



Charles County Recipes

Contact:
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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"> 1. CCP: Heat to 155 degrees F or higher for at least 15 Seconds. 2. Heat grilled chicken patties according to manufacturer instructions. 3. Remove from oven and slice into ¼ inch slices. Hold hot. 4. Cook whole wheat pasta according to manufactures instructions and drain. 5. Alfredo Sauce - Mix milk, low fat cottage cheese, parmesan cheese, cornstarch, salt, pepper and garlic powder over heat until smooth and thickened. 6. Steam sliced zucchini. 7. Put 4 oz pasta on plate; add zucchini slices, sliced chicken patty; pour sauce over all. <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"> 1. Heat oil, add garlic (minced) 2. Stir in chipotle sauce, and cook for 30 seconds stirring constantly. 3. Stir in water, drained black beans and drained kidney beans. 4. CCP: Heat to 155 degrees F or higher for at least 15 seconds. 5. Reduce heat and simmer for 10 minutes. Remove from heat and stir in salsa. 6. Partially mash bean mixture. 7. Fill tortilla with bean mixture, chopped tomatoes, shredded cheese and shredded romaine lettuce and sour cream. 8. Serve immediately. |
| 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):

Contribution to meal pattern:

| 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 | 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) |

