FOOD SERVICE EDITION

2011

MICHIGAN

# Junior Chef COMPETITION COOKBOOK

# 2011 Michigan Junior Chef Competition

The goal of the 2011 Michigan Junior Chef Competition was to provide youth participants hands-on cooking experience and knowledge of healthy food choices. It was made up of two parts, a Recipe Contest and a Cook-off Competition. Recipes for the Recipe Contest had to include fresh, local, and United States Department of Agriculture (USDA) foods; and be practical and easy for school food service operations to offer as part of their meal programs. The top eight teams from the Recipe Contest were invited to prepare their meals on-site at the Cook-off Competition at Michigan State University on May 11th, 2011.

**Teams invited to the Cook-off Competition:**

- Brown City Good For You Girls, Brown City Junior Senior High School
- Eight is Enough, Saint Brigid Catholic School
- Manchester Healthy Chefs, Manchester High School
- J.A.M., DeWitt Junior High School
- Kitchen Girls, DeWitt Junior High and High School
- Savory Seven, Saint Brigid Catholic School
- Sizzling Sauteers, DeWitt Junior High School
- Small Town Chefs, Hopkins High School

Meals were judged on nutrition quality, use of USDA foods and local, seasonal Michigan ingredients, time and labor to prepare meal, taste, appearance and presentation, creativity, and use of student-friendly foods. Teams were also required to create a Marketing Flyer for their meal which was included in the judging process.

First place was awarded to Eight Is Enough from Saint Brigid Catholic School, second place to Brown City Good For You Girls from Brown City Junior Senior High School, and third place to Small Town Chefs from Hopkins High School. In addition to individual gifts for the students of the first, second, and third place teams; each received a monetary award for their school's foodservice department.

We are pleased to present the recipes prepared by the top eight teams at the 2011 Michigan Junior Chef Cook-off Competition. Recipes were written and submitted by student teams and are presented in their original form. For more information about the Michigan Junior Chef Competition please visit http://www.mifarmtoschool.msu.edu/chef.

# Table of Contents


**Brown City Junior Senior High School**
Brown City Good For You Girls ..... 4

**DeWitt Junior High School**
J.A.M. ..... 11

**DeWitt Junior High and High School**
Kitchen Girls..... 16

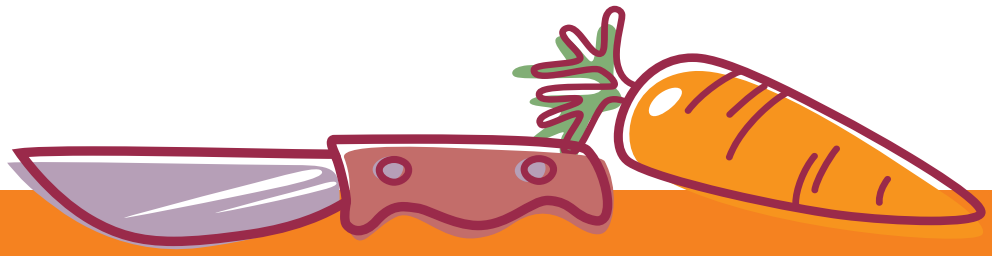
**DeWitt Junior High School**
Sizzling Sauteers ..... 21

**Hopkins High School**
Small Town Chefs ..... 25

**Manchester High School**
Manchester Healthy Chefs..... 32

**Saint Brigid Catholic School**
Eight is Enough..... 37

**Saint Brigid Catholic School**
Savory Seven ..... 41

MICHIGAN
Junior Chef
2nd place

# Brown City Jr. Sr. High School

**Team Name: Brown City Good for You Girls**

***Entrée:*** Lasagna (2 x 3 serving)

***Sides:*** Whole Wheat Bread (1 slice per meal)
Salad Cups/w Raspberry Vinaigrette Dressing (1 cup serving)
Yogurt Parfait (6 oz serving)

***Drink:*** Skim Milk (1 cup serving)

# Jenison/Hudsonville School Food Service



***BROWN CITY***

**000170 - Lasagna**
Source: BROWN CITY
Number of Portions: 18
Size of Portion: 2 " x 3 " slice

**Recipe HACCP Process: #2 Same Day Service**

| | |
|---|---|
| 901863 Whole Wheat Whole Grain Lasagna Noodle..... 16 OZ<br>105933 ZUCCHINI SQUASH..... 2 .66 CUP<br>011282 ONIONS,RAW..... 1 medium (2-1/2" dia)<br>011215 GARLIC,RAW..... 4 clove<br>900144 Meatless, Sauce Prego, GFS, #315729..... 8 (1/2 cup)<br>011124 CARROTS,RAW..... 1 large (7-1/4" to 8-1/2")<br>001183 CHEESE, MOZZARELLA, LITE-COMMOD..... 24 OZ<br>011457 SPINACH,RAW..... 8 OZ<br>001204 CHEESE,PARMESAN,DRY GRATED,RED FAT..... 8 OZ<br>050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED FAT... 2 TBSP | Boil Lasagna noodles until al dente. Drain and rinse with cook water. Meanwhile, sauté chopped zucchini, onion, and carrots in soybean oil. Add spinach and minced garlic. Place vegetables in the blender and frappe them. Place spaghetti sauce in same sauté pan. Add blended vegetables to sauce. Warm sauce through. Place a thin layer of sauce in a 9 X 13 pan. Sprinkle with parmesan cheese. Add a layer of noodles. Top with sauce, parmesan cheese, and a layer of mozzarella cheese. Repeat layers until ingredients are gone. Bake in preheated 375º oven for 40 minutes. |
| | |

*Nutrients are based upon 1 Portion Size (2 " x 3 " slice)

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 288 | kcal | Cholesterol | 23.94 | mg | Protein | 18.41 | g | Calcium | 451.32 | mg | 31.85% | Calories from Total Fat |
| Total Fat | 10.18 | g | Sodium | 664.75 | mg | Vitamin A | 286.82 | RE | Iron | 2.11 | mg | 15.14% | Calories from Sat Fat |
| Saturated Fat | 4.84 | g | Carbohydrate | 29.88 | g | Vitamin A | 2302.24 | IU | Water¹ | *48.01* | g | *0.12%* | Calories from Trans Fat |
| Trans Fat¹ | *0.04* | g | Dietary Fiber | 4.62 | g | Vitamin C | 5.50 | mg | Ash¹ | *2.70* | g | 41.54% | Calories from Carbohydrates |
| | | | | | | | | | | | | 25.59% | 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



**000172 - Raspberry Vinaigrette**

**Recipe HACCP Process: #1 No Cook**

Source: BROWN CITY
Number of Portions: 12
Size of Portion: serv

| | | |
|---|---|---|
| 009302 RASPBERRIES,RAW..... | 16 OZ | Place raspberries in a blender; process until smooth. Add lemon juice and sugar. While processing, gradually add vinegar and oil in a steady stream. Process until thickened. |
| 009152 LEMON JUICE,RAW..... | 6 TBSP | |
| 019335 SUGARS,GRANULATED..... | 1/4 CUP | |
| 002048 VINEGAR,CIDER..... | 2 TBSP | |
| 004053 OIL,OLIVE,SALAD OR COOKING... | 2 TBSP | |

*Nutrients are based upon 1 Portion Size (serv)

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 58 | kcal | Cholesterol | 0.00 | mg | Protein | 0.48 | g | Calcium | 10.22 | mg | 38.57% | Calories from Total Fat |
| Total Fat | 2.50 | g | Sodium | 0.67 | mg | Vitamin A | 5.07 | RE | Iron | 0.28 | mg | 4.91% | Calories from Sat Fat |
| Saturated Fat | 0.32 | g | Carbohydrate | 9.39 | g | Vitamin A | 14.00 | IU | Water¹ | 41.67 | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 2.49 | g | Vitamin C | 13.41 | mg | Ash¹ | 0.20 | g | 64.53% | Calories from Carbohydrates |
| | | | | | | | | | | | | 3.31% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000171 - Salad Cups/Brown City**

**Recipe HACCP Process: #1 No Cook**

Source: BROWN CITY
Number of Portions: 1
Size of Portion: 1 cup

| | | |
|---|---|---|
| 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW... | 1 CUP,chop(1/2"pcs,lose pkd | Place 1 cup salad mix and place in bowls. Shred carrot over salad. Top with salad dressing. |
| 011124 CARROTS,RAW..... | 1 TBSP, chopped | |

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

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 11 | kcal | Cholesterol | 0.00 | mg | Protein | 0.59 | g | Calcium | 12.90 | mg | 7.91% | Calories from Total Fat |
| Total Fat | 0.10 | g | Sodium | 11.22 | mg | Vitamin A | 243.85 | RE | Iron | 0.26 | mg | 1.08% | Calories from Sat Fat |
| Saturated Fat | 0.01 | g | Carbohydrate | 2.46 | g | Vitamin A | 1631.02 | IU | Water¹ | 61.58 | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 0.91 | g | Vitamin C | 2.07 | mg | Ash¹ | 0.28 | g | 87.36% | Calories from Carbohydrates |
| | | | | | | | | | | | | 20.87% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000186 - WHOLE WHEAT BREAD - ARNOLD**

**Recipe HACCP Process: #1 No Cook**

Source: BROWN CITY
Number of Portions: 1
Size of Portion: 1 SLICE

| | |
|---|---|
| 901867 WHOLE WHEAT BREAD... 1 (1 SLICE`) | |

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

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 100 | kcal | Cholesterol | 0.00 | mg | Protein | 5.00 | g | Calcium | 40.00 | mg | 9.00% | Calories from Total Fat |
| Total Fat | 1.00 | g | Sodium | 170.00 | mg | Vitamin A | 0.00 | RE | Iron | 1.08 | mg | 0.00% | Calories from Sat Fat |
| Saturated Fat | 0.00 | g | Carbohydrate | 22.00 | g | Vitamin A | 0.00 | IU | Water[1] | 0.00 | g | 0.00% | Calories from Trans Fat |
| Trans Fat[1] | 0.00 | g | Dietary Fiber | 5.00 | g | Vitamin C | 0.00 | mg | Ash[1] | 0.00 | g | 88.00% | Calories from Carbohydrates |
| | | | | | | | | | | | | 20.00% | Calories from Protein |

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**[1] - denotes optional nutrient values**

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# Jenison/Hudsonville School Food Service



**000174 - Yogurt Parfait**

**Recipe HACCP Process: #1 No Cook**

Source: Brown City
Number of Portions: 12
Size of Portion: 6 oz serv

| | | |
|---|---|---|
| 009050 BLUEBERRIES,RAW..... | 12 OZ | Place 2 oz of yogurt in a cup. Add 1oz of the fruit. Top with 2 oz yogurt. Place 1 oz of fruit on top. |
| 009316 STRAWBERRIES,RAW..... | 12 OZ | |
| 001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ... | 48 OZ | |

*Nutrients are based upon 1 Portion Size (6 oz serv)

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 122 | kcal | Cholesterol | 5.67 | mg | Protein | 5.99 | g | Calcium | 200.15 | mg | 11.81% | Calories from Total Fat |
| Total Fat | 1.60 | g | Sodium | 75.41 | mg | Vitamin A | 18.43 | RE | Iron | 0.27 | mg | 6.85% | Calories from Sat Fat |
| Saturated Fat | 0.93 | g | Carbohydrate | 21.93 | g | Vitamin A | 67.47 | IU | Water¹ | 139.24 | g | *N/A*% | Calories from Trans Fat |
| Trans Fat¹ | *N/A* | g | Dietary Fiber | 1.25 | g | Vitamin C | 20.33 | mg | Ash¹ | 1.34 | g | 72.14% | Calories from Carbohydrates |
| | | | | | | | | | | | | 19.70% | Calories from Protein |

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## SHOPPING LIST FOR MEAL

| Produce | Amount | Dairy | Amount |
|---|---|---|---|
| Fresh Carrot | 2 large | Low fat Vanilla Yogurt | 48 oz |
| Fresh Onion | 1 medium | Mozzarella Cheese | 24 oz |
| Fresh Spinach | 8 oz | Parmesan Cheese, low fat | 8 oz |
| Fresh Zucchini | 1 large | Skim Milk | Desired amount |
| Frozen Blueberries | 12 oz | | |
| Frozen Strawberries | 12 oz | | |
| Garlic | 4 cloves | | |
| Raspberries | 16 oz | | |
| Salad Mix | 16 oz bag | | |
| | | | |
| **Grains** | **Amount** | **Meat/Poultry** | **Amount** |
| Whole Wheat Bread | 1 slice per serving | | |
| Whole Wheat Lasagna Noodle | 16 oz | | |
| | | | |
| **Fats/Oils** | **Amount** | **Seasonings** | **Amount** |
| Olive Oil | 2 Tbls | Cider Vinegar | 2 Tbls |
| Soybean Oil | 2 Tbls | Lemon Juice | 6 Tbls |
| | | Spaghetti Sauce, Meatless | 4 cups |
| | | Sugar | ¼ cup |

# DeWitt Jr. High School

**Team Name: J.A.M.**

***Entrée:*** Rotini Alfredo (8 – 1/2 cup servings)

***Sides:*** Italian Rainbow Salad (8 – 1 cup servings)
Yogurt Parfait (8 servings)

***Drink:*** Skim Milk (1 cup serving)

# Jenison/Hudsonville School Food Service



***J.A.M.***

**000180 - Italian Rainbow Salad**

**Recipe HACCP Process: #1 No Cook**

Source: J.A.M.
Number of Portions: 8
Size of Portion: 1 cup

| | | |
|---|---|---|
| 011253 LETTUCE,GRN LEAF,RAW..... | 5 OZ | Layer in this order: mixed greens, peas, shredded carrots, cucumber, and red pepper. Serve with balsamic vinaigrette. |
| 011205 CUCUMBER,WITH PEEL,RAW.... | 1 each (8-1/4") | |
| 011124 CARROTS,RAW..... | 3 medium | |
| 011821 PEPPERS,SWEET,RED,RAW..... | 1 medium (2-3/4" x 2-1/2") | |
| 900285 PEAS - FROZEN..... | 4 .25 CUP | |
| 901865 Balsamic Vinaigrette - Wishbone.... | 7 (2 tbls) | |

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

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 82 | kcal | Cholesterol | 0.00 | mg | Protein | 1.85 | g | Calcium | 25.99 | mg | 50.14% | Calories from Total Fat |
| Total Fat | 4.54 | g | Sodium | 281.59 | mg | Vitamin A | 854.83 | RE | Iron | 0.75 | mg | 5.17% | Calories from Sat Fat |
| Saturated Fat | 0.47 | g | Carbohydrate | 10.57 | g | Vitamin A | 6087.81 | IU | Water¹ | 86.59 | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 2.37 | g | Vitamin C | 26.69 | mg | Ash¹ | 0.54 | g | 51.87% | Calories from Carbohydrates |
| | | | | | | | | | | | | 9.05% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000179 - Rotini Alfredo**

Source: J.A.M.
Number of Portions: 8
Size of Portion: 1/2 cup

**Recipe HACCP Process: #3 Complex Food Preparation**

| | |
|---|---|
| 050459 ROTINI, WHOLE GRAIN, DRY | 10 OZ |
| 050384 OIL, VEGETABLE | 2 TBSP |
| 011215 GARLIC,RAW | 1 clove |
| 011282 ONIONS,RAW | 1 medium (2-1/2" dia) |
| 050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED | 3 TBSP |
| 001145 BUTTER,WITHOUT SALT | 3 TBSP |
| 001087 MILK,NONFAT,FLUID,PROT FORT,W/ VIT A (FAT FRE | 2 CUP |
| 110278 BROTH, CHICKEN, LOW SODIUM | 8 OZ |
| 001032 CHEESE,PARMESAN,GRATED | 1/2 CUP |
| 002047 SALT,TABLE | 1/2 TSP |
| 002030 PEPPER,BLACK | 1/4 TSP |
| 002029 PARSLEY,DRIED | 1/4 TSP |

Sauté onion and garlic in oil over medium heat. In a small sauce pan melt butter and stir in flour. Add milk, chicken broth, salt, pepper and onion and garlic mix and stir over low heat until thick. Add parmesan cheese to sauce. Cook pasta in boiling water for 14 minutes or until done. Drain pasta and toss with sauce. Sprinkle with parsley.

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

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 264 | kcal | Cholesterol | 18.64 | mg | Protein | 10.97 | g | Calcium | 177.76 | mg | 35.13% | Calories from Total Fat |
| Total Fat | 10.30 | g | Sodium | 297.01 | mg | Vitamin A | 88.82 | RE | Iron | 1.58 | mg | 15.47% | Calories from Sat Fat |
| Saturated Fat | 4.54 | g | Carbohydrate | 34.20 | g | Vitamin A | 312.67 | IU | Water¹ | *69.69* | g | *0.08%* | Calories from Trans Fat |
| Trans Fat¹ | *0.02* | g | Dietary Fiber | 3.84 | g | Vitamin C | 1.84 | mg | Ash¹ | *1.48* | g | 51.82% | Calories from Carbohydrates |
| | | | | | | | | | | | | 16.62% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000182 - Yogurt Parfait**

**Recipe HACCP Process: #1 No Cook**

Source: J.A.M.
Number of Portions: 8
Size of Portion: cup

| | | |
|---|---|---|
| 001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ... | 64 OZ | Put ¼ cup of cherries (frozen) on the bottom of a plastic cup. Top with 8oz of yogurt. Add ¼ cup blueberries (frozen) on top. |
| 009076 CHERRIES,SWT,FRZ,SWTND..... | 2 CUP, thawed | |
| 009054 BLUEBERRIES,FRZ,UNSWTND..... | 2 CUP, unthawed | |

*Nutrients are based upon 1 Portion Size (cup)

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 270 | kcal | Cholesterol | 11.34 | mg | Protein | 12.09 | g | Calcium | 398.69 | mg | 10.55% | Calories from Total Fat |
| Total Fat | 3.17 | g | Sodium | 150.72 | mg | Vitamin A | 44.89 | RE | Iron | 0.46 | mg | 6.22% | Calories from Sat Fat |
| Saturated Fat | 1.87 | g | Carbohydrate | 50.49 | g | Vitamin A | 237.72 | IU | Water¹ | 261.63 | g | *N/A*% | Calories from Trans Fat |
| Trans Fat¹ | *N/A* | g | Dietary Fiber | 2.41 | g | Vitamin C | 3.43 | mg | Ash¹ | 2.92 | g | 74.76% | Calories from Carbohydrates |
| | | | | | | | | | | | | 17.90% | Calories from Protein |

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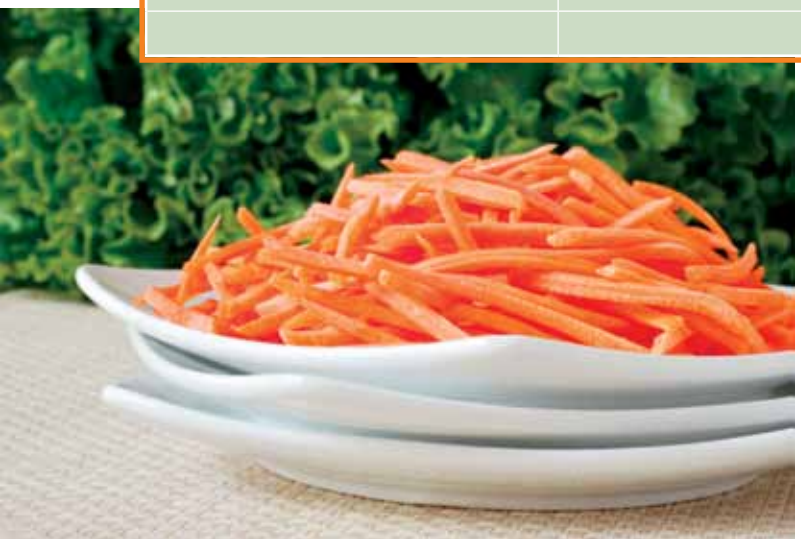
## SHOPPING LIST FOR MEAL

| Produce | Amount | Dairy | Amount |
|---|---|---|---|
| Blueberries, frozen | 2 cups | Low fat Vanilla Yogurt | 64 oz |
| Carrots | 3 medium shredded | Milk, skim | 2 cups |
| Cherries, frozen | 2 cups | Parmesan Cheese | ½ cup |
| Cucumber | 1 medium cubed | | |
| Garlic | 1 clove | | |
| Mixed Greens | 5 oz bag | | |
| Onion | 1 medium | | |
| Peas, frozen | 1 cup | | |
| Red Pepper | 1 chopped | | |
| | | | |
| **Grains** | **Amount** | **Meat/Poultry** | **Amount** |
| Flour, white | 3 Tbls | | |
| Rotini, whole grain | 10 oz | | |
| | | | |
| **Fats/Oils** | **Amount** | **Seasonings** | **Amount** |
| Butter | 3 Tbls | Balsamic Vinaigrette | 14 Tbls |
| Vegetable Oil | 2 Tbls | Chicken Broth | 1 cup |
| | | Parsley, dry | ¼ tsp |
| | | Pepper | ¼ tsp |
| | | Salt | ½ tsp |



# DeWitt Jr. High and High School

**Team Name: Kitchen Girls**

***Entrée:*** Lemon Garlic Spaghetti (6 – 1½ cup servings)

***Sides:*** Mixed Salad (6 – 1 cup servings)
Mixed Berry Smoothies (6 – 1½ cup servings)

***Drink:*** Skim Milk (1 cup serving)

# Jenison/Hudsonville School Food Service



***Kitchen Girls***

**000191 - Lemon Garlic Spaghetti**

Source: Kitchen Girls
Number of Portions: 6
Size of Portion: 1 1/2 cup

**Recipe HACCP Process: #3 Complex Food Preparation**

| | |
|---|---|
| 050465 SPAGHETTI, WHOLE GRAIN, DRY..... | 16 OZ |
| 050501 TOMATO PASTE, CANNED, WITHOUT SALT ADDED.... | 6 OZ |
| 001032 CHEESE,PARMESAN,GRATED..... | 1/2 CUP |
| 004053 OIL,OLIVE,SALAD OR COOKING..... | 2 TBSP |
| 011215 GARLIC,RAW..... | 6 clove |
| 009152 LEMON JUICE,RAW..... | 1 OZ |
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... | 2 CUP, chopped or sliced |
| 002047 SALT,TABLE..... | 1 TSP |
| 002030 PEPPER,BLACK..... | 1/4 TSP |
| 002044 BASIL,FRESH..... | 1 TSP, chopped |

Put the spaghetti noodles in a bowl and cover with water for 10 minutes. Chop garlic and tomatoes. In a large skillet, heat oil and sauté garlic just until it changes color. Stir in lemon juice, tomatoes, and tomato paste. Cook noodles according to package. Remove from heat. Place noodles in a bowl and pour tomato mixture over them. Add salt and pepper. Sprinkle with parmesan cheese and garnish with basil.

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

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 380 | kcal | Cholesterol | 7.33 | mg | Protein | 16.30 | g | Calcium | 145.95 | mg | 19.50% | Calories from Total Fat |
| Total Fat | 8.22 | g | Sodium | 558.44 | mg | Vitamin A | 138.77 | RE | Iron | 3.95 | mg | 5.48% | Calories from Sat Fat |
| Saturated Fat | 2.31 | g | Carbohydrate | 66.54 | g | Vitamin A | 1013.51 | IU | Water¹ | *64.63* | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 9.47 | g | Vitamin C | 11.99 | mg | Ash¹ | *2.04* | g | 70.12% | Calories from Carbohydrates |
| | | | | | | | | | | | | 17.18% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000193 - Mixed Berry Smoothies**

**Recipe HACCP Process: #1 No Cook**

Source: Kitchen Girls
Number of Portions: 6
Size of Portion: 1 1/2 cup

| | | |
|---|---|---|
| 009054 BLUEBERRIES,FRZ,UNSWTND..... | 1 CUP, unthawed | Peel the bananas and cut them into pieces. Place the berries, bananas, milk, and yogurt into the blender. Blend well and serve in cups. |
| 009318 STRAWBERRIES,FRZ,UNSWTND..... | 1 CUP, unthawed | |
| 009306 RASPBERRIES,FRZ,RED,SWTND..... | 1 CUP, unthawed | |
| 009040 BANANAS,RAW..... | 2 medium (7" to 7-7/8") | |
| 001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ... | 24 OZ | |
| 001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)..... | 2 CUP | |

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

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 224 | kcal | Cholesterol | 7.30 | mg | Protein | 9.28 | g | Calcium | 307.80 | mg | 7.52% | Calories from Total Fat |
| Total Fat | 1.87 | g | Sodium | 110.71 | mg | Vitamin A | 73.27 | RE | Iron | 0.71 | mg | 4.10% | Calories from Sat Fat |
| Saturated Fat | 1.02 | g | Carbohydrate | 44.99 | g | Vitamin A | 288.59 | IU | Water¹ | 268.26 | g | *N/A*% | Calories from Trans Fat |
| Trans Fat¹ | *N/A* | g | Dietary Fiber | 4.08 | g | Vitamin C | 22.08 | mg | Ash¹ | 2.33 | g | 80.37% | Calories from Carbohydrates |
| | | | | | | | | | | | | 16.57% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000192 - Mixed Salad**

**Recipe HACCP Process: #1 No Cook**

Source: Kitchen Girls
Number of Portions: 6
Size of Portion: 1 cup

| | |
|---|---|
| 009152 LEMON JUICE,RAW..... | 1 lemon yields |
| 900021 BLACK OLIVES..... | 2 OZ |
| 011124 CARROTS,RAW..... | 1/2 medium |
| 011206 CUCUMBER,PEELED,RAW..... | 1/2 medium |
| 011251 LETTUCE,COS OR ROMAINE,RAW... | 1 head |
| 118462 Shredded Mild Cheddar Cheese..... | 6 OZ |
| 050269 Ranch Dressing..... | 12 TBSP |

Wash cucumber, carrot, and lettuce and drain olives. Shred lettuce and place in bowl. Chop vegetables and add to lettuce. Sprinkle the cheese on top. Cut the lemon in half and squeeze on top. Drizzle ranch on top and enjoy.

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

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 99 | kcal | Cholesterol | 13.50 | mg | Protein | 4.49 | g | Calcium | 130.70 | mg | 59.46% | Calories from Total Fat |
| Total Fat | 6.55 | g | Sodium | 335.72 | mg | Vitamin A | *420.79* | RE | Iron | 1.27 | mg | 25.90% | Calories from Sat Fat |
| Saturated Fat | 2.85 | g | Carbohydrate | 9.05 | g | Vitamin A | 10066.67 | IU | Water¹ | *126.51* | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 2.58 | g | Vitamin C | 29.98 | mg | Ash¹ | *0.74* | g | 36.48% | Calories from Carbohydrates |
| | | | | | | | | | | | | 18.12% | Calories from Protein |

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## SHOPPING LIST FOR MEAL

| Produce | Amount | Dairy | Amount |
|---|---|---|---|
| Banana | 2 medium | Parmesan Cheese | ½ cup |
| Basil | 1 tsp | Shredded Cheddar Cheese, light | 6 oz |
| Blueberries, frozen | 1 cup | Skim Milk | 2 cups |
| Carrot, fresh | ½ medium | Vanilla Yogurt, low fat | 24 oz |
| Cucumber | ½ medium | | |
| Garlic | 6 cloves | | |
| Lemon | 1 small | | |
| Lettuce, romaine | 1 large head | | |
| Raspberries, frozen | 1 cup | | |
| Strawberries, frozen | 1 cup | | |
| Tomatoes | 2 medium (2 cups) | | |
| **Grains** | **Amount** | **Misc.** | **Amount** |
| Whole Grain Spaghetti | 16 oz | Black Olives | 2 oz |
| | | Tomato Paste | 6 oz |
| | | | |
| **Fats/Oils** | **Amount** | **Seasonings** | **Amount** |
| Olive Oil | 2 Tbls | Lemon Juice | 1 oz |
| | | Pepper | ¼ tsp |
| | | Ranch Dressing | 12 Tbls |
| | | Salt (coarse) | 1 tsp |

# DeWitt Jr. High School

## Team Name: Sizzling Sautéers

***Entrée:*** Baked Garden Italian Pasta
(12 – 1 cup servings)

***Sides:*** Homemade Michigan Applesauce
(11 – ½ cup servings)
Michigan 1% Small Curd Cottage Cheese
(½ cup servings)

***Drink:*** Michigan Skim Milk (1 cup serving)

# Jenison/Hudsonville School Food Service



***Sizzling Sautee***

## 000196 - Baked Garden Italian Pasta

**Recipe HACCP Process: #2 Same Day Service**

Source: Sizzling Sautee
Number of Portions: 12
Size of Portion: 1 cup

| | |
|---|---|
| 050459 ROTINI, WHOLE GRAIN, DRY..... | 40 OZ |
| 011282 ONIONS,RAW..... | 1 small |
| 011215 GARLIC,RAW..... | 1 clove |
| 105933 ZUCCHINI SQUASH..... | 1 CUP |
| 011124 CARROTS,RAW..... | 2 medium |
| 011457 SPINACH,RAW..... | 2 CUP |
| 011549 TOMATO PRODUCTS,CND,SAU..... | 60 OZ |
| 050498 TOMATOES, CANNED, DICED..... | 15 OZ |
| 901850 Sugar, Brown Med GFS..... | 9 (1 tsp) |
| 901261 OREGANO LEAVES,DRIED..... | 4 TSP, leaves |
| 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED... | 16 OZ |

Bring a 3qt pot of water to a boil, add rotini and cook until firm, drain and set aside. While rotini is cooking, sauté onion, garlic, and zucchini in small pan sprayed with non-stick spray. In a 3qt pot combine tomato sauce, diced tomatoes, brown sugar, oregano, carrots, spinach, and sautéed vegetables. Bring to a boil and simmer for 10 minutes. Mix rotini and sauce together. Place in a 9 x 13 baking dish, sprinkle with mozzarella cheese and bake at 350° for 30 minutes.

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

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 472 | kcal | Cholesterol | 12.00 | mg | Protein | 27.21 | g | Calcium | 366.40 | mg | 9.54% | Calories from Total Fat |
| Total Fat | 5.01 | g | Sodium | 1086.21 | mg | Vitamin A | 504.73 | RE | Iron | 5.58 | mg | 6.69% | Calories from Sat Fat |
| Saturated Fat | 3.51 | g | Carbohydrate | 86.96 | g | Vitamin A | 3034.53 | IU | Water¹ | *148.07* | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 12.52 | g | Vitamin C | 16.12 | mg | Ash¹ | *3.07* | g | 73.66% | Calories from Carbohydrates |
| | | | | | | | | | | | | 23.05% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000197 - Homemade Michigan Applesauce**

**Recipe HACCP Process: #2 Same Day Service**

Source: Sizzling Sautee
Number of Portions: 11
Size of Portion: 1/2 cup

| | | |
|---|---|---|
| 009004 APPLES,RAW,WITHOUT SKIN... | 8 large (3-1/4 dia)" | Peel, core and chop apples. In a large pot, stir together apples, apple juice, and cinnamon. Bring to a boil, reduce heat and simmer covered. Stir occasionally and mash apples as they cook. Simmer about 30-35 minutes. |
| 900193 APPLE JUICE..... | 16 OZ | |
| 002010 CINNAMON,GROUND..... | 1 TSP + 1/2 TSP | |

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

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 96 | kcal | Cholesterol | 0.00 | mg | Protein | 0.44 | g | Calcium | 11.41 | mg | 1.95% | Calories from Total Fat |
| Total Fat | 0.21 | g | Sodium | 0.04 | mg | Vitamin A | 6.38 | RE | Iron | 0.26 | mg | 0.32% | Calories from Sat Fat |
| Saturated Fat | 0.03 | g | Carbohydrate | 24.99 | g | Vitamin A | *60.74* | IU | Water¹ | *136.19* | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 2.23 | g | Vitamin C | 26.25 | mg | Ash¹ | *0.28* | g | 103.86% | Calories from Carbohydrates |
| | | | | | | | | | | | | 1.82% | Calories from Protein |

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## SHOPPING LIST FOR MEAL

| Produce | Amount | Dairy | Amount |
|---|---|---|---|
| Carrot | 2 medium | Mozzarella Cheese, part skim | 2 cups shredded |
| Gala Apples | 8 large | Cottage Cheese | Desired amount |
| Garlic | 1 clove | Skim Milk | Desired amount |
| Onion | 1 small | | |
| Spinach, fresh | 2 cups | | |
| Zucchini | 1 large | | |
| | | | |
| **Grains** | **Amount** | **Misc.** | **Amount** |
| Whole Wheat Rotini | 5 cups (40 oz) | Apple Juice | 2 cups |
| | | Tomato Sauce | 4-15oz cans |
| | | Tomatoes, diced | 1-15oz can |
| | | | |
| **Fats/Oils** | **Amount** | **Seasonings** | **Amount** |
| | | Brown Sugar, packed | 3 Tbls |
| | | Cinnamon | 1 ½ tsp |
| | | Oregano Leaves | 4 tsp |

MICHIGAN
Junior Chef
3rd place

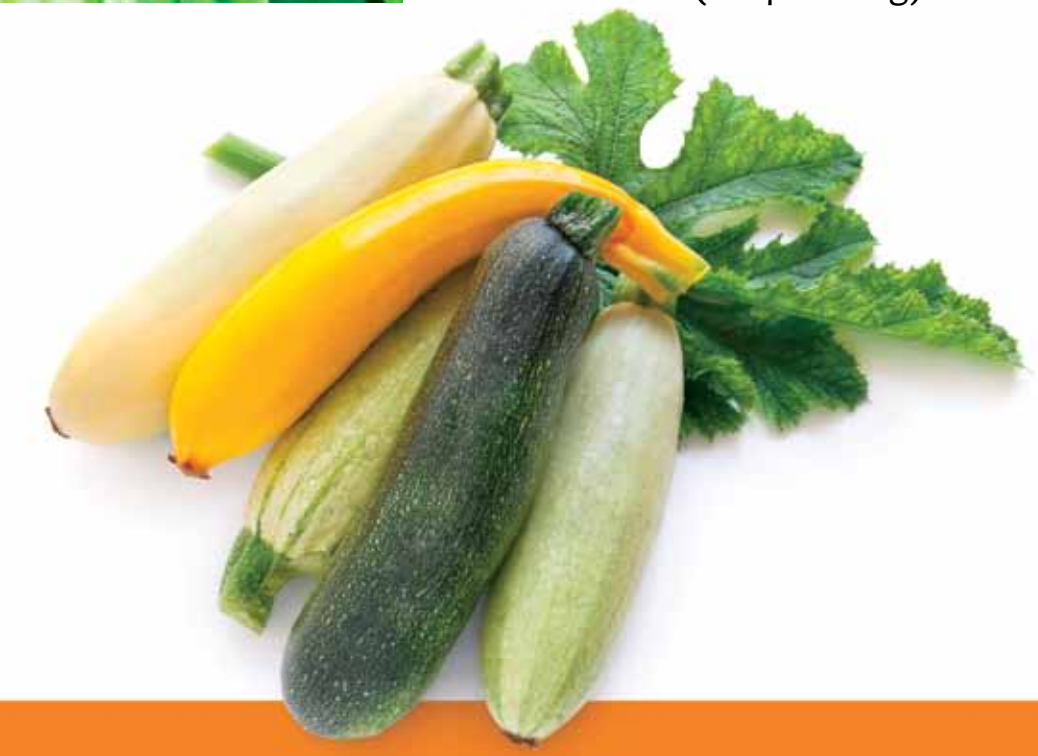
# Hopkins High School

## Team Name: Small Town Chefs

***Entrée:*** Courgette Lasagna (Roasted Zucchini-Vegetable Lasagna)
(8 – 3x 4 servings)

***Sides:*** Gourmet Greens Spring Salad with Sweet Onion Vinaigrette
(8 – 1 cup servings)
Red, White, and Blue Fruit Yogurt Parfaits
(8 – 1¼ cup servings)

***Drink:*** Skim Milk (1 cup serving)



# Jenison/Hudsonville School Food Service



***Small Town Chef***

## 000199 - Courgette Lasagna

**Recipe HACCP Process: #3 Complex Food Preparation**

Source: Small Town Chef
Number of Portions: 8
Size of Portion: aprx. 3/4 slice

| | |
|---|---|
| 105933 ZUCCHINI SQUASH | 1 LB |
| 011641 SQUASH,SMMR,ALL VAR,RAW | 1 LB |
| 011282 ONIONS,RAW | 1 CUP, chopped |
| 901305 PEPPERS, MIXED RED & GREEN STRIPS | 1/2 LB |
| 901863 Whole Wheat Whole Grain Lasagna Noodle | 255 GRAM |
| 050499 SPAGHETTI SAUCE, MEATLESS, CANNED, TOMATO BAS | 4 CUP |
| 050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED | 8 OZ |
| 901870 Cheese, Smoked Provolone Slice | 8 (1 slice) |
| 004044 OIL,SOYBN,SALAD OR COOKING | 2 TBSP |
| 901869 Balsamic Vinegar | 1/4 (1 cup) |
| 002044 BASIL,FRESH | 1/2 TBSP, chopped |
| 011297 PARSLEY,RAW | 1/2 TBSP, chopped |
| 011215 GARLIC,RAW | 3 cloves |

Boil Lasagna noodles according to package directions. Drain and rinse with cold water. Cut washed zucchini into ¼ inch slices long ways and place in an even layer, along with peppers and onions on a baking sheet sprayed with cooking spray. In a small bowl, mix the vinegar, oil, minced garlic, and seasonings. Brush zucchini, pepper, and onion with oil mixture and place in pre-heated 425º oven for 15 minutes; toss vegetables and continue baking for 8 to 10 minutes or until vegetables are browned and tender. Using a 9 x 13 baking pan, place 1 cup of spaghetti sauce in the bottom of pan. Arrange four pieces of lasagna over sauce, then cover the lasagna noodles with 1 cup of spaghetti sauce. Sprinkle ½ cup of shredded mozzarella cheese over sauce and then layer with half of the roasted vegetables. Cover the roasted vegetables with 4 slices of provolone cheese. Repeat layering until ingredients are used, reserving ½ cup shredded cheese for later use. Reduce oven temperature to 375º. Cover lasagna and bake for 45 minutes or until internal temperature reaches 165º for 15 seconds. Uncover lasagna and sprinkle with remaining mozzarella cheese, continue baking, uncovered for 5 minutes or until cheese is melted. Let stand 10 minutes before cutting. Hold at 140º F until ready to serve.

*Nutrients are based upon 1 Portion Size (aprx. 3/4 slice)

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 389 | kcal | Cholesterol | 24.00 | mg | Protein | 23.24 | g | Calcium | 273.68 | mg | 29.43% | Calories from Total Fat |
| Total Fat | 12.72 | g | Sodium | 1104.11 | mg | Vitamin A | 109.04 | RE | Iron | 3.23 | mg | 14.17% | Calories from Sat Fat |
| Saturated Fat | 6.13 | g | Carbohydrate | 43.76 | g | Vitamin A | 621.61 | IU | Water¹ | *72.58* | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 5.03 | g | Vitamin C | 30.66 | mg | Ash¹ | *0.49* | g | 44.99% | Calories from Carbohydrates |
| | | | | | | | | | | | | 23.90% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000201 - Gourment Greens Spring Salad**

**Recipe HACCP Process: #1 No Cook**

Source: Small Town Chef
Number of Portions: 8
Size of Portion: 1 cup

| | |
|---|---|
| 011253 LETTUCE,GRN LEAF,RAW..... 4 CUP, shredded<br>011251 LETTUCE,COS OR ROMAINE,RAW..... 4 CUP, shredded<br>002044 BASIL,FRESH..... 1/4 CUP, chopped<br>050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDDED... 2 OZ<br>901871 Garbonzo Beans, Cooked, Drained..... 1 (1/2 cup)<br>011205 CUCUMBER,WITH PEEL,RAW..... 1/2 CUP, diced<br>011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 1/2 CUP, diced | In a large bowl, toss cleaned leafy greens, chopped romaine and fresh basil. Portion greens into individual salad 8 oz serving bowls. Place Line of Shredded mozzarella, garbanzo beans, cucumber, and tomato over top of lettuce blend. Hold at 40º or below until service. Serve with 1 tablespoon sweet onion vinaigrette. |

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

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 42 | kcal | Cholesterol | 2.25 | mg | Protein | 3.65 | g | Calcium | 76.50 | mg | 21.89% | Calories from Total Fat |
| Total Fat | 1.01 | g | Sodium | 56.35 | mg | Vitamin A | 109.38 | RE | Iron | 0.79 | mg | 13.41% | Calories from Sat Fat |
| Saturated Fat | 0.62 | g | Carbohydrate | 5.05 | g | Vitamin A | 3553.31 | IU | Water¹ | *57.39* | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 1.67 | g | Vitamin C | 10.88 | mg | Ash¹ | *0.35* | g | 48.60% | Calories from Carbohydrates |
| | | | | | | | | | | | | 35.17% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000204 - Granola for Parfait**

**Recipe HACCP Process: #2 Same Day Service**

Source: Small Town Chef
Number of Portions: 16
Size of Portion: 2 Tbls

| | |
|---|---|
| 050457 OATS, ROLLED, UNENRICHED, QUICK, COOKED, NO S.... | 6 CUP |
| 019334 SUGARS,BROWN..... | 1/4 CUP, packed |
| 009400 APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C..... | 1/4 CUP |
| 050385 OIL, VEGETABLE..... | 1 TBSP |
| 019296 HONEY..... | 1/3 CUP |
| 002010 CINNAMON,GROUND..... | 1/4 TSP |
| 002047 SALT,TABLE..... | 1/4 TSP |
| 002050 VANILLA EXTRACT..... | 1/4 TSP |
| 050379 RAISINS, SEEDLESS, NOT PACKED..... | 1/3 CUP |

In a large pot, mix the brown sugar, apple juice, vegetable oil, honey, cinnamon, salt, and vanilla extract. Heat over medium for 4 minutes. Do not boil. In a large bowl, mix the brown sugar mixture with the oats. Toss evenly to coat. Spread mixture onto a large sheet pan and bake in a pre-heated 350º F oven for 20-30 minutes. Stir every 10 minutes during baking process. Remove from oven and let cool. Mix in the rains and hold until service.

*Nutrients are based upon 1 Portion Size (2 Tbls)

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 109 | kcal | Cholesterol | 0.00 | mg | Protein | 2.41 | g | Calcium | 12.27 | mg | 14.48% | Calories from Total Fat |
| Total Fat | 1.75 | g | Sodium | 39.33 | mg | Vitamin A | 0.01 | RE | Iron | 0.72 | mg | 2.26% | Calories from Sat Fat |
| Saturated Fat | 0.27 | g | Carbohydrate | 21.53 | g | Vitamin A | 0.16 | IU | Water¹ | *4.71* | g | *0.05%* | Calories from Trans Fat |
| Trans Fat¹ | *0.01* | g | Dietary Fiber | 1.66 | g | Vitamin C | 1.60 | mg | Ash¹ | *0.13* | g | 79.27% | Calories from Carbohydrates |
| | | | | | | | | | | | | 8.85% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000203 - Red White and Blue Parfait**

**Recipe HACCP Process: #2 Same Day Service**

Source: Small Town Chef
Number of Portions: 8
Size of Portion: 1.25 cup

| | |
|---|---|
| 009054 BLUEBERRIES,FRZ,UNSWTND..... 2 CUP, unthawed<br>009318 STRAWBERRIES,FRZ,UNSWTND..... 2 CUP, unthawed<br>001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ... 4 CUP<br>009266 PINEAPPLE,RAW,ALL VAR..... 1 CUP, diced<br>901869 Balsamic Vinegar..... 1/8 (1 cup) | In a bowl, mix the fresh-diced pineapple with the balsamic vinegar and spread evenly on a sheet pan. Bake pineapple in a pre-heated 350º oven for 5 minutes. Remove from oven and let cool. In a 9oz clear cup, layer ¼ cup yogurt topped with ¼ cup blueberries, topped with another ¼ cup yogurt topped with ¼ cup strawberries. Top with 1/8th cup of pineapple and 2 Tbls granola. Hold at 40º F or below until serving. |

*Nutrients are based upon 1 Portion Size (1.25 cup)

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 148 | kcal | Cholesterol | 6.13 | mg | Protein | 6.47 | g | Calcium | 221.61 | mg | 11.18% | Calories from Total Fat |
| Total Fat | 1.84 | g | Sodium | 82.64 | mg | Vitamin A | 20.90 | RE | Iron | 0.51 | mg | 6.13% | Calories from Sat Fat |
| Saturated Fat | 1.01 | g | Carbohydrate | 27.90 | g | Vitamin A | 98.50 | IU | Water¹ | 180.51 | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 2.10 | g | Vitamin C | 26.56 | mg | Ash¹ | 1.50 | g | 75.22% | Calories from Carbohydrates |
| | | | | | | | | | | | | 17.45% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000202 - Sweet Onion Vinaigrette**

**Recipe HACCP Process: #2 Same Day Service**

Source: Small Town Chef
Number of Portions: 32
Size of Portion: 1 Tbls

| | |
|---|---|
| 011282 ONIONS,RAW..... | 1 large |
| 002047 SALT,TABLE..... | 1 TSP |
| 019335 SUGARS,GRANULATED..... | 1/2 CUP |
| 000088 MUSTARD ,DRY..... | 1 TSP |
| 002007 CELERY SEED..... | 1 TSP |
| 002020 GARLIC POWDER..... | 1/4 TSP |
| 002028 PAPRIKA..... | 1/4 TSP |
| 002043 TURMERIC,GROUND..... | 1/8 TSP |
| 002030 PEPPER,BLACK..... | 1/8 TSP |
| 002048 VINEGAR,CIDER..... | 3/4 CUP |
| 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED FAT... | 2 TBSP |

In food processor, grate the cleaned and peeled onion. In a saucepan, mix the salt, sugar, dry mustard, celery seed, garlic powder, paprika, turmeric, black pepper, vinegar, oil, and grated onion. Heat the mixture until the sugar is dissolved. Cool to 40º F or below until service.

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

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 24 | kcal | Cholesterol | 0.00 | mg | Protein | 0.09 | g | Calcium | 2.85 | mg | 33.47% | Calories from Total Fat |
| Total Fat | 0.88 | g | Sodium | 74.32 | mg | Vitamin A | 1.09 | RE | Iron | 0.07 | mg | 2.58% | Calories from Sat Fat |
| Saturated Fat | 0.07 | g | Carbohydrate | 3.74 | g | Vitamin A | 9.63 | IU | Water¹ | *9.44* | g | *0.84%* | Calories from Trans Fat |
| Trans Fat¹ | *0.02* | g | Dietary Fiber | 0.10 | g | Vitamin C | 0.38 | mg | Ash¹ | *0.23* | g | 63.36% | Calories from Carbohydrates |
| | | | | | | | | | | | | 1.55% | Calories from Protein |

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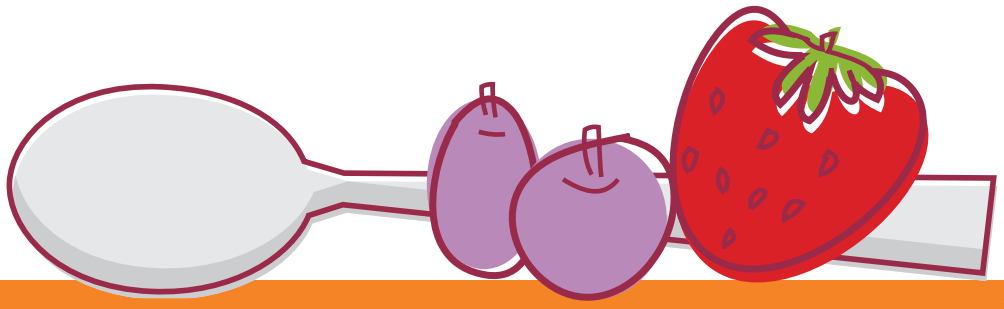
## SHOPPING LIST FOR MEAL

| Produce | Amount | Seasonings | Amount |
|---|---|---|---|
| Basil | ½ Tbls & ¼ cup | Apple Cider Vinegar | ¾ cup |
| Blueberries, fresh or frozen | 2 cups | Balsamic Vinegar | 1 cup & 1 Tbls |
| Cucumber | 1 large | Black Pepper, ground | ⅛ tsp |
| Garlic | 3 cloves | Brown Sugar | ¼ cup |
| Mixed Color Peppers | ½ lb, sliced | Celery Seed | 1 tsp |
| Onion | 1 large | Cinnamon, ground | ¼ tsp |
| Parsley | ½ Tbls chopped | Dry Mustard | 1 tsp |
| Pineapple | 1 cup, diced | Garlic Powder | ¼ tsp |
| Romaine Lettuce | 4 cups | Honey | ⅓ cup |
| Salad Mix, leafy greens | 4 cups | Paprika | ¼ tsp |
| Strawberries, fresh or frozen | 2 cups | Salt | 1 ¼ tsp |
| Sweet Onion | 1 medium | Sugar | ½ tsp |
| Tomatoes | 1 medium | Turmeric Powder | ⅛ tsp |
| Yellow Crookneck Zucchini | 1 lb | Vanilla Extract | ¼ tsp |
| Zucchini Squash | 1 lb | | |
| **Fats/Oils** | **Amount** | **Dairy** | **Amount** |
| Soybean Oil | 4 Tbls | Mozzarella Cheese, low fat | 2 ½ cup shredded |
| Vegetable Oil | 1 Tbls | Provolone Cheese, low fat and smoked | 8 – 1 oz sliced |
| | | Vanilla Yogurt, low fat | 4 cups |
| **Grains** | **Amount** | **Misc.** | **Amount** |
| Rolled Oats | 6 cups | Apple Juice | ¼ cup |
| Whole Wheat Lasagna | 12 noodles | Garbanzo Beans | ½ cup drained |
| | | Raisins | ⅓ cup |
| | | Spaghetti Sauce, Meatless | 4 cups |



# 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 |

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**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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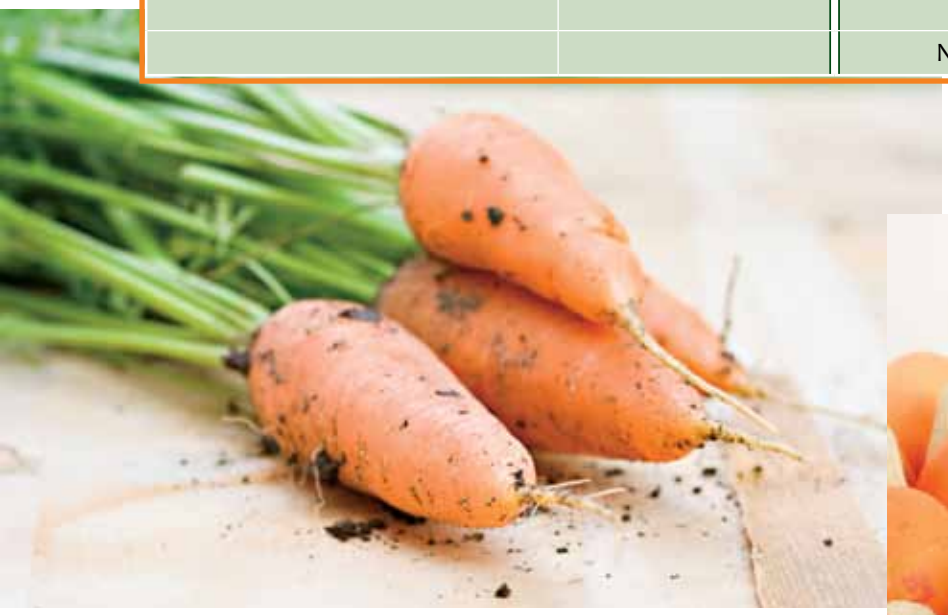
## SHOPPING LIST FOR MEAL

| 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 |



MICHIGAN
Junior Chef
1st place

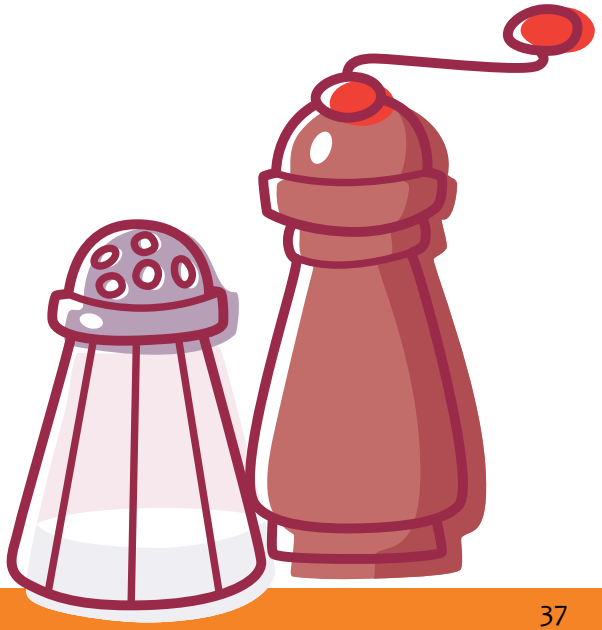
# Saint Brigid Catholic School

## Team Name: Eight is Enough

***Entrée:*** Mexican Pizza (12 – 1 cup servings)

***Sides:*** Hawaiian Smoothie (11 – ½ cup servings)

***Drink:*** Skim Milk (1 cup serving)



# Jenison/Hudsonville School Food Service



***EIGHT IS ENOUGH***

**000188 - Hawaiian Smoothy**

**Recipe HACCP Process: #1 No Cook**

Source: EIGHT IS ENOUGH
Number of Portions: 4
Size of Portion: 8 oz

| | |
|---|---|
| 001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ... 2 CUP<br>009266 PINEAPPLE,RAW,ALL VAR..... 1 1/2 CUP, chunks<br>009316 STRAWBERRIES,RAW..... 1 1/2 CUP, halves<br>011206 CUCUMBER,PEELED,RAW..... 1/4 CUP, chopped<br>019296 HONEY..... 2 TBSP<br>002010 CINNAMON,GROUND..... 1/2 TBSP<br>901868 ICE CUBES..... 1/2 CUP | Remove seeds from cucumbers. Combine all ingredients in blender. Blend until all ingredients are mixed and texture is smooth, approximately 2 minutes. |

*Nutrients are based upon 1 Portion Size (8 oz)

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 189 | kcal | Cholesterol | 6.13 | mg | Protein | 6.88 | g | Calcium | 238.81 | mg | 8.58% | Calories from Total Fat |
| Total Fat | 1.80 | g | Sodium | 83.63 | mg | Vitamin A | 19.71 | RE | Iron | 0.65 | mg | 4.79% | Calories from Sat Fat |
| Saturated Fat | 1.01 | g | Carbohydrate | 39.10 | g | Vitamin A | 104.26 | IU | Water¹ | 241.75 | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 2.60 | g | Vitamin C | 64.43 | mg | Ash¹ | 1.73 | g | 82.78% | Calories from Carbohydrates |
| | | | | | | | | | | | | 14.56% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000187 - Mexican Pizza**

**Recipe HACCP Process: #3 Complex Food Preparation**

Source: EIGHT IS ENOUGH
Number of Portions: 8
Size of Portion: 1 pizza

| | |
|---|---|
| 016103 REFRIED BEANS,CANNED (INCL USDA COMMODITY)..... | 16 OZ |
| 900557 CHEESE,"SCHOOL CHOICE NEUFCHATEL CREAM CHEESE... | 8 OZ |
| 011215 GARLIC,RAW..... | 2 clove |
| 901866 taco seasoning low sodium..... | 3 (2 tsp) |
| 011457 SPINACH,RAW..... | 1 CUP |
| 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW..... | 2 CUP, shredded |
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... | 2 CUP, cherry toms |
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... | 1 medium whole (2-3/5" dia) |
| 114811 CILANTRO..... | 3/4 CUP |
| 118462 Shredded Mild Cheddar Cheese..... | 3 CUP |
| 900104 Tortilla, Whole Wheat Flour..... | 8 (1 Tortilla) |
| 009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..... | 1/4 CUP |
| 900010 sour cream..... | 4 serving 2/tbls |
| 900156 SALSA..... | 1/2 CUP |

Place 8 tortillas on a lightly greased sheet pan. Toast in a 350º oven for 9 minutes. Combine beans, cream cheese, taco seasoning, and garlic in a bowl. Spread mixture on toasted tortillas. Top each with shredded cheese. Return to oven for 3-4 minutes or until cheese is melted. Top with spinach, lettuce, tomato, olive, and cilantro. Serve with a 2oz side of salsa and sour cream.

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

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 311 | kcal | Cholesterol | 42.59 | mg | Protein | 13.21 | g | Calcium | 230.65 | mg | 42.55% | Calories from Total Fat |
| Total Fat | 14.71 | g | Sodium | 822.68 | mg | Vitamin A | *104.29* | RE | Iron | 2.65 | mg | 24.88% | Calories from Sat Fat |
| Saturated Fat | 8.60 | g | Carbohydrate | 38.91 | g | Vitamin A | *1217.56* | IU | Water¹ | *135.84* | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 7.97 | g | Vitamin C | 11.91 | mg | Ash¹ | *2.05* | g | 50.02% | Calories from Carbohydrates |
| | | | | | | | | | | | | 16.99% | Calories from Protein |

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## SHOPPING LIST FOR MEAL

| Produce | Amount | Dairy | Amount |
|---|---|---|---|
| Cherry Tomatoes | 2 cups | Cheddar Cheese, light | 3 cups shredded |
| Cilantro | ¾ cup diced | Cream Cheese, low fat | 8 oz |
| Cucumber | ¼ cup | Sour Cream | ½ cup |
| Garlic | 2 cloves | Vanilla Yogurt, low fat | 2 cups |
| Lettuce, iceberg | 2 cups | Skim Milk | Desired amount |
| Olives | ¼ cup | | |
| Pineapple, fresh | 1 ½ cups | | |
| Salsa | ½ cup | | |
| Spinach, fresh | 1 cup shredded | | |
| Strawberries, fresh | 1 ½ cups | | |
| Tomato | 1 medium | | |
| | | | |
| **Fats/Oils** | **Amount** | **Seasonings** | **Amount** |
| | | Cinnamon | dash |
| | | Honey | 2 Tbls |
| | | Taco Seasoning, low sodium | 2 Tbls |
| | | | |
| **Grains** | **Amount** | **Meat/Poultry** | **Amount** |
| Tortilla, whole wheat | 8 tortillas | Refried Beans | 16 oz |

# Saint Brigid Catholic School

**Team Name: Savory Seven**

***Entrée:*** Mexican Piñata Dip (6 servings)

***Sides:*** Purple Nurple Smoothie (4 – 8oz servings)

***Drink:*** Skim Milk (1 cup serving)

# Jenison/Hudsonville School Food Service



***Savory Seven***

## 000183 - Mexican Pinata Dip

**Recipe HACCP Process: #2 Same Day Service**

Source: Savory Seven
Number of Portions: 6
Size of Portion: 4 oz serving

| | |
|---|---|
| 901844 Refried Beans | 16 OZ |
| 900557 CHEESE,"SCHOOL CHOICE NEUFCHATEL CREAM CHEESE... | 8 OZ |
| 001179 SOUR CREAM,LIGHT | 8 OZ |
| 901866 taco seasoning low sodium | 1 (2 tbls) |
| 011215 GARLIC,RAW | 2 clove |
| 118462 Shredded Mild Cheddar Cheese | 2 CUP |
| 009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG) | 1/2 CUP |
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE | 1 medium whole (2-3/5" dia) |
| 114532 PEPPERS, STRIPS, TRI-COLOR MIX | 2 OZ |
| 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R | 2 medium (4-1/8" long) |
| 900104 Tortilla, Whole Wheat Flour | 8 (1 Tortilla) |

Preheat oven to 350º. Using a pizza cutter cut each tortilla into 8 wedges. Arrange on greased pan and bake for 6 minutes. Spread refried beans onto 8 x 8 baking sheet. Combine sour cream, cream cheese, taco seasoning, and garlic in a bowl and mix well. Sprinkle ½ of the cheese over beans, then spread cream cheese mixture over cheese, then top with remaining shredded cheese. Bake 15-18 minutes. Sprinkle peppers, tomato, and onions over top. Serve with tortilla wedges.

*Nutrients are based upon 1 Portion Size (4 oz serving)

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 385 | kcal | Cholesterol | 49.76 | mg | Protein | 15.84 | g | Calcium | 231.06 | mg | 43.66% | Calories from Total Fat |
| Total Fat | 18.69 | g | Sodium | 986.37 | mg | Vitamin A | *72.21* | RE | Iron | 3.20 | mg | 24.60% | Calories from Sat Fat |
| Saturated Fat | 10.53 | g | Carbohydrate | 48.01 | g | Vitamin A | 643.18 | IU | Water¹ | *87.58* | g | *0.00%* | Calories from Trans Fat |
| Trans Fat¹ | *0.00* | g | Dietary Fiber | 8.61 | g | Vitamin C | 6.74 | mg | Ash¹ | *1.22* | g | 49.83% | Calories from Carbohydrates |
| | | | | | | | | | | | | 16.45% | Calories from Protein |

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# Jenison/Hudsonville School Food Service



**000185 - Purple Nurple Smoothie**

**Recipe HACCP Process: #1 No Cook**

Source: Savory Seven
Number of Portions: 4
Size of Portion: 8oz

| | | |
|---|---|---|
| 001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ... | 1 1/3 CUP | Combine all ingredients in blender. Blend until a smooth consistency is achieved, approximately 2 minutes. |
| 009050 BLUEBERRIES,RAW..... | 1 CUP | |
| 009042 BLACKBERRIES,RAW..... | 1/4 CUP | |
| 009040 BANANAS,RAW..... | 1 large (8" to 8-7/8" long) | |
| 019296 HONEY..... | 2 TSP | |
| 901868 ICE CUBES..... | 2 CUP | |

*Nutrients are based upon 1 Portion Size (8oz)

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Calories | 135 | kcal | Cholesterol | 4.07 | mg | Protein | 4.80 | g | Calcium | 148.44 | mg | 8.63% | Calories from Total Fat |
| Total Fat | 1.30 | g | Sodium | 58.31 | mg | Vitamin A | 18.45 | RE | Iron | 0.33 | mg | 4.70% | Calories from Sat Fat |
| Saturated Fat | 0.71 | g | Carbohydrate | 28.14 | g | Vitamin A | 96.03 | IU | Water¹ | 249.40 | g | *N/A*% | Calories from Trans Fat |
| Trans Fat¹ | *N/A* | g | Dietary Fiber | 2.26 | g | Vitamin C | 9.11 | mg | Ash¹ | 1.36 | g | 83.27% | Calories from Carbohydrates |
| | | | | | | | | | | | | 14.19% | Calories from Protein |

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## SHOPPING LIST FOR MEAL

| Produce | Amount | Dairy | Amount |
|---|---|---|---|
| Banana | 1 large | Cheddar Cheese, shredded | 2 cups |
| Blackberries | 3 berries | Cream Cheese, low fat | 8 oz |
| Blueberries | 1 cup | Sour Cream, low fat | 1 cup |
| Garlic | 2 cloves | Vanilla Yogurt, low fat | 1 ⅓ cups |
| Green Onions | 2 onions | | |
| Olives, pitted | ½ cup | | |
| Red, Yellow, Orange Peppers | ¼ cup | | |
| Tomato | 1 | | |
| | | | |
| **Grains** | **Amount** | **Meat/Poultry** | **Amount** |
| Whole Grain Tortilla | 8 | Fat Free Refried Beans | 16 oz |
| | | | |
| **Fats/Oils** | **Amount** | **Seasonings** | **Amount** |
| | | Honey | 1 tsp |
| | | Taco Seasoning, low sodium | 2 Tbls |

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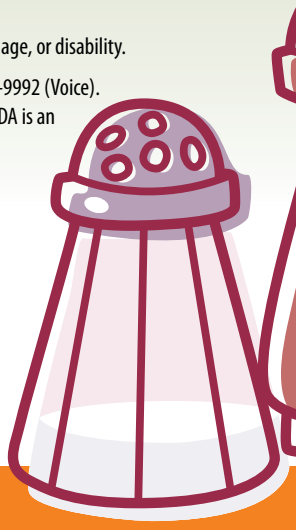
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