



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"> 1. Lay thawed shells on full size bun pans or pizza pans. 2. Ladle 6 oz (3/4 c) of pizza sauce in circular motion over each pizza crust. 3. Sprinkle 10 oz of shredded mozzarella cheese over the sauce, keeping all of the cheese on the crust. 4. Sprinkle 12 oz of the diced cooked chicken over the cheese. 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. 6. Cut each pizza into 5 equal parts. 7. Keep hot in the warmer until serving.
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

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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"> 1. Refrigerate tuna, celery, and mayonnaise the night before preparation. 2. Clean and chop the celery. 3. Mix tuna, celery, mayonnaise, mustard, and no-salt seasoning together in a stainless steel bowl. 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. 5. Keep refrigerated until ready to serve.
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)