



Baltimore City Recipes

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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"> 1. Pre-heat oven to pancake/waffle product instructions or 400 degrees F. 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 3. Place the waffles/pancakes in the oven and bake according to package instructions. 4. While the pancakes are baking drain a quarter of the liquid from the cans of sliced apples. 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. 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. 7. Hold above 135 degrees F until service. Keep covered to retain heat and moisture. 8. Serve 2 pancakes/waffles and cover with cinnamon apple slices. Offer with turkey sausage, hash browns, and juice.
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

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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"> 1. Pre-heat oven or steamer. 2. Cook the taco meat according to package instructions until at proper internal cooking temperature (At least 160 degrees F for 15 seconds). 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. 4. Then transfer the chips into 1 shallow full hotel pan and cover until service. 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 6. When the taco meat is done, transfer to a steam table pan, cover, and hold above 135 degrees F. 7. Five minutes before service fill one of the cold steam table bays with ice packs, and set the chilled lettuce & tomato pans directly on top. <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

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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"> On a large clean work surface (or series of parchment lined sheet pans) lay out 100 slices of bread. Top the bread with about ½ oz of shredded lettuce, and 1 to 2 slices of tomatoes (depending on size). Top the vegetables with 2 slices of ham, 2 slices of salami, 2 slices of bologna, and 2 slices of cheese. Top the sandwich with final layer of bread. Cut each sandwich diagonally in half. Cover and refrigerate until service. Keep cool to 41 degrees F or lower. Hold below 41 degrees F before and during service. Offer condiments at point of service. <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

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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"> 1. Pre-heat the oven to 375 degrees F. 2. Cook the fajita strips according to package instructions until at proper internal cooking temperature (At least 165 degrees F for 15 seconds). 3. While the chicken is cooking, heat up the stir-fry sauce to a gentle simmer over a low flame. 4. Steam the oriental vegetables according to package instructions, until they are 135 degrees F. 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. <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):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	Contribution to meal pattern:
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

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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"> 1. Pre-heat oven to 400 degrees F. Prepare catfish as close to service time as possible. 2. Line two full sized sheet pans with parchment paper. 3. Take one 5 lb bag of frozen catfish strips and spread evenly over one parchment lined sheet pan. (Repeat for other sheet pan). 4. In a separate bowl or seasoning shaker, mix the Old Bay, granulated garlic, and the black pepper. 5. Once mixed, spread evenly over the catfish strips. 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). 7. Once cooked, transfer to a 4" deep hotel pan and serve from a steam table. (Or hold in a warming unit until service)
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)