americans, USDA Foods, and the HealthierUS School Challenge (HUSSC).

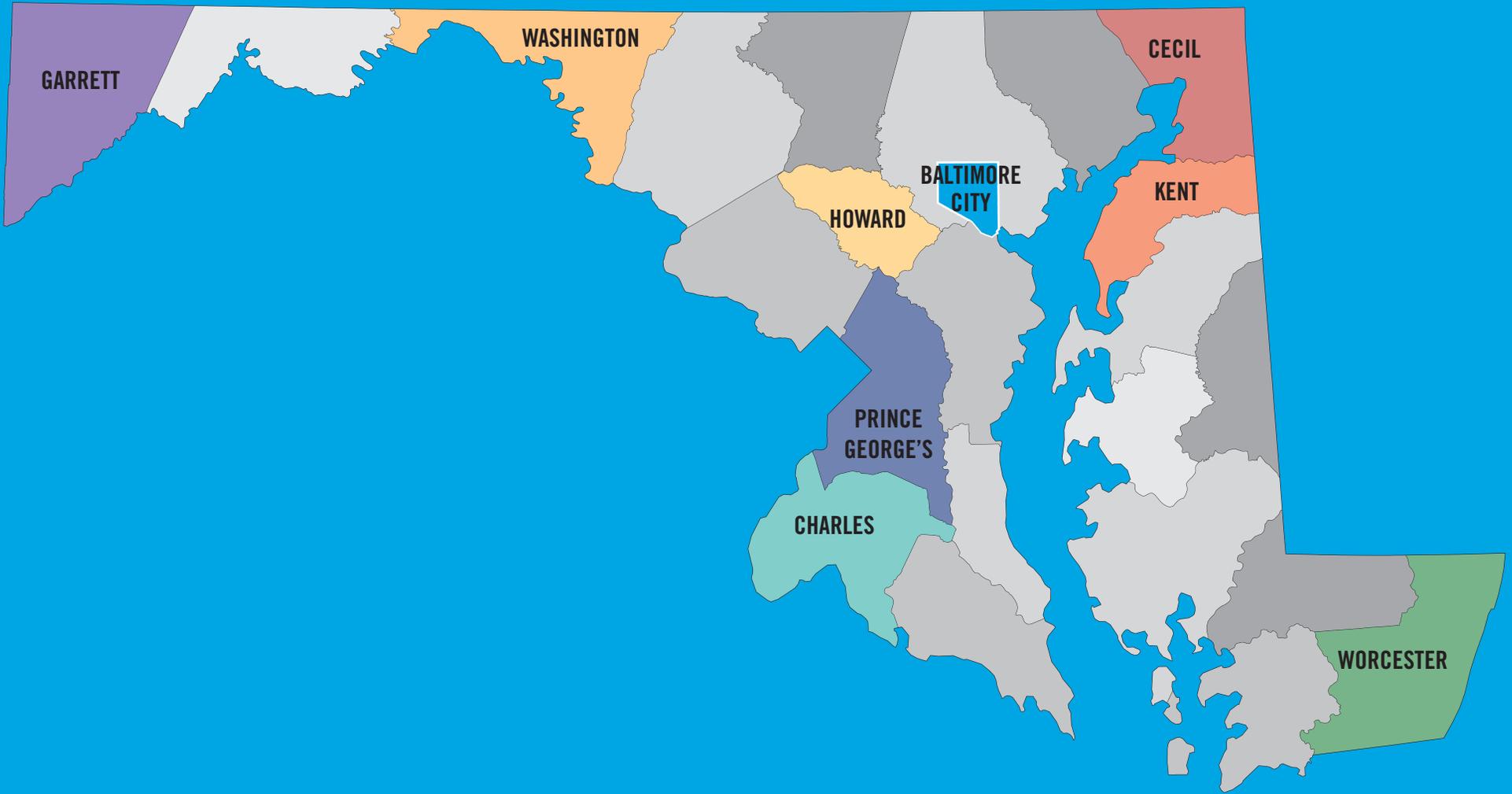
An additional training was conducted regionally for CHEF teams following the kick-off meeting. Topics included increasing the use of whole grains, high fiber foods, fruits and vegetables, and low or non-fat milk; decreasing the use of sodium, saturated fats, and trans fats; purchasing local foods for school meals; marketing menus and the school meal program; and practicing sound financial management in the school meals program.

Each CHEF team then wrote and received a mini-grant to:

- develop one week of reimbursable menu items that: meet the 2005 Dietary Guidelines for Americans; utilize and promote local and USDA Foods; and qualify for the HealthierUS Schools Challenge;
- provide training to culinary students on the standards and requirements for National School Lunch Program meals in their school system;
- conduct activities with culinary students to design, test, and implement items for school lunch menus;
- create marketing materials to promote the new menus;
- market the school meals program;
- provide fun and interactive nutrition education for students, teachers, and families in the participating schools and their elementary feeder schools; and,
- write a plan for sustainability.

Mini-grants were available in amounts up to \$30,000. Recipes developed, photos, and promising practices from mini-grant activities are in the pages that follow. The nutrient analysis of these recipes are provided for reference only. When preparing these recipes, there may be slight variations in the amount of nutrients based on the types and amount of ingredients and preparation methods used.





# Baltimore City Recipes

Contact:  
A. Rod Womack  
AWomack@bcps.d12.md.us

# Breakfast for Lunch Pancakes/or Waffles

Portion Size: 2 pancakes/waffles

Portion Utensil: tongs

Equipment needed: Oven, tongs, 2-4" deep hotel pans with lids, 1 deep half pan

Developed by: Baltimore City Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Pancakes or Waffles, frozen commodity, whole wheat	7 lb	100 each	About 14 lb	200 each	<ol style="list-style-type: none"> <li>1. Pre-heat oven to pancake/waffle product instructions or 400 degrees F.</li> <li>2. Line sheet pans with parchment and lay out the waffles/pancakes along the long side of the pan while overlapping half-way over the previous pancake/waffle. Repeat with several rows until the sheet pan is full and resembles roof shingles</li> <li>3. Place the waffles/pancakes in the oven and bake according to package instructions.</li> <li>4. While the pancakes are baking drain a quarter of the liquid from the cans of sliced apples.</li> <li>5. Transfer the remaining contents into a deep half pan and mix in the cinnamon. Cover the pan and bake until apples are warmed through.</li> <li>6. When the pancakes/waffles are done quickly transfer to a deep full pan with the same shingling technique used above. Cover and keep warm until service.</li> <li>7. Hold above 135 degrees F until service. Keep covered to retain heat and moisture.</li> <li>8. Serve 2 pancakes/waffles and cover with cinnamon apple slices. Offer with turkey sausage, hash browns, and juice.</li> </ol>
Apple slices, canned, packed in light syrup	200 oz	2.17- # 10 cans	400 oz	4.34- #10 cans	
Cinnamon, ground		3 tsp		1 ½ tbsp	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
260	4.57g	51.31g	4.7 g	.74g	240.62 IU	.47 mg	417mg	MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 2 (SERVING)

# Cinco De Mayo Nachos

Portion Size: ½ c meat, 1 oz chips

Portion Utensil: #8 scoop

Equipment needed: Oven, full hotel pans with lids, ice packs, tongs

Developed by: Baltimore City Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Beef Taco meat, pre-cooked, thawed	13 lb		26 lb		<ol style="list-style-type: none"> <li>1. Pre-heat oven or steamer.</li> <li>2. Cook the taco meat according to package instructions until at proper internal cooking temperature (At least 160 degrees F for 15 seconds).</li> <li>3. While the taco meat is cooking, transfer the lettuce into 2 deep half hotel pans, and the tomatoes into 1 deep half hotel pan. Cover and refrigerate.</li> <li>4. Then transfer the chips into 1 shallow full hotel pan and cover until service.</li> <li>5. Set up the serving line so you will have 1 steam table bay on hot for the taco meat and 2 bays left off for cold service of the tortilla chips and vegetables</li> <li>6. When the taco meat is done, transfer to a steam table pan, cover, and hold above 135 degrees F.</li> <li>7. Five minutes before service fill one of the cold steam table bays with ice packs, and set the chilled lettuce &amp; tomato pans directly on top.</li> </ol> <p>To serve: place 1 oz of chips on the tray and top with the beef taco meat. Add the lettuce, tomato, cheese, and sour cream as desired by the students.</p>
Lettuce, shredded	2 lb	12 ½ c	4 lb	25 c	
Tomatoes, diced	6 lb	12 ¾ c	12 lb	25 ½ c	
Corn tortilla chips	3 ⅛ lb		6 ¼ lb		
Cheddar cheese, shredded low-fat	3 lb 2 oz	50 1 oz portions	6 lb 4 oz	100 1 oz portions	
Sour cream low-fat portion packs, chilled		50 packs		100 packs	

## Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	Contribution to meal pattern:
416	26.62 g	27.24 g	23 g	6.62 g	1899 IU	10.3 mg	849 mg	MEAT /MEAT ALTERNATE: 2 (OZ) VEGETABLE/FRUIT: ½ (C) GRAIN/ BREAD: 1 (SERVING)

# Deli Boardwalk Sandwich

Portion Size: 1 sandwich

Portion Utensil: #8 scoop

Equipment needed: Cutting board, knife, colander, condiments

Developed by: Baltimore City Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Bread, 0.9 oz/slice Or 1.8 oz hoagie roll	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices	<ol style="list-style-type: none"> <li>1. On a large clean work surface (or series of parchment lined sheet pans) lay out 100 slices of bread.</li> <li>2. Top the bread with about ½ oz of shredded lettuce, and 1 to 2 slices of tomatoes (depending on size).</li> <li>3. Top the vegetables with 2 slices of ham, 2 slices of salami, 2 slices of bologna, and 2 slices of cheese.</li> <li>4. Top the sandwich with final layer of bread.</li> <li>5. Cut each sandwich diagonally in half. Cover and refrigerate until service.</li> <li>6. Keep cool to 41 degrees F or lower.</li> <li>7. Hold below 41 degrees F before and during service. Offer condiments at point of service.</li> </ol> <p>Low sodium meats should be used to lower total sodium content</p>
Lettuce, Washed, shredded	7 lb	6 c	14 lb	12 c	
Tomatoes, Sliced	2 lb	6 ½ tomatoes	4 lb	13 tomatoes	
Deli Turkey Ham, Sliced in ½ oz slices, low-sodium	50 oz	100 slices	100 oz	200 slices	
Deli Turkey Salami, Sliced in ½ oz slices, low-sodium	50 oz	100 slices	100 oz	200 slices	
Deli Turkey Bologna, Sliced in ½ oz slices, low-sodium	50 oz	100 slices	100 oz	200 slices	
Cheese, Sliced in ½ oz slices (provolone low-fat)	50 oz	100 slices	100 oz	200 slices	
Optional Condiments: Mayonnaise, Mustard					

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
470	20.49 g	33.19 g	29.38 g	9.02 g	669.92 IU	4.26 mg	1019.26 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 2 (SERVING)

# Nerdy (Sweet n' Sour) Stir Fry

Portion Size: ½ c meat, ½ c rice

Portion Utensil: #8 scoop

Equipment needed: Oven, full hotel pans with lids, large bowl

Developed by: Baltimore City Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken, Fajita strips, Frozen, Pre-Cooked	11 ¼ lb		22 ½ lb		<ol style="list-style-type: none"> <li>1. Pre-heat the oven to 375 degrees F.</li> <li>2. Cook the fajita strips according to package instructions until at proper internal cooking temperature (At least 165 degrees F for 15 seconds).</li> <li>3. While the chicken is cooking, heat up the stir-fry sauce to a gentle simmer over a low flame.</li> <li>4. Steam the oriental vegetables according to package instructions, until they are 135 degrees F.</li> <li>5. When the chicken is done, transfer to a steam table pan and lightly coat with the hot stir-fry sauce, and hold above 135 degrees F.</li> </ol> <p>To serve: Scoop a ½ c of rice on to the plate, along with a ½ c of the sauced chicken and ¼ c vegetables on top of the chicken.</p> <p>Offer with chilled pineapple tidbits, or pair with vegetables like broccoli or carrots.</p>
Sweet n' Sour sauce, Low Sodium	2 lb	2 pints	4 lb	1 qt	
Oriental Vegetable Mix (Broccoli, Red Peppers, Onions, Mushrooms), Frozen	6 ½ lb		13 lb		
Rice, (Brown or White) Cooked, and Finished	4 lb	25 c	8 lb	50 c	

## Nutritional Analysis (does not include condiments):

## Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
306	25.69 g	42.70 g	4.4 g	.28 g	3023 IU	7.44 mg	916 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

# Soul Food Friday Catfish

Portion Size: 2 - 2 oz strips

Portion Utensil: Tongs

Equipment needed: Oven, 2 sheet pans, parchment, small bowl, 4 inch hotel pan

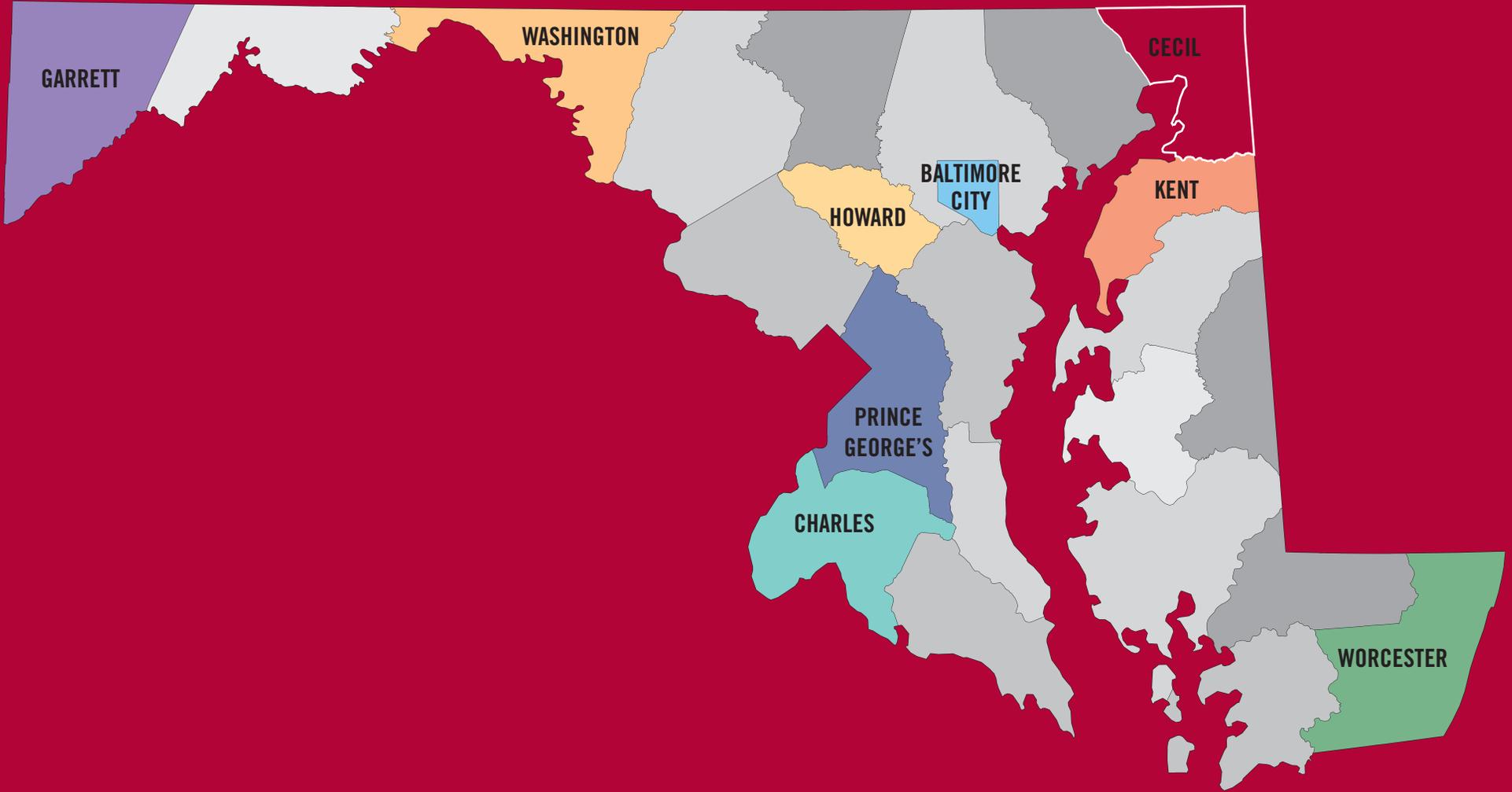
Developed by: Baltimore City Public Schools

Ingredients	40 servings		80 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Breaded Catfish strips (commodity code a752), Frozen	5 lb		10 lb		<ol style="list-style-type: none"> <li>1. Pre-heat oven to 400 degrees F. Prepare catfish as close to service time as possible.</li> <li>2. Line two full sized sheet pans with parchment paper.</li> <li>3. Take one 5 lb bag of frozen catfish strips and spread evenly over one parchment lined sheet pan. (Repeat for other sheet pan).</li> <li>4. In a separate bowl or seasoning shaker, mix the Old Bay, granulated garlic, and the black pepper.</li> <li>5. Once mixed, spread evenly over the catfish strips.</li> <li>6. Once seasoned, bake in the oven until an internal temperature of 155 degrees F has been reached and sustained for 15 seconds. (About 8-12 minutes).</li> <li>7. Once cooked, transfer to a 4" deep hotel pan and serve from a steam table. (Or hold in a warming unit until service)</li> </ol>
Old Bay Seasoning	1.7 oz	3 tbsp	3.4 oz	6 tbsp	
Granulated Garlic	½ oz	2 tsp	¾ oz	4 tsp	
Black Pepper, ground	¼ oz	1 tsp	½ oz	2 tsp	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
254	16g	14.6 g	16g	3.4 g	0	0	494 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD (SERVING)



# Cecil County Recipes

Contact:  
Paul Rodgers  
prodgers@ccps.org

# Asian Stir Fry over Rice

Portion Size: ½ c meat, ½ c rice

Portion Utensil: #8 scoop

Equipment needed: Oven, full hotel pans with lids, large bowl

Developed by: Cecil County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken, Fajita Strips 20/lb Case (USDA Commodity)	11 ¼ lb		22 ½ lb		<ol style="list-style-type: none"> <li>Place chicken into 2 inch steamer pans.</li> <li>CCP: Cook chicken until product reaches an internal temperature of 165 degrees F for 15 seconds in a preheated steamer for approximately 10-15 minutes.</li> <li>Pour equal portions of brown rice into two separate 2 inch full steam table pans. Add equal parts of margarine and water to each full steam table pan. Cover with a lid.</li> <li>CCP: Cook rice until product reaches an internal temperature of 165 degrees F for 15 seconds in a preheated steamer for approximately 20-25 minutes. Fluff cooked rice with fork or slotted spoon to allow steam to escape.</li> <li>Dissolve cornstarch in water and soy sauce. Add ground ginger, garlic, and pepper.</li> <li>Heat beef stock to a boil and slowly stir in corn starch mixture. Return to a simmer until thickened.</li> <li>Place Vegetables in to two separate 2 inch steam pans. Place in steamer. CCP: Cook vegetables until they reach an internal temp of 145 degrees F degrees for 15 seconds in a preheated steamer for approximately 5-7 minutes.</li> <li>Combine the cooked chicken, and vegetables. Fold with sauce until evenly coated.</li> <li>Place in steam table pan in hot hold to maintain a minimum temperature of 140 degrees F degrees throughout service. CORRECTIVE ACTION: If product temperature goes below 140 degrees F, reheat to 165 degrees F by the quickest method available.</li> <li>Offer each student a 4 oz serving using a solid spoodle by portioning over a half c of rice.</li> <li>CCP: At the end of meal service place leftovers in a two inch steam table pan and refrigerate at a maximum temperature of 41 degreesF . Cool from 140 degrees F to 70 degrees F in two hours or less then from 70 degrees F to 40 degrees F within an additional four hours or less.</li> <li>Offer students a serving of stir fry with a variety of fresh fruit, canned fruit, milk and vegetable of the day.</li> </ol>
Rice, Brown, Long Grain, Quick Cooking 24/2lb Case (USDA Commodity)	5 lb 12 oz		12 lb 8 oz		
Water, Tap		1 ½ qt		3 qt	
Margarine, Solid Oleo 30/1 lb. 1 ½ oz 3 tbsp case		3 tbsp		6 tbsp	
Corn Starch	4 oz		8 oz		
Water, Tap		2 qt		1 gal	
Sauce, Soy		1 c		2 c	
Spice Ginger Ground		½ tsp		1 tsp	
Spice, Garlic Powder		2 tbsp		4 tbsp	
Pepper, Black Shaker Grind		2/3 tbsp		1 ⅓ tbsp	
Base, Beef Select No Msg		2 qt		4 qt	
Vegetable, Oriental Blend	6 ¼ lb		12 ½ lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
438	22.12 g	70.91 g	6.9 g	1.47 g	2625 IU	6.56 mg	563 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

# Cheeseburger Wrap

Portion Size: 1 each

Portion Utensil: Gloved hands

Equipment needed: Steamer, sheet pans, etc.

Developed by: Cecil County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Beef, Ground Precooked Crumbles Bulk 40 lb Case (USDA Commodity)	6 ¼ lb		12 ½ lb		<ol style="list-style-type: none"> <li>1. CCP: Place 12" tortilla shells in a reach-in or walk-in refrigerator allowing them to thaw completely overnight at a maximum temperature of 41 degrees F.</li> <li>2. Place ground beef in 4 inch full steamtable pan.</li> <li>3. CCP: Allow product to thaw completely overnight in reach-in or walk-in refrigerator at a maximum temperature of 41 degrees F.</li> <li>4. Combine the following ingredients: ground beef crumbles and taco seasoning in full 4 inch steam table pan. Cover steamtable pan with lid.</li> <li>5. CCP: Place steam table pan in a preheated steamer until product reaches an internal temperature of 165 degrees F for 15 seconds, approximately 25-30 minutes.</li> <li>6. Assemble each wrap by portioning 2 oz ground beef mixture in the center of the tortilla. Top ground beef mixture with 1 oz of shredded cheddar cheese and 1 oz of salsa.</li> <li>7. Roll tortilla from edge halfway, tuck in sides and continue to roll until all contents are completely wrapped.</li> <li>8. Wrap tortilla tightly with deli wrap.</li> <li>9. Cut tortilla wrap in half diagonally.</li> <li>10. CCP: Place cheeseburger wraps in hot hold to maintain a minimum temperature of 140 degrees F throughout meal service. CORRECTIVE ACTION: If product temperature goes below 140 degrees F, reheat by quickest method available to 165 degrees F.</li> <li>11. CCP: At the end of meal service place leftovers in a two inch steam table pan and refrigerate at a maximum temperature of 41 degrees F. Cool from 140 degrees F to 70 degrees F in two hours or less then from 70 degrees F to 40 degrees F within an additional four hours or less.</li> <li>12. Offer students a wrap with a variety of fresh fruit, canned fruit, milk and vegetable of the day.</li> </ol>
Spice, Taco Seasoning 6/9 oz Case		1 ¾ oz		3 ½ oz	
Tortilla, Flour, Whole Grain 12" 6/1 Dz Case		50 each		100 each	
Cheese, Cheddar LS Shredded 4/5 lb Case (Schreiber Foods)	3 lb 2 oz		6 ¼ lb		
Salsa, 6/#10 Case (USDA Commodity)	3 lb 2 oz		6 ¼ lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
349	25.02 g	31.48 g	12.92 g	5.89 g	344 IU	1.13 mg	800 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 3.4 (SERVING)

# Chicken Cordon Bleu Sandwich

Portion Size: 1 each

Portion Utensil: Gloved hands

Equipment needed: Steamer, hotel pans, sheet pans, etc.

Developed by: Cecil County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Extra Lean Sliced Combo Pack (Ham) 4/1 lb (Jennie-O)	50 ox		100 oz		<ol style="list-style-type: none"> <li>Place ham in a 2 inch full steam table pan.</li> <li>CCP: Thaw ham completely overnight in reach-in or walk-in refrigerator at a maximum temperature of 41 degrees F.</li> <li>Arrange ham into ½ oz slices. Shingle ham in single layer into a 2 inch steam table pan.</li> <li>CCP: Cook deli ham until product reaches an internal temperature of 165 degrees F for 15 seconds in a preheated steamer for approximately 10-15 minutes.</li> <li>Arrange frozen grilled chicken patties in a single layer on a full steamtable pan.</li> <li>CCP: Cook grilled chicken breast until product reaches an internal temperature of 165 degrees F for 15 seconds by placing in a preheated steamer for approximately 20-25 minutes.</li> <li>On a parchment lined half pan assemble 12 sandwiches just prior to service by placing 1 grilled chicken patty topped with 1 slice of ham and 1 slice of cheese on hamburger roll allowing the cheese to melt before service. Cover the half pan with plastic wrap and place sandwiches in hot hold, no longer than 10 -15 minutes at a time.</li> <li>Top grilled chicken, ham and cheese with a tablespoon of alfredo sauce.</li> <li>CCP: Place chicken cordon bleu sandwich in hot hold to maintain a minimum temperature of 140 degrees F throughout meal service. CORRECTIVE ACTION: If product temperature goes below 140 degrees F, reheat to 165 degrees F by the quickest method available.</li> <li>CCP: At the end of meal service place leftovers in a two inch steam table pan and refrigerate at a maximum temperature of 41 degrees F. Cool from 140 degrees F to 70 degrees F in two hours or less then from 70 degrees F to 40 degrees F within an additional four hours or less.</li> <li>Offer students a sandwich with a variety of fresh fruit, canned fruit, milk and vegetable of the day.</li> </ol>
Chicken, Grilled Breast 124/2.60 Oz. Case (Kings Delight)		50 each		100 each	
Cheese, American Yellow 160ct. 6/5 lb Case	50 oz		100 oz		
Bread, Hamburger Rolls 100% Whole Wheat 8/1.8 oz Pack		50 rolls		100 rolls	
Mix, Alfredo Sauce 8/32 oz. Case (Trio)		3 ⅛ c		6 ¼ c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
306	22.46 p	32.76 g	9.43 g	2.72 mg	90 IU	0 mg	778 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 2 (SERVING)

# Grilled Chicken Caesar Wrap

Portion Size: 1 each

Portion Utensil: Gloved hands

Equipment needed: Steamer, hotel pans, sheet pans, etc.

Developed by: Cecil County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Tortilla, Flour, Whole Grain 12" 6/1 Dz Case		50 each		100 each	<ol style="list-style-type: none"> <li>CCP: Place 12" tortilla shells in a reach-in or walk-in refrigerator allowing them to thaw completely overnight at a maximum temperature of 41 degrees F.</li> <li>Arrange frozen grilled chicken breast in a single layer on a full steamtable pan.</li> <li>CCP: Cook grilled chicken breast until product reaches an internal temperature of 165 degrees F for 15 seconds by placing in a preheated steamer for approximately 20-25 minutes.</li> <li>CCP: Chill in refrigerator for approximately 20 minutes until they reach 41 degrees F or below. Cut grilled chicken breasts into 4 strips.</li> <li>Assemble each wrap by layering grilled chicken strips in the center of the tortilla. Top Chicken with 1 oz of shredded lettuce and 1 tsp shredded parmesan cheese.</li> <li>Roll tortilla from edge halfway, tuck in sides and continue to roll until all contents are completely wrapped.</li> <li>Wrap tortilla tightly with plastic wrap.</li> <li>Cut tortilla wrap in half diagonally.</li> <li>CCF: Place chicken wraps in cold holding unit to maintain a maximum temperature of 41 degrees F throughout service.</li> <li>CORRECTIVE ACTION: If product temperature goes above 41 degrees F, chill to 40 degrees F by the quickest method available.</li> <li>CCP: Place leftovers in a two inch steam table pan and refrigerate at a maximum temperature of 41 degrees F. Cool from 140 degrees F to 70 degrees F in two hours or less then from 70 degrees F to 40 degrees F within an additional four hours or less.</li> <li>Offer students a wrap with a variety of fresh fruit, canned fruit, milk and vegetable of the day.</li> </ol>
Chicken, Grilled Breast 124/2.60 Oz Case (Kings Delight)		50 each		100 each	
Lettuce, Shredded 5 lb. Bag	3 lb 2 oz		6lb 4 oz		
Cheese, Parmesan 100% Grated 12/1 Lb Case		3 1/8 c		6 1/4 c	
Dressing, Caesar Fat Free 4/1 Gal Case		1 1/2 qt 1/4 c		3 qt 1/2 c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
240	16.12 g	29.2 g	6.19 g	2.36 g	187.31 IU	.79 mg	435 mg	MEAT /MEAT ALTERNATE 2 1/2 (OZ) VEGETABLE/FRUIT 1/4 (C) GRAIN/ BREAD 3.4 (SERVING)

# Lasagna Roll Up

Portion Size: 1 each

Portion Utensil: Spatula

Equipment needed: Steamer, hotel pans, oven

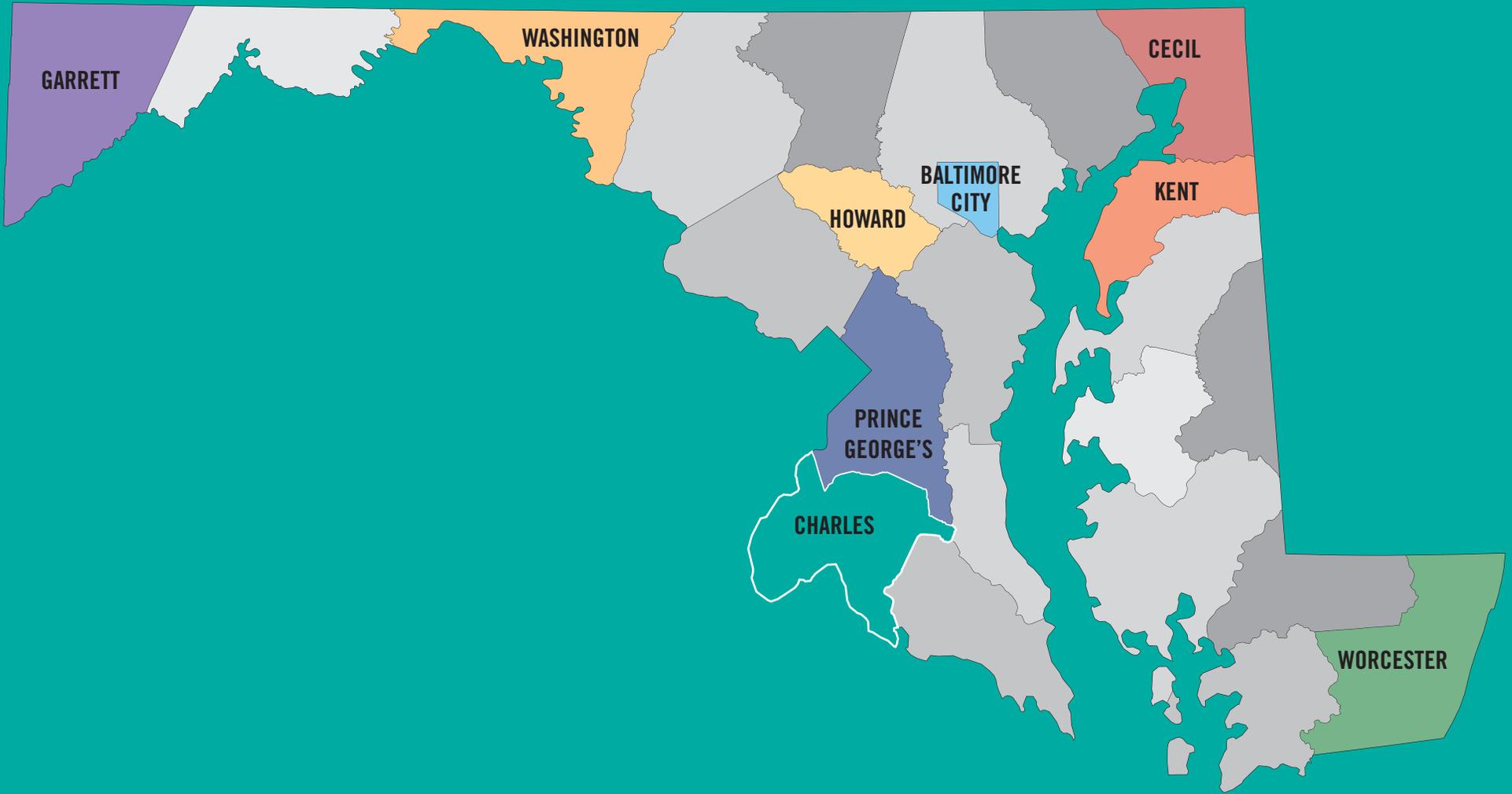
Developed by: Cecil County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Pasta, Lasagna Dry	3 ¾ lb		7 ½ lb		1. Bring water to a boil in a medium sauce pot and cook lasagna noodles for approximately 5-7 minutes or until fully cooked. Drain well. 2. Place frozen spinach into a 2 inch half steam table pan. 3. CCP: Cook spinach until product reaches an internal temperature of 145 degrees F for 15 seconds by placing in a preheated steamer for approximately 10-15 minutes. 4. Combine the following ingredients: cheese products, egg, salt and cooked spinach in a large bowl. Mix well. 5. Assemble each lasagna roll up by laying lasagna noodles out flat. Cut lasagna noodle into 6 inch lengths. 6. Place a 2 oz of cheese and spinach filling to each 6 inch noodle. Roll noodle. 7. In a 2 inch full steam table pan add a light coating of spaghetti sauce to the bottom of the pan to prevent product from sticking. 8. Place stuffed lasagna roll ups into the 2 inch steam table pan in single layers. 9. Layer the top of the stuffed lasagna roll ups with spaghetti sauce. 10. CCP: Cook lasagna roll ups until product reaches an internal temperature of 165 degrees F for 15 seconds by placing steam table pans in a preheated convection oven at 375 degrees F for approximately 25-30 minutes. 11. CCP: Place product in hot hold to maintain a minimum temperature of 140 degrees F throughout service. CORRECTIVE ACTION: If product temperature goes below 140 degrees F, reheat to 165 degrees F by the quickest method available. 12. Offer students 1 stuffed lasagna roll as requested on the serving line. Offer Condiments: grated parmesan. 13. CCP: At the end of meal service place leftovers in a two inch steam table pan and refrigerate at a maximum temperature of 41 degrees F. Cool from 140 degrees F to 70 degrees F in two hours or less then from 70 degrees F to 40 degrees F within an additional four hours or less. 14. Offer students a lasagna roll up with a variety of fresh fruit, canned fruit, milk and vegetable of the day.
Water, Tap		8 ⅓ qt		16 ½ qt	
Spinach, Chopped 1 2/3 lb	6 ½ oz		13 oz		
Cheese, Ricotta 6/3 lb Case (Sorrento)	6 lb 4 oz		12 ½ lb		
Cheese, Mozz Prov Shred 50/50 6/5 lb Case	1 lb 6 oz		2 ¾ lb		
Cheese, Parmesan 100% Grated 12/1 lb Case		⅓ c		⅔ c	
Egg, Frozen 6/5 lb case	5 ½ oz		11 oz		
Salt, Iodized 1/25 lb Case (Cargill)		1 ½ tsp		3 tsp	
Sauce, Spaghetti 6/#10 Can Case	6 lb 1 ⅔ oz		12 lb 2 ⅓ oz		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
265	15.7 g	33.86 g	7.05 g	4.22 g	808 IU	2.53 mg	235 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)



# Charles County Recipes

Contact:  
Crystal Sopher  
csopher@ccboe.com

# Buffalo Chicken Wrap Lunch

Portion Size: 1 Fajita each

Developed by: Charles County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken Breast Fajita Fillet	12 lb		24 lb		1. CCP: Heat to 165 degrees F or higher for at least 15 seconds 2. Prepare Buffalo Chicken Wrap: Roast Chicken Fajita strips according to manufacturer's instructions, and hold hot. 3. Just before serving, lay wrap on tray or plate and place 2 oz chicken on each wrap. 4. Top with shredded lettuce, 1 oz blue cheese crumbles, and 1 tsp hot sauce. 5. Wrap tightly, and serve immediately. 6. Serve freshly made wrap with ¼ c carrot sticks and ¼ c celery sticks.
Tortilla, whole wheat 1 ½ oz		50		100	
Lettuce, iceberg, fresh, shredded		1 ⅝ gal		3 ¼ gal	
Reduced fat blue cheese crumbles	3 lb 2 oz		6 lb 4 oz		
Hot sauce		1 c		2 c	
Carrots, fresh, raw		12 ½ c		25 c	
Celery, fresh, raw		12 ½ c		25 c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
436	24.06 g	42.12 g	4.21 g	5.78 g	5952 IU	3.8 mg	971 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 1 (SERVING)

# Chicken Alfredo with Zucchini

Portion Size: 1 patty with pasta and vegetable (8 oz total)

Developed by: Charles County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Grilled chicken patty (2.4 oz each)		50		100	<ol style="list-style-type: none"> <li>1. CCP: Heat to 155 degrees F or higher for at least 15 Seconds.</li> <li>2. Heat grilled chicken patties according to manufacturer instructions.</li> <li>3. Remove from oven and slice into ¼ inch slices. Hold hot.</li> <li>4. Cook whole wheat pasta according to manufactures instructions and drain.</li> <li>5. Alfredo Sauce - Mix milk, low fat cottage cheese, parmesan cheese, cornstarch, salt, pepper and garlic powder over heat until smooth and thickened.</li> <li>6. Steam sliced zucchini.</li> <li>7. Put 4 oz pasta on plate; add zucchini slices, sliced chicken patty; pour sauce over all.</li> </ol> <p>Each serving will include 4 oz of whole wheat pasta, ¼ c zucchini slices, 2.4 oz sliced chicken patty, and ½ c sauce.</p> <p>CCP: Hold at 135 degrees F or higher.</p>
Whole wheat fettuccini	6 lb 4 oz		12 lb 8 oz		
Skim milk		3 ¾ qt		7 ½ qt	
1% low fat cottage cheese	3 ¾ lb		7 ½ lb		
Cheese, parmesan, low sodium	3 ¾ lb		7 ½ lb		
Cornstarch		1 c		2 c	
Salt, kosher		1/8 c		¼ c	
Pepper black, ground		1 tbsp		2 tbsp	
Garlic powder		1/8 c		¼ c	
Zucchini squash, sliced	10 lb		20 lb		

## Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
522	44.05 g	45.55 g	17 g	8.43 g	351.62 IU	1.28 mg	796.24 mg

## Contribution to meal pattern:

MEAT /MEAT ALTERNATE 2 (OZ)  
 VEGETABLE/FRUIT ¼ (C)  
 GRAIN/ BREAD 1 (SERVING)

# Chipotle Bean Burrito

Portion Size: 1 Burrito each

Developed by: Charles County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Oil, canola		¼ c		½ c	<ol style="list-style-type: none"> <li>1. Heat oil, add garlic (minced)</li> <li>2. Stir in chipotle sauce, and cook for 30 seconds stirring constantly.</li> <li>3. Stir in water, drained black beans and drained kidney beans.</li> <li>4. CCP: Heat to 155 degrees F or higher for at least 15 seconds.</li> <li>5. Reduce heat and simmer for 10 minutes. Remove from heat and stir in salsa.</li> <li>6. Partially mash bean mixture.</li> <li>7. Fill tortilla with bean mixture, chopped tomatoes, shredded cheese and shredded romaine lettuce and sour cream.</li> <li>8. Serve immediately.</li> </ol>
Garlic, minced		½ c		1 c	
Chipotle peppers/Adobo sauce		1 tbsp		2 tbsp	
Water		1 c		2 c	
Bean, kidney, cooked		12 ½ c		25 c	
Beans, black turtle, canned, solids and liquids		12 ½ c		25 c	
Salsa		¼ qt		½ qt	
Tortilla, whole wheat		50		100	
Tomatoes, fresh, red, ripe, chopped	3 lb 2 oz		6 lb 4 oz		
Romaine, raw, shredded		12 ½ c		25 c	
Cheese, cheddar, reduced fat/sodium	3 lb 2 oz		6 lb 4 oz		
Sour cream, fat free		3 ¼ c		7 ½ c	

**Nutritional Analysis** (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
335	19.31 g	45 g	9.8 g	4.05 g	1511 IU	6.57 mg	670 mg

**Contribution to meal pattern:**

MEAT /MEAT ALTERNATE 2 (OZ)  
 VEGETABLE/FRUIT ¼ (C)  
 GRAIN/ BREAD 1 (SERVING)

# Pizza Spaghetti with Turkey Sausage

Portion Size: 8 oz

Developed by: Charles County Public Schools

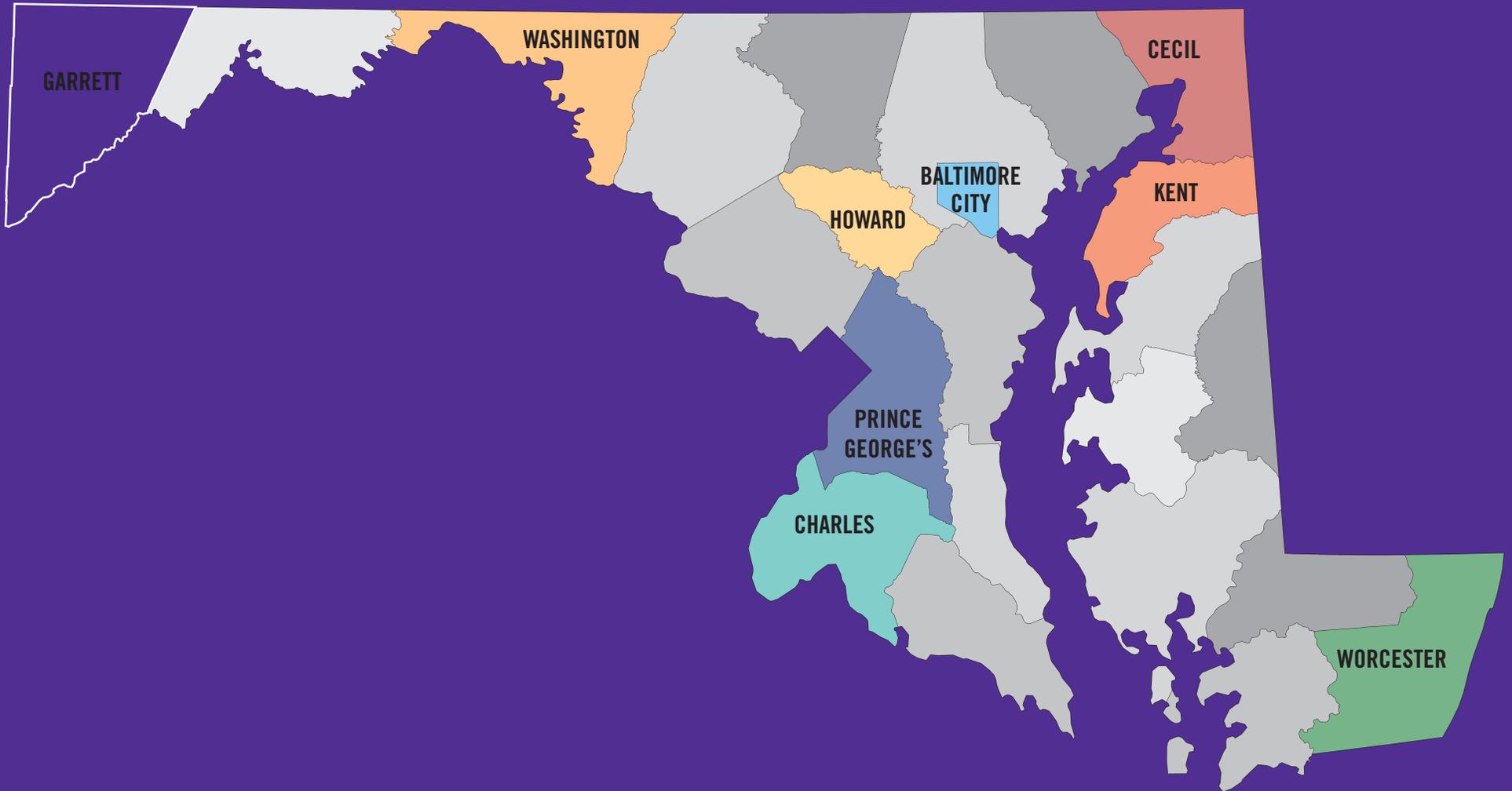
Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Spaghetti, whole grain, cooked, no salt added	5 lb		10 lb		1. Cook pasta according to manufacturer's instructions. Hold hot. 2. Heat sauce on stove. 3. Add turkey pepperoni and turkey sausage to the sauce and bring back to temperature. CCP: Heat to 145 degrees F or higher for at least 15 seconds. 4. Serve ½ c of whole wheat pasta, and ½ c of sauce with pepperoni and sausage.
Spaghetti sauce, prepared		6 ¼ qt		12 ½ qt	
Turkey pepperoni, 16 sliced		50 slices		100 slices	
Turkey sausage crumbles	6 ¾ lb		13 ½ lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
396	21 g	46 g	14.4 g	4 g	419 IU	5.44mg	746 mg	MEAT /MEAT ALTERNATE 1 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 1 (SERVING)





# Garrett County Recipes

Contact:  
**Scott Germain**  
sgermain@ga.k12.md.us

# Baked Ziti with Tomato Sauce, Ricotta, Mozzarella and Fresh Spinach

Portion Size: 8 oz

Portion Utensil: Spatula

Equipment needed: Large pot, 2 inch hotel pan, mixing bowl

Developed by: Garrett County Public Schools

Ingredients	24 servings		48 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Canned tomatoes		1 each #10		2 each #10	<ol style="list-style-type: none"> <li>Smash whole tomatoes till they are separated.</li> <li>Sauté carrots and onions until soft. Add smashed tomatoes. Simmer for 30 minutes. Season with salt and Italian seasoning.</li> <li>Brown ground beef and sausage. Drain fat (reserve 3 tbsp).</li> <li>Mix ricotta, beaten egg and spinach.</li> <li>Boil ziti in salted water until al dente. Drain.</li> <li>Put thin layer of sauce on bottom of hotel pan.</li> <li>Layer mozzarella cheese and ricotta cheese mixed with spinach.</li> <li>Layer ziti.</li> <li>Layer of sauce and mozzarella cheese.</li> <li>Place in a 350 degree F oven for 25 minutes uncovered.</li> <li>Cut 24 portions out of 1 pan.</li> </ol>
Carrot, raw, grated		3 c		6 c	
Onion, raw, chopped		2 c		4 c	
Ground beef	3 lb		6 lb		
Italian Sausage	½ lb		1 lb		
Whole Wheat Ziti	2 ¾ lb		5 ½ lb		
Ricotta Cheese, part skim milk	1 ½ lb		3 lb		
Large whole eggs	4 each		8 each		
Grated mozzarella, low-fat	12 oz		1 ½ lb		
Spinach (blanched and chopped)	2 lb		4 lb		
Italian seasoning		to taste		to taste	
Salt and pepper		to taste		to taste	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
449	28.86 g	45.13 g	18.35 g	8.03 g	*	24.85 mg	401 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

\* data unavailable

# Chicken and White Bean Stew

Portion Size: 8 oz

Portion Utensil: 8 oz ladle

Equipment needed: Large shallow pot, slotted spoon

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Olive Oil		¼ c		½ c	<ol style="list-style-type: none"> <li>Heat olive oil in pot.</li> <li>Sauté celery, onion and carrot until soft.</li> <li>Season items in number 2, salt and pepper and Italian Seasoning.</li> <li>Deglaze with orange juice.</li> <li>Add Chicken Stock and bring to a simmer.</li> <li>Add shredded chicken, tomatoes and roasted peppers.</li> <li>Simmer 15 minutes.</li> <li>Add butternut squash, cannellini beans, and kale 10 minutes before service.</li> <li>Bring up to temperature, minimum 165 degrees F.</li> <li>Season if necessary.</li> </ol>
Celery, diced		3 c		6 c	
Onion, diced		2 c		4 c	
Carrot, diced		4 c		8 c	
Salt and Pepper		to taste		to taste	
Italian Seasoning		2 tbsp		4 tbsp	
Orange Juice		2 c		4 c	
Chicken Stock		3 qt		6 qt	
Cooked Chicken Breast, shredded	3 lb 4 oz		7 ½ lb		
Diced Tomatoes		4 c		8 c	
Roasted Red Peppers, diced		2 c		4 c	
Butternut squash, par Cook & diced		4 c		8 c	
Cannellini Beans		4 c		8 c	
Kale, blanched		6 ½ c		13 c	

## Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	Contribution to meal pattern:
224	21.86 g	18.58 g	7.17 g	1.62 g	3393.55 IU	43.08 mg	912.27 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT 1 (C) GRAIN/ BREAD (SERVING)

# Chicken Salad on Whole Wheat

Portion Size: 6 oz

Equipment needed: 6 oz scoop, mixing bowl, rubber spatula

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Grilled chicken breast	5 lb		10 lb		1. Dice cooked chicken breast and place in large mixing bowl. 2. Add mayonnaise, orange juice, sliced almonds and celery. 3. Mix and season with salt and pepper. 4. Refrigerate until service. 5. Toast whole wheat bread and place 6 oz portion for each sandwich.
Low-fat mayonnaise		3 c		6 c	
Orange juice		1 c		2 c	
Sliced almonds		2 c		4 c	
Diced celery		2 c		4 c	
Salt and pepper		to taste		to taste	
Whole wheat bread		50 slices		100 slices	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
441	33.23 g	28.35 g	21.22 g	4.35 g	93.14 IU	3.88 mg	545.66 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 2 (SERVING)

# Fresh Strawberry and Granola Parfait

Portion Size: 8 oz

Equipment needed: Vita Mix blender

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Sliced Strawberries		12 ½ c		25 c	1. Take half of the strawberries (6 or 12 c) and puree with yogurt and honey. 2. Place 25 or 50 8 oz clear cups on a large sheet pan. 3. Fill cups with ½ of yogurt mixture and ½ of the strawberries. 4. Start another layer with remaining yogurt. Add remaining strawberries. 5. Refrigerate until service. 6. Top with ¼ c of granola.
Low-Fat Vanilla Yogurt	3 qt ½ c		6 qt 1 c		
Honey		½ c		1 c	
Sugar free granola		6 ½ c		13 c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
254	9.73 g	45.83 g	4.65 g	1.59 g	70.58 IU	48.14 mg	134.35 mg	MEAT /MEAT ALTERNATE 1 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD (SERVING)

# Hot Ham, Broccoli, and Cheese in Whole Wheat Pita

Portion Size: ½ pita

Equipment needed: Panini press

Developed by: Garrett County Public Schools

Ingredients	24 servings		48 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Broccoli florets (Blanched)		12 c		24 c	1. Cut pita rounds in half to make twenty four half moon pockets. 2. Fill pita halves with ½ c broccoli florets, 3 oz sliced ham and 1 slices of cheese. 3. Refrigerate until service. 4. Place pita in 300 degrees F Panini press for about five minutes.
Whole wheat pita rounds, 2.3 oz		12 each		24 each	
Sliced ham, low-sodium	4 ½ lb		9 lb		
American Cheese, low-sodium	12 oz	24 slices	24 oz	48 slices	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
222	21.85 g	21.85 g	6.38 g	3.01 g	596.17 IU	31.67 mg	829 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 1 (SERVING)

# Peach, Carrot, and Yogurt Smoothie

Portion Size: 8 oz

Portion Utensil: Pitcher

Equipment needed: Vita Mix blender

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Orange Juice		3 c		6 c	1. Add orange and carrot juices to blender. 2. Add frozen peaches and puree on low speed. 3. Slowly increase speed and add yogurt and ice cubes until thoroughly combined.
Carrot Juice		3 c		6 c	
Frozen Peaches, diced		6 ½ c		13 c	
Plain, Low-Fat Yogurt		14 c		28 c	
Ice Cubes		2 c		4 c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
151	6.76 g	26.12 g	1.94 g	1.19 g	818.93 IU	67.52 mg	101.16 mg	MEAT /MEAT ALTERNATE 1 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD (SERVING)

# Quesadilla with Black Beans, Roasted Pork, Cheddar Cheese, Diced Tomato and Romaine

Portion Size: 8 oz

Equipment needed: Panini press, sauce pot, knife, cutting board

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
8 inch whole wheat tortillas 1 ¼ oz each		25		50	<ol style="list-style-type: none"> <li>1. Take whole wheat tortillas and evenly spread ¼ c of black bean puree on one side of tortilla.</li> <li>2. Place 3 oz roasted pork and ¼ c cheese on one half of the tortilla.</li> <li>3. Fold over and press down.</li> <li>4. Refrigerate until ready for service.</li> <li>5. Combine diced tomato and lime juice and season with salt and pepper.</li> <li>6. Refrigerate until service.</li> <li>7. Brush tortilla lightly with olive oil on both sides.</li> <li>8. Place in Panini press (350 degrees F) about 4 minutes.</li> <li>9. Top ¼ c lettuce and ¼ c tomato mixture.</li> </ol>
Seasoned Black Beans, pureed		1 #10 can		2 #10 can	
Pork Loin, shredded	5 lb		10 lb		
Cheddar Cheese, shredded low-sodium		8 c		16 c	
Lime juice		½ c		1 c	
Salt and pepper		to taste		to taste	
Fresh Tomato, diced		4 c		8 c	
Romaine Lettuce, shredded		4 c		8 c	
Olive oil		2 c		4 c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
778	34.11 g	49.53 g	29.3 g	13.92 g	822.86 IU	24.52 mg	869 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 1 (SERVING)

# Twice Baked Sweet Potato with Bacon and Spinach

Portion Size: ½ potato

Equipment needed: Sheet pans, medium spoon, pastry bag

Developed by: Garrett County Public Schools

Ingredients	28 servings		56 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Medium Sweet Potatoes		14 each		28 each	<ol style="list-style-type: none"> <li>1 Rub sweet potatoes with olive oil and kosher salt.</li> <li>2. Bake at 350 degrees F for 1 hour or until fork tender.</li> <li>3. Scoop out flesh of sweet potato, mash, add bacon, margarine and season with salt and pepper.</li> <li>4. Place blanched 2 oz spinach in scooped out sweet potato shell and pipe or scoop sweet potato mixture back into shell.</li> <li>5. Bake at 400 degrees F for 10 minutes.</li> <li>6. Top with jack cheese.</li> </ol>
Olive Oil		¼ c		½ c	
Kosher salt		1 tbsp		2 tbsp	
Crisp Cooked Bacon	2 lb	300 slices	4 lb	600 slices	
Melted Margarine	¼ lb		½ lb		
Salt and pepper		to taste		to taste	
Blanched Spinach	3 lb		6 lb		
Monterey Jack Cheese, shredded	1 ½ lb		3 lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	MEAT /MEAT ALTERNATE (OZ)	VEGETABLE/FRUIT ¾ (C)	GRAIN/ BREAD (SERVING)
231	15.57 g	15.42 g	9.31 g	2.65 g	14643 IU	6.33 mg	945 mg			

# Whole Grain Blueberry Crisp

Portion Size: 8 oz

Equipment needed: Large shallow pot, slotted spoon

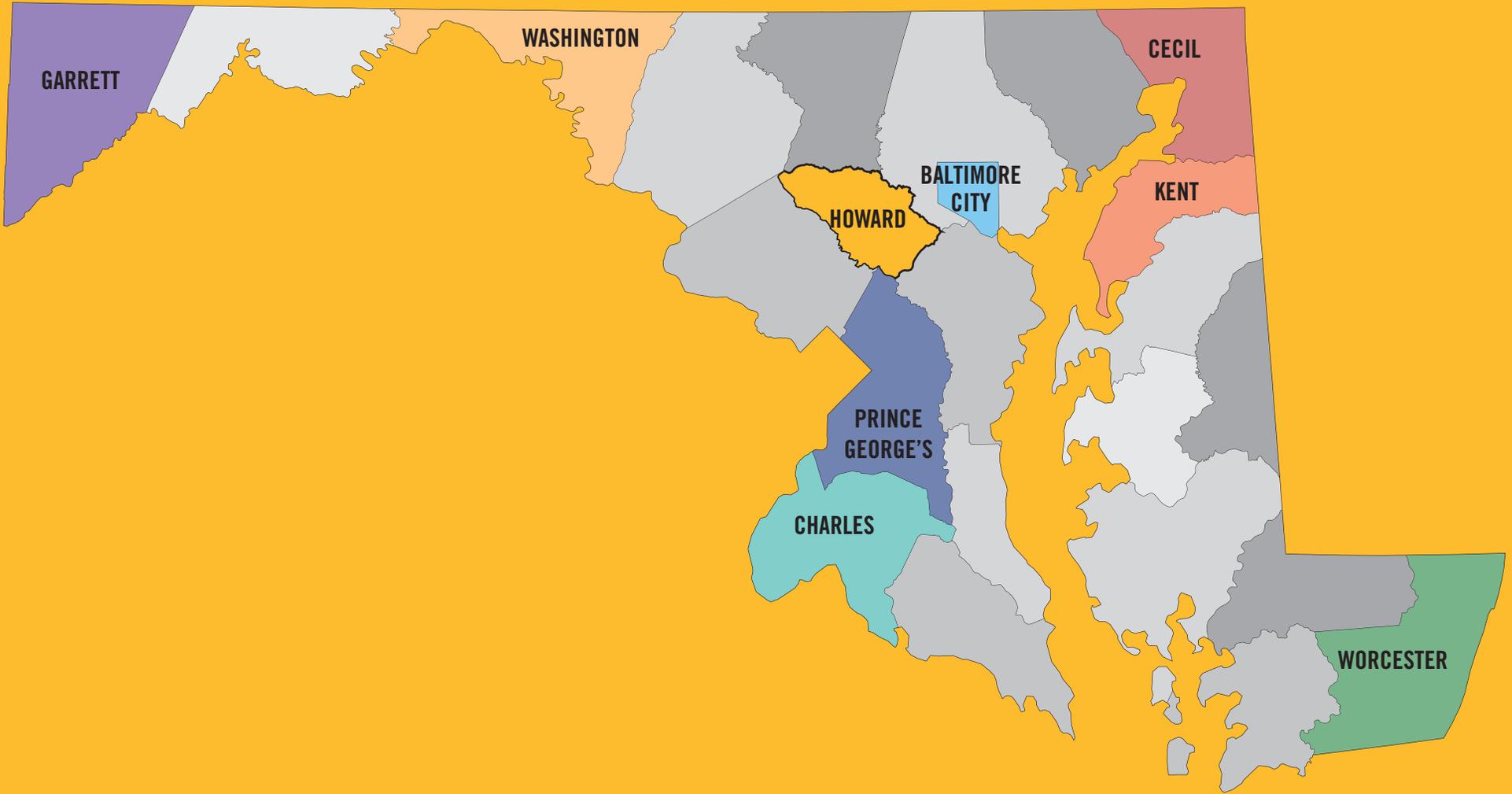
Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Lemons		3 each		6 each	1. Zest and juice lemons. Mince lemon zest. 2. Mix the berries, honey, lemon juice and zest into a large bowl. 3. Spray 2 inch hotel with non stick cooking spray. 4. Add berry mixture. Spread out evenly in two inch hotel pan. 5. For topping: combine the flour, brown sugar, oats, cinnamon, almonds and salt in the bowl of a food processor. Add small pieces of cold margarine and pulse until a crumb like mixture forms. 6. Sprinkle crumb like mixture evenly over berry mixture. 7. Bake at 400 degrees F for 20 minutes or until browned and bubbly.
Fresh Blueberries		7 pint		14 pint	
Honey		1 c		2 c	
Whole Wheat Flour		2 c		4 c	
Brown Sugar		1 c		2 c	
Rolled Oats		1 c		2 c	
Almonds, sliced		1 c		2 c	
Cinnamon, ground		½ tbsp		1 tbsp	
Salt, table		1 tsp		2 tsp	
Margarine (cold)	½ lb		1 lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	MEAT /MEAT ALTERNATE (OZ)
279	3.99 g	46.36 g	10.22 g	1.63 g	379.52 IU	17.64 mg	180 mg	VEGETABLE/FRUIT ½ (C)
								GRAIN/ BREAD (SERVING)



# Howard County Recipes

Contact:  
**Mary Klatko**  
Mary\_Klatko@hcpss.org

# Asian BBQ Sliders

Portion Size: 2 sliders

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Ketchup		2 ½ c		5 c	<ol style="list-style-type: none"> <li>In kettle, combine ketchup, soy sauce, duck sauce, red pepper flakes ground ginger, mustard, vinegar, brown sugar, onion, and garlic powder. Heat in kettle until it reaches 150 degrees F.</li> <li>Brown the meat in the kettle until the temperature reaches 155 degrees F.</li> <li>Completely drain the fat from the ground beef.</li> <li>Add onions and continue to cook.</li> <li>Add BBQ sauce and continue to cook until product reaches a temperature of 165 degrees F.</li> <li>Hold the product at or above 150 degrees F until service.</li> <li>Put 2 tbsp of meat mixture and ¼ oz of cheddar cheese on the bottom on each slider bun.</li> <li>Place top of bun on each slider.</li> </ol> <p>Serve 2 sliders per person</p>
Soy Sauce		¼ c		½ c	
Duck Sauce		1 ¼ c		2 ½ c	
Red Pepper Flakes, crushed		1 tsp		2 tsp	
Ground Ginger		2 tsp		4 tsp	
Mustard, yellow		4 tbsp		8 tbsp	
Cider Vinegar		¾ c		1 ½ c	
Dark Brown Sugar		½ c		1 c	
Onion, fresh, diced		¼ c		½ c	
Garlic Powder		2 tbsp		4 tbsp	
Ground Beef	6 lb 4 oz		12 lbs 8 oz		
Onion, diced		2 1/2 c		5 c	
Whole Wheat Slider Buns (1 ½ oz)		100		200	
Cheddar Cheese, Shredded, low-fat	1 lb 4oz		2 lb 8oz		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
395	24.91 g	40.83 g	15.12 g	5.66 g	205.01 IU	0.56 mg	698.21 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 1 ½ (SERVING)

# Chicken Alfredo with Broccoli

Portion Size: 1 c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Whole Wheat Linguine	5 lb		10 lb		<ol style="list-style-type: none"> <li>1. Steam whole wheat linguine in steamer for approx 20 minutes, drain, rinse, and set aside.</li> <li>2. In a kettle, combine oil, diced chicken, garlic powder, chopped broccoli, reconstituted dry milk, white pepper, chicken stock, and parmesan cheese. Continue cooking until product reaches 165 degrees F.</li> <li>3. Reduce heat and add linguine. Continue cooking until product reaches a temperature of 165 degrees F.</li> <li>4. Hold the product at or above 150 degrees F until service.</li> </ol>
Water		2 gal		4 gal	
Oil, vegetable		1 c		2 c	
Chicken, diced and cooked	6 ¼ lb		12 ½ lb		
Garlic Powder		2 tbsp		4 tbsp	
Broccoli, fresh, chopped	2 lb		4 lb		
Dry Milk, reconstituted		1 qt		2 qt	
White Pepper		½ tsp		1 tsp	
Chicken Stock, low sodium		1 qt		2 qt	
Parmesan Cheese		2 c		4 c	

## Nutritional Analysis (does not include condiments):

## Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
348	27.51 g	38.93 g	10.78 g	2.60g	462.46 IU	10.89 mg	278.36 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

# Chicken Salad Wrap

Portion Size: 1/2 c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Low-Fat Mayonnaise		3 ¼ c		7 ½ c	<ol style="list-style-type: none"> <li>1. Combine together mayonnaise, mustard, onion, parsley flakes, lemon juice, Worcestershire sauce, and pepper.</li> <li>2. Add chicken, celery, and red apples to mayonnaise mixture. Stir until totally coated.</li> <li>3. Cover and chill salad to 41 degrees F or below and hold until service.</li> <li>4. Top each tortilla with one romaine leaf and ½ c chicken salad. Fold wrap up from bottom. Fold wrap in from the right side. Fold wrap in from the left side. Turn wrap over to fold the top down. Cut wrap on the diagonal.</li> <li>5. Place the wraps in a 2" steam table pan and cover.</li> <li>6. Refrigerate to hold at 41 degrees F or below.</li> <li>7. Serve 2, ½ wraps</li> </ol>
Dijon Mustard		1 tbsp		2 tbsp	
Onion, fresh, chopped		½ c		1 c	
Dried Parsley Flakes		1 tbsp		2 tbsp	
Lemon Juice		1 tbsp		2 tbsp	
Worcestershire Sauce		1 tsp		2 tsp	
Pepper		1 tsp		2tsp	
Chicken, cooked and diced	6 lb 4 oz		12 lb 8 oz		
Celery, fresh, finely chopped		1 qt		2 qt	
Red Apples, fresh, diced		¾ qt		1 ½ qt	
12" Whole Wheat Tortilla Wraps		50		100	
Romaine Lettuce Leaves		50		100	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
301	21.44 g	26.3 g	11.6 g	2.17 g	599.03 IU	2.26 mg	732.65 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 1 ½ (SERVING)

# Garden Vegetable Lo Mein with Chicken

Portion Size: 1 c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Whole Wheat Spaghetti	5 lb		10 lb		<ol style="list-style-type: none"> <li>1. Steam spaghetti in steamer for approx. 20 minutes, drain, rinse, and set aside.</li> <li>2. In kettle combine oil, red pepper flakes, chicken, and garlic powder.</li> <li>3. Add broccoli, carrots, red bell pepper strips, and peas, stirring constantly over high heat for 5-7 minutes or until broccoli is crisp.</li> <li>4. Add teriyaki sauce and chicken stock.</li> <li>5. Reduce heat and add spaghetti continue cooking until product reaches a temperature of 165 degrees F.</li> <li>6. Hold the product at or above 150 degrees F until service.</li> </ol> <p>Offer duck sauce as a condiment.</p>
Water		2 gal		4 gal	
Oil, vegetable		2 tbsp		4 tbsp	
Crushed Red Pepper Flakes		1 tsp		2 tsp	
Chicken, diced and cooked	6 lb 4 oz		12 lb 8 oz		
Garlic Powder		2 tbsp		4 tbsp	
Broccoli, chopped, fresh	1 ½ lb		2 lb		
Carrots, coins, fresh	1 lb		2 lb		
Red Bell Pepper, strips, fresh	1 lb		2 lb		
Peas, frozen	1 lb		2 lb		
Teriyaki sauce		1 qt		2 qt	
Chicken Stock, low sodium		1 qt		2 qt	

## Nutritional Analysis (does not include condiments):

## Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
318	26.13 g	48.30 g	6.14 g	1.18 g	5960 IU	19.43 mg	504 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

# Hummus and Veggie Bagel

Portion Size: 1 each

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chickpeas, canned drained		5 ¼ c		10 ½ c	<ol style="list-style-type: none"> <li>1. Combine chickpeas, oil, and garlic powder, lemon juice, black pepper, and water. Process in chopper until pureed to make hummus. Hummus yields: 1 qt.</li> <li>2. Roast vegetables in oven.</li> <li>3. Cover and chill to 41 degrees F or below.</li> <li>4. Spread 2 tsp of the hummus on each side of the bagel and layer each side with ¾ oz of Swiss cheese and ¼ c roasted vegetables.</li> <li>5. Place bagels on a sheet pan and cover. Refrigerate to hold at 41 degrees F or below until service.</li> <li>6. Serve chilled and open faced.</li> </ol>
Oil, vegetable		¼ c		½ c	
Garlic Powder		1 tbsp		2 tbsp	
Black Pepper		1 tbsp		2 tbsp	
Lemon Juice		¾ c		1 ½ c	
Water		½ c		1 c	
Bell Peppers, sliced, fresh	1 lb 4 oz		2 lb 8 oz		
Green Squash, sliced, fresh	1 lb 4 oz		2 lb 8oz		
Onion, sliced, fresh	2 lb		4 lb		
Yellow Squash, sliced, fresh	1 lb 8 oz		3 lb		
Swiss Cheese, sliced	5 lb		10 lb		
Bagels (2 oz)	50		100	100	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
369	17.59 g	44.76 g	13.21 g	6.75 g	716.42 IU	23.12 mg	540.06 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 2 (SERVING)

# Roasted Corn Salsa

Portion Size: ¼ c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Frozen Corn, thawed	4 lb 8 oz		9 lb		<ol style="list-style-type: none"> <li>1. Preheat oven to 400 degrees F.</li> <li>2. Toss corn with vegetable oil to coat and roast until product reaches 150 degrees F.</li> <li>3. Toss onion, bell pepper, cilantro, garlic powder, lemon juice, and pepper with roasted corn.</li> <li>4. Cover and refrigerate for 2 to 4 hours or until product reaches a temperature of 41 degrees F or below.</li> <li>5. Hold at 41 degrees F or below until service.</li> </ol>
Oil, vegetable		2 tbsp		4 tbsp	
Chopped Onion, fresh		1 c		2 c	
Chopped Bell Pepper, fresh		1 c		2 c	
Chopped Cilantro, fresh		3 tbsp		6 tbsp	
Garlic Powder		1 tsp		2 tsp	
Lemon Juice		3 tbsp		6 tbsp	
Pepper		¼ tsp		½ tsp	

## Nutritional Analysis (does not include condiments):

## Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
45	1.34 g	9.65 g	0.86 g	0.13 g	25.58 IU	6.23 mg	2.07 mg	MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD (SERVING)

# Simple Slaw

Portion Size: ¼ c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Oil, vegetable		½ c		1 c	1. Mix together oil, garlic, ginger, vinegar, soy sauce, honey, mustard and water and refrigerate to 41 degrees F or below. Dressing yields: ¾ qt. 2. Combine cabbage slaw mix, oranges, and onions. 3. Add dressing and toss to coat. 4. Hold at 41 degrees F or below until service.
Garlic Powder		1 tbsp		2 tbsp	
Ground Ginger		1 tsp		2 tsp	
White Vinegar		1 c		2 c	
Soy Sauce		½ c		1 c	
Honey		¾ c		1 ½ c	
Mustard, dijon		1 tbsp		2 tbsp	
Water		¾ c		1 ½ c	
Cabbage Slaw Mix	5 lb		10 lb		
Mandarin Oranges, drained	2 lb 1 oz	¾ qt	4 lb 2 oz	1 ½ qt	
Sliced Onions		¼ c		½ c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	MEAT /MEAT ALTERNATE (OZ)
61	.72 g	10.13 g	2.21 g	.16 g	249 IU	3.86 mg	94.63 mg	VEGETABLE/FRUIT ¼ (C)
								GRAIN/ BREAD (SERVING)

# Teriyaki Green Beans

Portion Size: ¼ c

Developed by: Howard County Public Schools

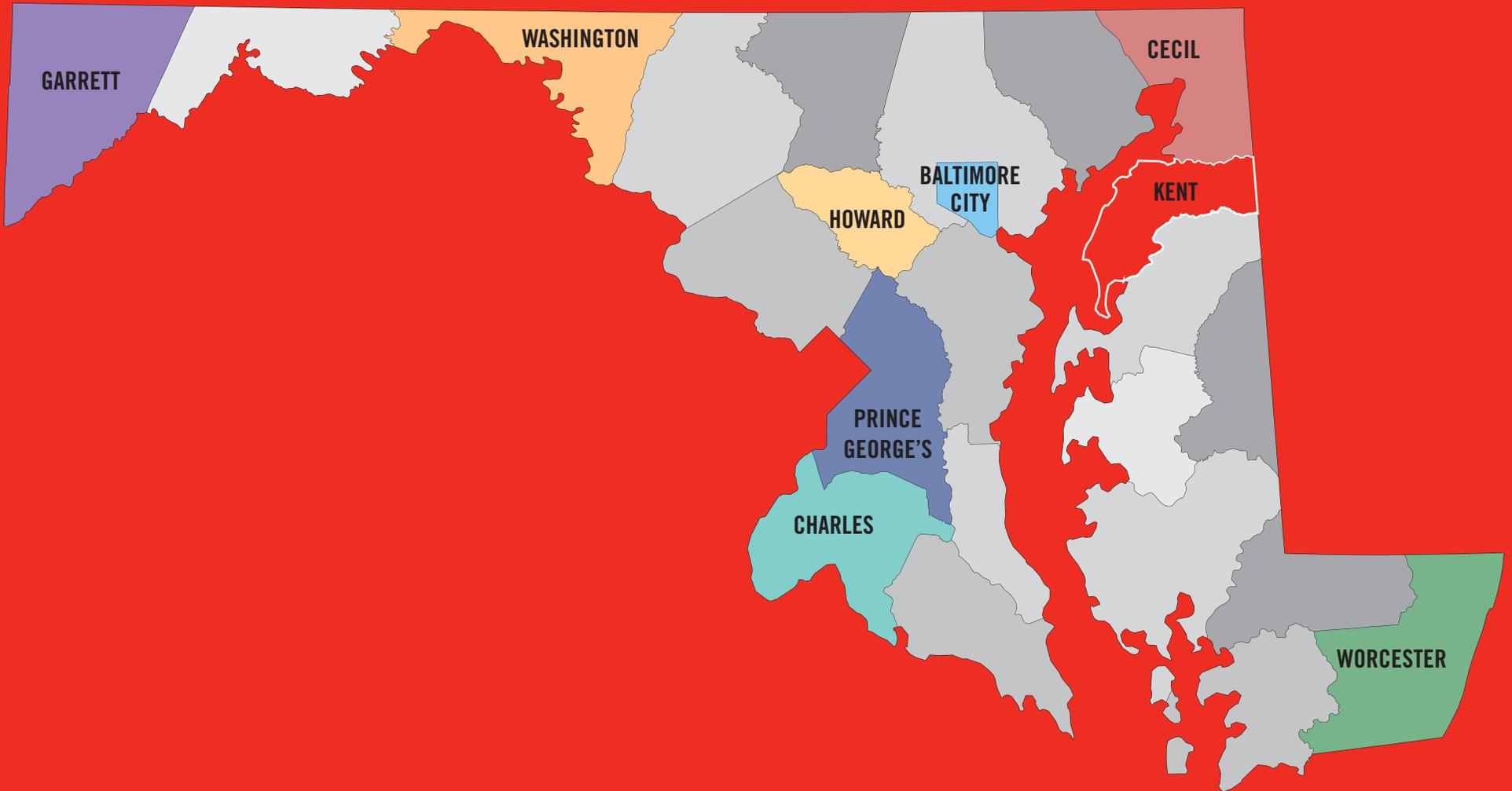
Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Soy sauce, low sodium		1 c		2 c	<ol style="list-style-type: none"> <li>1. In sauce pan on stove top, mix the soy sauce, water, brown sugar, Worcestershire sauce, vinegar, oil, onion powder, garlic powder, ginger, and cornstarch.</li> <li>2. Cook ingredients stirring occasionally until thick and reaches a temperature of 150 degrees F.</li> <li>3. Steam green beans until temperature reaches 150 degrees F.</li> <li>4. Combine cooked green beans with teriyaki marinade to coat.</li> <li>5. Add sesame seeds to mixture.</li> <li>6. Hold product at or above 150 degrees F until service.</li> </ol>
Water		1 c		2 c	
Brown sugar		¾ c		1 ½ c	
Worcestershire sauce		¼ c		½ c	
White vinegar		3 tbsp		6 tbsp	
Vegetable Oil		3 tbsp		6 tbsp	
Onion Powder		¼ c		½ c	
Garlic Powder		1 tbsp		2 tbsp	
Ginger, ground		1 tsp		2 tsp	
Cornstarch		2 tbsp		4 tbsp	
Green beans, frozen	5 lb		10 lb		
Sesame Seeds		¼ c		½ c	

## Nutritional Analysis (does not include condiments):

## Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
51	1.67 g	7.62 g	1.98 g	0.3 g	251.01 IU	1.87 mg	174.71 mg	MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD (SERVING)





# Kent County Recipes

Contact:  
Margaret Ellen Kalmanowicz  
mekalmanowicz@kent.k12.md.us

# Chicken Quesadilla

Portion Size: 6 oz

Developed by: Kent County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Olive oil blend		1 ½ c		3 c	<ol style="list-style-type: none"> <li>1. Combine olive oil, fajita seasoning, salt-free 17, and chili powder to make a marinade.</li> <li>2. Combine onions, peppers, chicken and marinade.</li> <li>3. Bake chicken mixture on sheet pans at 375 degrees F for 20-25 minutes or until a temperature of 165 degrees F is reached. Stir occasionally. Transfer to a steam table pan and hot hold at 135 degrees F until ready to serve.</li> <li>4. In 50 5 ½ oz cups, place ¼ c of shredded cheese.</li> <li>5. In 50 5 ½ oz cups, place ¼ c of diced tomatoes.</li> <li>6. Place in refrigerator until ready to use.</li> <li>7. Serve 6 oz chicken mixture in a warm tortilla shell.</li> <li>8. Serve with 1 oz sour cream, cheese and tomatoes on the side.</li> </ol>
Fajita seasoning		4 tbsp		8 tbsp	
Salt-Free 17		4 tbsp		8 tbsp	
Chili Powder		2 tbsp		4 tbsp	
Fresh onion strips	2 lb		4 lb		
Fresh red pepper strips	1 ½ lb		3 lb		
Pre-Cooked Chicken Fajita Strips	10 lb		20 lb		
Low fat Cheddar Cheese, Shredded	3 lb		6 lb		
Tomatoes, chopped	2 lb		4 lb		
12" Whole wheat flour tortillas, warmed (2 oz)		50		100	
Sour Cream	3 lb 2 oz		6 lb 4 oz		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
703	32.84 g	88.14 g	23.87 g	7.0 g	1061.83 IU	25.43 mg	993.72 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 2 (SERVING)

# Chicken Stir Fry

Portion Size:  $\frac{3}{4}$  c

Developed by: Kent County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Water		$\frac{1}{2}$ c		1 c	<ol style="list-style-type: none"> <li>Mix water and soy sauce together. Add ginger, Hoisin sauce, garlic, and pepper.</li> <li>Heat chicken stock to a boil and slowly stir in first mixture. Return to a simmer.</li> <li>Cook for 3-5 minutes until thickened. Remove from heat. Place in the warmer to keep at 135 degrees F.</li> <li>Sauté chopped carrots in oil for 4 minutes. Add chopped onions and cook for 1 minute.</li> <li>Add chopped broccoli and cook for 2 more minutes. Remove to two steam table pan (12 "x 20" x 2 <math>\frac{1}{2}</math>"). Keep warm.</li> <li>Spray a pan with butter mist. Sauté chicken 3-5 minutes. Add chicken to vegetables in steam table pans. Add sauce from the warmer and mix to coat chicken and vegetables.</li> </ol>
Low Salt Soy Sauce		$\frac{1}{4}$ c		$\frac{1}{2}$ c	
Fresh Ginger Root grated		$\frac{1}{2}$ tsp		1 tsp	
Hoisin Sauce	1 qt		2 qt		
Granulated Garlic		3 tbsp		6 tbsp	
Black Pepper		2 tsp		4 tsp	
Chicken Broth	2 qt		4 qt		
Carrots, raw, chopped	5 lb 10 oz		11 lb 4 oz		
Vegetable Oil		$\frac{1}{2}$ c		1 c	
Raw Onions, raw, chopped	1 lb 6 oz		2 lb 12 oz		
Broccoli, raw, chopped	4 lb 1 oz		8 lb 2 oz		
Diced cooked Chicken	8 lb 15 oz		17 lb 14 oz		
Butter mist, food spray and pan spray		2 tsp		4 tsp	

## Nutritional Analysis (does not include condiments):

## Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
284	25.91 g	21.99 g	8.88 g	2.12 g	8853.04 IU	36.92 mg	703.54 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT $\frac{3}{4}$ (C) GRAIN/ BREAD (SERVING)

# Chilled Italian Pasta Salad

Portion Size: ¾ c

Developed by: Kent County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Water	5 gal		10 gal		<ol style="list-style-type: none"> <li>Heat water to a rolling boil.</li> <li>Slowly add spiral macaroni or bow ties to the water while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well. Rinse under cold water.</li> <li>Combine broccoli, tomatoes, pepper and olives together. Add to the pasta.</li> <li>Combine the olive oil, vinegar, italian herbs, salt, pepper, onion powder, and garlic powder to make the dressing.</li> <li>Pour dressing over pasta and vegetables. Toss lightly to combine and coat evenly.</li> <li>Divide in to two shallow pans (12" x 20" x 2 ½") for total of 50 servings.</li> <li>Cover. Refrigerate until ready to serve.</li> <li>Mix lightly before serving and add cheese.</li> </ol>
Spiral macaroni or bow ties (whole grain or multi-colored)	6 lb		12 lb		
Broccoli, raw, chopped		8 c		16 c	
Tomatoes (Cherry Preferred)*	2 lb		5 lb		
Black or green olives		2 c		4 c	
Olive Oil		1 ½ c		3 c	
Vinegar		1 c		2 c	
Italian Herbs		3 tbsp		6 tbsp	
Salt		½ tbsp		1 tbsp	
Pepper		½ tbsp		1 tbsp	
Onion Powder		½ tbsp		1 tbsp	
Garlic Powder		½ tbsp		1 tbsp	
Feta Cheese, crumbled		3 c		6 c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
446	13.11 g	43.33 g	14.80 g	6.05 g	313.53 IU	15.58 mg	535.89 mg	MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 1 (SERVING)

# Creamy Penne Pasta with Grilled Chicken and Vegetables

Portion Size: 8 oz

Developed by: Kent County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Milk, fat free	1 gal		2 gal		<ol style="list-style-type: none"> <li>1. Heat milk and chicken broth together.</li> <li>2. In a separate pan, cook together flour &amp; butter to make a roux.</li> <li>3. Whisk roux into hot milk and broth to make a smooth sauce.</li> <li>4. Cook pasta and set aside.</li> <li>5. Bake fajita strips in oven at 375 degrees F for 8 minutes.</li> <li>6. Add parmesan cheese, green pepper strips, sundried tomatoes, garlic, onion powder, and salt-free 17 over the chicken strips.</li> <li>7. Put hot chicken strips over hot pasta and pour sauce over.</li> </ol>
Chicken Broth, low sodium	1 gal		2 gal		
Flour, all-purposed, white bleached	1 lb		2 lb		
Margarine, regular, hard, soybean	1 lb		2 lb		
Water	3 gal		6 gal		
Penne Pasta	3 ½ lb		7 lb		
Grilled Fajita Chicken Strips	6 lb		12 lb		
Parmesan Cheese, grated		3 ½ c		7 c	
Green Pepper Strips, raw, sliced		1 ½ c		3 c	
Sun Dried tomatoes, finely chopped		1 ½ c		3 c	
Garlic, minced		10 cloves		20 cloves	
Onion Powder		2 tbsp		4 tbsp	
Salt-Free 17		4 tbsp		8 tbsp	

## Nutritional Analysis (does not include condiments):

## Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
366	25.26 g	33.55 g	18.21 g	3.71 g	594 IU	3.99 mg	344.17 mg	MEAT /MEAT ALTERNATE 1 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 1 (SERVING)

# Mandarin Sesame Chicken Salad

Portion Size: 6 oz

Developed by: Kent County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Cole Slaw Mix (green/red cabbage and carrots)	5 lb		10 lb		<ol style="list-style-type: none"> <li>In a large mixing bowl put coleslaw mix, green onions, and mandarin oranges.</li> <li>Bake fajita strips at 375 degrees F for 6 minutes until hot. Let chicken cool.</li> <li>Mix together the soy sauce, canola oil, sesame oil, rice wine vinegar, garlic powder, ginger powder and sweet and sour sauce to make the dressing.</li> <li>Add the chicken and dressing to the coleslaw mixture.</li> <li>Garnish with toasted almonds (optional).</li> </ol>
Green onions, thinly sliced		3 c		6 c	
Mandarin Oranges, drained		1 ½ #10 cans		3 #10 cans	
Chicken Fajita Strips	11 ¼ lb		23 lb		
Soy sauce, low sodium		½ c		1 c	
Canola oil		1 c		2 c	
Sesame oil		2 tbsp		4 tbsp	
Rice Wine vinegar		¼ c		½ c	
Garlic Powder		1 tbsp		2 tbsp	
Ginger Powder		1 tbsp		2 tbsp	
Sweet and Sour Sauce		½ c		1 c	
(optional) Almonds, toasted		1 ½ c		3 c	

**Nutritional Analysis** (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
246	16.85 g	23.50 g	9.53 g	1.43 g	483 IU	25.69 mg	308 mg

**Contribution to meal pattern:**

MEAT /MEAT ALTERNATE	2 (OZ)
VEGETABLE/FRUIT	½ (C)
GRAIN/ BREAD	(SERVING)

# Sweet and Sour Chicken

Portion Size: ¾ c

Portion Utensil: 6 oz ladle

Developed by: Kent County Public Schools

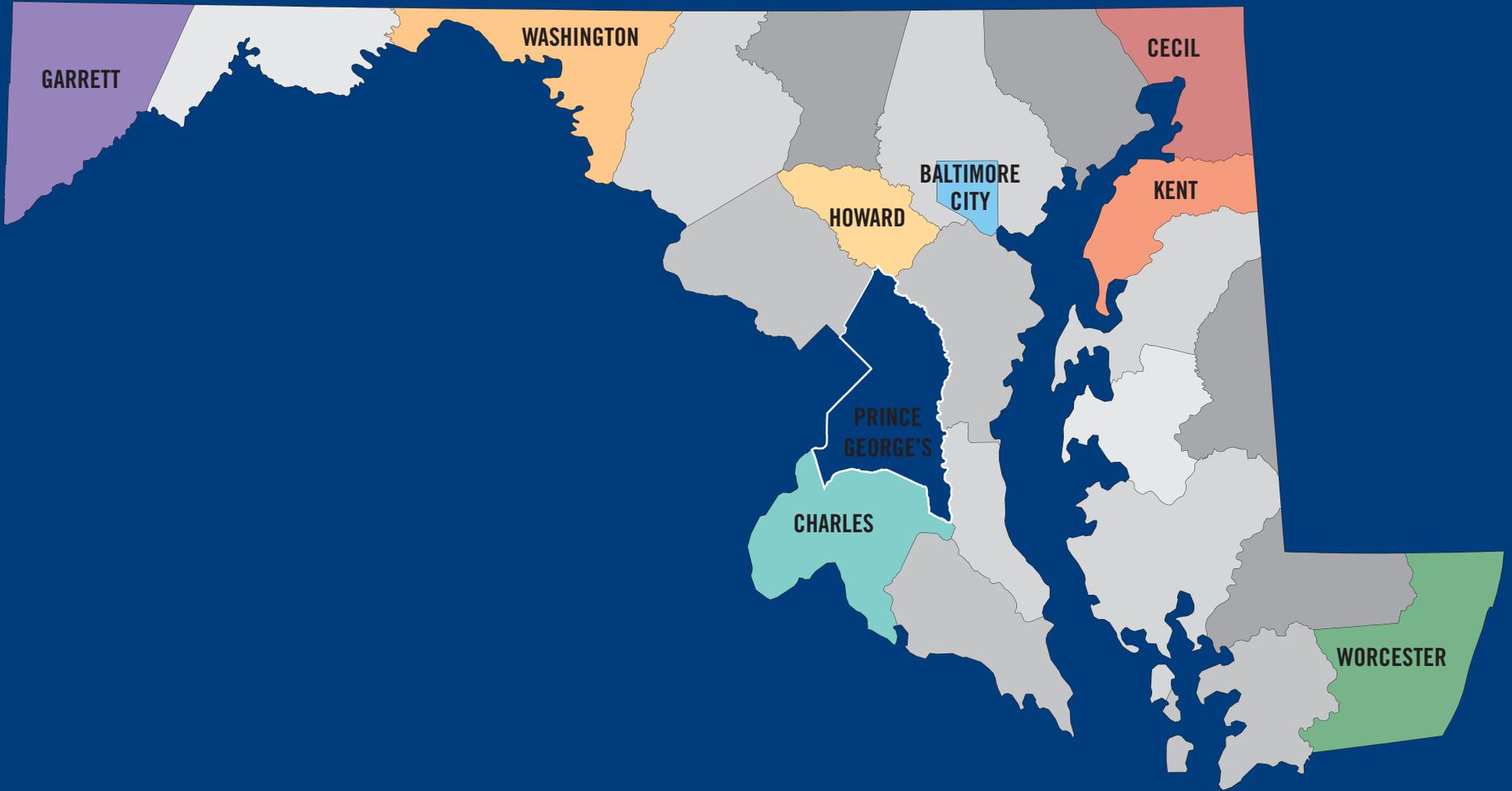
Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken, diced, cooked,	10 lb 14 oz		21 ½ lb		<ol style="list-style-type: none"> <li>1. Brown chicken in oil. Drain.</li> <li>2. Drain pineapple, reserving juice. For 50 servings, reserve 1 qt 1 c juice. (If necessary, add water to juice to make the specific measure.) Set pineapple aside for step 5.</li> <li>3. Add stock, vinegar, brown sugar, soy sauce, sweet and sour sauce, and reserved pineapple juice to chicken. Bring to boil. Reduce heat. Cover. Simmer over medium heat for 10 minutes.</li> <li>4. Add carrots, green peppers, and celery. Cover. Simmer over medium heat for 15 minutes.</li> <li>5. Combine cornstarch with water. Add reserved pineapple chunks and Stir well. Cook over medium heat until thickened, 6-8 minutes.</li> <li>6. Combine cornstarch mixture with chicken mixture and pour into medium half-steam table pans (10"x 12"x 4").</li> </ol>
Vegetable Oil		1 c		2 c	
Canned pineapple chunks in juice	3 lb 5oz	1 qt 1 c	6 lb 10 oz	2 qt 2 c	
Chicken stock, non-MSG		3 qt		6 qt	
White vinegar		2 c		4 c	
Brown sugar, packed		1 ¾ c + 2 tbsp		3 ½ c + 4 tbsp	
Low sodium soy sauce		1 c		2 c	
Sweet and sour sauce		2 c		4 c	
Fresh carrots peeled and sliced		3 ¾ c		7 ½ c	
Fresh green pepper strips, sliced	12 oz	2 ½ c	1 lb 8 oz	5 c	
Fresh celery, sliced	12 oz	2 ½ c	1 lb 8 oz	5 c	
Cornstarch	9 oz		1 lb 2 oz		
Water, cold		3 c		6 c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
278	30.23 g	17.58 g	9.06 g	2.34 g	1663.02 IU	9.83 mg	313.81 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD (SERVING)





# Prince George's County Recipes

Contact:  
(301) 952-6580

# Buffalo Chicken Wrap

Portion Size: one each

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken Breast	19 lb		38 lb		1. Toss chicken with hot sauce.  CCP: Heat to 165 degrees F or higher for at least 15 seconds  2. Roast fajita chicken at 350 degrees F until it reaches an internal temperature of 165 degrees F, about 8 - 10 minutes. 3. Place 3 oz of fajita chicken on each tortilla. 4. Top with ½ c of shredded lettuce, 2 tablespoons of chopped tomato, and 1 oz of shredded American cheese. 5. Mix hot sauce with ranch dressing, put in squirt bottle. Squirt or ladle 1 oz of dressing on each. 6. Serve immediately with ¼ c of baby carrots on the side.
Hot sauce		1 ½ qt		¾ gal	
Tortillas, whole wheat flour (1 ½ oz)		100		200	
Lettuce, iceberg, fresh, shredded	8 lb	3 gal	16 lb	6 gal	
Tomatoes, chopped		¾ gal		1 ½ gal	
Cheese, American, reduced fat, shredded	6 ¼ lb		12 ½ lb		
Dressing, buttermilk ranch	100 oz		200 oz		
Carrots, raw, baby		100 ¼ c		200 ¼ c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
239	22.88 g	19.05 g	8.1 g	2.3 g	888 IU	5.86 mg	987 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¾ (C) GRAIN/ BREAD 2 (SERVING)

# Cajun Jambalaya

Portion Size: one each

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken breast diced	12 ½ lb		25 lb		<ol style="list-style-type: none"> <li>In a large container, combine chicken and Creole seasoning. Mix well. Set aside.</li> <li>Dice, onions, celery, slice pepper, mince garlic.</li> <li>In a large saucepan, heat oil with onion, pepper, and celery, and cook for 3 minutes.</li> <li>After 3 minutes, add garlic, tomatoes, bay leaves, Worcestershire sauce, and hot sauce. Mix well.</li> <li>Stir in rice, and slowly add chicken stock.</li> <li>Reduce heat and cook until rice absorbs the liquid and becomes tender, approximately 15 minutes. Stir occasionally.</li> <li>When rice is tender, add chicken and sausage and cook until 165 degrees F or higher. Approximately 10 minutes.</li> <li>Season to taste with salt and pepper, and additional Creole seasoning if necessary.</li> </ol> <p>CCP: Hold at 135 degrees F or higher.</p>
Creole seasoning	2 oz		4 oz		
Oil, vegetable		1 ½ c		3 c	
Onions, fresh	2 lb		4 lb		
Peppers, sweet, red, raw	2 lb		4 lb		
Celery, fresh, raw	2 lb	3 c	4 lb	6 c	
Garlic, minced		5 piece		10 piece	
Tomatoes, chopped	5 lb		10 lb		
Bay leaves		2 each		4 each	
Worcestershire sauce		½ c		1 c	
Hot sauce		½ c		1 c	
Rice, long grain, white, parboiled, enriched	8 lb		16 lb		
Chicken stock		4 ¼ gal		8 ½ gal	
Sausage, smoked	3 lb		6 lb		
Salt/pepper (to taste)					

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
314	17.66 g	32.63 g	12.29 g	2.85 g	537.16 IU	16.31 mg	998 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 1 (SERVING)

# Chicken Stir Fry

Portion Size: 1 c

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken breast	14 lb		28 lb		CCP: Heat to 165 degrees F or higher for at least 15 seconds. 1. Heat chicken in oven at 350 degrees F to internal temperature of 165 degrees F.  CCP: Hold at 135 degrees F or higher.  2. Combine cornstarch and cold water and stir until cornstarch is dissolved. 3. Combine soy sauce, ginger, garlic powder and chicken stock and heat until boiling. 4. After it comes to a boil, remove from heat and add cornstarch slurry. Mix until thickened. 5. Combine chicken, sauce mixture and vegetables. Serve over ½ c of steamed rice.  CCP: Hold at 135 degrees F or higher. CCP: Hold for hot service at 135 degrees F or higher.
Cornstarch		3 oz		¾ c	
Water, cold		1 c		2 c	
Soy sauce		2 c		4 c	
Ginger, ground		¼ c		½ c	
Garlic powder		⅛ c		¼ c	
Chicken stock		1 gal		2 gal	
Asian blend mix vegetables	9 lb	4 ¾ gal	18 lb	9 ½ gal	
Rice, long grain, parboiled, enriched, cooked		100 ½ c		200 ½ c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
198	17 g	27.04 g	2.2 g	0.81 g	247.7 IU	12.92 mg	1032.37 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

# Ginger Rice

Portion Size: ½ c

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Vegetable oil		1 c		2 c	1. Sauté vegetables, gingers and cinnamon in oil until vegetables begin to soften, approximately 10 - 15 minutes. 2. Add ¼ of the vegetable mixture evenly to each of 12 x 20 x 4 hotel pans. 3. Add 3 lbs or ¼ of uncooked rice to each pan. 4. Add ¼ of the salt and pepper evenly to each pan. 5. Add 1 gal of chicken stock to each hotel pan. 6. Stir to combine all ingredients and cover each pan tightly with aluminum foil. 7. Bake in oven at 350 degrees F for approximately 45 minutes or steam in steamer uncovered for approximately 30 minutes. 8. Stir before serving.  CCP: Hold at 135 degrees F or higher. CCP: Hold for hot service at 135 degrees F or higher.
Ginger, ground	1/8 lb		¼ lb		
Carrots, fresh, raw	1 lb		2 lb		
Cinnamon, ground		2 tsp		4 tsp	
Salt, table		2 tsp		4 tsp	
Pepper, black, ground		½ tsp		1 tsp	
Rice, long grain, white, parboiled, enriched	7 ½ lb		15 lb		
Chicken stock		2 ½ gal		5 gal	

## Nutritional Analysis (does not include condiments):

## Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
146	2.57 g	23.1 g	4.49 g	0.84 g	845.43 IU	0.31 mg	516.65 mg	MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 1 (SERVING)

# Knight's Grilled Chicken

Portion Size: one each

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Vegetable oil		¼ qt		½ qt	1. Mix oil, lemon juice, curry powder, garlic, pepper, and cumin in a bowl. 2. Add marinade mixture to chicken breasts, making sure all are covered. 3. Refrigerate for several hours or overnight.  CCP: Cool to 41 degrees F or lower within 4 hours. 4. Before cooking drain and discard the marinade. 5. Grill or roast chicken until 165 degrees F.  CCP: Hold at 135 degrees F or higher.
Lemon juice		5 ¼ c		10 ½ c	
Curry powder	¾ lb		1 ½ lb		
Garlic, minced	6 oz		12 oz		
Pepper, cayenne, ground		1 tsp		2 tsp	
Cumin, ground		1 tbsp		2 tbsp	
Chicken breast b/s 3 oz		100 (3 oz)		200 (3 oz)	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
127	18.79 g	2.64 g	5.27 g	1.3 g	16.48 IU	4.72 mg	300 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD (SERVING)

# Knight's Potatoes

Portion Size: ½ c

Developed by: Prince George's County Public Schools

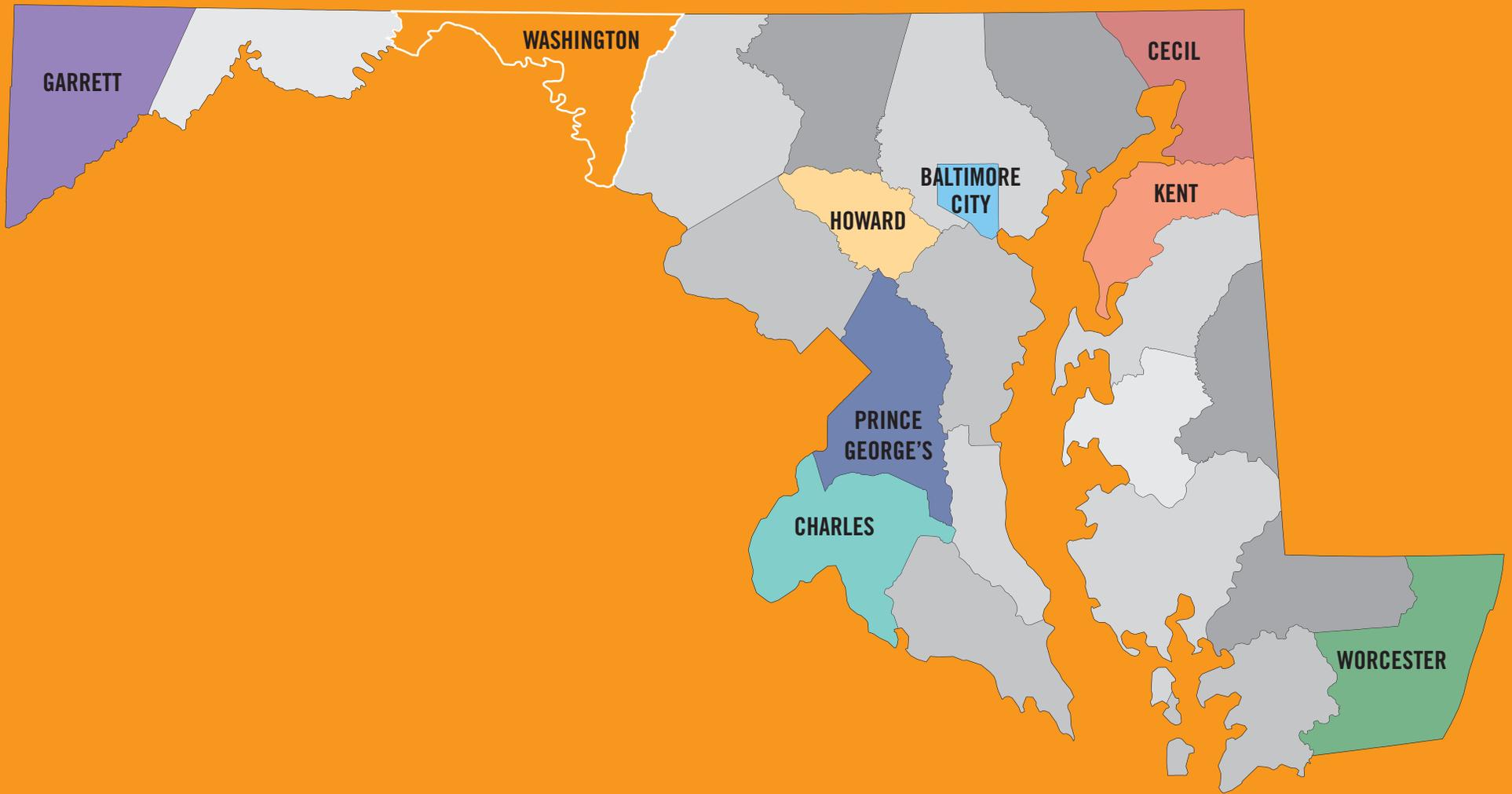
Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Potatoes, sweet, canned, whole or cut, light		3 # 10 can		6 # 10 can	1. Drain sweet potatoes and arrange in shallow hotel pans. 2. Combine sugar, water, margarine and salt in a saucepan and heat until boiling. 3. Pour mixture over potatoes. 4. Bake at 400 degrees F for 20 - 30 minutes.  CCP: Hold at 135 degrees F or higher.
Sugar, granulated	2 lb		4 lb		
Water		¼ gal		½ gal	
Margarine	1 lb		2 lb		
Salt, table		1 tsp		2 tsp	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
176	1.29 g	34.45 g	3.98 g	0.76 g	9327.97 IU	10.82 mg	62.81 mg	MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD (SERVING)





# Washington County Recipes

Contact:  
Jeff Proulx  
[prouljef@wcboe.k12.md.us](mailto:prouljef@wcboe.k12.md.us)

# Baked Spaghetti

Portion Size: 4 x 5 cut

Developed by: Washington County Public Schools

Ingredients	60 servings		120 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Spaghetti, whole grain, dry	3 ¼ lb		7 ½ lb		<ol style="list-style-type: none"> <li>1. Cook spaghetti al dente; drain. Put in prepared 2" steam table pan.</li> <li>2. Preheat convection oven to 325 degrees F.</li> <li>3. Combine all ingredients and bring mixture to a boil. Reduce heat and simmer for 15 minutes. Add sauce to cooked spaghetti. Bake covered for approx. 30 minutes or until temp reaches 165 degrees F.</li> <li>4. Top pan with cheese. Bake an additional 5 minutes or until cheese is melted.</li> </ol>
Chicken, diced, cooked, meat only	7 ½ lb		15 lb		
Spaghetti sauce, red gold, low sodium		3 #10 can		6 #10 can	
Garlic, fresh, minced		6 cloves		12 cloves	
Oregano leaves, dried		½ c		1 c	
Peppers, sweet, green, raw		1 qt sliced		2 qt sliced	
Celery, raw		1 qt diced		2 qt diced	
Mushrooms, pieces and stems		1 qt diced		2 qt diced	
Onions, raw		1 ½ qt sliced		3 qt sliced	
Pimento, canned		1 c sliced		2 c sliced	
Olives, ripe, canned	½ lb sliced		1 lb sliced		
Cheese, cheddar, reduced fat/sodium	2 ½ lb shred		5 lb shred		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
322	29g	38g	8g	3g	6410 IU	87mg	335mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

# Beef Enchilada Pie

Portion Size: ½ c

Developed by: Washington County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Oil, vegetable		2 tbsp		4 tbsp	<ol style="list-style-type: none"> <li>Sauté onion and garlic in vegetable oil over medium heat until tender.</li> <li>Blend in flour. Stir in broth, milk, chili and cumin.</li> <li>Cook &amp; stir until thick and bubbly. Reduce heat and simmer approx. 5 min.</li> <li>Turn off heat and mix in yogurt</li> <li>Spray 2" steam table pans and spoon 3 cups sauce in bottom of pans.</li> <li>Lay 1/2 of tortillas on top of sauce.</li> <li>Layer ½ shredded beef over tortillas and top w/ 3 cups sauce and 3 cups cheese.</li> <li>Repeat ending with cheese &amp; pimentos.</li> <li>Bake uncovered at 350 for 20 - 30 minutes until temp 165 degrees F.</li> <li>Sprinkle w/ sliced spring onions. May be served with low fat sour cream and salsa.</li> </ol>
Onions, raw		2 ½ c		5 c	
Garlic, raw minced		5 tbsp		10 tbsp	
Flour, all purpose, white,		1 ½ c		2 ½ c	
Broth, chicken, low sodium	70 oz		140 oz		
Milk, skim	110 oz		220 oz		
Peppers, jalapeño diced	16 oz		32 oz		
Cumin ground		2 ½ tbsp		5 tbsp	
Tortillas, corn (2 oz)		100		200	
Yogurt, plain, low fat		5 c		10 c	
Beef, shredded	6 ¼ lb		12 ½ lb		
Cheese, mozzarella, low fat shred	2 lb		4 lb		
Cheese, cheddar, shred, reduced fat/sodium	2 lb		4 lb		
Pimento, canned, diced		5 c		10 c	
Onions, spring or scallions, sliced		12 medium		25 medium	

## Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
345	29.73 g	32.9 g	10.48 g	5.46 g	1233.99 IU	19.82 mg	584.74 mg

## Contribution to meal pattern:

MEAT /MEAT ALTERNATE	2 (OZ)
VEGETABLE/FRUIT	(C)
GRAIN/ BREAD	2 (SERVING)

# Chicken Gumbo

Portion Size: 1 ½ c

Developed by: Washington County Public Schools

Ingredients	32 servings		64 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Onions, raw		½ qt, sliced		1 qt, sliced	<ol style="list-style-type: none"> <li>Heat oil and cook onions, peppers, celery &amp; garlic in kettle.</li> <li>Add chicken stock, bay leaf, undrained tomatoes, chili powder &amp; pepper sauce. Bring to boil. Reduce heat and simmer uncovered 15 minutes.</li> <li>Add cooked chicken, okra, rice and parsley flakes. Heat to boiling and reduce heat. Cover and simmer until rice is done - approx. 15 minutes.</li> <li>Remove bay leaves and serve in ½, 6" pans.</li> </ol>
Peppers, sweet, green, raw		½ qt, sliced		1 qt, sliced	
Celery, raw chopped		2 c		4 c	
Oil, vegetable, soybean		½ c		1 c	
Garlic, fresh		6 cloves		12 cloves	
Chicken stock		½ gal		1 gal	
Spices, bay leaf		4 leaves		8 leaves	
Tomatoes, canned, diced	¾ # 10 can		1 ½ # 10 can		
Sauce, pepper or hot		¼ c		½ c	
Chili powder		¼ c		½ c	
Chicken, diced, cooked, meat only	4 lb		8 lb		
Okra, frozen, unprepared	3 lb		6 lb		
Parsley flakes		1 c		2 c	
Rice, long grain, brown, dry	2 lb		4 lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
190	19.92 g	15.11 g	7.18 g	1.02 g	1102.17 IU	22.03 mg	626.99 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

# Fruit Slaw

Portion Size: ½ c

Developed by: Washington County Public Schools

Ingredients	20 servings		40 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Cabbage, raw shredded		6 c		12 c	1. Gently combine shredded cabbage, drained mandarin oranges, sliced grapes, sliced celery and diced apples. 2. Combine yogurt, orange juice concentrate and toss with salad, sprinkle sunflower seeds.
Mandarin oranges, canned, light syrup, drained	16 oz		32 oz		
Grapes, American, raw		1 c		2 c	
Celery, raw fine slice		1 c		2 c	
Apples, raw with skin		1 medium		2 medium	
Yogurt, plain, low fat	16 oz		32 oz		
Orange juice concentrate, unsweetened		2 tbsp		4 tbsp	
Sunflower seeds, honey roasted	4 oz		8 oz		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	MEAT /MEAT ALTERNATE (OZ)	VEGETABLE/FRUIT 1/3 (C)	GRAIN/ BREAD (SERVING)
80	2.94 g	11.72 g	2.86 g	0.55 g	369.14 IU	15.7 mg	42.38 mg			

# Mandarin Orange Chicken

Portion Size: ½ c

Developed by: Washington County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken, diced, cooked, meat only	10 lb 8 oz		20 lb 14 oz		<ol style="list-style-type: none"> <li>1. Combine cooked diced chicken, canned mushroom pieces, celery, onions and flour in lexon and marinate overnight. Hold at 41 degrees F or lower.</li> <li>2. Combine water, juice concentrate, ginger, chicken base and plum sauce (liquid ingredients).</li> <li>3. Heat oil in kettle - add combined ingredients from step 1 and heat until onions and celery are soft.</li> <li>4. Gradually add liquid ingredients and bring to boil.</li> <li>5. Reduce heat and add frozen sugar snap peas. Stir. Hold at 165 degrees F.</li> <li>6. Serve over brown rice that has been garnished with orange zest &amp; green onions.</li> </ol>
Mushrooms, pieces and stems		1 ¼ gal		2 ½ gal	
Flour, whole wheat		1 c		2 c	
Onions, raw diced		1 qt 1 ¼ c chopped		2 qt 2 ½ c chopped	
Base, chicken, dry	1 ½ oz		3 oz		
Celery, raw diced		½ qt		1 qt	
Water, warm		½ gal		1 gal	
Orange juice, frz conc, unsweetened	3 lb 3 oz		6 lb 6 oz		
Ginger, ground		¼ c		½ c	
Sauce, plum, ready to serve		¾ c		1 ½ c	
Oil, vegetable		½ c		1 c	
Peas, edible-pod, frozen or raw	5 lb		10 lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
274	32.08 g	22.15 g	8.43 g	1.59 g	505.62 IU	61.39 mg	471.62 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD (SERVING)

# White Chicken Chili

Portion Size: 1 c

Developed by: Washington County Public Schools

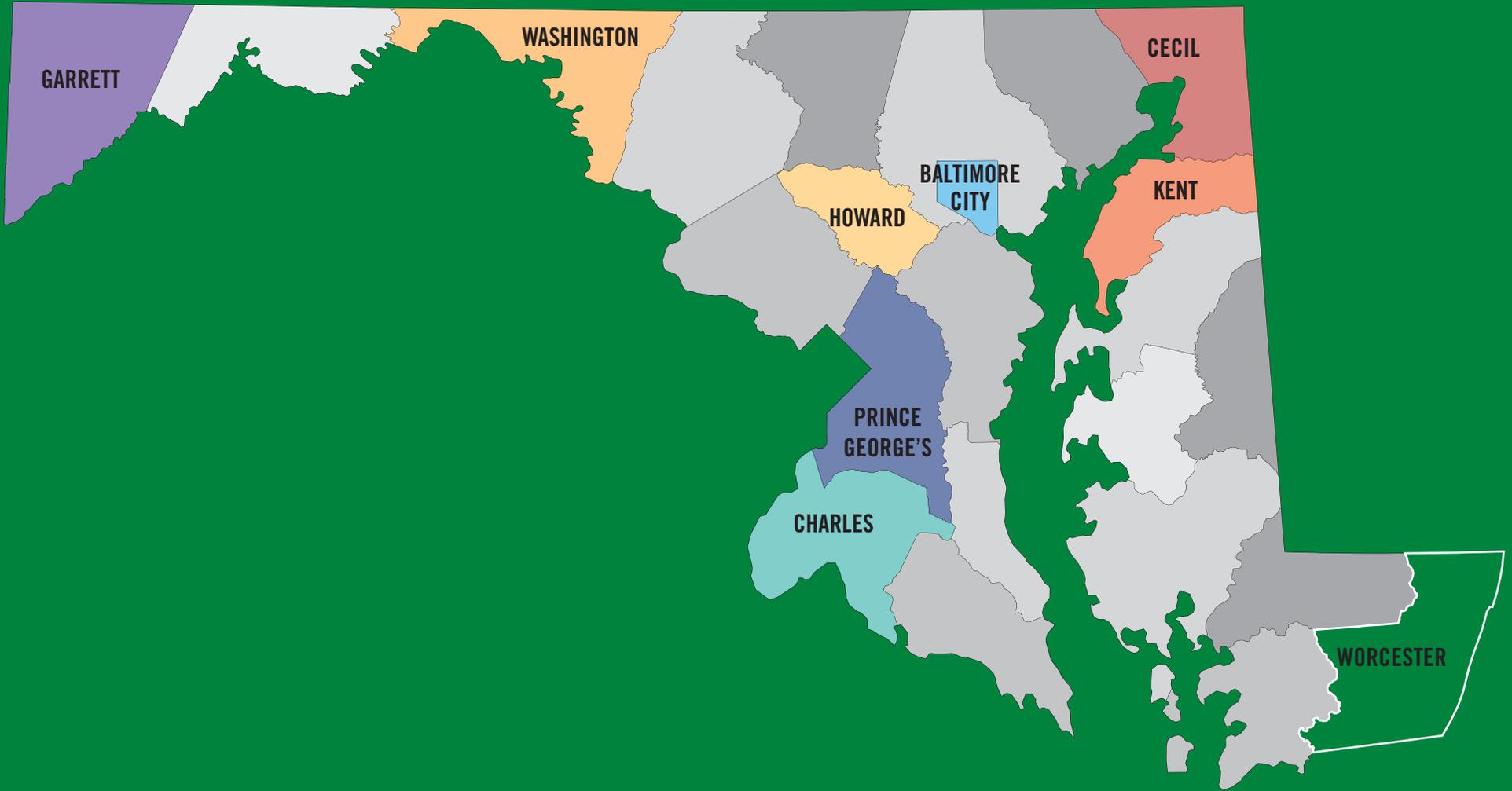
Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Oil, vegetable		½ c		1 c	1. Heat oil in kettle over med heat, add onions, cook until tender, approx. 3 min. Add garlic. Stir and cook 1 minute. 2. Add remaining ingredients except for cheese and bring to boil ~ stirring. Simmer and hold at 165 degrees F. Pour into serving pans. 3. Add shredded cheese over pan to melt. Serve over rice w/ 1 c scoop.
Onions, raw, chop		1 ½ qt		3 qt	
Garlic, raw, chop		½ c		1 c	
Peppers, chili, green canned, chopped	2 lb		4 lb		
Cumin ground		¾ c		1 ½ c	
Oregano leaves, dried ground		⅓ c		⅔ c	
Chili powder		½ c		1 c	
Pepper, red or cayenne		2 tbsps		¼ c	
Base, chicken, dry	½ lb		1 lb		
Chicken, diced, cooked, meat only	10 ½ lb		20 lb		
Water, hot		½ gal		1 gal	
Beans, great northern, canned		2 #10 can, drained		4 #10 can, drained	
Cheese, cheddar, yellow, reduced fat, shred	½ lb		1 lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
323	42.59 g	21.49 g	10.6 g	2.5 g	537.68 IU	11.11 mg	712.87 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD (SERVING)





# Worcester County Recipes

Contact:  
**Scott Blackburn**  
DSBlackburn@mail.worcester.k12.md.us

# Chicken Pizza

Portion Size: 1/5 of pizza

Developed by: Worcester County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
16 inch pizza crust, par cooked, thawed (10 oz)		10		20	<ol style="list-style-type: none"> <li>1. Lay thawed shells on full size bun pans or pizza pans.</li> <li>2. Ladle 6 oz (3/4 c) of pizza sauce in circular motion over each pizza crust.</li> <li>3. Sprinkle 10 oz of shredded mozzarella cheese over the sauce, keeping all of the cheese on the crust.</li> <li>4. Sprinkle 12 oz of the diced cooked chicken over the cheese.</li> <li>5. Bake at 425 degrees F for approximately 10 minutes until cheese begins to brown. Internal temperature of pizza should be a minimum of 135 degrees F.</li> <li>6. Cut each pizza into 5 equal parts.</li> <li>7. Keep hot in the warmer until serving.</li> </ol>
Pizza Sauce		2 qt		4 qt	
Mozzarella cheese, skim, shredded	3 lb		6 lb		
Cooked chicken, diced	4 lb		8 lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
442	27.6 g	57.6 g	11.5 g	4.4 g	205.1 IU	1.5 mg	423.9 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 2 (SERVING)

# Fruit Salad

Portion Size: 1/2 c

Developed by: Worcester County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Mixed fruit, light syrup*		1 #10 can		2 #10 can	1. Mix all ingredients in a large bowl. Do not drain the canned fruit. 2. Chill. 3. Portion into ½ c servings.  *Use USDA foods whenever possible.  Sprinkle fruit salad with cinnamon sugar.
Apples, fresh, diced *	20 oz		40 oz		
Bananas, 150 count, sliced		12 each		24 each	
Cinnamon sugar	1/2 c		1 c		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	MEAT /MEAT ALTERNATE (OZ)
93	0.6 g	20.1 g	0.2 g	0.1 g	76.3 IU	7.3 mg	0.6 mg	VEGETABLE/FRUIT ½ (C)
								GRAIN/ BREAD (SERVING)

# Glazed Carrots

Portion Size: ½ c

Developed by: Worcester County Public Schools

Ingredients	20 servings		40 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Carrots, fresh, baby	3 lb		6 lb		1. Steam carrots until al dente or approximately 10 minutes in a steamer. Transfer carrots to a hotel pan. 2. Heat next five ingredients in a sauce pan to make a glaze. 3. Pour glaze over carrots. 4. Keep warm at 135 degrees F or hotter. 5. Serve in ½ c portions.
Brown sugar		½ c		1 c	
Apple or Orange juice		½ c		1 c	
Lemon juice		½ c		1 c	
Ground black pepper		½ tsp		1 tsp	
Ground ginger		1 tsp		2 tsp	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
119	3.4 g	28.7 g	0.3 g	0.1 g	29,121 IU	14.2 mg	92.8 mg	MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD (SERVING)

# Tuna Salad

Portion Size: 1/2 c

Developed by: Worcester County Public Schools

Ingredients	46 servings		92 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Tuna, chunk style, water packed, in pouches	129 oz	3 2 lb 11 oz pouches	258 oz	6 2 lb 11oz pouches	<ol style="list-style-type: none"> <li>1. Refrigerate tuna, celery, and mayonnaise the night before preparation.</li> <li>2. Clean and chop the celery.</li> <li>3. Mix tuna, celery, mayonnaise, mustard, and no-salt seasoning together in a stainless steel bowl.</li> <li>4. Portion tuna salad with a #8 scoop on 1 c of mixed greens and garnish with 2 slices of cucumber and 2 tomato wedges.</li> <li>5. Keep refrigerated until ready to serve.</li> </ol>
Fresh celery, cleaned, chopped	3 lb	2 qt	6 lb	4 qt	
Mayonnaise, low fat		1 qt		2 qt	
Dry mustard		1 ½ tsp		3 tsp	
No-salt seasoning		2 tbsp		4 tbsp	
Mixed greens	7 lb		14 lb		
Cucumbers, fresh, sliced	2 ¼ lb		4 ½ lb		
Tomatoes, fresh, wedges	5 lb		10 lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
267	42.5 g	4.9 g	8.2 g	0.8 g	265.7 IU	1.8 mg	706.1 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT 1 (C) GRAIN/ BREAD (SERVING)

# White Bean Turkey Chili

Portion Size: 1 c

Developed by: Worcester County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Turkey, cooked, chunks (optional: use chicken)	10 lb		20 lb		1. Mix all ingredients in a hotel pan and cover. 2. Cook in steamer or bake in a convection oven until internal temperature reaches 165 degrees F. 3. Serve 1 c portion with optional garnishes.  Garnishes for elementary schools: • Sprig of parsley • Sprig of cilantro • Chopped scallions  Garnishes for secondary schools: • Sour cream with jalapeño slice • Sour cream with cilantro, chopped • Cilantro sprig • Parsley sprig • Chopped scallions
Cannellini beans, rinsed		2 #10 cans		4 #10 cans	
Onions, chopped	2 lb		4 lb		
Garlic powder		1 tbsp, 1 tsp		2 tbsp, 2 tsp	
Chili powder		1/3 c		2/3 c	
Ground cumin		1/3 c		2/3 c	
Dried oregano		1/4 c		1/2 c	
Apple cider vinegar		1/2 c		1 c	
Corn meal		1 c		2 c	
Chicken broth, low sodium		6 c		12 c	

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
222	21.0 g	24.3 g	4.8 g	1.2 g	453.2 IU	2.8 mg	237.6 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT 1/4 (C) GRAIN/ BREAD (SERVING)

# PROMISING PRACTICES

While there were many excellent activities conducted by the school systems that participated in this grant, we have identified the following practices and resulting accomplishments by all the school systems that exemplified the overall project.

## I. Increased Students' Involvement

### Time Matters:

One culinary arts site met with students for one full class, 1 hour 15 minutes, every other week. The class time was too short to discuss content material, have a cooking demonstration and clean up. The site did not increase the class period, but increased the frequency of the CHEF grant meetings. After increasing the grant meetings, instructors were able to discuss strategies to maximize the use of time for each full class.

### Less is More:

The student to instructor ratio was also very important. Larger groups of students required more attention. Time was focused on classroom behavior management, especially during culinary activities. Sites were most successful when the number of students was limited to 8 to 10 as opposed to 20 plus students. This change helped concentrate efforts with students that were genuinely interested in the program.

### Walk the Walk:

Asking students to work on the serving line was a tremendous eye-opening activity that clarified the offer versus serve information. Even though these culinary students were going through the lunch line each day, it took on a new meaning when they had to serve their peers.

### Training:

Students received training on the following topics in order to better understand school nutrition and food production:

- Understand the process of creating a school meal
- Practice skills in food preparation, customer service, marketing techniques, and food safety

- Prepare a nutritionally balanced and tasteful meal
- Understand the National School Lunch Program guidelines
- Develop collaborative relationships with food service staff (Interact with food purveyors to learn about related careers as well as product development)
- Grow herbs to utilize in recipes
- Administer food tasting surveys to determine recipe selection

In addition, several of the menu items developed by the culinary students were tested on the school lunch menu. The agriculture students provided the culinary students with tomatoes, peppers, and fresh herbs. These processes gave the culinary students true and practical experience in institutional cooking.

## 2. Empowered Foodservice Staff

Each school district's school nutrition office professionals involved foodservice staff from their schools to assist in moving from a four to six week lunch cycle. They identified methods to increase menu variety for students. This reinforced menu engineering, decreased the need for menu changes, and increased the use of USDA foods and scratch cooked menu items.

It was important for high school students to understand the limitations of the school foodservice employees with respect to time, budget, and program regulations. The more that school foodservice staff can express their desire to offer fresh and healthier foods despite program challenges, the better chance there is for community involvement and improvement.

The project gave foodservice staff the opportunity to gain knowledge and skills in food presentation, recipe and menu costing, food sustainability, and meatless meals.

### 3. Partnered with Instructional Staff and Culinary Teachers

The project forced school nutrition professionals to better understand the jobs and activities of teachers and curriculum specialists. These partnerships will lead to an enhanced relationship at the school system and school levels.

The school nutrition professionals found that involving the principal from the school where the culinary program is located, provided support, leadership, and accountability. The principal's leadership provided the teachers and students with a degree of recognition that further enhanced the relationship between school food service and the school.

Another promising practice documented was to involve the classroom culinary instructors from the beginning of the project. The supervisors were engaged in the initial planning, but the classroom culinary instructors were needed to support the project's implementation.

Starting small is critical in order to achieve big results. One school system attempted to work with two different culinary classrooms in two different high schools. The staff stated that they could have achieved better results if they had focused their time and energy in one classroom.

The project provided an opportunity for culinary arts teachers to attend professional development seminars on the National School Lunch Program, ProStart curriculum, and general nutrition education. These instructors were given tours of school cafeterias. In addition, recommendations were made for food and nutrition staff to provide culinary teachers with other professional development opportunities on topics such as food handling and transportation practices, equipment use, and cooking methods. Also, culinary teachers should be more familiar with the meal components and serving sizes that are served in school cafeterias.

### 4. Enhanced the Image of School Nutrition Programs

#### Marketing School Menu Items:

Several school systems created marketing materials, including a brand and

theme. One school system developed a concept to brand the menus as Top Chef Menus. The Top Chef Menus were featured in local newspapers and on television stations to help to promote healthy school meals.

Additional support for marketing is critical. Food Nutrition Services staff and culinary teachers do not have the time, expertise or resources to develop marketing campaigns for new lunch menu items. Students should participate in the creation of in-school commercials and announcements; however, print media is best developed by professionals.

#### Student Chef Competitions:

Many school systems created competitions among their student chefs who worked all year to perfect their recipes. In one competition, fourth and fifth graders judged all the menus and the top six recipes were implemented in the school system's lunch menu.



### FEEDBACK

#### Student:

- "This is the bomb."
- "This was the best lunch we've had all year."
- "I can't believe [the other students] didn't eat this."
- "We need to make food like this every day."
- "You guys need more workers to do this kind of stuff."

#### School Foodservice Staff:

- "Phenomenal; would do it again, next year!"
- "What a wonderful experience I had working with Ms. Hughes & her students."
- "The students enthusiasm while promoting their creations, was inspirational to my staff, & truly a fun experience for our students."



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Maryland State Department of Education  
School and Community Nutrition  
Programs Branch  
200 West Baltimore Street  
Baltimore, Maryland 21201  
410-767-0199 (p)  
410-333-2635 (f)  
[MarylandPublicSchools.org](http://MarylandPublicSchools.org)