



# Chef Dave Mac's HealthierUS School Challenge Recipes



MICHIGAN  
NUTRITION  
STANDARDS



# HUSSC Recipes: Chef Dave McNamara 2011

## Soups

1. Hearty Tuscany
2. Southwest Chicken

## Salads

1. Michigan Salad
2. Greek Salad
3. Broccoli Salad

## Stir Fry and Entrees

1. Chicken Stir Fry with Rice Pilaf
2. The Whole Enchilada
3. Greek Chicken Penne
4. Sweet Potato Bowls
5. Sweet Potato Quesadillas
6. Turkey Broccoli Pilaf
7. Purple Monster Smoothie

## Sandwiches

1. Turkey Florentine Wrap
2. Spicy Romaine Wrap

## Signature / School Fresh Vegetables

1. Cheerios Sweet Potatoes
2. Smokin' Hot and Lime Sweet Potatoes
3. Posh Squash
4. Salsa

## Condiments

1. Sweet Potato Dipping Sauce

## Terminology

Revised November 2011

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## Soup Making Suggestions from Chef Dave Mac

**Goal: To create and serve soups providing the ½ cup vegetable component.**

### Broth Soup Steps

1. Heat stock
2. Cut and cook the contents
3. Adjust thickness
4. Season

### Cream Soup Steps

1. Heat stock in the top of a double boiler
2. Cut and cook ingredients
3. Add cream or milk
4. Add roux or thickening agent, whip well
5. Place soup on top of the bottom of the double boiler

### Bean Soup Tips

- Wash and soak dried beans the night before
- Discard water and rinse
- Heat stock and add the beans
- Expect that the beans will need two to three hours to cook
- The beans will take on the flavors in the stock
- Bean soup has better flavor development the next day

**Roux:** Melt 1 pound of margarine. Slowly stir in 3 to 4 cups of flour. Cook over a low flame for ten minutes. It should have the consistency of wet sand. Add to cream soups when the stock is at a near boil. You will need about one cup of roux per gallon of soup.

**Stock:** Use a quality base that does not list salt as the first ingredient. Follow directions for mixing.

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|  |                   |
|--|-------------------|
| <b>001331 - Soup hearty Tuscany : Chef Dave Mac</b>                                  | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 32<br>Size of Portion: cup |                   |

| Ingredients  | Measures   | Instructions  |
|--|--|---|
| 014429 WATER,TAP,MUNICIPAL.....<br>902577 Chicken base low sodium Minors.....<br>901744 Sauce spaghetti GFS.....<br>050479 BEANS, GREAT NORTHERN, CANNED, SOLIDS AN...<br>902263 Ham diced 56g 2z GFS..... | 3 qts<br>2 Tbsp<br>2 qts<br>3 qts<br>1 lb  | Heat water, add chicken base stirring to dissolve. Stir in spaghetti sauce. Add beans and simmer. |
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....<br>011333 PEPPERS,SWT,GRN,RAW.....<br>990620 CARROTS,FRESH,RAW.....<br>011143 CELERY,RAW.....<br>011282 ONIONS,RAW.....                                  | 4 medium whole (2-3/5" dia)<br>4 medium (2-3/4" x 2-1/2")<br>1 1/2 CUPS (diced)<br>1 1/2 CUPS (chopped)<br>1/2 CUP (chopped) | Dice the ham and all vegetables. Add to the simmering mixture.                                    |
| 902545 Basil leaf dried .4g GFS.....<br>002020 GARLIC POWDER.....  | 1 Tbsp + 1 tsp<br>1 tsp  | Season the soup with basil and garlic powder.   |
|  |  | Serve 1 cup portions.   |

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

|                        |          |               |         |           |           |                    |            |         |                             |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|------------|---------|-----------------------------|
| Calories               | 182 kcal | Cholesterol   | 7 mg    | Protein   | 11.63 g   | Calcium            | 79.88 mg   | 5.77%   | Calories from Total Fat     |
| Total Fat              | 1.17 g   | Sodium        | 747 mg  | Vitamin A | 356.7 RE  | Iron               | 2.49 mg    | 1.93%   | Calories from Saturated Fat |
| Saturated Fat          | 0.39 g   | Carbohydrates | 30.83 g | Vitamin A | 1704.8 IU | Water <sup>1</sup> | *131.95* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 7.13 g  | Vitamin C | 20.7 mg   | Ash <sup>1</sup>   | *0.37* g   | 67.75%  | Calories from Carbohydrates |
|                        |          |               |         |           |           |                    |            | 25.56%  | 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

<sup>1</sup> - denotes optional nutrient values

2 oz M/MA, 1/2 C F/V, 1 legume

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|  |                   |
|--|-------------------|
| <b>002042 - Soup SW Chicken Tortilla : Chef Dave Mac</b>   | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: 1 cup<br>Alternate Recipe Name: Southwest Chicken Tortilla Soup |                   |

| Ingredients  | Measures   | Instructions   |
|--|--|--|
| 014429 WATER,TAP,MUNICIPAL.....<br>902577 Chicken base low sodium Minors.....<br>902512 Chicken diced 40# comm.....<br>903121 Seasoning zesty no salt 3g.....                        | 3 qts<br>1/2 Tbsp<br>1 lb<br>1/2 Tbsp  | In a 5 gallon stock pot or steam jacketed kettle, bring water to a boil, add chicken base to prepare stock. Add diced chicken and Zesty Seasoning. |
| 050479 BEANS, GREAT NORTHERN, CANNED, SOLIDS AN....<br>050477 BEANS, KIDNEY, RED, CANNED, SOLIDS AND L.....<br>020040 RICE,BROWN,MEDIUM-GRAIN,RAW.....<br>902572 Salsa comm 29g..... | 3 cups<br>3 cups<br>1/4 cup<br>1 cup   | Add beans, rice and salsa to prepared stock.   |
| 011143 CELERY,RAW.....<br>990620 CARROTS,FRESH,RAW.....<br>011333 PEPPERS,SWT,GRN,RAW.....<br>011282 ONIONS,RAW.....   | 1 CUP (chopped)<br>1/2 CUP (diced)<br>1/2 CUP (chopped)<br>1/2 CUP (chopped) | Prepare fresh vegetables by cleaning and cubing. Add to simmering mixture.   |
| 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...<br>002020 GARLIC POWDER.....<br>002030 PEPPER,BLACK.....<br>990129 PEPPERS,JALEPEN0,CND,DRND.....                                  | 2 cups<br>1/2 tsp<br>1/2 tsp<br>1/2 Tbsp                                     | Add corn, garlic powder, black pepper and jalepeno peppers. Simmer for 1 hour.   |
| 903122 Chip tortilla tri-color strip 7g.....   | 1 1/2 cups   | Hold above 140° F. Serve 1 cup portions and garnish each with 1/2 TBSP of colored tortilla chip strips.  |

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

|                        |          |               |         |           |          |                    |            |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|------------|---------|-----------------------------|
| Calories               | 137 kcal | Cholesterol   | 18 mg   | Protein   | 10.88 g  | Calcium            | 35.20 mg   | 14.10%  | Calories from Total Fat     |
| Total Fat              | 2.15 g   | Sodium        | 265 mg  | Vitamin A | 127.1 RE | Iron               | 1.81 mg    | 0.57%   | Calories from Saturated Fat |
| Saturated Fat          | 0.09 g   | Carbohydrates | 19.60 g | Vitamin A | 571.0 IU | Water <sup>1</sup> | *132.09* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 4.53 g  | Vitamin C | 5.2 mg   | Ash <sup>1</sup>   | *0.25* g   | 57.20%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |            | 31.74%  | Calories from Protein       |

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1.1 oz M/MA, 1/3 C F/V, 1 legume

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## Salad Making Suggestions from Chef Dave Mac

**Goal: To create and serve nutrient dense vegetables in a salad.**

- Salads have four parts: Base, Body, Dressing and Garnish. Quality salads have good color, a variety of texture, are cool and crisp, feature distinct flavors and compliment the main entrée.
- Lettuce Base: Mix equal parts Romaine, Iceberg and Spinach. This will assure your customers of a nutrient dense dark green salad.
- Chopped salads are very popular right now in many fine dining and fast food businesses and add instant recognition to your customers.
- Grilling vegetables can add a very nice touch. For example: A THREE SISTERS SALAD. Taking its name from the farming technique of planting corn, beans and squash. The vegetables could be red beans, edaname beans, corn, and zucchini.
- Make your own dressing, for example, mixing two standards like Salsa and Ranch for a Southwest Salad.
- Vinaigrettes are very popular and can be low in fat. Guidelines at one time were 3 parts oil, 1 part acid. There are many recipes today where the oil and acid are equal parts (less fat).

Here are two simple dressings:

Greek Vinaigrette---1 cup of oil, 1 cup lemon juice, ¼ cup feta cheese, and 1 tsp of Black Pepper.

Tomato Vinaigrette---1 pound of diced tomatoes, ¼ cup of diced onion, ½ cup olive oil, ½ cup of balsamic vinegar, 2 T of mustard, 1 T of sugar, 1 T of oregano, 1 t of basil, and 1 t of black pepper.

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|  |                   |
|--|-------------------|
| <b>002517 - Salad Michigan : Chef Dave Mac</b>   | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: each<br>Alternate Recipe Name: Michigan Salad |                   |

| Ingredients   | Measures  | Instructions   |
|---|---|--|
| 011333 PEPPERS,SWT,GRN,RAW.....<br>902847 Carrot baby whl cleaned 57g.....  | 1 1/2 CUPS (sliced)<br>1 1/2 cups                                   | Prepare peppers and carrots by washing and cutting in Julienne style.  |
| 902578 Edamame.....   | 1 lb + 8 ozs  | Roast the edamame beans until soft.  |
| 902607 Lettuce iceberg 1"cut.....<br>011251 LETTUCE,COS OR ROMAINE,RAW.....<br>902670 Spinach leaf raw 30g.....   | 1 1/2 gals<br>3 QTS (shredded)<br>3 qts                             | Mix the lettuces together. Place 2 cups of mixed lettuces in each serving container.   |
| 902512 Chicken diced 40# comm.....<br>050354 CHERRIES, RED, TART, DRIED, PITTED, SWEE.....<br>009003 APPLES,RAW,WITH SKIN.....  | 3 lbs<br>1 1/2 cups<br>3 CUPS (slices)                              | Assemble individual salads by layering ingredients on top of lettuce mix: Chicken (1.5 oz), cherries (1 TBSP), apples slices (4 per salad), edamame beans (1 oz), green peppers (1 TBSP) and carrots (1 TBSP). |
| 004053 OIL,OLIVE,SALAD OR COOKING.....<br>050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURI...<br>009153 LEMON JUC,CND OR BTLD.....<br>019296 HONEY.....<br>904063 Sauce hot tabasco 5g.....<br>904064 Sauce General Tso 15g.....<br>002033 POPPY SEED..... | 1 cup<br>1/2 cup<br>1/2 cup<br>1 cup<br>1/4 cup<br>1/4 cup<br>1 tsp | Prepare dressing by whipping the oil, juices, and honey. Add seasonings and whip.  |
|   |   | Keep assembled salads refrigerated at 41° F or below until service. Serve each salad with 2 TBSP of dressing.  |

\*Nutrients are based upon 1 Portion Size (each)

|                        |          |               |         |           |           |                    |           |         |                             |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|-----------|---------|-----------------------------|
| Calories               | 317 kcal | Cholesterol   | 53 mg   | Protein   | 23.87 g   | Calcium            | 68.12 mg  | 36.60%  | Calories from Total Fat     |
| Total Fat              | 12.88 g  | Sodium        | 105 mg  | Vitamin A | 847.1 RE  | Iron               | 4.09 mg   | 4.55%   | Calories from Saturated Fat |
| Saturated Fat          | 1.60 g   | Carbohydrates | 29.42 g | Vitamin A | 5984.4 IU | Water <sup>1</sup> | *46.41* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 5.09 g  | Vitamin C | 19.3 mg   | Ash <sup>1</sup>   | *0.24* g  | 37.17%  | Calories from Carbohydrates |
|                        |          |               |         |           |           |                    |           | 30.16%  | Calories from Protein       |

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1.5 oz M/MA, 2.25 C F/V, 1 dark green veg

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**Recipe: 002044 Salad Greek**  
 Recipe Source: Chef Dave Mac  
 Recipe Group: SALADS

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

Alternate Recipe Name: Greek Salad

Number of Portions: 24  
 Size of Portion: each

|  |  |   |
|--|--|---|
| 902607 Lettuce iceberg 1"cut.....<br>011251 LETTUCE,COS OR ROMAINE,RAW.....<br>902670 Spinach leaf raw 30g.....  | 1 GAL<br>1 GAL, shredded<br>1 GAL  | Mix greens together.  |
| 011333 PEPPERS,SWT,GRN,RAW.....<br>011205 CUCUMBER,WITH PEEL,RAW.....<br>011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE...<br>000801 BEANS GARBANZO ,CANNED.....<br>903120 Beets ckd 85g..... | 3 CUP, chopped<br>3 CUP, slices<br>3 CUP, chopped or sliced<br>6 CUP<br>3 PINT | Prepare fresh vegetables by cleaning and slicing. Drain garbanzobbeans. Drain beets if using canned type. OPTIONAL: Roast fresh beets by wrapping in foil, add a dash of Zesty Seasoning (no salt), bake 45 minutes at 350° F. Cool, peel and slce. |
| 001019 CHEESE,FETA.....  | 1 1/2 CUP, crumbled  | Place 2 cups of lettuce mixture in salad container. Top with 1/4 cup sliced beets, 2 TBSP of each vegetable, 2 TBSP garbanzo beans, and 2 TBSP crumbled Feta cheese.  |
| 009153 LEMON JUC,CND OR BTLD.....<br>004053 OIL,OLIVE,SALAD OR COOKING.....<br>903121 Seasoning zesty no salt 3g.....  | 1 1/2 CUP<br>1 1/2 CUP<br>3 TBSP   | Prepare dressing by combining lemon juice, olive oil, and zesty seasoning. OPTIONAL: Add 3 TBSP beet juice to dressing.   |
| 902231 Bread pita 35g 1/2 of pita.....   | 48 serving(1/2)  | Serve salad with 2 TBSP of dressing and pita bread to equal at least .9 oz or 1 Grain/Bread serving.  |

\*Nutrients are based upon 1 Portion Size (each)

|                        |          |               |           |           |            |                    |            |         |                             |
|------------------------|----------|---------------|-----------|-----------|------------|--------------------|------------|---------|-----------------------------|
| Calories               | 459 kcal | Cholesterol   | 8.34 mg   | Protein   | 14.97 g    | Calcium            | 119.05 mg  | 36.92%  | Calories from Total Fat     |
| Total Fat              | 18.82 g  | Sodium        | 695.66 mg | Vitamin A | 562.09 RE  | Iron               | 5.32 mg    | 6.97%   | Calories from Saturated Fat |
| Saturated Fat          | 3.56 g   | Carbohydrates | 62.44 g   | Vitamin A | 5240.47 IU | Water <sup>1</sup> | *100.06* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 7.77 g    | Vitamin C | 38.34 mg   | Ash <sup>1</sup>   | *0.97* g   | 54.42%  | Calories from Carbohydrates |
|                        |          |               |           |           |            |                    |            | 13.05%  | Calories from Protein       |

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1.3 oz M/MA, 1.4 G/B, 2.25 C F/V, 1 legume, 1 dark green veg

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|                                  |  |                   |                          |                         |                               |
|----------------------------------|--|-------------------|--------------------------|-------------------------|-------------------------------|
| <b>Miscellaneous</b>             |  | <b>Attributes</b> | <b>Allergens Present</b> | <b>Allergens Absent</b> | <b>Allergens Unidentified</b> |
| Meat/Alt..... 1.300 oz.          |  |                   |                          |                         | ? - Milk                      |
| Grain/Bread..... 1.400 srv.      |  |                   |                          |                         | ? - Egg                       |
| F/V/J..... 2.250 cup             |  |                   |                          |                         | ? - Peanut                    |
| Milk..... fl. oz.                |  |                   |                          |                         | ? - Tree Nut                  |
| <b>Moisture &amp; Fat Change</b> |  |                   |                          |                         | ? - Fish                      |
| Moisture Change. 0%              |  |                   |                          |                         | ? - Shellfish                 |
| Fat Change..... 0%               |  |                   |                          |                         | ? - Soy                       |
| Type of Fat.....                 |  |                   |                          |                         | ? - Wheat                     |

**Production Specification**

| I/R | Ing #  | Ingredient or Sub-Recipe            | Measure | Measure | Round |
|-----|--------|-------------------------------------|---------|---------|-------|
| I   | 902607 | Lettuce iceberg 1"cut               |         |         |       |
| I   | 011251 | LETTUCE,COS OR ROMAINE,RAW          |         |         |       |
| I   | 902670 | Spinach leaf raw 30g                |         |         |       |
| I   | 011333 | PEPPERS,SWT,GRN,RAW                 |         |         |       |
| I   | 011205 | CUCUMBER,WITH PEEL,RAW              |         |         |       |
| I   | 011529 | TOMATOES,RED,RIPE,RAW,YEAR RND AVER |         |         |       |
| I   | 000801 | BEANS GARBANZO ,CANNED              |         |         |       |
| I   | 903120 | Beets ckd 85g                       |         |         |       |
| I   | 001019 | CHEESE,FETA                         |         |         |       |
| I   | 009153 | LEMON JUC,CND OR BTLD               |         |         |       |
| I   | 004053 | OIL,OLIVE,SALAD OR COOKING          |         |         |       |
| I   | 903121 | Seasoning zesty no salt 3g          |         |         |       |
| I   | 902231 | Bread pita 35g 1/2 of pita          |         |         |       |

**Notes**

Production Notes:

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Serving Notes:

Whole grain pita bread is suggested.

Purchasing Guide:

Miscellaneous Notes:

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1.3 oz M/MA, 1.4 G/B, 2.25 C F/V, 1 legume, 1 dark green veg

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|  |                   |
|--|-------------------|
| <b>002510 - BROCCOLI SALAD : Chef Dave Mac</b>   | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: 1/2 CUP |                   |

| Ingredients   | Measures   | Instructions  |
|---|--|---|
| 011090 BROCCOLI,RAW.....  | 1 lb + 10 7/8 OZS (chopped)  | Cut broccoli into bite-size pieces. Broccoli may be blanched and quickly cooled after cutting.  |
| 009298 RAISINS,SEEDLESS.....  | 1 lb + 1 1/3 ozs   | Prepare raisins by blooming in hot water for about 5 minutes.   |
| 901064 ONIONS,RED,RAW.....  | 3 ozs  | Slice red onion. Combine prepared broccoli, raisins, and red onion.   |
| 004689 SALAD DRSNG,MAYO,LT,SMART BALANCE,OMEGA....<br>019335 SUGARS,GRANULATED.....<br>002053 VINEGAR,DISTILLED.....<br>001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... | 1 3/4 cups + 2 1/2 Tbsp<br>7 2/3 ozs<br>1 Tbsp + 2 3/4 tsp<br>1 Tbsp + 2 3/4 tsp | For dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well.<br><br>Pour dressing over broccoli mixture and stir to coat all pieces with dressing. Spread into shallow pans to a product depth of 2" or less.<br><br><b>CCP: Cool to 41° F or lower within 4 hours.</b><br><br>Cover. Refreigerate until service.<br><br>Portion with No. 8 scoop (1/2 cup). |
|   |  | 1/2 cup (No. 8 scoop) provides 1/2 cup of vegetable and fruit.  |
|   |  | Adapted from USDA Recipe E-17.  |

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

|                        |          |               |         |           |          |                    |          |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|----------|---------|-----------------------------|
| Calories               | 168 kcal | Cholesterol   | 6 mg    | Protein   | 1.87 g   | Calcium            | 29.95 mg | 33.72%  | Calories from Total Fat     |
| Total Fat              | 6.31 g   | Sodium        | 164 mg  | Vitamin A | 49.8 RE  | Iron               | 0.68 mg  | 3.31%   | Calories from Saturated Fat |
| Saturated Fat          | 0.62 g   | Carbohydrates | 29.41 g | Vitamin A | 200.2 IU | Water <sup>1</sup> | 46.22 g  | *0.14%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.03* g | Dietary Fiber | 1.68 g  | Vitamin C | 29.0 mg  | Ash <sup>1</sup>   | 1.11 g   | 69.88%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |          | 4.45%   | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

1/2 C F/V, 1 dark green veg

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## **Stir Fry / Entrée Suggestions from Chef Dave Mac**

**Goal: To create and serve meat or meat alternate components that fit the HUSSC requirements.**

**Stir Fry:** Means to cook pieces of food quickly in a small amount of oil over high heat, stirring and tossing almost constantly. Stir Frying is used in Asian cooking; a wok is the traditional pan although a large skillet or even a tilt braiser will do just fine. You could even roast your stir fry in an oven with a small coating of oil.

Cooking /Preparation techniques

- Cutting your own vegetables is key
- Keep your pieces even in size as you cut
- Plan your vegetables and think about a variety of color
- Pre-heat your surface and use just a small amount of oil
- You can season your oil or even marinate your product beforehand
- Cook your meat first then bring on the vegetables
- Try to use Batch Cooking and just in time practices as you plan your service
- Do not cover your sauté pan

### **Knife Cutting**

- Place a damp towel under your cutting board to prevent slipping
- Use a French knife
- On your non-cutting hand keep your fingers in
- When you cut, try to cut through the product
- Rock, Snap, Smile and Practice

**To introduce** a new dish, do a taste test and smaller sampling before you place the item on your main menu.

**Whole grain pastas** may go over better if you start out mixing them half with white flour pasta

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## Recipe Sizing Report

|  |                   |
|--|-------------------|
| <b>002946 - Chicken Stir Fry w/Brown Rice : Chef Dave Mac</b>                              | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: 1 1/2 cup |                   |

| Ingredients   | Measures  | Instructions  |
|---|---|---|
| 020041 RICE,BROWN,MEDIUM-GRAIN,CKD.....   | 1 qt + 2 cups   | Prepare rice.   |
| 903340 CHICK,DICED,CKD,FROZEN-COMMOD...<br>903981 Dressing Gold Ital red cal.....   | 4 lbs<br>1 cup  | Defrost chicken. Heat to 165° F. Hold at 135° F.<br><u>Optional:</u> If chicken tends to become too dry, the reduced calorie Italian dressing may be added to coat the chicken and maintain moisture during holding. Sodium will be 103 mg less per serving without the dressing.   |
| 014429 WATER,TAP,MUNICIPAL.....<br>902577 Chicken base low sodium Minors.....   | 1 qt<br>1 Tbsp  | Heat water for stock and stir in low sodium chicken base. Reserve and cool 1/4 C of stock for preparing slurry.<br><u>Convection oven method:</u> To heat the stock, place mixture into a steam table pan and heat it in the oven to 165°F.   |
| 011090 BROCCOLI,RAW.....<br>990620 CARROTS,FRESH,RAW.....<br>011143 CELERY,RAW.....<br>902578 Edamame.....<br>011333 PEPPERS,SWT,GRN,RAW.....<br>011282 ONIONS,RAW..... | 3 PINT, florets<br>1 QT (diced)<br>2 CUPS (chopped)<br>2 lbs<br>1 QT (chopped)<br>1 CUP (chopped) | Slice vegetables julienne style.<br><br>Purchasing Note: Spanish onions and baby carrots are suggested.   |
| 902526 Oil salad veg soybean 14g GFS.....<br>902580 Sauce soy lite Kikkoman.....<br>903121 Seasoning zesty no salt 3g.....  | 1/4 cup<br>1 Tbsp<br>1 Tbsp   | Combine oil, lite soy sauce and Zesty Seasoning. Place on heated surface for stir frying. Stir fry vegetables in seasoned oil until al dente (tender, but firm, not soft).<br><u>Convection oven method:</u> Place sliced vegetables in steam table pan. Evenly coat with oil, lite soy sauce and Zesty Seasoning mixture. Cook vegetables in 350° F. oven on low fan for 8-10 minutes until al dente (tender, but firm, not soft). |
| 020027 CORNSTARCH.....  | 1/2 cup   | Make a slurry by slowly adding cornstarch to 1/4 cup of reserved, cooled chicken stock.   |
| 002020 GARLIC POWDER.....<br>002021 GINGER,GROUND.....<br>002031 PEPPER,RED OR CAYENNE.....<br>902579 Sauce Hoisin Koon Chun.....                                       | 1 1/2 Tbsp<br>1/4 tsp<br>1/2 tsp<br>1/4 cup   | Mix spices into Hoisin Sauce. Combine mixture with the slurry. Make sauce by stirring the slurry into the hot chicken stock. Cook and stir until sauce thickens. Combine sauce with hot chicken and stir fried vegetables.<br><u>To serve:</u> Place a #8 scoop of rice on serving plate and cover with 1 cup of chicken stir fry mixture to equal 1 1/2 cup portion.   |

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

|                        |          |               |         |           |           |                    |            |         |                             |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|------------|---------|-----------------------------|
| Calories               | 372 kcal | Cholesterol   | 68 mg   | Protein   | 29.99 g   | Calcium            | 82.31 mg   | 30.87%  | Calories from Total Fat     |
| Total Fat              | 12.76 g  | Sodium        | 582 mg  | Vitamin A | 1017.9 RE | Iron               | 2.55 mg    | 6.42%   | Calories from Saturated Fat |
| Saturated Fat          | 2.66 g   | Carbohydrates | 33.17 g | Vitamin A | 4451.6 IU | Water <sup>1</sup> | *208.16* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 6.23 g  | Vitamin C | 49.1 mg   | Ash <sup>1</sup>   | *1.73* g   | 35.65%  | Calories from Carbohydrates |
|                        |          |               |         |           |           |                    |            | 32.24%  | Calories from Protein       |

2 oz M/MA, 1 G/B, 1/2 C F/V, 1 whole grain

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# Michigan Department of Education

## Recipe Sizing Report

|  |                   |
|--|-------------------|
| <b>001339 - Brown Rice Pilaf : Chef Dave Mac</b>   | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: 1/2 cup |                   |

| Ingredients   | Measures   | Instructions  |
|---|--|---|
| 011143 CELERY,RAW.....<br>990620 CARROTS,FRESH,RAW.....<br>011282 ONIONS,RAW.....<br>011333 PEPPERS,SWT,GRN,RAW.....<br>004053 OIL,OLIVE,SALAD OR COOKING.....    | 1/2 CUP (chopped)<br>1/2 CUP (diced)<br>1/2 CUP (chopped)<br>1/2 CUP (chopped)<br>2 Tbsp | Dice vegetables and saute' in a very small amount of oil.   |
| 014429 WATER,TAP,MUNICIPAL.....<br>902577 Chicken base low sodium Minors.....<br>903121 Seasoning zesty no salt 3g.....<br>020040 RICE,BROWN,MEDIUM-GRAIN,RAW.... | 3 qts<br>1 Tbsp<br>1 Tbsp<br>1 qt  | Combine water, chicken base and zesty seasoning and bring to a bol. Add rice and vegetables. Cover and simmer for 40 minutes. Check during cooking process and stir lightly, but do not over stir.  |
|   |  | <u>Convection Oven Method:</u> Saute' rice and vegetables. Place in a steam table pan. Add water with chicken base and zesty seasoning. Cover and place in 350° F. convection oven on low fan for 30-35 minutes until the water has been absorbed. Try not to stir the mixture. |

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

|                        |          |               |         |           |          |                    |            |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|------------|---------|-----------------------------|
| Calories               | 132 kcal | Cholesterol   | 0 mg    | Protein   | 2.62 g   | Calcium            | 19.77 mg   | 14.51%  | Calories from Total Fat     |
| Total Fat              | 2.12 g   | Sodium        | 23 mg   | Vitamin A | 124.0 RE | Iron               | 0.63 mg    | 2.26%   | Calories from Saturated Fat |
| Saturated Fat          | 0.33 g   | Carbohydrates | 25.40 g | Vitamin A | 547.6 IU | Water <sup>1</sup> | *133.57* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 1.33 g  | Vitamin C | 4.6 mg   | Ash <sup>1</sup>   | *0.60* g   | 77.25%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |            | 7.95%   | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

1 G/B, 1 whole grain

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# Michigan Department of Education

|   |                   |
|---|-------------------|
| <b>001387 - Enchilada The Whole : Chef Dave Mac</b>                                   | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: each |                   |

| Ingredients   | Measures  | Instructions   |
|---|---|--|
| 901491 SQUASH,WNTR,BUTTRNUT,RAW.....  | 1 qt + 2 CUPS (cubes)   | Peel, remove seeds and shred the squash.   |
| 004053 OIL,OLIVE,SALAD OR COOKING.....<br>011215 GARLIC,RAW.....<br>011282 ONIONS,RAW.....<br>011333 PEPPERS,SWT,GRN,RAW.....<br>011632 PEPPERS,JALAPENO,CND,SOL&LIQUIDS.....<br>002030 PEPPER,BLACK.....<br>900701 CUMIN,GROUND..... | 2 tsp<br>1/4 cup<br>2 CUPS (chopped)<br>2 CUPS (chopped)<br>1/2 CUP (chopped)<br>1/2 tsp<br>1/3 cup + 2 tsp | Saute garlic in olive oil until golden in color. Add onion and spices and continue sauteing until onions are caramelized (about 5 minutes).                  |
| 901833 Beans black canned GFS.....<br>050345 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, LO....   | 1 qt + 2 cups<br>1 lb + 8 ozs   | Add black beans and squash and mix thoroughly. Mix in 1/2 of the cheese.   |
| 902598 Tortilla flour lafro azteca 28g 6inch.....   | 24 each   | Place 1/2 cup (#8 scoop) of mixture in each tortilla shell and fold into egg roll shape.   |
| 902621 Salsa mild fresh 28g GFS.....  | 1 qt  | Place 1/2 of the salsa in the bottom of a steam table pan and place enchiladas in pan. Cover with the remaining salsa. Sprinkle the remaining cheese on top. |
|   |   | Bake at 300° F for 30 minutes to reach 135° F (CCP). Serve.  |

\*Nutrients are based upon 1 Portion Size (each)

|                        |          |               |         |           |          |                    |           |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories               | 258 kcal | Cholesterol   | 16 mg   | Protein   | 13.64 g  | Calcium            | 317.51 mg | 29.71%  | Calories from Total Fat     |
| Total Fat              | 8.52 g   | Sodium        | 782 mg  | Vitamin A | 221.5 RE | Iron               | 2.85 mg   | 15.30%  | Calories from Saturated Fat |
| Saturated Fat          | 4.39 g   | Carbohydrates | 32.88 g | Vitamin A | 956.8 IU | Water <sup>1</sup> | *53.05* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 4.15 g  | Vitamin C | 21.8 mg  | Ash <sup>1</sup>   | *0.54* g  | 50.93%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |           | 21.13%  | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

2 oz M/MA, 1 G/B, 1/2 C F/V, 1 legume, 1 orange veg

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# Michigan Department of Education

|  |                   |
|--|-------------------|
| <b>001391 - Greek Chicken Penne : Chef Dave Mac</b>                                      | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: 3/4 cup |                   |

| Ingredients   | Measures   | Instructions   |
|---|--|--|
| 902617 Pasta penne rigate WW dry 56g .5cup.....<br>902618 Pasta penne rigate ckd 148.55g 1cup.....  | 1 qt + 1 cup<br>5 cup dry  | There are two types of pasta: Regular and whole wheat. 2 1/2 cups of uncooked or dry pasta will weigh about 10 oz. Using separate cooking pots, Boil each type of pasta until al dente'.<br><b>Remove and drain.</b> |
| 902619 Sauce spaghetti no salt Prego 120g.....<br>011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE...<br>011284 ONIONS,DEHYDRATED FLAKES.....<br>002020 GARLIC POWDER.....<br>002030 PEPPER,BLACK.....<br>009153 LEMON JUC,CND OR BTLD.....<br>011297 PARSLEY,RAW..... | 1 qt + 2 cups<br>3 CUPS (chopped or sliced)<br>2 Tbsp<br>2 tsp<br>2 tsp<br>1/4 cup<br>2 Tbsp |  |
| 903340 CHICK,DICED,CKD,FROZEN-COMMOD.....<br>001019 CHEESE,FETA.....  | 3 lbs<br>8 ozs   | Place cooked pasta in steam table pan. Pour sauce over pasta, add chicken and cheese and combine.  |
|   |  | Heat in 350° F oven to an internal temperature of 165° F (CCP).<br><br>Note: Product could count as a serving of whole grain if all whole grain pasta is used versus only half as specified in the ingredients.      |

\*Nutrients are based upon 1 Portion Size (3/4 cup)

|                        |          |               |         |           |          |                    |           |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories               | 300 kcal | Cholesterol   | 59 mg   | Protein   | 23.39 g  | Calcium            | 80.13 mg  | 25.63%  | Calories from Total Fat     |
| Total Fat              | 8.54 g   | Sodium        | 172 mg  | Vitamin A | 64.0 RE  | Iron               | 2.54 mg   | 9.35%   | Calories from Saturated Fat |
| Saturated Fat          | 3.11 g   | Carbohydrates | 33.65 g | Vitamin A | 436.5 IU | Water <sup>1</sup> | *64.64* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 4.85 g  | Vitamin C | 5.0 mg   | Ash <sup>1</sup>   | *1.23* g  | 44.89%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |           | 31.20%  | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

2 oz M/MA, 1 G/B, 1/3 C F/V

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# Michigan Department of Education

|   |                   |
|---|-------------------|
| <b>001334 - Potato bowls sweet : Chef Dave Mac</b>  | <b>Attributes</b> |
| HACCP Process: #3 Complex Food Preparation<br>Number of Portions: 24<br>Size of Portion: each |                   |

| Ingredients   | Measures  | Instructions  |
|---|---|---|
| 001123 EGG,WHOLE,RAW,FRESH.....   | 12 large  | Scramble the eggs and hold at 135° F or chill for later use.  |
| 050494 POTATOES, SWEET, BAKED, CHUNKS, WITHOUT...<br>902985 Margarine liquid 14g.....         | 9 lbs<br>1/2 cup  | Wash and peel sweet potatoes. Cut in half and roast with a small amount of margarine on each half. Bake in convection oven 15 minutes or until al dente. Cool for at least 30 minutes and cube. Reheat on a sheet pan to 145° F.                          |
| 902263 Ham diced 56g 2z GFS.....<br>011333 PEPPERS,SWT,GRN,RAW.....<br>011282 ONIONS,RAW..... | 1 lb + 8 ozs<br>1 medium (2-3/4" x 2-1/2")<br>1 medium (2-1/2" dia) | Dice ham and cut green pepper and onion. Saute' ham and vegetables.   |
| 001209 CHEESE,MEXICAN,BLEND,RED FAT.....  | 1 lb + 8 ozs  | Dice the scrambled eggs and heat to serving temperature.<br>Place 1/2 cup of sweet potatoes in the bottom of an individual serving bowl. Add 1/4 cup (#16 scoop) of ham mixture. Add 1/8 cup (#32 scoop) of eggs. Top with 1/4 cup (#16 scoop) of cheese. |

\*Nutrients are based upon 1 Portion Size (each)

|                        |          |               |         |           |            |                    |           |         |                             |
|------------------------|----------|---------------|---------|-----------|------------|--------------------|-----------|---------|-----------------------------|
| Calories               | 352 kcal | Cholesterol   | 123 mg  | Protein   | 17.68 g    | Calcium            | 400.36 mg | 32.67%  | Calories from Total Fat     |
| Total Fat              | 12.79 g  | Sodium        | 696 mg  | Vitamin A | 7217.4 RE  | Iron               | 1.80 mg   | 13.47%  | Calories from Saturated Fat |
| Saturated Fat          | 5.27 g   | Carbohydrates | 42.11 g | Vitamin A | 35986.2 IU | Water <sup>1</sup> | *41.44* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 3.26 g  | Vitamin C | 19.8 mg    | Ash <sup>1</sup>   | *1.52* g  | 47.81%  | Calories from Carbohydrates |
|                        |          |               |         |           |            |                    |           | 20.07%  | Calories from Protein       |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

2.5 oz M/MA, 1/2 C F/V, 1 orange veg

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# Michigan Department of Education

**Recipe: 001390 Quesadillas Sweet potato**

Recipe Source: TN10  
Recipe Group: ENTREES

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

Alternate Recipe Name:  
Number of Portions: 12  
Size of Portion: each

|   |              |  |
|---|--------------|--|
| R001329 Potato smokin lime&honey Sweet.....       | 12 (1/2 cup) | On half of the tortilla shells, place 1/2 cup (#8 scoop) of potato mixture and spread evenly.  |
| 902598 Tortilla flour lafro azteca 28g 6inch..... | 24 each      |  |
| 005360 CHICK,DICED,CKD,FROZEN-COMMOD.....         | 18 OZ        | Place 1.5 ounces of chicken around the shell.  |
| 902266 Cheese cheddar mild shredded 100g comm...  | 6 OZ         | Sprinkle 1/2 oz of cheese evenly over each filled tortilla shell. Spread 1 TBSP of yogurt on each filled tortilla shell. Cover each with a second tortilla shell.  |
| 902616 Yogurt non-fat plain Dannon.....           | 3/4 CUP      |  |
|   |              | Preheat the grill and spread with a very small amount of vegetable oil. Place the filled shells on the grill and allow them to brown. Turn over to brown the second side. Heat on the second side to 165° F or place on parchment paper and bake until the mixture reaches 165° F. |

\*Nutrients are based upon 1 Portion Size (each)

|                        |          |               |           |           |             |                    |           |         |                             |
|------------------------|----------|---------------|-----------|-----------|-------------|--------------------|-----------|---------|-----------------------------|
| Calories               | 471 kcal | Cholesterol   | 56.92 mg  | Protein   | 22.49 g     | Calcium            | 215.96 mg | 32.64%  | Calories from Total Fat     |
| Total Fat              | 17.09 g  | Sodium        | 658.99 mg | Vitamin A | 3638.83 RE  | Iron               | 2.74 mg   | 13.86%  | Calories from Saturated Fat |
| Saturated Fat          | 7.26 g   | Carbohydrates | 57.69 g   | Vitamin A | 18210.43 IU | Water <sup>1</sup> | *30.27* g | *2.37%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *1.24* g | Dietary Fiber | 2.04 g    | Vitamin C | 9.67 mg     | Ash <sup>1</sup>   | *0.48* g  | 48.96%  | Calories from Carbohydrates |
|                        |          |               |           |           |             |                    |           | 19.09%  | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

| <u>Miscellaneous</u>             |            | <u>Attributes</u> | <u>Allergens Present</u> | <u>Allergens Absent</u> | <u>Allergens Unidentified</u> |
|----------------------------------|------------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt.....                    | 2.000 oz.  |                   |                          |                         | ? - Milk                      |
| Grain/Bread.....                 | 2.000 srv. |                   |                          |                         | ? - Egg                       |
| F/V/J.....                       | 0.500 cup  |                   |                          |                         | ? - Peanut                    |
| Milk.....                        | fl. oz.    |                   |                          |                         | ? - Tree Nut                  |
| <u>Moisture &amp; Fat Change</u> |            |                   |                          |                         | ? - Fish                      |
| Moisture Change.                 | 0%         |                   |                          |                         | ? - Shellfish                 |
| Fat Change.....                  | 0%         |                   |                          |                         | ? - Soy                       |
|                                  |            |                   |                          |                         | ? - Wheat                     |

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# Michigan Department of Education

|                  |  |  |  |
|------------------|--|--|--|
| Type of Fat..... |  |  |  |
|------------------|--|--|--|

**Production Specification**

| I/R | Ing #  | Ingredient or Sub-Recipe               | Measure | Measure | Round |
|-----|--------|--|---------|---------|-------|
| R   | 001329 | Potato smokin lime&honey Sweet         |         |         |       |
| I   | 902598 | Tortilla flour lafro azteca 28g 6inch  |         |         |       |
| I   | 005360 | CHICK,DICED,CKD,FROZEN-COMMOD          |         |         |       |
| I   | 902266 | Cheese cheddar mild shredded 100g comm |         |         |       |
| I   | 902616 | Yogurt non-fat plain Dannon            |         |         |       |

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# Michigan Department of Education

|  |                   |
|--|-------------------|
| <b>001340 - Turkey &amp; Broccoli Pilaf : Chef Dave Mac</b>                          | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: cup |                   |

| Ingredients  | Measures   | Instructions   |
|--|--|--|
| 014429 WATER,TAP,MUNICIPAL.....<br>902577 Chicken base low sodium Minors.....<br>020040 RICE,BROWN,MEDIUM-GRAIN,RAW.....<br>011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BU...<br>902584 Bay leaf.....<br>901553 THYME LEAF,DRIED.....<br>002030 PEPPER,BLACK..... | 6 PINT<br>1/2 cup<br>1 qt<br>1 CUP (chopped)<br>2 .25 tsp<br>1/2 TSP (leaves)<br>1/2 tsp | Bring water to a boil. Stir in chicken base, rice, onions, bay leaf, thyme and pepper. Bring back to boiling point, cover, and reduce heat. Simmer 40-45 minutes or until tender. Remove bay leaf.   |
| 011092 BROCCOLI,FRZ,CHOPD,UNPREP.....<br>014429 WATER,TAP,MUNICIPAL.....   | 4 lbs<br>3 PINT  | Cook broccoli in water until tender. Do not drain.   |
| 902322 Turkey brst ovn rstd 2-9-10# 125.02 gm J.....   | 4 lbs + 8 ozs  | Place rice mixture in a steam table pan. Add turkey strips, broccoli and cooking water. Mix well and cover the pan. Place in hot oven (375° F) for 15 minutes or until mixture reaches 165° F (CCP). |

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

|                        |          |               |         |           |          |                    |            |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|------------|---------|-----------------------------|
| Calories               | 217 kcal | Cholesterol   | 24 mg   | Protein   | 17.83 g  | Calcium            | 85.30 mg   | 11.47%  | Calories from Total Fat     |
| Total Fat              | 2.76 g   | Sodium        | 498 mg  | Vitamin A | 159.0 RE | Iron               | 1.76 mg    | 0.85%   | Calories from Saturated Fat |
| Saturated Fat          | 0.21 g   | Carbohydrates | 31.14 g | Vitamin A | 828.4 IU | Water <sup>1</sup> | *254.07* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 3.47 g  | Vitamin C | 43.8 mg  | Ash <sup>1</sup>   | *1.12* g   | 57.54%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |            | 32.94%  | Calories from Protein       |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

2 oz M/MA, 1/4 C F/V, 1 G/B, 1 dark green veg, 1 whole grain

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# Michigan Department of Education

## Recipe Sizing Report

|   |                   |
|---|-------------------|
| <b>003023 - Purple Monster Smoothie : Chef Dave Mac</b>                     | <b>Attributes</b> |
| HACCP Process: #1 No Cook<br>Number of Portions: 16<br>Size of Portion: cup |                   |

| Ingredients  | Measures  | Instructions  |
|--|---|---|
|  |   | Turn off blender.   |
| 904376 Ice.....<br>009040 BANANAS,RAW.....<br>050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURI...<br>001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8..... | 1 qt + 2 cups<br>5 medium (7" to 7-7/8")<br>1 1/2 cups<br>2 qts | Layer ingredients in blender in the following order: Ice, ripe bananas, orange juice, and yogurt. Start blender on low speed. Blend for 1 minute. |
| 009054 BLUEBERRIES,FRZ,UNSWTND.....  | 1 qt + 2 CUPS (unthawed)  | Stop blender and add frozen blueberries. Pulsate blender until all ingredients are combined.  |
|  |   | Serve chilled 1 cup portions maintaining temperature at 40° F or below.   |

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

|                        |          |               |         |           |          |                    |            |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|------------|---------|-----------------------------|
| Calories               | 177 kcal | Cholesterol   | 6 mg    | Protein   | 6.84 g   | Calcium            | 220.69 mg  | 10.36%  | Calories from Total Fat     |
| Total Fat              | 2.04 g   | Sodium        | 85 mg   | Vitamin A | 28.5 RE  | Iron               | 0.31 mg    | 5.39%   | Calories from Saturated Fat |
| Saturated Fat          | 1.06 g   | Carbohydrates | 34.92 g | Vitamin A | 127.9 IU | Water <sup>1</sup> | *263.36* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 2.57 g  | Vitamin C | 14.7 mg  | Ash <sup>1</sup>   | *1.75* g   | 78.87%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |            | 15.46%  | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

1/2 cup F/V

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## **Sandwich Making Suggestions from Chef Dave Mac**

**Goal: To create and serve sandwiches that will have nutrient dense contents that will be easily accepted by your customer base.**

There are four parts to a sandwich: The bread, the spread, the filling, and garnish.

**Bread:** Over the past ten years we have had an explosion of bread choices. You are now making sandwiches with whole wheat, wraps, bagels, ciabatta breads, flat breads, and with many different flavor choices.

**Spread:** These choices have also expanded past Italian dressing, mustard or ranch. You can now create your own mayonnaise spread using low fat mayonnaise plus chili lime, roasted pepper, honey, mustard, hot sauce, basil, oregano, seasonings and many more flavor enhancing combinations.

**Filling:** This is where you can take your traditional fillings like ham, turkey, chicken beef and tuna and add them to new spreads, breads and garnishes to introduce new and unique flavors. You can also create new mixes of fillings that can include tomatoes, cucumbers, peppers, carrots, celery, spinach, romaine, diced broccoli and onions. There, of course, are more you can add based on product availability and student preference.

**Garnish:** You can add many additional vegetables such as coleslaw, spinach and feta, cucumbers and tomatoes, grilled peppers and onions, onion rings by themselves.

### **Methods of Preparation:**

- Grilled
- Panini style
- Served hot thru an impinger oven
- Wraps, hot or cold
- Calzones or Stromboli styles
- Toasted Bagel

# Michigan Department of Education

|  |                   |
|--|-------------------|
| <b>001392 - Wrap turkey Florentine : Chef Dave Mac</b>                       | <b>Attributes</b> |
| HACCP Process: #1 No Cook<br>Number of Portions: 24<br>Size of Portion: each |                   |

| Ingredients  | Measures  | Instructions   |
|--|---|--|
| 001393R Dressing Florentine.....<br>902620 Tortilla flour 8" pressed lafro azteca 3.....   | 2 1/4 cups<br>24 EACH   | Spread 1 1/2 TBSP of Florentine Dressing on the bottom 1/4 of the bread laying north to south.     |
| 902322 Turkey brst ovr rstd 2-9-10# 125.02 gm J.....<br>011457 SPINACH,RAW.....<br>011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....<br>011205 CUCUMBER,WITH PEEL,RAW.....<br>901064 ONIONS,RED,RAW..... | 3 lbs<br>1 qt + 2 cups<br>3 CUPS (chopped or sliced)<br>3 CUPS (slices)<br>1 1/2 CUPS (chopped) | Layer turkey, spinach and remaining vegetables over the dressing evenly moving from left to right. |
|  |   | Roll up starting at the south end moving to the north end. Cut in half and serve.                  |

\*Nutrients are based upon 1 Portion Size (each)

|                        |          |               |         |           |          |                    |           |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories               | 251 kcal | Cholesterol   | 23 mg   | Protein   | 13.15 g  | Calcium            | 91.14 mg  | 44.14%  | Calories from Total Fat     |
| Total Fat              | 12.33 g  | Sodium        | 606 mg  | Vitamin A | 79.3 RE  | Iron               | 1.86 mg   | 12.03%  | Calories from Saturated Fat |
| Saturated Fat          | 3.36 g   | Carbohydrates | 23.92 g | Vitamin A | 946.4 IU | Water <sup>1</sup> | *61.66* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 2.75 g  | Vitamin C | 8.5 mg   | Ash <sup>1</sup>   | *0.85* g  | 38.07%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |           | 20.93%  | Calories from Protein       |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

# Michigan Department of Education

## Recipe Sizing Report

|  |                   |
|--|-------------------|
| <b>001393 - Dressing Florentine : Chef Dave Mac</b>                          | <b>Attributes</b> |
| HACCP Process: #1 No Cook<br>Number of Portions: 24<br>Size of Portion: TBSP |                   |

| Ingredients                             | Measures           | Instructions                                   |
|---|--------------------|--|
| 004053 OIL, OLIVE, SALAD OR COOKING.... | 1/2 cup            | Prepare dressing by combining all ingredients. |
| 009153 LEMON JUC, CND OR BTLD.....      | 1/2 cup            |  |
| 001019 CHEESE, FETA.....                | 3/4 CUP (crumbled) |  |
| 002030 PEPPER, BLACK.....               | 1/2 Tbsp           |  |

\*Nutrients are based upon 1 Portion Size (TBSP)

|                        |         |               |        |           |         |                    |          |        |                             |
|------------------------|---------|---------------|--------|-----------|---------|--------------------|----------|--------|-----------------------------|
| Calories               | 54 kcal | Cholesterol   | 4 mg   | Protein   | 0.70 g  | Calcium            | 24.30 mg | 92.70% | Calories from Total Fat     |
| Total Fat              | 5.52 g  | Sodium        | 53 mg  | Vitamin A | 6.1 RE  | Iron               | 0.08 mg  | 22.28% | Calories from Saturated Fat |
| Saturated Fat          | 1.33 g  | Carbohydrates | 0.61 g | Vitamin A | 21.3 IU | Water <sup>1</sup> | 7.31 g   | *N/A*  | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *N/A* g | Dietary Fiber | 0.05 g | Vitamin C | 1.3 mg  | Ash <sup>1</sup>   | 0.27 g   | 4.53%  | Calories from Carbohydrates |
|                        |         |               |        |           |         |                    |          | 5.23%  | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

# Michigan Department of Education

|   |                   |
|---|-------------------|
| <b>001341 - Spicy Chicken Romaine Wrap : Chef Dave Mac</b>                            | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: each |                   |

| Ingredients  | Measures  | Instructions  |
|--|---|---|
| 011251 LETTUCE,COS OR ROMAINE,RAW.....   | 3 head  | Wash, cut and trim 2 Romaine leaves per serving to equal 1/4 C veg (1 oz by weight). Place in boiling water for 1-2 minutes to blanch the leaves. Remove and chill immediately.   |
| 011143 CELERY,RAW.....<br>011282 ONIONS,RAW.....<br>011333 PEPPERS,SWT,GRN,RAW.....<br>990620 CARROTS,FRESH,RAW.....                               | 1 1/2 CUPS (chopped)<br>1 CUP (chopped)<br>1 1/2 CUPS (chopped)<br>1 1/2 CUPS (diced) | Dice vegetables. Saute' vegetables in a small amount of oil until soft. Remove from the heat.   |
| 903340 CHICK,DICED,CKD,FROZEN-COMMOD.....  | 3 lbs   | Add diced chicken to the vegetable mix.   |
| 902585 Sauce Buffalo Wing redhot Franks.....<br>001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ....<br>902553 Dressing buttermilk Red Cal 30ml..... | 1/2 cup<br>1/2 cup<br>1/3 cup + 2 tsp   | Prepare sauce by combining Buffalo Wing Sauce, yogurt and ranch dressing. Add sauce to chicken and vegetables and combine.  |
|  |   | Weigh 2.5 ounces of chicken and vegetable filling mixture. Divide in half and place half on each of two blanched and chilled Romaine leaves. Roll egg roll style. Two rolls equal one serving. Suggested accompaniment is Brown Rice Pilaf.   |
|  |   | <u>Serving Note:</u> Spicy chicken could be served as a sandwich with a lettuce mix on a pita, sub roll, or flat bread. It could also be served cold over a salad mix with a few vegetables. These options would need to be analyzed for nutrient content and component contribution. |

\*Nutrients are based upon 1 Portion Size (each)

|                        |          |               |        |           |           |                    |            |         |                             |
|------------------------|----------|---------------|--------|-----------|-----------|--------------------|------------|---------|-----------------------------|
| Calories               | 149 kcal | Cholesterol   | 52 mg  | Protein   | 17.86 g   | Calcium            | 52.68 mg   | 34.49%  | Calories from Total Fat     |
| Total Fat              | 5.71 g   | Sodium        | 214 mg | Vitamin A | 560.1 RE  | Iron               | 1.54 mg    | 8.53%   | Calories from Saturated Fat |
| Saturated Fat          | 1.41 g   | Carbohydrates | 6.43 g | Vitamin A | 8379.4 IU | Water <sup>1</sup> | *145.32* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 2.36 g | Vitamin C | 12.1 mg   | Ash <sup>1</sup>   | *1.32* g   | 17.26%  | Calories from Carbohydrates |
|                        |          |               |        |           |           |                    |            | 47.96%  | Calories from Protein       |

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2 oz M/MA, 1/4 C F/V, 1 dark green veg

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## **Signature / School Fresh Ideas from Chef Dave Mac**

**Goal: To create and serve special dishes that allow the school lunch program to distinguish themselves, while creating Raging Fans in their dining rooms.**

**Start Small:** Use the KISS method, pick something simple like Barbeque Sauce. Produce enough to use in a single building. If it works well take it district-wide.

**Name It:** Needs to be something the students will pick up.

- A school nickname
- Your own Volcano Fries
- Smokin' Hot and Lime
- Something that says "sweet and heat "
- Michigan or your town's name

**Test it and have them taste it**

- Taste it and tell us
- Tasting Tuesdays
- Build trust

Have a contest to name items. This can help build bridges with the staff and students. The positive feeling created by the tasting can help build a trust between staff and customers and create willingness to try the new healthy items you want to introduce.

Our state of Michigan provides us with many fresh products you can use when they are fresh. Then when they are not available fresh, you will have introduced them and students can realize that this is a product that is raised here in our state.

Introduce new ideas over a timetable such as Vegetable of the Week or Month; New Dish in Town Days; Try It and Taste Thursdays.

# Michigan Department of Education

|  |                   |
|--|-------------------|
| <b>001389 - Potato Cheerios Bkd Sweet : Chef Dave Mac</b>                                | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: 1/2 cup |                   |

| Ingredients                                       | Measures  | Instructions   |
|---|-----------|--|
| 050494 POTATOES, SWEET, BAKED, CHUNKS, WITHOUT... | 24 .5 CUP | Wash sweet potatoes and cut in half lengthwise.  |
| 902396 Margarine solid 30-1# GFS.....             | 1/4 cup   | Spray sheet pan, place potatoes on the pan and add melted margarine. Bake 15-20 minutes at 350° low fan. Test for doneness.  |
| 001388R Topping Cheerios.....                     | 3/4 cup   | Prepare Topping recipe. Remove baked potatoes from the oven. Place 1/2 TBSP of topping on the open half of each potato half. Return the potatoes to the oven for about 5 minutes to brown the topping. |

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

|                        |          |               |         |           |            |                    |          |         |                             |
|------------------------|----------|---------------|---------|-----------|------------|--------------------|----------|---------|-----------------------------|
| Calories               | 156 kcal | Cholesterol   | 0 mg    | Protein   | 1.60 g     | Calcium            | 39.83 mg | 25.13%  | Calories from Total Fat     |
| Total Fat              | 4.34 g   | Sodium        | 36 mg   | Vitamin A | 3693.0 RE  | Iron               | 0.79 mg  | 3.96%   | Calories from Saturated Fat |
| Saturated Fat          | 0.68 g   | Carbohydrates | 27.96 g | Vitamin A | 18465.0 IU | Water <sup>1</sup> | *0.09* g | *2.89%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.50* g | Dietary Fiber | 1.70 g  | Vitamin C | 8.2 mg     | Ash <sup>1</sup>   | *0.03* g | 71.89%  | Calories from Carbohydrates |
|                        |          |               |         |           |            |                    |          | 4.11%   | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

1/2 C F/V, 1 orange veg

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# Michigan Department of Education

|   |                   |
|---|-------------------|
| <b>001388 - Topping Cheerios : Chef Dave Mac</b>                                      | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: TBSP |                   |

| Ingredients                              | Measures            | Instructions  |
|--|---------------------|---|
| 902359 Cereal Cheerios bulk 4-29z.....   | 1 1/2 cups          | Crush Cheerios to make fine crumbs. Combine with brown sugar and oil to form topping. |
| 019334 SUGARS,BROWN.....                 | 1 1/2 CUPS (packed) |   |
| 902526 Oil salad veg soybean 14g GFS.... | 1/2 cup             |   |

\*Nutrients are based upon 1 Portion Size (TBSP)

|                        |          |               |         |           |         |                    |          |         |                             |
|------------------------|----------|---------------|---------|-----------|---------|--------------------|----------|---------|-----------------------------|
| Calories               | 102 kcal | Cholesterol   | 0 mg    | Protein   | 0.20 g  | Calcium            | 17.66 mg | 42.35%  | Calories from Total Fat     |
| Total Fat              | 4.79 g   | Sodium        | 14 mg   | Vitamin A | 6.3 RE  | Iron               | 0.60 mg  | 5.89%   | Calories from Saturated Fat |
| Saturated Fat          | 0.67 g   | Carbohydrates | 14.74 g | Vitamin A | 31.2 IU | Water <sup>1</sup> | *0.18* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 0.19 g  | Vitamin C | 0.4 mg  | Ash <sup>1</sup>   | *0.06* g | 57.89%  | Calories from Carbohydrates |
|                        |          |               |         |           |         |                    |          | 0.80%   | Calories from Protein       |

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# Michigan Department of Education

|   |                   |
|---|-------------------|
| <b>001329 - Potato smokin lime&amp;honey Sweet : Chef Dave Mac</b>                    | <b>Attributes</b> |
| HACCP Process: No HACCP Process<br>Number of Portions: 24<br>Size of Portion: 1/2 cup |                   |

| Ingredients   | Measures  | Instructions  |
|---|---|---|
| 050495 POTATOES, SWEET, FROZEN, MASHED...<br>902560 Potato Pearls Excel 1/2c serv 119g.....<br>902985 Margarine liquid 14g.....   | 2 qts<br>1 qt<br>3/4 cup  | Prepare both types of potatoes, melt margarine and combine with potatoes.   |
| 019296 HONEY.....<br>011980 PEPPERS, CHILI, GRN, CND.....<br>900701 CUMIN, GROUND.....<br>902575 Coriander grd .6g.....<br>002028 PAPRIKA.....<br>009161 LIME JUC, CND OR BTLD, UNSWTND.....<br>901665 Sour cream 4-5# GFS.....<br>002031 PEPPER, RED OR CAYENNE..... | 1/4 cup<br>2 Tbsp<br>2 tsp<br>1 tsp<br>1/2 tsp<br>1/4 cup<br>1/2 cup<br>1/4 tsp |   |
| 902576 Cilantro fresh chopped 4g.....   | 1/2 cup   | Bake at 350° F until mixture reaches a serving temperature of 135° F (CCP).<br>Remove potatoes from oven and sprinkle with cilantro. Serve with #8 scoop. |

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

|                        |          |               |         |           |            |                    |          |         |                             |
|------------------------|----------|---------------|---------|-----------|------------|--------------------|----------|---------|-----------------------------|
| Calories               | 183 kcal | Cholesterol   | 4 mg    | Protein   | 2.02 g     | Calcium            | 42.55 mg | 34.39%  | Calories from Total Fat     |
| Total Fat              | 7.00 g   | Sodium        | 219 mg  | Vitamin A | 3626.7 RE  | Iron               | 0.68 mg  | 8.46%   | Calories from Saturated Fat |
| Saturated Fat          | 1.72 g   | Carbohydrates | 28.55 g | Vitamin A | 18148.3 IU | Water <sup>1</sup> | *3.67* g | *0.49%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.10* g | Dietary Fiber | 2.04 g  | Vitamin C | 9.5 mg     | Ash <sup>1</sup>   | *0.04* g | 62.34%  | Calories from Carbohydrates |
|                        |          |               |         |           |            |                    |          | 4.41%   | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

1/2 C F/V, 1 orange veg

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# Michigan Department of Education

|  |                   |
|--|-------------------|
| <b>002512 - Posh Squash zucchini : Chef Dave Mac</b>                                     | <b>Attributes</b> |
| HACCP Process: #2 Same Day Service<br>Number of Portions: 24<br>Size of Portion: 1/2 cup |                   |

| Ingredients   | Measures                  | Instructions   |
|---|---------------------------|--|
| 011478 SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DR....   | 8 lbs                     | Place frozen or fresh sliced zucchini in a steam table pan. Bake at 325° F until hot (145° F) and tender. Do not overcook. Drain excess water from vegetables and discard. |
| 904068 Seasoning all purpose herb no salt 1g.....<br>900701 CUMIN,GROUND.....<br>050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH... | 1/4 cup<br>1 Tbsp<br>1 lb | Combine seasonings thoroughly. Mix with cheddar cheese.  |
| 001032 CHEESE,PARMESAN,GRATED.....  | 8 ozs                     | Toss vegetables with parmesan cheese.  |
|   |                           | Spread seasoned cheddar cheese on top of the vegetables. Return the pan to the oven until cheese is melted. Serve 1/2 cup portions.  |

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

|                        |          |               |        |           |           |                    |            |         |                             |
|------------------------|----------|---------------|--------|-----------|-----------|--------------------|------------|---------|-----------------------------|
| Calories               | 119 kcal | Cholesterol   | 19 mg  | Protein   | 10.55 g   | Calcium            | 305.79 mg  | 51.30%  | Calories from Total Fat     |
| Total Fat              | 6.77 g   | Sodium        | 287 mg | Vitamin A | 76.8 RE   | Iron               | 0.94 mg    | 29.87%  | Calories from Saturated Fat |
| Saturated Fat          | 3.94 g   | Carbohydrates | 5.20 g | Vitamin A | 1893.3 IU | Water <sup>1</sup> | *145.96* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 1.54 g | Vitamin C | 19.8 mg   | Ash <sup>1</sup>   | *1.67* g   | 17.51%  | Calories from Carbohydrates |
|                        |          |               |        |           |           |                    |            | 35.53%  | Calories from Protein       |

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<sup>1</sup> - denotes optional nutrient values

1 oz M/MA, 1/2 C F/V

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# Michigan Department of Education

|   |                   |
|---|-------------------|
| <b>002945 - Salsa homemade : Chef Dave Mac</b>                                  | <b>Attributes</b> |
| HACCP Process: #1 No Cook<br>Number of Portions: 32<br>Size of Portion: 1/4 cup |                   |

| Ingredients  | Measures  | Instructions  |
|--|---|---|
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....<br>011333 PEPPERS,SWT,GRN,RAW.....<br>011282 ONIONS,RAW.....<br>011979 PEPPERS,JALAPENO,RAW.....                               | 1 qt + 2 CUPS (chopped or sliced)<br>3 1/2 CUPS (chopped)<br>2 CUPS (chopped)<br>1/4 CUP (sliced) | Wash all vegetables, chop, and mix together.  |
| 903121 Seasoning zesty no salt 3g.....<br>002031 PEPPER,RED OR CAYENNE.....<br>002020 GARLIC POWDER.....<br>009152 LEMON JUICE,RAW.....<br>902576 Cilantro fresh chopped 4g..... | 3 Tbsp<br>1/2 tsp<br>1 tsp<br>1/4 cup<br>1/4 cup  | Add remaining ingredients to vegetable mixture and combine well.<br>Cover and refrigerate at 41° F or less until service.<br><br>Serve 1/4 cup (#16 scoop) for 1/4 cup F/V. |

\*Nutrients are based upon 1 Portion Size (1/4 cup)

|                        |          |               |        |           |          |                    |           |         |                             |
|------------------------|----------|---------------|--------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories               | 17 kcal  | Cholesterol   | 0 mg   | Protein   | 0.58 g   | Calcium            | 10.44 mg  | 6.37%   | Calories from Total Fat     |
| Total Fat              | 0.12 g   | Sodium        | 3 mg   | Vitamin A | 51.0 RE  | Iron               | 0.23 mg   | 1.42%   | Calories from Saturated Fat |
| Saturated Fat          | 0.03 g   | Carbohydrates | 3.84 g | Vitamin A | 453.0 IU | Water <sup>1</sup> | *58.53* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 0.89 g | Vitamin C | 23.6 mg  | Ash <sup>1</sup>   | *0.29* g  | 92.18%  | Calories from Carbohydrates |
|                        |          |               |        |           |          |                    |           | 13.93%  | Calories from Protein       |

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1/4 C F/V

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# Michigan Department of Education

## Recipe Sizing Report

|  |                   |
|--|-------------------|
| <b>002947 - Dipping Sauce for sweet potato : Chef Dave Mac</b>                     | <b>Attributes</b> |
| HACCP Process: No HACCP Process<br>Number of Portions: 32<br>Size of Portion: TBSP |                   |

| Ingredients                             | Measures         | Instructions   |
|---|------------------|--|
| 902915 Sour cream lite 32g.....         | 3/4 cup          | Combine all ingredients to form a smooth dipping sauce. Hold at 41° F. or less. Portion for 1 TBSP servings. |
| 902164 Yogurt plain 227g 8oz Dannon...  | 1 1/4 cups       |  |
| 901522 SUGARS,BROWN,LIGHT.....          | 1/4 CUP (packed) |  |
| 902732 Vanilla imit flavoring 100g..... | 1 tsp            |  |

\*Nutrients are based upon 1 Portion Size (TBSP)

|                        |          |               |        |           |         |                    |          |         |                             |
|------------------------|----------|---------------|--------|-----------|---------|--------------------|----------|---------|-----------------------------|
| Calories               | 17 kcal  | Cholesterol   | 2 mg   | Protein   | 0.62 g  | Calcium            | 26.43 mg | 19.61%  | Calories from Total Fat     |
| Total Fat              | 0.38 g   | Sodium        | 13 mg  | Vitamin A | 7.5 RE  | Iron               | 0.01 mg  | 9.81%   | Calories from Saturated Fat |
| Saturated Fat          | 0.19 g   | Carbohydrates | 2.87 g | Vitamin A | 37.5 IU | Water <sup>1</sup> | *0.02* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 0.00 g | Vitamin C | 0.2 mg  | Ash <sup>1</sup>   | *0.01* g | 66.82%  | Calories from Carbohydrates |
|                        |          |               |        |           |         |                    |          | 14.39%  | Calories from Protein       |

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## Terminology from Chef Dave Mac

**Mise en Place** - gather all your ingredients prior to cooking.

**Mirepoix** - a combination of vegetables usually referring to carrots, celery and onions.

**Roux** - a cooked thickening agent using equal parts flour and fat.

**Slurry** - a thickening agent using a starch and water mixture.

**Stir Fry** - to cook pieces of food quickly in a small amount of oil.

**Just in Time** - cooking foods as close to serving time as possible.

**Batch Cooking** - cooking foods in small batches throughout service.

**Salsa** - start with onions, peppers and tomatoes and go from there.

**Fusion** - the culinary mixing of cultures and flavors; an example would be Mediterranean Quesadillas.

**Pilaf Method** - a technique for cooking grains in which the grain is sautéed briefly in butter then simmered in stock or water.

**Speed Scratch** - products are sometimes called value added or convenience foods. Whatever they are called the term indicates that some action was taken to quicken the preparation process. The value of using speed scratch is to add something to the product to make it your own. Directions for changes are sometimes given on the box, or label.