Manchester High School

Team Name: Manchester Healthy Chefs

Entrée: Colorful Veggie Casserole (8 – 1 ½ cup servings)

Sides: Fruit Salad (8 – ½ cup servings)
Whole Wheat Muffins (½ cup servings)

Drink: Skim Milk (1 cup serving)

Jenison/Hudsonville School Food Service

MANCHESTER/HC

000176 - Colorful Veggie Casserole

Recipe HACCP Process: #3 Complex Food Preparation

Source: MANCHESTER/HC
Number of Portions: 8
Size of Portion: 1 1/3 cup serv

002030 PEPPER,BLACK	1/2 TSP
002047 SALT,TABLE	1 TSP
011297 PARSLEY,RAW	1 (10 sprigs)
901872 Potato, raw w/o peel	8 cup grated
001124 EGG,WHITE,RAW,FRSH	6 large
001179 SOUR CREAM,LIGHT	8 OZ
011282 ONIONS,RAW	1/2 LITER, chopped
050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1/2 CUP
001096 MILK,CND,EVAP,WO/ VIT A	12 OZ
011090 BROCCOLI,RAW	2 CUP, chopped
011124 CARROTS,RAW	2 CUP,strips/slices
900150 CHEDDAR CHEESE SHREDDED	9 (1/3 cup)

Mix grated potato, 2 eggs, sour cream, green onion, and flour. Prepare 10 x 13 baking pan with nonstick spray. Press mixture in bottom and up sides of pan. Bake at 425ºF for 20 minutes until brown. Mix 4 eggs, milk, salt, and pepper. Place sliced carrots and chopped broccoli on top of baked potato crust. Pour milk and egg mixture over veggies. Sprinkle with 3 cups cheese. Bake at 350º for 30 minutes. Garnish with parsley.

*Nutrients are based upon 1 Portion Size (1 1/3 cup serv)

Calories	454	kcal	Cholesterol	59.17	mg	Protein	20.11	g	Calcium	482.16	mg	39.62%	Calories from Total Fat
Total Fat	19.98	g	Sodium	1041.43	mg	Vitamin A	1059.21	RE	Iron	0.95	mg	22.40%	Calories from Sat Fat
Saturated Fat	11.29	g	Carbohydrate	47.50	g	Vitamin A	6158.31	IU	Water¹	*161.32*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	4.52	g	Vitamin C	44.51	mg	Ash¹	*2.45*	g	41.86%	Calories from Carbohydrates
												17.72%	Calories from Protein

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**
*** - denotes combined nutrient totals with either missing or incomplete nutrient data**
¹ - denotes optional nutrient values

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Jenison/Hudsonville School Food Service

000177 - Fruit Salad

Recipe HACCP Process: #1 No Cook

Source: Manchester/hc
Number of Portions: 8
Size of Portion: 1/2 cup

009004 APPLES,RAW,WITHOUT SKIN.....	2 medium (3" dia)	Save 1/3 cup juice from peaches. Wash apples, cut fruit into serving pieces, and mix together. Mix 1/3 cup of peach juice with 1/3 orange juice and pour over fruit. Mix gently.
901864 APPLE, GRANNY SMITH MEDIUM.....	1 APPLE	
050368 PEACHES, CLINGSTONE, CANNED, DICED, LIGHT SYR...	2 CUP	
009050 BLUEBERRIES,RAW.....	1 PINT	
009206 ORANGE JUICE,RAW.....	1/3 CUP	

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	91	kcal	Cholesterol	0.00	mg	Protein	0.73	g	Calcium	8.62	mg	2.12%	Calories from Total Fat
Total Fat	0.21	g	Sodium	3.72	mg	Vitamin A	12.17	RE	Iron	0.40	mg	0.21%	Calories from Sat Fat
Saturated Fat	0.02	g	Carbohydrate	23.82	g	Vitamin A	79.92	IU	Water¹	*75.16*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	2.73	g	Vitamin C	12.91	mg	Ash¹	*0.20*	g	104.80%	Calories from Carbohydrates
												3.22%	Calories from Protein

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Jenison/Hudsonville School Food Service

000178 - WHOLE WHEAT MUFFINS

Recipe HACCP Process: #2 Same Day Service

Source: Manchester/hc
Number of Portions: 12
Size of Portion: 1 muffin

001145 BUTTER,WITHOUT SALT.....	1 TBSP
019334 SUGARS,BROWN.....	1/2 CUP, packed
001124 EGG,WHITE,RAW,FRSH.....	1 large
050400 FLOUR, WHOLE WHEAT.....	1/2 CUP
009298 RAISINS,SEEDLESS.....	1/2 CUP, packed
050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED....	1 1/2 CUP
116622 BAKING POWDER.....	3 TSP
002047 SALT,TABLE.....	1/2 TSP
001079 MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED VIT A.....	1 CUP

Soak ½ cup raisins in hot water. Cream butter and sugar, add egg, then dry ingredients. Add milk, stir just to blend. Drain raisins on a paper towel, fold into mixture. Spray muffin tins. Spoon mixture evenly into 12 tins. Bake at 400ºF for 15 minutes.

*Nutrients are based upon 1 Portion Size (1 muffin)

Calories	149	kcal	Cholesterol	4.17	mg	Protein	3.50	g	Calcium	40.07	mg	9.92%	Calories from Total Fat
Total Fat	1.64	g	Sodium	368.06	mg	Vitamin A	20.66	RE	Iron	1.12	mg	5.47%	Calories from Sat Fat
Saturated Fat	0.91	g	Carbohydrate	30.98	g	Vitamin A	68.64	IU	Water¹	*21.94*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	1.29	g	Vitamin C	0.20	mg	Ash¹	*0.58*	g	83.07%	Calories from Carbohydrates
												9.39%	Calories from Protein

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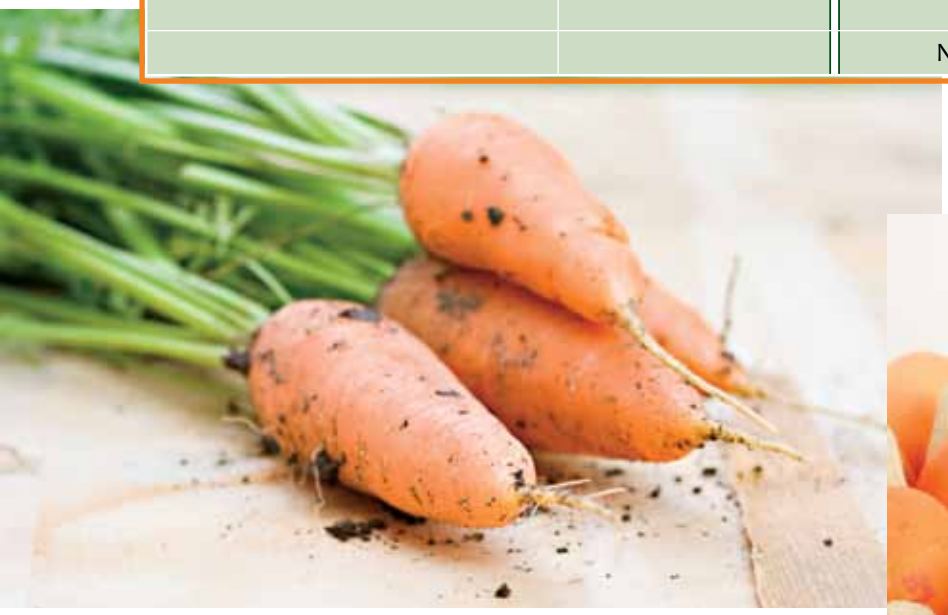
SHOPPING LIST FOR MEAL

Produce	Amount	Dairy	Amount
Potatoes, white raw	8 cups	Sour Cream, light	1 cup
Parsley	1 bunch	Evaporated Milk	1 ½ cup (12oz can)
Green Onion	½ cup diced	Cheddar Cheese	3 cups shredded
Broccoli, fresh	2 cups chopped	Milk, 2%	1 cup
Carrots, fresh	2 cups chopped		
Gala Apples	2 medium		
Granny Smith Apple	1 medium		
Peaches in Light Syrup	2 cups		
Blueberries, fresh or frozen	1 pint		
Raisins	½ cup		
Grains	**Amount**	**Misc.**	**Amount**
Flour, white	2 cup	Egg	7 large
Whole Wheat Flour	½ cup	Orange Juice	⅓ cup
Fats/Oils	**Amount**	**Seasonings**	**Amount**
Butter, softened	1 Tbls	Pepper	½ tsp
		Salt	1 tsp
		Brown Sugar	½ cup packed
		Baking Powder	3 tsp
		Salt	½ tsp
		Nonstick Spray	enough to cover pan