

Nutrient Analyzed 16-Day Cycle Lunch Menu for Preschoolers



2012

This resource was made possible through collaborative efforts of Lanakila Pacific's Lanakila Kitchen, the Nutrition Education for Wellness' Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Hawaii Child Care Nutrition Program, a program which is funded by the Department of Human Services, Benefit, Employment and Support Services Division.

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Introduction

When you provide healthy meals for your children, you not only help to nourish their growing bodies, but you also help to instill healthy habits that can have a tremendous long-lasting impact on the rest of their lives.

This resource includes a nutrient analyzed 16-day cycle lunch menu with recipes that can be used to prepare balanced meals for children ages three to five years. The menu was analyzed using a combination of nutrition analysis software including Nutrikids Nutritional Analysis & Menu Planning Software and Food Processor SQL: Nutrition & Fitness Software.

Why is this lunch menu and recipe compilation special?

- * Each meal follows the United States Department of Agriculture – Child and Adult Care Food Program meal pattern for lunch, and includes each of the required four food components:
 1. Milk
 2. Vegetables and Fruits
 3. Grains and Breads
 4. Meats and Meat Alternates

- * Recipes are accessible online and are equipped with creditable food values

- * The cycle menu allows you to take action steps recommended in the latest Dietary Guidelines for Americans, 2010, by offering:
 1. lowfat and nonfat dairy products
 2. fruits for desserts
 3. whole grains such as breads and brown rice
 4. beans or peas weekly
 5. seafood weekly
 6. leaner meats, such as ground beef with no more than 15% fat
 7. foods prepared with healthier methods like baking versus frying

- * This menu includes one local recipe each week, providing local flavors that cater to the local palate of Hawaii. Recipes are from a local child care caterer – Lanakila Kitchen

- * This menu also introduces foods that may be new and unfamiliar – such as cauliflower, succotash and hummus

- * In addition to meeting the lunch meal pattern, the meals when averaged over time, generally meet the Dietary Reference Intake amounts for preschoolers

Child Care Meal Pattern Minimum Component Requirements

LUNCH OR SUPPER for CHILDREN			
Must Select All Four Components			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
1 milk fluid milk	½ cup	¾ cup	1 cup
2 fruits and/or vegetables juice, ² fruit and/or vegetable	¼ cup	½ cup	¾ cup
1 grains or bread³ bread or	½ slice	½ slice	1 slice
cornbread or biscuit or roll or muffin or	½ serving	½ serving	1 serving
cold dry cereal or	¼ cup	1/3 cup	¾ cup
hot cooked cereal or	¼ cup	¼ cup	½ cup
pasta or noodles or grains	¼ cup	¼ cup	½ cup
1 meat or meat alternate meat or poultry or fish ⁴ or	1 oz.	1 ½ oz.	2 oz.
alternate protein products or	1 oz.	1 ½ oz.	2 oz.
cheese or	1 oz.	1 ½ oz.	2 oz.
egg or	½	¾	1
cooked dry beans or peas or	¼ cup	3/8 cup	½ cup
peanut or other nut or seed butters or	2 Tbsp.	3 Tbsp.	4 Tbsp.
nuts and/or seeds ⁵ or	½ oz.	¾ oz.	1 oz.
yogurt ⁶	4 oz.	6 oz.	8 oz.
<p>¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities in this column.</p> <p>² Fruit or vegetable juice must be full-strength</p> <p>³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</p> <p>⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.</p> <p>⁵ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement</p> <p>⁶ Yogurt may be plain or flavored, unsweetened or sweetened.</p>			

Hawaii Child Care Nutrition Program

Updated 12/06

Adapted from: http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm#Child_LunchSupper

Menu

Menu Format

Basic 16-Day Menu

The 16 day cycle lunch menu (page 5) is formatted with each day sequentially numbered “Day 1” through “Day 16.” These numbers are used for easy reference in the “Recipes” section.

Lunch meals

Each of the 16 days of lunch meals follows the USDA food-based meal pattern for lunch, including:

- * Milk
- * Fruits, and or vegetables
- * Enriched or whole grains
- * Meats and or meat alternates

Recipe origin

The recipes included in the nutrient analysis are based on recipes provided by the United States Department of Agriculture’s (USDA) Recipes for Child Care and Schools, in addition to Lanakila Kitchen.

Some of the recipes were subsequently modified for nutritional considerations to keep in line with the overarching goals of the Dietary Guidelines for Americans, such as lowering of sodium, fat and inclusion of more whole grains.

The menu includes a footnote indicating which recipes can be found in the “Recipes” section of this resource and others which can be found directly on the websites for the USDA Recipes for Child Care:

http://teamnutrition.usda.gov/Resources/childcare_recipes.html

and the USDA Recipes for Schools:

http://teamnutrition.usda.gov/Resources/usda_recipes.html

Detailed 16-Day Menu

There is a more detailed version of the 16 Day Cycle Lunch Menu for Preschoolers found on pages 6-7, which specifies portions sizes specific for preschool aged children.

16 Day Cycle Lunch Menu

Week 1				
Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Day 5)
^S <i>Chili con carne with beans</i> *Hapa rice Corn Pears Wheat bread Margarine 1% Milk	*Chicken nuggets *Baked sweet potato fries ^{CC} <i>Broccoli & cauliflower polonaise</i> Apple slices ^S <i>Oatmeal muffin square</i> 1% Milk	*Tomato beef stew *Hapa rice Green beans Mandarin orange Wheat bread Margarine 1% Milk	^S <i>Tuna & noodles</i> *Orange-glazed carrots Banana Wheat bread Margarine 1% Milk	*Toasted cheese on wheat *Bean soup ^{CC} <i>Potato salad</i> Peaches 1% Milk
Week 2				
Monday (Day 6)	Tuesday (Day 7)	Wednesday (Day 8)	Thursday (Day 9)	Friday (Day 10)
*Beef & mac casserole Green beans Applesauce Wheat bread Margarine 1% Milk	*Kalua turkey & cabbage *Hapa rice Orange Wheat bread Margarine 1% Milk	*Egg salad in whole wheat pita *Tomato pasta soup Celery sticks Cucumber sticks *Hummus dip Fruit cocktail 1% Milk	*Beef lasagna *Garden salad French dressing Pineapple Wheat bread Margarine 1% Milk	*Oven-baked fish Tartar sauce *Baked beans Peas & carrots Apricots Wheat bread Margarine 1% Milk
Week 3				
Monday (Day 11)	Tuesday (Day 12)	Wednesday (Day 13)	Thursday (Day 14)	Friday (Day 15)
*Macaroni & cheese with ham ^{CC} <i>Cole slaw</i> Pears 1% Cottage cheese Wheat bread Margarine 1% Milk	*Pork tofu *Brown rice pilaf Edamame Grapefruit Wheat bread Margarine 1% Milk	*Meatloaf #2 ^S <i>Tomato sauce</i> ^{CC} <i>Mashed Potatoes</i> Mixed vegetables Apple slices Wheat bread Margarine 1% Milk	*Tuna salad in whole wheat pita ^S <i>Vegetable soup</i> ^S <i>Three bean salad</i> Watermelon 1% Milk	*Cheese pizza on whole wheat roll *Oven fries Carrot sticks ^S <i>Creamy dip for fresh vegetables</i> Mandarin orange 1% Milk
Week 4				
Monday (Day 16)				
*Roast turkey ^S <i>Chicken gravy</i> ^{CC} <i>Mashed potatoes</i> *Succotash Peaches Wheat bread Margarine 1% Milk	<p style="text-align: center;">*Recipes can be found in "Recipes" section</p> <p style="text-align: center;">^S<i>Recipes can be found on the USDA Recipes for Schools website: http://teamnutrition.usda.gov/Resources/usda_recipes.html</i></p> <p style="text-align: center;">^{CC}<i>Recipes can be found on the USDA Recipes for Child Care website: http://teamnutrition.usda.gov/Resources/childcare_recipes.html</i></p>			

16 Day Cycle Lunch Menu for Preschoolers (Detailed)

Week 1				
Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Day 5)
<p>½ cup ^S<i>Chili con carne with beans</i></p> <p>¼ cup *Hapa rice</p> <p>¼ cup Corn, frozen</p> <p>½ cup Pears, canned, light syrup</p> <p>1 slice Wheat bread</p> <p>1 teaspoon Margarine</p> <p>1 cup 1% Milk</p>	<p>1½ ounces *Chicken nuggets</p> <p>¼ cup *Baked sweet potato fries</p> <p>¼ cup ^{CC}<i>Broccoli & cauliflower polonaise</i></p> <p>½ cup Apple slices</p> <p>1 piece ^S<i>Oatmeal muffin square</i></p> <p>1 cup 1% Milk</p>	<p>1 cup *Tomato beef stew</p> <p>¼ cup *Hapa rice</p> <p>¼ cup Green beans, frozen</p> <p>½ cup Mandarin orange</p> <p>1 slice Wheat bread</p> <p>1 teaspoon Margarine</p> <p>1 cup 1% Milk</p>	<p>1 cup ^S<i>Tuna & noodles</i></p> <p>⅓ cup *Orange-glazed carrots</p> <p>½ each Banana</p> <p>1 slice Wheat bread</p> <p>1 teaspoon Margarine</p> <p>1 cup 1% Milk</p>	<p>1 sandwich *Toasted cheese on wheat</p> <p>1 cup *Bean soup</p> <p>⅓ cup ^{CC}<i>Potato salad</i></p> <p>½ cup Peaches, canned, light syrup</p> <p>1 cup 1% Milk</p>
Week 2				
Monday (Day 6)	Tuesday (Day 7)	Wednesday (Day 8)	Thursday (Day 9)	Friday (Day 10)
<p>⅔ cup *Beef & mac casserole</p> <p>½ cup Green beans, frozen</p> <p>½ cup Applesauce, unsweetened</p> <p>1 slice Wheat bread</p> <p>1 teaspoon Margarine</p> <p>1 cup 1% Milk</p>	<p>6 ounces *Kalua turkey & cabbage</p> <p>¼ cup *Hapa rice</p> <p>½ each Orange</p> <p>1 slice Wheat bread</p> <p>1 teaspoon Margarine</p> <p>1 cup 1% Milk</p>	<p>1 sandwich *Egg salad in whole wheat pita</p> <p>½ cup *Tomato pasta soup</p> <p>⅓ cup Celery sticks</p> <p>⅓ cup Cucumber sticks</p> <p>¼ cup *Hummus dip</p> <p>½ cup Fruit cocktail, canned, light syrup</p> <p>1 cup 1% Milk</p>	<p>1 piece (2" x 4") *Beef lasagna</p> <p>½ cup *Garden salad</p> <p>2 tablespoons French dressing</p> <p>¼ cup Pineapple chunks, canned, light syrup</p> <p>1 slice Wheat bread</p> <p>1 teaspoon Margarine</p> <p>1 cup 1% Milk</p>	<p>1½ ounces *Oven-baked fish</p> <p>2 tablespoons Tartar sauce</p> <p>⅓ cup *Baked beans</p> <p>¼ cup Peas & carrots, frozen</p> <p>½ cup Apricots, canned, light syrup</p> <p>1 slice Wheat bread</p> <p>1 teaspoon Margarine</p> <p>1 cup 1% Milk</p>

*Recipes found in "Recipes" section

^SRecipes can be found on the USDA Recipes for Schools website: http://teamnutrition.usda.gov/Resources/usda_recipes.html

^{CC}Recipes can be found on the USDA Recipes for Child Care website: http://teamnutrition.usda.gov/Resources/childcare_recipes.html

16 Day Cycle Lunch Menu for Preschoolers (Detailed)

Week 3				
Monday (Day 11)	Tuesday (Day 12)	Wednesday (Day 13)	Thursday (Day 14)	Friday (Day 15)
1 piece (2½" x 4") *Macaroni & cheese with ham ¼ cup ^{CC} Cole slaw ½ cup Pears, canned, light syrup ⅛ cup 1% Cottage cheese 1 slice Wheat bread 1 teaspoon Margarine 1 cup 1% Milk	½ cup *Pork tofu ½ cup *Brown rice pilaf ¼ cup Edamame, shelled ¼ cup Grapefruit sections, canned, juice 1 slice Wheat bread 1 teaspoon Margarine 1 cup 1% Milk	1 slice (4" x 2" x ¾") *Meatloaf #2 2 tablespoons ^S Tomato sauce ¼ cup ^{CC} Mashed Potatoes (instant) ¼ cup Mixed vegetables, frozen ¼ cup Apple slices 1 slice Wheat bread 1 teaspoon Margarine 1 cup 1% Milk	1 sandwich *Tuna salad in whole wheat pita ½ cup ^S Vegetable soup ¼ cup ^S Three bean salad ½ cup Watermelon, chunks 1 cup 1% Milk	2 halves *Cheese pizza on whole wheat roll 3 pieces *Oven fries ⅛ cup Carrot sticks 2 tablespoons ^S Creamy dip for fresh vegetables ½ cup Mandarin orange 1 cup 1% Milk
Week 4				
Monday (Day 16)				
1½ ounces *Roast turkey 2 tablespoons ^S Chicken gravy ¼ cup ^{CC} Mashed potatoes (instant) ¼ cup *Succotash ½ cup Peaches, canned, light syrup 1 slice Wheat bread 1 teaspoon Margarine 1 cup 1% Milk				

*Recipes found in "Recipes" section

^SRecipes can be found on the USDA Recipes for Schools website: http://teamnutrition.usda.gov/Resources/usda_recipes.html

^{CC}Recipes can be found on the USDA Recipes for Child Care website: http://teamnutrition.usda.gov/Resources/childcare_recipes.html

Recipes

Recipe Format

Recipe Title

BEEF AND MAC CASSEROLE Main Dish

Recipe Category:

Recipes are organized by food category:

- Vegetables
- Side dishes
- Grains
- Soups
- Sandwiches
- Main Dishes

Yield & Portion:

Each recipe indicates the total yield and portion size.

YIELD	PORTION	CREDIT
50 portions	¾ cup (3 ounces)	¾ cup provides 1½ ounce equivalent meat/meat alternate, ¼ cup vegetable, and the equivalent of ½ slice of bread

Ingredients:

Ingredients are listed in the order in which they are used in the recipe.

Ingredients specify the *form* that should be purchased, and how to prepare it prior to being added to the recipe.

Example:

Fresh onions, mature, chopped

Ingredients	Weight	Measure	Directions
Ground beef (no more than 15% fat)	6 pounds 8 ounces		1. Brown the ground beef in a large pot. Drain fat.
*Fresh onions, mature, chopped	12 ounces	2 cups	2. Add onions and sauté for 5 minutes or until onions are translucent.
Canned tomato paste, unsalted Water Sugar, granulated Dried basil Dried oregano Salt, iodized Garlic powder Ground black pepper	2 pounds 4 ounces	1 quart 2 quarts 1 cup 2 tablespoons 2 teaspoons 1½ teaspoons 1½ teaspoons 1½ teaspoons 1 tablespoon 1 teaspoon 1½ teaspoons	3. Add tomato paste, water, sugar, basil, oregano, salt, garlic powder and black pepper. Bring to a boil over medium heat. Reduce heat, cover and simmer for 20 minutes, stirring occasionally.
*Enriched elbow macaroni, cooked		3 quarts ½ cup	4. Stir cooked macaroni into meat sauce. Spread mixture into 4 pans (9" x 12" x 2"). 5. <i>CCP: Heat to 155°F or higher for at least 15 seconds.</i> 6. <i>CCP: Hold for hot service at 135°F or higher.</i>
			7. Portion with No. 10 scoop (¾ cup).

Creditability:

This indicates the food components that can be credited towards the meal pattern per designated portion.

Nutrition information:

Each recipe includes a table with major nutrients provided in one serving of the recipe.

NUTRIENTS PER ¾ CUP (3 OUNCE) SERVING			
Calories	205	Cholesterol	40 mg
Total fat	9 g	Sodium	130 mg
Saturated fat	3.5 g	Total carbohydrate	16 g
Trans fat	0.5 g	Dietary fiber	2 g
		Protein	14 g
		Vitamin A	16 RAE
		Vitamin C	5 mg
		Calcium	23 mg
		Iron	2.36 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:

Fresh onions, mature	14 ounces
Elbow macaroni, dry	1 pound 4½ ounces

Day: 6
Source: Mod CC D-03

Marketing Guide:

Some recipes include a buying guide for certain ingredients. Buying these quantities will ensure you will have the desired quantity for the recipe, as it accounts for waste and cooking yield.

Day:

This indicates which day (s) of the cycle menu this dish is offered. Days are numbered sequentially 1 through 16.

Source:

This indicates where the recipe originated:

- *Local*: local source
- *CC*: USDA Recipes for Child Care
- *Sch*: USDA Recipes for Schools

Vegetables

BAKED SWEET POTATO FRIES

Vegetable

YIELD	PORTION	CREDIT
25 portions	¼ cup (1½ ounces)	¼ cup provides ¼ cup vegetable

Ingredients	Weight	Measure	Directions
Nonstick cooking spray			<ol style="list-style-type: none"> 1. Preheat oven to 400°F. 2. Spray 2 half sheet (13" x 8" x 1") pans with nonstick cooking spray, lightly coating the entire area that will be used.
Fresh sweet potatoes	3 pounds 13 ounces (AP)		<ol style="list-style-type: none"> 3. Scrub and peel potatoes. Slice into strips as evenly as possible for French fries.
Olive oil		3 tablespoons	<ol style="list-style-type: none"> 4. In a large bowl, toss potatoes with olive oil. Spread fries out evenly onto prepared pans.
Ground black pepper Salt, iodized Paprika		½ teaspoon 1 teaspoon ½ teaspoon	<ol style="list-style-type: none"> 5. In a small bowl, combine pepper, salt, and paprika. Sprinkle 1 teaspoon of seasoning mix over each pan of potatoes.
			<ol style="list-style-type: none"> 6. Bake at 400°F for 30 minutes in oven, turning once after 15 minutes to help them crisp and also to help prevent burning. 7. <i>CCP: Hold for hot service at 135°F or higher.</i> 8. Portion with No. 16 scoop (¼ cup).

VARIATION:

If using frozen sweet potato fries, follow the manufacturer's instructions.

NUTRIENTS PER ¼ CUP (1½ OUNCE) SERVING			
Calories	50	Cholesterol	0 mg
Total fat	1.5 g	Sodium	110 mg
Saturated fat	0 g	Total carbohydrate	9 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	Contains less than 1 g

GARDEN SALAD

Vegetable

YIELD	PORTION	CREDIT
50 portions	½ cup	½ cup provides ½ cup vegetable

Ingredients	Weight	Measure	Directions
*Fresh iceberg lettuce, shredded *Fresh spinach	3 pounds 10 ounces 1 pound 4 ounces		1. In a large mixing bowl, combine the lettuce and spinach.
*Fresh tomatoes, diced *Fresh carrots, shredded *Fresh cucumber, diced	1 pound 12 ounces 1 pound 12 ounces 1 pound 4 ounces		2. Toss tomatoes, carrots and cucumbers with the lettuce and spinach mixture.
			3. Portion using a #8 scoop (½ cup).

NUTRIENTS PER ½ CUP SERVING			
Calories	20	Cholesterol	0 mg
Total fat	0 g	Sodium	20 mg
Saturated fat	0 g	Total carbohydrate	4 g
Trans fat	0 g	Dietary fiber	2 g
		Protein	1 g
		Vitamin A	579 RAE
		Vitamin C	12.6 mg
		Calcium	27 mg
		Iron	0.73 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh iceberg lettuce	4 pounds 13 ounces
Fresh spinach, partly trimmed	1 pound 7 ounces
Fresh tomatoes	2 pounds 1 ounce
Fresh carrots	2 pounds 2 ounces
Fresh cucumbers	1 pound 5 ounces

ORANGE-GLAZED CARROTS

Vegetable

YIELD	PORTION	CREDIT
50 portions	1/3 cup	1/3 cup provides 1/4 cup vegetables

Ingredients	Weight	Measure	Directions
			1. Preheat oven to 375°F.
Frozen sliced carrots	4 pounds 8 ounces	1 gallon	2. Steam frozen carrots for 4 minutes. Drain and place carrots into one steamtable pan (12" x 20" x 2 1/2").
Margarine Sugar, granulated Frozen orange juice concentrate Ground cinnamon	4 ounces 5 1/2 ounces 7 ounces	1/2 cup 3/4 cup 1 tablespoon 3/4 cup 1 teaspoon	3. To make the glaze, combine margarine, sugar, orange juice concentrate and cinnamon.
Water Cornstarch		1 cup 2 tablespoons 2 teaspoons	4. Mix cold water and cornstarch until dissolved. Add to glaze and stir to blend. Bring to a boil, then remove from heat. 5. Pour glaze over the carrots. 6. Bake at 375°F for 20-30 minutes. 7. <i>CCP: Heat to 135°F or higher for at least 15 seconds.</i> 8. <i>CCP: Hold for hot service at 135°F or higher.</i>
			9. Portion with No. 12 scoop (1/3 cup).

NUTRIENTS PER 1/3 CUP SERVING			
Calories	50	Cholesterol	0 mg
Total fat	2 g	Vitamin A	296 RAE
Saturated fat	0 g	Sodium	50 mg
Trans fat	0 g	Total carbohydrate	8 g
		Calcium	16 mg
		Dietary fiber	1 g
		Iron	0.19 mg
		Protein	0 g

OVEN FRIES

Vegetable

YIELD	PORTION	CREDIT
24 portions	3 pieces	3 pieces provides $\frac{3}{8}$ cup vegetable

Ingredients	Weight	Measure	Directions
			1. Preheat oven to 500°F.
Russet potatoes, raw, with skin (100 count—at least 8 ounces each)	6 pounds	12 each	2. Scrub potatoes well. Cut each potato into six pieces. Cover with cold water to retard discoloring.
Nonstick cooking spray			3. Spray two half-sheet pans (13" x 18" x 1") with nonstick cooking spray.
Vegetable oil		$\frac{1}{2}$ cup	4. Drain and pat potatoes with a dry clean cloth. In a large bowl, toss potatoes with oil and distribute potatoes evenly, skin side down on the half-sheet pans.
Ground black pepper Salt, iodized Paprika Parmesan cheese, grated		$\frac{1}{2}$ teaspoon 2 teaspoons $\frac{1}{2}$ teaspoon 2 tablespoons	5. In a bowl, combine pepper, salt and paprika. 6. Sprinkle $1\frac{1}{2}$ teaspoons of seasoning mix over each pan of potatoes. 7. Bake for 15 minutes. After 15 minutes, turn potatoes over to help the potatoes cook evenly. Bake for another 10-13 minutes. 8. Sprinkle 1 tablespoon of parmesan cheese over each pan of potatoes. Return to oven to bake for an additional minute. 9. <i>CCP: Heat to 135°F or higher for at least 15 seconds.</i>
			10. Portion is 3 pieces.

NUTRIENTS PER 3 PIECE SERVING			
Calories	130	Cholesterol	0 mg
		Vitamin A	4 RAE
Total fat	5 g	Sodium	210 mg
		Vitamin C	6.5 mg
Saturated fat	0 g	Total carbohydrate	21 g
		Calcium	21 mg
Trans fat	0 g	Dietary fiber	2 g
		Iron	1.00 mg
		Protein	3 g

SUCCOTASH

Vegetable

YIELD	PORTION	CREDIT
50 portions	¼ cup	¼ cup provides ¼ cup vegetables

Ingredients	Weight	Measure	Directions
Margarine	2 ounces		1. Melt the margarine.
Lima beans, baby, frozen, cooked Corn, frozen, cooked	2½ pounds 2½ pounds		2. In a large bowl, combine the cooked lima beans and corn. 3. Pour the melted margarine over the lima beans and corn and mix well. 3. Portion with a No. 16 scoop (¼ cup).

NUTRIENTS PER ¼ CUP SERVING					
Calories	40	Cholesterol	0 mg	Vitamin A	16 RAE
Total fat	0 g	Sodium	20 mg	Vitamin C	2.5 mg
Saturated fat	0 g	Total carbohydrate	8 g	Calcium	6 mg
Trans fat	0 g	Dietary fiber	2 g	Iron	0.38 mg
		Protein	2 g		

Side Dishes

BAKED BEANS

Side Dish

YIELD	PORTION	CREDIT
50 portions	1/3 cup	1/3 cup provides 1/4 cup vegetables and OR the equivalent of 1 ounce meat/meat alternate

Ingredients	Weight	Measure	Directions
Canned vegetarian baked beans	7 pounds 5 ounces	3 quarts 1 cup	<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Pour canned beans into a medium steamtable pan (12" x 20" x 2").
*Fresh onions, mature, chopped	12 ounces	2 cups	<ol style="list-style-type: none"> 3. In a separate bowl, combine onions, molasses, dry mustard, brown sugar, water and tomato paste. Blend. 4. Pour mixture over beans and stir to combine. 5. Cover pan. 6. Bake for 2 1/4 hours—remove cover during last 1/2 hour of baking to brown the beans. 7. <i>CCP: Heat to 135°F or higher for 15 seconds.</i>
Molasses	5 1/2 ounces	1/2 cup	
Mustard, dry	1 7/8 ounces	1 Tablespoon	
Brown sugar	1 7/8 ounces	1 cup	
Water	4 3/4 ounces	1/2 cup 1 1/2 teaspoons	
Canned tomato paste, without salt	4 3/4 ounces	1/2 cup 1 1/2 teaspoons	<ol style="list-style-type: none"> 8. <i>CCP: Hold for hot service at 135°F or higher.</i> 9. Portion with No. 12 scoop (1/3 cup).

NUTRIENTS PER 1/3 CUP SERVING			
Calories	80	Cholesterol	0 mg
Total fat	0 g	Sodium	230 mg
Saturated fat	0 g	Total carbohydrate	19 g
Trans fat	0 g	Dietary fiber	3 g
		Protein	3 g
		Vitamin A	18 RAE
		Vitamin C	1.1 mg
		Calcium	34 mg
		Iron	1.08 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh onions, mature	14 ounces

HUMMUS DIP

Side dish

YIELD	PORTION	CREDIT
10 portions	¼ cup	¼ cup provides ¾ ounce equivalent meat/meat alternate

Ingredients	Weight	Measure	Directions
Canned chickpeas (garbanzo beans), drained, rinsed	12½ ounces (drained)	1½ cups	1. Rinse chickpeas well and drain.
Yogurt, plain, lowfat Lemon juice Olive oil		1 cup ⅛ cup (2 tablespoons) 1½ teaspoons	2. In a blender, blend chickpeas, yogurt, lemon juice and olive oil until smooth. 3. <i>CCP: Hold for cold service at 41°F or lower.</i>
			4. Portion with No. 16 scoop (¼ cup).

SERVING SUGGESTIONS:

Serve with fresh vegetables, such as carrot or cucumber slices or with pita bread.

NUTRIENTS PER ¼ CUP SERVING			
Calories	50	Cholesterol	Less than 5 mg
Total fat	1.5 g	Sodium	70 mg
Saturated fat	0 g	Total carbohydrate	7 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	3 g
		Vitamin A	0.02 RAE
		Vitamin C	1.0 mg
		Calcium	42 mg
		Iron	0.33 mg

Grains

BROWN RICE PILAF

Grain

YIELD	PORTION	CREDIT
50 portions	½ cup (4 ounces)	½ cup provides the equivalent of 1 slice of bread ¼ cup provides the equivalent of ½ slice of bread

Ingredients	Weight	Measure	Directions
Brown rice, long grain, uncooked	2 pounds 14 ounces	1 quart ¾ cups	1. Preheat oven to 350°F. 2. Place 1 pound 7 ounces of brown rice into each of 2 (12" x 20" x 2½") steamtable pans. 3. Add 13½ ounces of white rice to each steamtable pan, and mix brown and white rice together.
Enriched white rice, long grain, uncooked	1 pound 11 ounces	1 quart	
Canned chicken broth, low sodium Ground black pepper *Fresh onions, mature, diced	4 ounces	1 gallon 2½ cups ½ teaspoon ¾ cup	4. In a large pot, heat the chicken broth, pepper and onions. Bring to a boil. 5. Add 2 quarts ¼ cups of the hot broth mixture to each steamtable pan. Cover each pan with foil or a metal lid. 6. Bake at 350°F for 50 minutes. 7. <i>CCP: Heat to 135°F or higher for at least 15 seconds.</i> 8. <i>CCP: Hold for hot service at 135°F or higher.</i>

NUTRIENTS PER ½ CUP SERVING			
Calories	160	Cholesterol	0 mg
Total fat	1 g	Sodium	30 mg
Saturated fat	0 g	Total carbohydrate	33 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	4 g
		Vitamin A	0 RAE
		Vitamin C	0.2 mg
		Calcium	12 mg
		Iron	1.20 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh onions, mature	5 ounces

HAPA RICE

Grain

YIELD	PORTION	CREDIT
50 portions	¼ cup	¼ cup is equivalent to ½ slice of bread

Ingredients	Weight	Measure	Directions
Brown rice, medium grain	1 pound 8 ounces		1. Rinse brown rice in a colander with cold water. Drain.
Water		1 quart 1 cup	2. Put brown rice into heavy 3 quart pot. Add 1 quart 1 cup water and allow to soak 4-5 hours, or overnight.
Enriched white rice, medium grain Water	1 pound	2⅓ cups	3. Do not rinse enriched white rice. Add white rice and an additional 2⅓ cups water to pot with soaked brown rice. Mix. 4. Cover pot and bring to boil over medium heat. Turn down heat to very low and cook for 20 minutes or until all water is gone. 5. Turn off heat. Let steam 15-20 minutes with cover on pot. 6. <i>CCP: Hold for hot service at 135°F or higher.</i>
			7. Portion with No. 16 scoop (¼ cup).

VARIATION:

Rice cooker may be used, but brown rice should still be soaked.

NUTRIENTS PER ¼ CUP SERVING					
Calories	80	Cholesterol	0 mg	Vitamin A	0 RAE
Total fat	0 g	Sodium	0 mg	Vitamin C	0 mg
Saturated fat	0 g	Total carbohydrate	18 g	Calcium	6.3 mg
Trans fat	0 g	Dietary fiber	Contains less than 1 g	Iron	0.64 mg
		Protein	2 g		

Soups

BEAN SOUP

Soup

YIELD	PORTION	CREDIT
50 portions	1 cup	1 cup provides 2 ounce equivalent meat/meat alternate & ⅛ cup vegetable ½ cup provides 1 ounce equivalent meat/meat alternate

Ingredients	Weight	Measure	Directions
Canned chicken or ham broth, low sodium *Cooked dry navy beans, no salt added Canned tomato paste, unsalted *Fresh onion, mature, chopped *Fresh, celery, chopped *Fresh carrots, chopped Ground black pepper Dried parsley	10 pounds, 2 ounces 7 ounces 14 ounces 6½ ounces 6½ ounces	2 gallons 1 quart 1 gallon 2½ quarts ¾ cup 1 tablespoon 2⅓ cups 1½ cups 2 tablespoons 1¾ cups 1 teaspoon ¼ cup	1. Combine broth, beans, tomato paste, onions, celery, carrots, black pepper and parsley in a large pot. Bring to a boil. (If desired, liquid from the cooked beans may be used as part of the broth.) 2. Reduce heat to low, cover and simmer for 20 minutes or until vegetables are tender. 3. <i>CCP: Heat to 135°F or higher for at least 15 seconds.</i>
Enriched all-purpose flour Water	4½ ounces	1 cup 1 tablespoon 1 cup	4. Combine flour and water in a small bowl and mix until smooth. 5. Add flour and water mixture to soup, stir well, and cook over medium heat until thickened for about 10-12 minutes. 6. <i>CCP: Hold for hot service at 135°F or higher.</i>
			7. Portion with 8 ounce ladle (1 cup).

SPECIAL TIP:

1 pound of dry navy beans = about 2¼ cups dry beans or 5½ - 6 cups cooked beans.

NUTRIENTS PER 1 CUP SERVING			
Calories	150	Cholesterol	0 mg
Total fat	1 g	Sodium	65 mg
Saturated fat	0 g	Total carbohydrate	26 g
Trans fat	0 g	Dietary fiber	9 g
		Protein	9 g
		Vitamin A	35 RAE
		Vitamin C	2.5 mg
		Calcium	71 mg
		Iron	2.67 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Dry navy beans	4 pounds 4 ounces
Fresh onions, mature	1 pound
Fresh celery	8 ounces
Fresh carrots	8 ounces

TOMATO PASTA SOUP

Soup

YIELD	PORTION	CREDIT
50 portions	½ cup	½ cup provides ¼ cup vegetables and the equivalent of ½ slice of bread

Ingredients	Weight	Measure	Directions
Enriched elbow macaroni, uncooked	1 pound 7 ounces	1 quart 1⅓ cups	<ol style="list-style-type: none"> 1. In a large pot, heat water to a rolling boil. 2. Slowly add macaroni, stirring constantly until water comes to a boil again. Cook for about 8 minutes or until tender, but firm. Drain and set aside.
Canned tomato juice Lowfat (1%) milk Dried bay leaves Canned tomato paste, unsalted Sugar, granulated Worcestershire sauce Celery salt Ground black pepper	4 ounces	3 quarts 2 quarts 4 each ½ cup ¼ cup 2 tablespoons 1 teaspoon ¼ teaspoon	<ol style="list-style-type: none"> 3. In a heavy pot, combine tomato juice, milk, bay leaves, tomato paste, sugar, Worcestershire sauce, celery salt and pepper. Simmer for 10 minutes, then remove bay leaves.
			<ol style="list-style-type: none"> 4. Add cooked macaroni to soup and stir well. 5. <i>CCP: Heat to 135°F or higher</i> 6. <i>CCP: Hold for hot service at 135°F or higher.</i>
			<ol style="list-style-type: none"> 7. Portion with 4 ounce ladle (½ cup).

VARIATION:

Use enriched alphabet pasta (1 pound 7 ounces, OR 1 quart 1⅓ cups) or enriched orzo (1 pound 7 ounces OR 3⅓ cups) OR a combination of all three types of pasta.

NUTRIENTS PER ½ CUP SERVING					
Calories	80	Cholesterol	Contains less than 5 mg	Vitamin A	18 RAE
Total fat	0.5 g	Sodium	210 mg	Vitamin C	13.7 mg
Saturated fat	0 g	Total carbohydrate	15 g	Calcium	58 mg
Trans fat	0 g	Dietary fiber	Contains less than 1g	Iron	0.64 mg
		Protein	4 g		

Sandwiches

EGG SALAD IN WHOLE WHEAT PITA Sandwich

YIELD	PORTION	CREDIT
50 portions	1 sandwich (2 halves)	1 sandwich provides 2 ounces equivalent meat/meat alternate and the equivalent of 1 slice of bread

Ingredients	Weight	Measure	Directions
Fresh large eggs, hard-boiled, peeled, chilled		50 each	1. Chop eggs coarsely.
*Fresh onions, mature, chopped fine *Fresh celery, chopped Ground black pepper Dry mustard Low-calorie mayonnaise-type salad dressing Sweet pickle relish, un-drained, chilled	8 ounces 14½ ounces 14 ounces 8½ ounces	1⅓ cups 3½ cups 1½ teaspoons 1½ teaspoons 1¾ cups 1 cup	2. In a large bowl, combine eggs, onions, celery, pepper, mustard, dressing, and relish. Mix until well blended.
			3. In 2 (12" x 20" x 2½") pans, spread 4 pounds (2 quarts ¼ cup) egg salad mixture evenly onto each pan to a depth of 2" or less. 4. Cover and refrigerate until ready to use. 5. <i>CCP: Cool to 41°F or lower within 4 hours.</i>
Whole wheat pita bread, 4" diameter		50 each	6. Cut each pita bread in half. 7. Portion egg salad mixture with No. 24 scoop (2¾ tablespoons) into each pita half. Cover with foil or metal cover. Refrigerate until ready to serve. 8. <i>CCP: Hold for cold service at 41°F or lower.</i>
			9. Portion is 1 sandwich (2 halves).

NUTRIENTS PER 1 SANDWICH SERVING			
Calories	180	Cholesterol	190 mg
Total fat	8 g	Sodium	310 mg
Saturated fat	2 g	Total carbohydrate	20 g
Trans fat	0 g	Dietary fiber	2 g
		Protein	9 g
		Vitamin A	80 RAE
		Vitamin C	0.6 mg
		Calcium	35 mg
		Iron	1.54 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh onions, mature	10 ounces
Fresh celery	1 pound 2 ounces

TOASTED CHEESE ON WHEAT Sandwich

YIELD	PORTION	CREDIT
50 portions	1 sandwich (2 halves)	1 sandwich provides 1 ounce equivalent meat/meat alternate and the equivalent of 2 slices of bread

Ingredients	Weight	Measure	Directions
			1. Preheat oven to 400°F.
Margarine, melted	6 ounces	¾ cup	2. Brush 3 (18" x 26" x 1") sheet pans, each with ½ ounce (1 tablespoon) margarine. Reserve the remaining margarine to use later.
Enriched wheat bread		100 slices	3. Place 20 slices of bread onto 2 sheet pans, 4 slices across and 5 slices down. Place 10 slices on the remaining pan.
Lowfat cheese, slices	3 pounds 2 ounces	50 slices (1 ounce each)	4. Put a slice of cheese onto each slice of bread and cover with remaining 50 bread slices. 5. Brush tops of sandwiches with remaining margarine. 6. Bake until lightly browned at 400°F for 15-20 minutes. DO NOT OVERBAKE. 7. If desired, cut each sandwich diagonally in half. 8. <i>CCP: Hold for hot service at 135°F or higher.</i>
			9. Portion is 1 sandwich (2 halves).

NUTRIENTS PER SANDWICH (2 HALVES)			
Calories	210	Cholesterol	5 mg
		Vitamin A	21 RAE
Total fat	6 g	Sodium	500 mg
		Vitamin C	0 mg
Saturated fat	2 g	Total carbohydrate	25 g
		Calcium	209 mg
Trans fat	0.5 g	Dietary fiber	3 g
		Iron	1.56 mg
		Protein	13 g

TUNA SALAD IN WHOLE WHEAT PITA Sandwich

YIELD	PORTION	CREDIT
50 portions	1 sandwich (2 halves)	1 sandwich provides 2 ounces equivalent meat/meat alternate, 1/8 cup vegetable, and the equivalent of 1 slice of bread

Ingredients	Weight	Measure	Directions
Tuna, canned in water, without salt	8 pounds 5 ounces	2-66½ ounce cans	1. In a large bowl, drain and flake the tuna.
*Fresh onion, mature, chopped *Fresh celery, chopped Pickle relish, sweet Dry mustard Low-calorie mayonnaise-type salad dressing	1 pound 2 pounds 8¾ ounces 2 pounds 11 ounces	1 cup 1½ teaspoons	2. Add the onions, celery, pickle relish dry mustard, and salad dressing to the tuna. Mix until well blended. 3. <i>CCP: Cool to 41°F or lower within 4 hours.</i> 4. Cover and refrigerate until ready to use.
Whole wheat pita bread, 4" diameter		50 each	5. Cut each pita bread diagonally in half and open pockets in each half. 6. Portion tuna salad with No. 16 scoop (¼ cup) into each half of the bread. 7. Cover and refrigerate until ready to serve.
			8. Portion is 1 sandwich (2 halves).

NUTRIENTS PER 1 SANDWICH SERVING			
Calories	210	Cholesterol	25 mg
Total fat	6 g	Sodium	350 mg
Saturated fat	1 g	Total carbohydrate	22 g
Trans fat	0 g	Dietary fiber	3 g
		Protein	18 g
		Vitamin A	13 RAE
		Vitamin C	1.3 mg
		Calcium	21 mg
		Iron	1.85 mg

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh onions, mature	1 pound 3 ounces
Fresh celery	2 pounds 7 ounces

Main Dishes

BEEF AND MAC CASSEROLE

Main Dish

YIELD	PORTION	CREDIT
50 portions	$\frac{3}{8}$ cup (3 ounces)	$\frac{3}{8}$ cup provides 1½ ounce equivalent meat/meat alternate, $\frac{1}{4}$ cup vegetable, and the equivalent of $\frac{1}{2}$ slice of bread

Ingredients	Weight	Measure	Directions
Ground beef (no more than 15% fat)	6 pounds 8 ounces		1. Brown the ground beef in a large pot. Drain fat.
*Fresh onions, mature, chopped	12 ounces	2 cups	2. Add onions and sauté for 5 minutes or until onions are translucent.
Canned tomato paste, unsalted Water Sugar, granulated Dried basil Dried oregano Salt, iodized Garlic powder Ground black pepper	2 pounds 4 ounces	1 quart 2 quarts 1 cup 2 tablespoons 2 teaspoons 1½ teaspoons 1½ teaspoons 1½ teaspoons 1 tablespoon 1 teaspoon 1½ teaspoons	3. Add tomato paste, water, sugar, basil, oregano, salt, garlic powder and black pepper. Bring to a boil over medium heat. Reduce heat, cover and simmer for 20 minutes, stirring occasionally.
*Enriched elbow macaroni, cooked		3 quarts $\frac{1}{2}$ cup	4. Stir cooked macaroni into meat sauce. Spread mixture into 4 pans (9" x 12" x 2"). 5. <i>CCP: Heat to 155°F or higher for at least 15 seconds.</i> 6. <i>CCP: Hold for hot service at 135°F or higher.</i>
			7. Portion with No. 10 scoop ($\frac{3}{8}$ cup).

NUTRIENTS PER $\frac{3}{8}$ CUP (3 OUNCE) SERVING			
Calories	205	Cholesterol	40 mg
		Vitamin A	16 RAE
Total fat	9 g	Sodium	130 mg
		Vitamin C	5 mg
Saturated fat	3.5 g	Total carbohydrate	16 g
		Calcium	23 mg
Trans fat	0.5 g	Dietary fiber	2 g
		Iron	2.36 mg
		Protein	14 g

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh onions, mature	14 ounces
Elbow macaroni, dry	1 pound 4½ ounces

BEEF LASAGNA

Main Dish

YIELD	PORTION	CREDIT
60 portions 2 pans (12" x 20" x 2½")	2" x 4" piece 30 pieces per pan	1 piece provides 1½ ounce equivalent meat/meat alternate, ⅜ cup vegetable, and the equivalent of ½ slice of bread

Ingredients	Weight	Measure	Directions
			1. Preheat oven to 350°F.
Ground beef (no more than 15% fat) *Fresh onions, mature, chopped Garlic powder	3 pounds 4 ounces 3 pounds	2 tablespoons	2. Brown the ground beef in a large pot. Drain fat. Add onions and garlic powder and cook for 5 minutes.
Ground black pepper Dried parsley Canned diced tomatoes, with juice Canned tomato paste, unsalted Water Dried basil Dried oregano Dried marjoram Dried thyme	1 pound 12 ounces	1 teaspoon ¼ cup 2 quarts ¼ cup 3 quarts 3 tablespoons 3 tablespoons 1 tablespoon 1 teaspoon	3. Add pepper, parsley, diced tomatoes, tomato paste, water, basil, oregano, marjoram and thyme. Heat to boiling while uncovered. Remove pot from heat.
Nonstick cooking spray			4. Spray 2 (12" x 20" x 2½") pans with nonstick cooking spray, lightly coating the bottoms and sides.
Enriched lasagna noodles, uncooked American and skim milk cheese blend, shredded Reduced fat mozzarella cheese, shredded	2 pounds 12 ounces 1 pound 9 ounces 2 pounds 6 ounces	56 each	5. For each pan, layer ingredients as follows: <ul style="list-style-type: none"> • 1st layer: spread 1 quart ½ cup of sauce mixture evenly in pans • 2nd layer: lay 14 uncooked noodles evenly, lengthwise • 3rd layer: spread 1 quart ½ cup of sauce mixture evenly over noodles • 4th layer: sprinkle 6¼ ounces (1½ cups 1 tablespoon) of American cheese and 9½ ounces (2¼ cups 2 tablespoons) mozzarella cheese evenly over sauce layer • 5th layer: lay 14 uncooked noodles evenly over cheese, crosswise • 6th layer: spread remaining sauce mixture evenly over noodles • 7th layer: sprinkle remaining American cheese and mozzarella cheese evenly over sauce layer

BEEF LASAGNA

Main Dish

Ingredients	Weight	Measure	Directions
			6. Tightly cover pans with lids or foil and bake at 350°F for 1¼-1½ hours. 7. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> 8. Remove pans from oven and uncover. Let stand for 15 minutes. 9. Cut each pan 5 x 6 to yield 30 pieces per pan. 10. <i>CCP: Hold for hot service at 135°F or higher.</i>

VARIATION:

Recipe for Italian seasoning mix as follows yields 1 quart:

Ingredients	Weight	Measure	Directions
Dried basil Dried oregano Dried marjoram Dried thyme		1¼ cups 2 tablespoons 1¼ cups 2 tablespoons 1 cup ¼ cup	1. Combine all ingredients. 2. Store in air tight container. Before using, stir or shake well as ingredients may settle during storage.

For 60 servings of Beef Lasagna, use ¼ cup 3 tablespoons of Italian seasoning mix to replace the basil, oregano, marjoram, and thyme.

NUTRIENTS PER 2" x 4" PIECE			
Calories	210	Cholesterol	30 mg
		Vitamin A	29 RAE
Total fat	7 g	Sodium	360 mg
		Vitamin C	9.1 mg
Saturated fat	3.5 g	Total carbohydrate	23 g
		Calcium	309 mg
Trans fat	0 g	Dietary fiber	2 g
		Iron	2.11 mg
		Protein	16 g

*Marketing Guide—Food AS PURCHASED for 60 portions:	
Fresh onions, mature	3 pounds 7 ounces

CHEESE PIZZA ON WHOLE WHEAT ROLL

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 each (2 halves)	1 pizza (2 halves) provides 1½ ounce equivalent of meat/meat alternate, the equivalent of 2 slices of bread, and ⅛ cup vegetable

Ingredients	Weight	Measure	Directions
*Fresh onions, mature, chopped Garlic powder Ground black pepper Canned tomato paste, without salt Salt, iodized Water Dried basil Dried oregano Dried marjoram Dried thyme	4 ounces 1 pound 6 ounces	⅔ cup 2 teaspoons 1½ teaspoons 1½ teaspoons 5 cups 1½ teaspoons 1½ teaspoons ⅜ teaspoon ⅜ teaspoon	<ol style="list-style-type: none"> 1. Preheat oven to 400°F. 2. In a large pot, combine onions, garlic powder, pepper, tomato paste, salt, water, basil, oregano, marjoram, and thyme. Simmer for 15 minutes. 3. <i>CCP: Heat to 135°F or higher for 15 seconds.</i>
Dinner rolls, whole wheat, split Reduced fat mozzarella cheese, shredded	 4 pounds 11 ounces	 50 rolls	<ol style="list-style-type: none"> 4. Place split rolls on 4 sheet pans (18" x 26" x 1") with 25 halves per pan. 5. Onto each half roll, spread about 1½ tablespoons sauce. 6. Top each half roll with ¼ ounce (about 3 tablespoons) cheese. 7. Bake for 8 minutes until cheese is melted. 8. <i>CCP: Hold for hot service at 135°F or higher.</i>
			<ol style="list-style-type: none"> 9. Portion is 2 open-faced halves.

NUTRIENTS PER 1 PIZZA SERVING			
Calories	230	Cholesterol	30 mg
		Vitamin A	113 RAE
Total fat	11 g	Sodium	530 mg
		Vitamin C	2.9 mg
Saturated fat	5 g	Total carbohydrate	15 g
		Calcium	365 mg
Trans fat	0 g	Dietary fiber	4 g
		Iron	1.61 mg
		Protein	15 g

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh onions, mature	5 ounces

CHICKEN NUGGETS

Main Dish

YIELD	PORTION	CREDIT
25 portions	2 pieces (1½ ounces)	2 pieces provides 1½ ounce equivalent meat/meat alternate

Ingredients	Weight	Measure	Directions
Nonstick cooking spray			1. Preheat oven to 500°F. 2. Spray 2 half-sheet (13" x 18" x 1") pans with nonstick cooking spray, lightly coating entire area of pan that will be used.
Enriched bread crumbs, plain Salt, iodized Ground black pepper	4 ounces	¾ cup 1½ teaspoons ½ teaspoon	3. In a small bowl, combine bread crumbs, salt and pepper.
Chicken tenders, at least 1.1 ounces each Low calorie mayonnaise-type salad dressing	3½ pounds 3 ounces	50 each ⅓ cup	4. In a large bowl, coat chicken pieces in dressing.
			5. Roll chicken pieces in bread crumbs to evenly coat. 6. Place 25 pieces of chicken in a single layer onto each prepared pan. 7. Bake at 500°F for 13-17 minutes. 8. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> 9. <i>CCP: Hold for hot service at 135°F or higher.</i>
			10. Portion is 2 pieces (1½ ounces).

NUTRIENTS PER 2 PIECE (1½ OUNCE) SERVING			
Calories	80	Cholesterol	40 mg
		Vitamin A	1 RAE
Total fat	1 g	Sodium	230 mg
		Vitamin C	0 mg
Saturated fat	0 g	Total carbohydrate	4 g
		Calcium	7 mg
Trans fat	0 g	Dietary fiber	0 g
		Iron	0.60 mg
		Protein	15 g

KALUA TURKEY AND CABBAGE

Main Dish

YIELD	PORTION	CREDIT	
50 portions	6 ounces	6 ounces provides 1½ ounce equivalent meat/meat alternate and ½ cup vegetables	
Ingredients	Weight	Measure	Directions
Ti or banana leaves		12 each	1. Two days prior to service, wash ti or banana leaves. Remove ribs or stems. Place evenly into 12" x 20" x 2½" pan, with leaves radiating from center.
Turkey, whole	11¼ pounds, AP		2. Trim visible fat off turkey. Poke several holes into turkey using a meat fork.
Salt, Hawaiian (or Kosher or rock salt) Liquid smoke	1 ounce	2 tablespoons 1½ teaspoons 2 tablespoons	3. Rub salt, then liquid smoke onto turkey, allowing seasoning to enter holes.
			4. Place turkey onto leaves in pan. Wrap turkey in leaves and then in foil. Refrigerate overnight. 5. <i>CCP: Cool to 41°F or lower within 4 hours.</i> 6. One day prior to service, roast turkey at 350°F for 5-6 hours in oven. 7. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> 8. Carefully remove foil and leaves. Cut cooked turkey in halves or quarters and place into a clean 12" x 20" x 2½" pan to cool in the refrigerator. 9. <i>CCP: Cool to 70°F within 2 hours, and from 70°F to 41°F or lower within an additional 4 hours.</i>
Cabbage, head	7 pounds, 6 ounces AP		10. On day of service, prepare cabbage by removing wilted outside leaves. Rinse cabbage and remove core. Shred cabbage coarsely. 11. Shred turkey with a fork and cook with shredded cabbage. 12. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> 13. Place in 2 serving pans (12" x 20" x 2½"). 14. <i>CCP: Hold for hot service at 135°F or higher.</i>
			15. Portion with 6 ounce ladle or serving spoon (¾ cup).

NUTRIENTS PER 6 OUNCE SERVING			
Calories	140	Cholesterol	55 mg
Total fat	6 g	Sodium	320 mg
Saturated fat	1.5 g	Total carbohydrate	3 g
Trans fat	0 g	Dietary fiber	1 g
		Protein	17 g

MACARONI CHEESE WITH HAM

Main Dish

YIELD	PORTION	CREDIT			
50 portions 2 pans (12" x 20" x 2½")	2½" x 4" piece 25 pieces per pan	1 piece provides 1½ ounce equivalent meat/meat alternate and the equivalent of 1 slice of bread			
Ingredients	Weight	Measure	Directions		
			1. Preheat oven to 350°F.		
Water		5 gallons	2. Bring water to boil in a large pot.		
Enriched elbow macaroni, uncooked	2 pounds 10 ounces	2 quarts 1¼ cups	3. Add macaroni, stirring constantly until water boils again. Cook uncovered about 8-10 minutes or until tender-firm. DO NOT OVERCOOK. Drain.		
Margarine	12 ounces	1½ cups	4. Melt margarine in a 15 quart stock pot or 20 quart steam-jacketed kettle.		
Enriched all-purpose flour Salt, iodized Dry mustard Ground black pepper Paprika	12 ounces	2¾ cups 1 tablespoon 1 tablespoon 1 teaspoon 1 tablespoon	5. Combine flour, salt, dry mustard, pepper and paprika in a bowl, and add to melted margarine. Cook for 2 minutes over medium heat, while stirring constantly. Do not brown.		
Lowfat (1%) milk		1 gallon 1 quart	6. Gradually add milk, stirring constantly with a wire whisk. Cook until white sauce thickens.		
Worcestershire sauce Parmesan cheese, grated Reduced fat cheddar cheese, shredded	4 ounces 2 pounds 8 ounces	2 teaspoons 1½ cups 2 quarts 2 cups	7. Add Worcestershire sauce, Parmesan cheese and shredded cheddar cheese to the white sauce. Stir over low heat until cheese melts. 8. Combine well-drained macaroni and white sauce; mix well. Place half of mixture into 2 steamtable pans (12" x 20" x 2½").		
Precooked, cured ham, diced	1 pound 5 ounces		9. Add 10½ ounces diced ham to each pan and mix. Cover with lid or foil. 10. Bake at 350°F for 30 minutes in oven. 11. CCP: Heat to 145°F or higher for 15 seconds.		
Enriched soft bread crumbs Reduced fat cheddar cheese, shredded	6 ounces 1 pound	2 cups 1 quart	12. In a large bowl, combine bread crumbs and shredded cheddar cheese.. 13. Sprinkle 11 ounces (3 cups) of crumb mixture over each pan and bake 14. uncovered for another 5 minutes, until lightly browned. 15. Cut each pan 5 x 5 to yield 25 pieces per pan. 16. CCP: Hold for hot service at 135°F or higher.		

NUTRIENTS PER 2½" x 4" PIECE

Calories	320	Cholesterol	35 mg	Vitamin A	75 RAE
Total fat	15 g	Sodium	700 mg	Vitamin C	1.9 mg
Saturated fat	6 g	Total carbohydrate	30 g	Calcium	584 mg
Trans fat	1 g	Dietary fiber	1 g	Iron	1.33 mg
		Protein	18 g		

MEATLOAF #2

Main Dish

YIELD	PORTION	CREDIT	
50 portions 2 loaves per 12" x 20" x 2½" pan	4" x 2" x ¾" slice 25 slices per loaf	1 slice provides 2 ounces equivalent meat/meat alternate, ⅓ cup of vegetable and the equivalent of ¼ slice of bread	
Ingredients	Weight	Measure	Directions
			1. Preheat oven to 350°F.
Canned unsalted tomato paste Water Fresh large eggs Rolled oats Instant nonfat dry milk Canned (or reconstituted granules) low sodium beef stock	6 ounces 14½ ounces 2¼ ounces	⅔ cup 1 cup 5 each 1 quart 1 cup ¾ cup 2 tablespoons 2 cups	2. In a 20 quart mixer bowl with paddle attachment, combine tomato paste, water, eggs, oats, dry milk and beef stock. Mix for 2 minutes on medium speed.
Ground beef (no more than 15% fat) *Fresh onions, mature, chopped fine *Fresh celery, chopped fine Dried parsley Ground black pepper Garlic powder Salt, iodized Dried basil Dried oregano Dried marjoram Dried thyme	7 pounds 14 ounces 9 ounces 1 pound	1½ cups ¾ cups ¼ cup 1 tablespoon 1 tablespoon 1 teaspoon ¾ teaspoon ¾ teaspoon ½ teaspoon ½ teaspoon	3. Add ground beef, onions, celery, parsley, pepper, garlic powder, salt, basil, oregano, marjoram and thyme. 4. Mix on low speed for 2 to 3 minutes or until blended. DO NOT OVERMIX. 5. Press meat mixture into one steamtable pan (12" x 20" x 2½"), smooth the top and separate the mixture down the middle lengthwise into 2 equal loaves. 6. Bake at 350°F for 1½ hours. 7. <i>CCP: Heat to 155°F or higher for at least 15 seconds or 165°F or higher for at least 15 seconds if using homemade stock.</i> 8. Drain fat from pan and let meatloaf stand for 20 minutes. 9. Cut each loaf into 25 slices, approximately ¾" thick. 10. <i>CCP: Hold for hot service at 135°F or higher.</i>
			11. Portion is 1 slice, ¾" thick.

SERVING SUGGESTION:

Serve with brown gravy or tomato sauce.

NUTRIENTS PER ¾" SLICE			
Calories	210	Cholesterol	70 mg
		Vitamin A	22 RAE
Total fat	12 g	Sodium	125 mg
		Vitamin C	1.8 mg
Saturated fat	4.5 g	Total carbohydrate	8 g
		Calcium	44 mg
Trans fat	0.5 g	Dietary fiber	1 g
		Iron	2.25 mg
		Protein	16 g

*Marketing Guide—Food AS PURCHASED for 50 portions:	
Fresh onions, mature	11 ounces
Fresh celery	1 pound 4 ounces

OVEN-BAKED FISH

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 piece (1½ ounces)	1 piece provides 1½ ounce equivalent meat/meat alternate

Ingredients	Weight	Measure	Directions
			1. Preheat oven to 500°F.
Nonstick cooking spray			2. Spray 4 half-sheet (13" x 18" x 1") pans with nonstick cooking spray, lightly coating the entire surface that will be used.
Enriched dry bread crumbs, plain Salt, iodized Ground black pepper	8 ounces	1½ cups 1 tablespoon 1 teaspoon	3. In a small bowl, combine bread crumbs, salt and pepper. Set aside.
Fresh or frozen fish fillets, thawed Lowfat plain yogurt OR Lowfat mayonnaise OR Low-calorie mayonnaise-type salad dressing	6 pounds 14 ounces 6 ounces	50 pieces, at least 2.2 ounces each ⅔ cup	4. Pat fish pieces dry using paper towels. 5. In a large bowl, coat fish pieces in yogurt OR dressing OR mayonnaise. 6. Roll fish pieces in bread crumbs to evenly coat. 7. Place 12 to 13 pieces of fish in a single layer on each prepared pan. 9. Bake at 500°F for 17 minutes in oven, until the fish flakes easily with a fork. 10. CCP: Heat to 145°F or higher for at least 15 seconds. 11. CCP: Hold for hot service at 135°F or higher.
			12. Portion is 1 piece (1½ ounces).

NUTRIENTS PER 1 PIECE (1½ OUNCE) SERVING					
Calories	70	Cholesterol	30 mg	Vitamin A	7 RAE
Total fat	1.5 g	Sodium	320 mg	Vitamin C	0.2 mg
Saturated fat	0 g	Total carbohydrate	4 g	Calcium	24 mg
Trans fat	0 g	Dietary fiber	0 g	Iron	0.38 mg
		Protein	10 g		

PORK TOFU

Main Dish

YIELD	PORTION	CREDIT
12 portions	½ cup	½ cup provides 1 ounce equivalent meat/meat alternate and ⅓ cup vegetables

Ingredients	Weight	Measure	Directions
Nonstick cooking spray			1. Lightly coat a large skillet with nonstick cooking spray.
Pork, Boston butt, boneless, cut into thin, small slices	1 pound 4 ounces		2. Brown the pork in the prepared skillet.
*Fresh onions, mature, cut into thin short slices	4 ounces		3. Add onions to the pork and cook over low heat until the pork is tender.
*Fresh carrots, sliced thin Canned mushrooms, drained, sliced Canned bamboo shoots, drained, sliced thin	4 ounces	¼ cup ¼ cup	4. Add carrots, mushrooms and bamboo shoots.
Oyster sauce Sesame oil		2 tablespoons 1 teaspoon	5. Add oyster sauce and sesame oil. Stir to combine.
Firm tofu, drained, cut into cubes	20 ounces		6. Add the tofu to the skillet. 7. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> 8. <i>CCP: Hold for hot service at 135°F or higher.</i>
*Fresh green onions, sliced		¼ cup	9. Garnish with green onions.
			10. Portion with No. 8 scoop (½ cup).

NUTRIENTS PER ½ CUP SERVING			
Calories	140	Cholesterol	30 mg
		Vitamin A	65 RAE
Total fat	8 g	Sodium	130 mg
		Vitamin C	2.1 mg
Saturated fat	2.5 g	Total carbohydrate	4 g
		Calcium	74 mg
Trans fat	0 g	Dietary fiber	Contains less than 1g
		Iron	1.23 mg
		Protein	13 g

*Marketing Guide—Food AS PURCHASED for 12 portions:	
Fresh onions, mature	5 ounces
Fresh carrots	5 ounces
Fresh green onions	2½ ounces

ROAST TURKEY

Main Dish

YIELD	PORTION	CREDIT
50 portions	1½ ounces	1½ ounces provides 1½ ounce equivalent meat/meat alternate

Ingredients	Weight	Measure	Directions
Turkey roast, boneless, fresh or frozen	7¼ pounds		<ol style="list-style-type: none"> 1. For frozen turkeys, thaw completely in the original wrapper in the refrigerator in a pan. 2. Place turkey roast on a rack in a pan. 3. Roast turkey according to directions on package, or at 325°F for 3-4 hours. 4. <i>CCP: Heat to an internal temperature of 165°F or higher for 15 seconds.</i> 5. Allow to rest for 10 minutes. 6. Slice into 1½ portions. 7. <i>CCP: Hold for hot service at 135°F or higher.</i>
			8. Portion is 1½ ounces.

NUTRIENTS PER 1½ OUNCE SERVING			
Calories	80	Cholesterol	35 mg
		Vitamin A	0 RAE
Total fat	1.5 g	Sodium	440 mg
		Vitamin C	0 mg
Saturated fat	0.5 g	Total carbohydrate	4 g
		Calcium	0 mg
Trans fat	0 g	Dietary fiber	0 g
		Iron	1.37 mg
		Protein	12 g

TOMATO BEEF STEW

Main Dish

YIELD	PORTION	CREDIT
50 portions	1 cup	1 cup provides 1½ ounce equivalent meat/meat alternate and ¼ cup vegetables

Ingredients	Weight	Measure	Directions
Raw beef chuck pot roast, lean, boneless	9 pounds		1. Cut beef into cubes and brown in steam-jacketed kettle or oven.
Water Salt, iodized Ground black pepper Worcestershire sauce		2 quarts 2 tablespoons 2 teaspoons ¾ cup	2. Add water, salt, pepper and Worcestershire sauce. Cover and simmer for 2 hours, or until meat is tender. Add more water as needed.
Fresh potatoes, white or russet, diced Fresh carrots, sliced Fresh onions, mature, chopped Fresh celery, diced	4 pounds, AP 3 pounds, AP 1 pound, AP 12 ounces, AP		3. Cook potatoes, carrots, onions and celery in a steamer or in a small amount of water in a kettle or oven. Vegetables may also be cooked with the meat.
Enriched all-purpose flour Water	12 ounces	1 quart	4. Mix flour and water until smooth, then add to meat and cook until thickened.
Canned crushed tomatoes		3 cups	5. Add tomatoes and cooked vegetables. Cook over medium heat until heated through. 6. <i>CCP: Heat to 165°F or higher for at least 15 seconds.</i> 7. <i>CCP: Hold for hot service at 135°F or higher.</i>
			8. Portion with 8 ounce ladle (1 cup).

NUTRIENTS PER 1 CUP (8 OUNCE) SERVING			
Calories	170	Cholesterol	50 mg
		Vitamin A	214 RAE
Total fat	3.5 g	Sodium	400 mg
		Vitamin C	11.2 mg
Saturated fat	1 g	Total carbohydrate	16 g
		Calcium	32 mg
Trans fat	0 g	Dietary fiber	2 g
		Iron	2.24 mg
		Protein	19 g

Comments

Comment Sheet

Thank you for utilizing the Hawaii Child Care Nutrition Program's Nutrient Analyzed 16-Day Cycle Lunch Menu for Preschoolers. To help improve our efforts of providing appropriate, quality nutrition resources to those feeding the children of Hawaii, we would greatly appreciate any comments, concerns or feedback you can provide about this cycle menu. Your comments will be anonymous and will be considered to help improve this resource.

Please complete the questionnaire below and send it to:

Hawaii Child Care Nutrition Program
1955 East-West Road, #306
Honolulu, HI 96822
Fax: (808) 956-6457
Email: hccnp@hawaii.edu

1. How long have you used / been using the 16-day cycle menu at your facility?
(Example: about 6 months)

2. Was this 16 day cycle menu easy to follow and practical to implement at your facility? If not, please provide a brief explanation.

3. Were there any discrepancies or errors that you came across with the recipes provided in this resource? Such as recipe yield, recipe directions, marketing guide information, etc. Please specify recipe(s) and error(s).

4. Were any of the recipes not well received by the children or families? Please specify recipe(s) and possible reason(s) why.

5. Do you have any suggestions for improvements?

Thank you for your time and also for your efforts to feed your children healthy foods!

Additional Resources

Websites

Additional menu planning and food safety resources can be found on the following websites:

USDA Recipes:

Looking for more recipes? These resources not only provide more recipes, but also provide a wealth of useful quantity food production information, such as proper safe food handling practices from receiving to preparing foods in addition to helpful reference charts and tables.

for Child Care:

http://teamnutrition.usda.gov/Resources/childcare_recipes.html

for Schools:

http://teamnutrition.usda.gov/Resources/usda_recipes.html

Food Buying Guide for Child Nutrition Programs:

A comprehensive collection of yield data for commonly used foods in quantity foods production with supplementary information on calculating creditability for your recipes.
<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>

Hawaii Child Care Nutrition Program:

This program website augments HCCNP's efforts to assist and support child care providers and related agencies in meeting nutrition related licensing requirements. It contains menu planning resources and other relevant nutrition information geared to promote quality nutrition services in licensed child care facilities.
<http://www.ctahr.hawaii.edu/NEW/HCCNP/>

Team Nutrition – Menu Planning:

Take advantage of all the useful resources and information made available on this website from fact sheets about different foods, strategies to lower sodium in your meals to more tips on planning menus.
<http://healthymeals.nal.usda.gov/menu-planning-0>

Team Nutrition – Resource Library – Food Safety:

From choking prevention in young children, to handwashing, to general food safety information, this website provides a wealth of information to keep your food safe.
<http://healthymeals.nal.usda.gov/resource-library/food-safety>

USDA Child and Adult Care Food Program:

Learn more about this vital program that provides countless resources to help centers serve quality, nutritious meals and snacks.
<http://www.fns.usda.gov/cnd/care/>

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