



# 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 ¼ 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>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. Arrange frozen grilled chicken breast in a single layer on a full steamtable pan.</li> <li>3. 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>4. 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>5. 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>6. Roll tortilla from edge halfway, tuck in sides and continue to roll until all contents are completely wrapped.</li> <li>7. Wrap tortilla tightly with plastic wrap.</li> <li>8. Cut tortilla wrap in half diagonally.</li> <li>9. CCF: Place chicken wraps in cold holding unit to maintain a maximum temperature of 41 degrees F throughout service. CORRECTIVE ACTION: If product temperature goes above 41 degrees F, chill to 40 degrees F by the quickest method available.</li> <li>10. 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>11. 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)