
Iowa Gold Star Cycle Recipes



Bureau of Nutrition and Health Services, Iowa Department of Education - 2013

Iowa Gold Star Cycle Recipes

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BBQ Pulled Pork on Whole Grain Bun

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Pork, fully cooked, shredded Barbeque sauce, low sodium Whole grain hamburger buns (43 g)	18 ¾ lb	2 1/3 bags (8 lb bags)			1. Heat pork according to directions. 2. Add barbeque sauce to pork, stirring gently. CCP: Cook pork mixture until internal temperature has reached 165° F. CCP: Hold at or above 135° before and during service. 3. Serve approximately 3 oz of pork mixture on bun. Actual weight will vary depending on product used, amount of water added and hold time. Notes: <ul style="list-style-type: none"> Add water to pork mixture if additional moisture is needed. Each 8 lb bag of fully cooked shredded pork provides approximately 42 portions. Recipe weight is based on specific product with CN statement, "3 oz of Fully Cooked Seasoned Shredded Pork provides 2 oz equivalent meat/meat alternate for the Child Nutrition Meal Pattern Requirements." Verify product used. The USDA Foods pork leg roast can be substituted for the processed fully cooked pork. Please note this will change serving size, nutritional values, and barbeque sauce quantity.
Serving Size	1 Serving Provides		Yield		
1 sandwich	2 oz equivalent meat/meat alternate, 1 ½ oz eq grains.		100 servings		

Nutrients Per Serving

Calories	315	Sodium	660 mg	Vitamin A	200 IU
Total Fat	9 g	Carbohydrates	30 g	Vitamin C	0 mg
Saturated Fat	2.5 g	Dietary Fiber	2 g	Calcium	150 mg
Trans Fat	0.15 [†] g	Protein	27 g	Iron	2.2 mg
Cholesterol	70 mg	Calories from Total Fat	24%	Calories from Saturated Fat	7 %

[†]Trans fat is naturally occurring.

Bean and Cheese Enchilada

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Bean and cheese burrito, whole grain, bulk pack		100 each			1. Cover sheet pans with parchment paper. Place burritos on pans with flap facing up. 2. Pour prepared enchilada sauce over burritos. 3. Sprinkle each pan with cheese; 12 ½ oz for 25 portions. 4. Heat following product instructions. CCP: Cook until internal temperature reaches 160°F. CCP: Hold at or above 135°F before and during service.
Enchilada sauce mix, low sodium, prepared		1 gal 2 ¾ cup			
Cheddar cheese, reduced-fat shredded*	3 lb 2 oz				

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 enchilada	2 ½ oz equivalent meat/meat alternate and 2 oz eq grains.	100 servings

Nutrients Per Serving

Calories	350	Sodium	740 mg	Vitamin A	610 IU
Total Fat	11 g	Carbohydrates	44 g	Vitamin C	4.2 mg
Saturated Fat	5 g	Dietary Fiber	9 g	Calcium	300 mg
Trans Fat	0 g	Protein	19 g	Iron	3.6 mg
Cholesterol	23 mg	Calories from Total Fat	29%	Calories from Saturated Fat	13 %

Beef Lasagna

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)*	6 lb 8 oz				<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes. 2. Add pepper, parsley, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat. 3. Assemble ingredients as follows in steam table pans (12" x 20" x 2 1/2") which have been lightly coated with pan release spray. For 100 servings, use 4 pans. For each pan: 1st layer – 1 qt 1/2 cup sauce 2nd layer – 19 uncooked noodles lengthwise 3rd layer – 1 qt 1/2 cup sauce 4th layer – 6 1/4 oz (1 1/2 cups 1 Tbsp) cheese blend and 9 1/2 oz (2 1/4 cups 2 Tbsp) mozzarella cheese 5th layer – 19 uncooked noodles crosswise 6th layer – 1 qt 3/4 cup sauce 7th layer – 6 1/4 oz (1 1/2 cups 1 Tbsp) cheese blend and 9 1/2 oz (2 1/4 cups 2 Tbsp) mozzarella cheese. 4. Tightly cover pans. 5. Bake: Conventional oven: 350°F for 1 1/4 - 1 1/2 hours Convection oven: 325°F for 45 minutes
Fresh onions, chopped	6 lb	1 gal			
<i>Or</i>	<i>Or</i>	<i>Or</i>			
Dehydrated onions	1 lb 2 oz	2 qt 1 cup			
Granulated garlic		1/4 cup			
Ground black or white pepper		2 tsp			
Dried parsley		1/2 cup			
Canned diced tomatoes, low sodium, with juice*	8 lb 8 oz	1 gal 1/2 cup (1 1/3 No.10 cans)			
Canned tomato paste, low sodium*	3 lb 8 oz	1 qt 2 1/4 cups (1/2 No.10 can)			
Water		1 gal 2 qt			
Dried basil		1/4 cup 2 Tbsp			
Dried oregano		1/4 cup 2 Tbsp			
Dried marjoram		2 Tbsp			
Dried thyme		2 tsp			
Lasagna noodles, whole	6 lb 4 oz	152 each			

grain, uncooked (based on 18.9 g each)					
Cheese blend of American and skim milk cheeses, shredded	3 lb 2 oz	3 qt ½ cup			CCP: Heat to 165°F or higher for at least 15 seconds.
Mozzarella cheese, part skim, shredded*	4 lb 12 oz	1 gal 3 cups			6. Remove pans from oven. Uncover. Let stand for 15 minutes before serving. CCP: Hold for hot service at 135°F or higher.
					7. Cut each pan 5 x 5 (25 pieces per pan). Notes: • Mature onions – 6 lb 14 oz food as purchased.

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 piece	2 oz equivalent meat/meat alternate, 3/8 c of R/O vegetable, and 1 oz eq grains.	4 steam table pans

Nutrients Per Serving

Calories	250	Sodium	430 mg	Vitamin A	890 IU
Total Fat	7 g	Carbohydrates	28 g	Vitamin C	9.8 mg
Saturated Fat	4 g	Dietary Fiber	4 g	Calcium	311 mg
Trans Fat	0 g	Protein	20 g	Iron	3 mg
Cholesterol	32 mg	Calories from Total Fat	26 %	Calories from Saturated Fat	16 %

Beef Taco on Whole Grain Tortilla

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)*	12 lb 12 oz				<ol style="list-style-type: none"> Brown ground beef and drain. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 155°F for at least 15 seconds. CCP: Hold for hot service at 135°F or higher. <p>Topping: Set cheese aside for step 4. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 4.</p> <ol style="list-style-type: none"> Steam tortillas for 3 minutes until warm or place in warmer. <ol style="list-style-type: none"> Before serving or on serving line, fill each tortilla with 2 No. 30 scoops (1/4 cup 1/2 tsp) meat mixture. On each student tray serve 1 tortilla, No.10 scoop (3/8 cup) lettuce and tomato mixture, and 1/2 oz (2 Tbsp) shredded cheese. Or Pre-portion No.10 scoop (3/8 cup) lettuce and tomato mixture and 1/2 oz shredded cheese into individual soufflé cups. Refrigerate until service. Transfer meat mixture and tortillas to steam table pans. On each student tray, serve 1 tortilla, 2 No. 30 scoops (1/4 cup 1/2 tsp) meat mixture, lettuce and tomato mixture, and cheese. Instruct students to “build” their own tacos.
Fresh onions, chopped	10 oz	1 3/4 cup			
Or	Or	Or			
Dehydrated onions	2 oz	1 cup			
Granulated garlic		3 Tbsp			
Ground black or white pepper		1 Tbsp	1 tsp		
Canned tomato paste, low sodium*	1 lb 12 oz	3 cup	2 Tbsp	(1/4 No.10 can)	
Water		2 qt			
Seasonings:					
Chili powder		1/4 cup			
Cumin, ground		3 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Cheddar cheese, reduced fat, shredded*	3 lb 4 oz	3 qt	1 cup		
Fresh lettuce, shredded	4 lb 14 oz	2 gal	1 qt		
Tomatoes, fresh, chopped	2 lb 10 oz	1 qt	1 3/4 cup		

Tortilla, whole grain 8*		100			Notes: <ul style="list-style-type: none"> • 100 each mature onions – 12 oz food as purchased. • Head lettuce – 6 lb 8 oz food as purchased. • Dark green leafy lettuce can be substituted. • Tomatoes – 3 lb 2 oz food as purchased. • Mexican seasoning mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning mix.

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 taco	2 oz equivalent meat/meat alternate, ⅛ cup of R/O, ⅛ cup other vegetable and 1 ½ oz eq grains.	About 14 lb 8 oz (filling); about 31 lb 4 oz 1 ½ gallons 2 2/3 cups (filling), 100 tacos

Nutrients Per Serving

Calories	290	Sodium	300 mg	Vitamin A	490 IU
Total Fat	13 g	Carbohydrates	24 g	Vitamin C	4.3 mg
Saturated Fat	5 g	Dietary Fiber	4 g	Calcium	140 mg
Trans Fat	0.5 [†] g	Protein	19 g	Iron	1.85 mg
Cholesterol	42 mg	Calories from Total Fat	40 %	Calories from Saturated Fat	16 %

[†]Trans fat is naturally occurring.

Beef Taco Salad

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)*	12 lb 12 oz				<ol style="list-style-type: none"> 1. Brown ground beef and drain. 2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer 25-30 minutes. CCP: Heat to 155°F for 15 seconds. CCP: Hold for hot service at 135°F or higher. 3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve. 4. Serving suggestions: <ol style="list-style-type: none"> a. Assemble each salad as follows, or in preferred order: 1st layer – about 1 oz tortilla chips 2nd layer – 1 ¾ oz (approx ¾ cup) lettuce and tomato mixture 3rd layer – No. 12 scoop (1/3 cup) meat mixture 4th layer – ½ oz (approx 2 Tbsp 1 tsp) shredded cheese Or b. Pre-portion 1 ¾ oz (approx ¾ cup) lettuce and tomato mixture and ½ oz (approx 2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service. 5. Transfer meat mixture and tortilla chips into steam table pans. On each student tray, serve 1 oz tortilla chips. Top with No. 12 scoop (1/3 cup) meat mixture. Add
Fresh onion, chopped <i>Or</i> Dehydrated onions	10 oz <i>Or</i> 2 oz	1 ¾ cups <i>Or</i> 1 cup			
Granulated garlic		3 Tbsp			
Ground black or white pepper		1 Tbsp 1 tsp			
Canned tomato paste, low-sodium*	1 lb 12 oz	3 cups 2 Tbsp (1/4 No.10 can)			
Water		2 qt 2 cup			
Chili powder		¼ cup			
Ground cumin		3 Tbsp			
Paprika		1 Tbsp			
Onion powder		1 Tbsp			
Fresh lettuce, shredded, chilled	8 lb	4 gal			
Tomatoes, fresh, diced, chilled	3 lb 10 oz	2 qt - -			
Whole grain tortilla chips	6 lb 4 oz				

Cheddar cheese, reduced fat, shredded*	3 lb 4 oz	3 qt 1 cup			lettuce and tomato mixture and shredded cheese. Instruct students to “build” their own taco salad. Notes: <ul style="list-style-type: none"> • Mature onions – 12 oz food as purchased. • Head lettuce – 10 lb 10 oz food as purchased. • Dark green leafy lettuce can be substituted. • Tomatoes – 4 lb 4 oz food as purchased.
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*USDA Foods

Serving Size	1 Serving Provides	Yield
1 salad	2 oz equivalent meat/meat alternate, 1/8 cup RO, 1/4 cup other vegetables, and 1 oz eq grains.	About 35 lb 10 oz; 2 gallons 1 cup (meat filling); 100 salads

Nutrients Per Serving

Calories	285	Sodium	240 mg	Vitamin A	580 IU
Total Fat	14 g	Carbohydrates	22 g	Vitamin C	6.2 mg
Saturated Fat	4 g	Dietary Fiber	3.2 g	Calcium	100 mg
Trans Fat	0 g	Protein	16 g	Iron	2 mg
Cholesterol	37 mg	Calories from Total Fat	43 %	Calories from Saturated Fat	12 %

Beef Tips with Mashed Potatoes

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Beef tips, seasoned, in gravy**	25 lb 10 oz				<ol style="list-style-type: none"> Place sealed bag of beef tips in a steamer or boiling water. Heat approximately 45 minutes. CCP: Heat to 135°F for 15 seconds. Prepare mashed potatoes using product instructions. CCP: Cook to internal temperature of 140°F or higher. CCP: Hold at 135°F or above before and during service. Fluff mashed potatoes before serving. Portion ½ cup mashed potatoes. Top with 4.1 oz portion of seasoned beef tips.
Mashed potatoes, low sodium with vitamin C	4 lb 5 oz ¹				
Hot water		2 ½ qt 1 ½ cup ¹			

**Iowa Processed USDA Foods: 4.1 oz beef in gravy = 2 oz meat/meat alternate

¹Actual amount depends on specific product used

Serving Size	1 Serving Provides	Yield
½ cup mashed potatoes, 4.1 oz. beef tips and gravy	2 oz equivalent meat/meat alternate and 1/2 cup of starchy vegetable.	100 servings

Nutrients Per Serving

Calories	300	Sodium	450 mg	Vitamin A	2 IU
Total Fat	17 g	Carbohydrates	20 g	Vitamin C	31 mg
Saturated Fat	6 g	Dietary Fiber	1 g	Calcium	26 mg
Trans Fat	1 [†] g	Protein	17 g	Iron	2.2 mg
Cholesterol	66 mg	Calories from Total Fat	50 %	Calories from Saturated Fat	18 %

[†]Trans fat is naturally occurring.

Cheesy Broccoli Egg Bake

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, frozen, pasteurized*	10 lb				<ol style="list-style-type: none"> 1. Thaw frozen eggs in refrigerator overnight. Reserve for step 6. 2. If using fresh broccoli, blanch and drain well. If using frozen broccoli, thaw in refrigerator overnight and drain well. 3. Heat oil and sauté onions until soft. 4. Add broccoli and dill to sautéed onions, cook until broccoli is heated. 5. Drain liquid from cottage cheese in a sieve. Discard liquid. 6. Combine eggs, cheeses, and broccoli/onion mixture. Stir in salt and pepper. 7. Spray 12" x 20" x 2 ½" pans with pan release spray; use 4 pans for 100 portions. 8. Pour 6 lb 4 oz egg mixture into each pan. 9. Bake; stirring halfway through cooking time. Conventional: 350°F for 25 minutes Convection: 300°F for 20 minutes <p style="color: red; margin-top: 10px;">CCP: Heat to 155°F for 3 minutes. CCP: Hold at 135°F or above before and during service.</p> <ol style="list-style-type: none"> 10. Cut pans 5 x 5 for 25 servings per pan.
Broccoli florets, chopped, fresh or frozen*	11 lb	2 gal 3 qt			
Oil, vegetable*		2 Tbsp			
Onion, small, diced	1 ½ oz	1 cup			
Dill, dried		¼ cup			
Cottage cheese, nonfat, drained	1 lb 8 oz	3 cup			
Cheddar cheese, reduced fat, shredded*	14 oz	3 ½ cup			
Mozzarella cheese, low moisture, part skim, shredded*	14 oz	3 ½ cup			
Salt		2 tsp			
Ground black or white pepper		1 ½ tsp			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 piece	2 oz equivalent meat/meat alternate and 1/4 cup of DG vegetable.	100 servings

Nutrients Per Serving

Calories	110	Sodium	200 mg	Vitamin A	600 IU
Total Fat	6 g	Carbohydrates	4 g	Vitamin C	45 mg
Saturated Fat	2 g	Dietary Fiber	1.5 g	Calcium	130 mg
Trans Fat	0 g	Protein	10 g	Iron	1.3 mg
Cholesterol	200 mg	Calories from Total Fat	50 %	Calories from Saturated Fat	18 %

Cheesy Mascot Bread

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat 12" sub buns (85g)		50 each			<ol style="list-style-type: none"> 1. Split sub buns in half lengthwise. Set on sheet pan open side up, 6 pieces per pan. 2. Spray lightly with garlic spray. 3. Combine mozzarella and cheddar cheeses. 4. Portion 2 oz cheese onto each split sub bun. 5. Sprinkle each cheese bun half with approximately ½ tsp garlic bread sprinkle. 6. Bake at 375°F for 5-8 minutes or until cheese begins to brown and internal temperature reaches 165°F degrees. <p style="color: red; margin-top: 10px;">CCP: Hold at or above 135°F before and during service.</p>
Garlic spray		As needed			
Mozzarella cheese, low moisture, part skim, shredded*	9 lb 8 oz	2 gal 1 qt 2 cups			
Cheddar cheese, reduced-fat, shredded*	3 lb	3 qt			
Garlic bread sprinkle		½ cup			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 piece	2 oz equivalent meat/meat alternate and 1 ½ oz eq grains.	100 servings

Nutrients Per Serving

Calories	260	Sodium	575 mg	Vitamin A	90 IU
Total Fat	8.5 g	Carbohydrates	25 g	Vitamin C	0 mg
Saturated Fat	5.5 g	Dietary Fiber	3.5 g	Calcium	550 mg
Trans Fat	0 g	Protein	20 g	Iron	1.5 mg
Cholesterol	22 mg	Calories from Total Fat	29%	Calories from Saturated Fat	19 %

Chicken Brown Rice Bowl with Vegetables

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal 1 ¾ qt			<ol style="list-style-type: none"> 1. Boil water. Add salt (optional). 2. Place 1 lb 9 oz brown long grain regular rice per 12" x 20" x 2 ½" steam table pan and pour 2 qt 1 ¾ cups boiling water per steam table pan. Cover pans tightly. Bake in conventional oven at 350°F for 50 minutes or steamer at 5 lb pressure for 50 minutes. CCP: Heat to 165°F for at least 15 seconds. CCP: Hold hot rice at 135°F or above. 3. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper. 4. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to simmer. 5. Cook for 3-5 minutes until thickened. Remove from heat. 6. Sauté carrots in oil for 4 minutes. 7. Add onions and cook for 1 minute. 8. Add broccoli and cook for 2 more minutes. Transfer to steam table pans (12" x 20" x 2 ½"). For 100 servings, use 4 pans. Add salt. Keep warm. 9. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steam table pans. Add sauce and mix to coat chicken and vegetables.
Salt (optional)		1 Tbsp 1 tsp			
Brown rice, long-grain*	6 lb 4 oz				
Cornstarch	9 oz	2 cups			
Water, cold		1 cup			
Soy sauce, low-sodium		1 cup			
Ground ginger		1 tsp			
Granulated garlic		¼ cup 2 Tbsp			
Ground black or white pepper		1 Tbsp 2 tsp			
Chicken stock, low sodium, non-MSG		1 gal			
Carrots, frozen, sliced*	10 lb 12 oz				
Vegetable oil*		1 cup			
Fresh onions, diced	2 lb 12 oz	1 qt 3 ½ cup			
Broccoli, frozen, chopped*	10 lb 8 oz				
Salt		1 Tbsp 1 tsp			

Chicken Caesar Wrap

Main Dish

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, diced, cooked*	11 lb 4 oz				1. Sprinkle chicken evenly with seasoning mixture. 2. Assemble Wraps: a. Spread approximately 1 oz Caesar dressing onto tortilla. b. Layer 2 oz chicken, ½ cup romaine, 1/8 cup tomatoes, and 1 tsp cheese on wrap. c. Fold the top and bottom of tortilla into the center. Beginning at either side, roll the tortilla until all contents cannot be seen. d. Cut in half diagonally. CCP: Hold product at 41°F or lower. Notes: • Tomatoes – 6 lb 14 oz food as purchased. • Romaine lettuce – 7 lb 14 oz food as purchased.
Italian seasoning		¼ cup ½ tsp			
Romaine lettuce, chopped	6 lb 4 oz				
Tomatoes, fresh, diced	6 lb 4 oz				
Caesar dressing	6 lb 4 oz				
Tortillas, whole grain, 8”*		100 each			
Mozzarella cheese, part-skim, shredded*	1 lb 4 oz	1 qt 3 Tbsp			
<i>Or</i>	<i>Or</i>	<i>Or</i>			
Parmesan cheese, shredded	1 lb 4 oz	1 qt 3 Tbsp			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 wrap	2 oz equivalent meat/meat alternate, ⅛ cup RO , ¼ c DG vegetable and 1 ½ oz eq grains.	100 servings

Nutrients Per Serving

Calories	340	Sodium	600 mg	Vitamin A	2740 IU
Total Fat	19 g	Carbohydrates	24 g	Vitamin C	11 mg
Saturated Fat	4 g	Dietary Fiber	4 g	Calcium	112 mg
Trans Fat	0 g	Protein	23 g	Iron	2.3 mg
Cholesterol	60 mg	Calories from Total Fat	50 %	Calories from Saturated Fat	11 %

Chicken Melt

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken breast patty, <i>unbreaded</i> , 2.8 oz Tomatoes Butter, melted Whole grain bread (1 oz per slice) Mozzarella cheese, part skim, sliced* Italian or Greek salad dressing	13 lb 2 oz 9 lb 10 oz 11 lb 4 oz 3 lb 2 oz	75 each 1 ¼ cups 200 slices 100 slices (1/2 oz ea) 2 cups 1 Tbsp 1 tsp			1. Slice cooked chicken patties into strips, approximately 4 strips per patty. Reserve for step 5. 2. Wash and core tomatoes. Do not peel. Slice into ¼ inch slices, approximately 7-9 slices/tomato. 3. Brush approximately ½ oz (1Tbsp) butter on each sheet pan (use 5 pans for 100 servings). Reserve remaining butter for step 6. 4. Place one slice of bread on buttered sheet pan. 5. Layer onto one slice of bread: ½ oz mozzarella cheese 2.1 oz chicken (Approximately 3 strips) 2 tomato slices 1 tsp dressing drizzled 6. Cover with the remaining bread slices. Brush tops of sandwiches with remaining butter, approximately 1 ½ oz (3 Tbsp) per pan. 7. Bake until lightly browned. Conventional at 400° F for 15-20 min Convection at 350° F for 10-15 min CCP: Heat to internal temperature of 135° F or higher CCP: Hold for before and during service at 135° F or higher. Notes: <ul style="list-style-type: none"> • Tomatoes – 10 lb 8 oz food as purchased.

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 panini	2 oz equivalent meat/meat alternate, 1/8 cup RO vegetable and 2 oz eq grains.	100 servings

Nutrients Per Serving

Calories	310	Sodium	690 mg	Vitamin A	400 IU
Total Fat	11 g	Carbohydrates	30 g	Vitamin C	5.5 mg
Saturated Fat	5 g	Dietary Fiber	4 g	Calcium	210 mg
Trans Fat	0 g	Protein	23 g	Iron	2.5 mg
Cholesterol	50 mg	Calories from Total Fat	33 %	Calories from Saturated Fat	14 %

Creamy Chicken with Vegetables

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Butter	14 oz	1 ½ cups 2 Tbsp			<ol style="list-style-type: none"> 1. Melt butter; add flour and stir until smooth. 2. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended. 3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes. 4. Add chicken, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through. <li style="color: red;">CCP: Heat to 165°F or higher for at least 15 seconds. 5. Pour into medium half-steam table pans (10" x 12" x 4"). For 100 servings, use 4 pans. <li style="color: red;">CCP: Hold for hot service at 135°F or higher. 6. Portion with 6 oz spoodle (¾ cup). 7. Serve over cooked brown rice, whole grain noodles, or a whole grain biscuit.
All-purpose flour, enriched*	1 lb 4 oz	1 qt 1 cup			
Chicken or turkey stock, low sodium, non-MSG		2 gal			
Milk, 1%		3 qt 1 ½ cup			
Poultry seasoning		1 Tbsp			
Ground black or white pepper		1 Tbsp 1 tsp			
Onion powder		½ cup			
Chicken, diced, cooked*	12 lb 8 oz	2 gal 2 qt			
Green peas, frozen*	11 lb 8 oz	1 gal 3 qt			
Pimientos, chopped, drained	8 oz	¾ cup			

*USDA Foods

Serving Size	1 Serving Provides	Yield
¾ cup (6 oz spoodle)	2 oz equivalent meat/meat alternate and ¼ cup of starchy vegetable.	About 42 lb 10 oz for 100 servings; 4 gallons 2 ¾ qt.

Nutrients Per Serving

Calories	200	Sodium	130 mg	Vitamin A	1300 IU
Total Fat	7 g	Carbohydrates	14 g	Vitamin C	6.5 mg
Saturated Fat	3 g	Dietary Fiber	3 g	Calcium	60 mg
Trans Fat	0 g	Protein	23 g	Iron	3.5 mg
Cholesterol	60 mg	Calories from Total Fat	33 %	Calories from Saturated Fat	13 %

Fish Taco with Coleslaw

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Sour cream, nonfat	3 lb	1 qt 2 cup			<ol style="list-style-type: none"> 1. Place sour cream, mayonnaise, lemon juice, cilantro, and taco seasoning in a food processor. Process until well blended. 2. Add sour cream mixture to cabbage and tomatoes, fold until well mixed. CCP: Hold at 41°F or below before and during service. 3. Cut fish portions into ¾ inch pieces. 4. Mix olive oil, lemon juice, and taco seasoning. Toss with fish. 5. Transfer fish to baking sheets that have been lined with parchment paper, arrange into single layer leaving space in between pieces. Discard extra marinade. 6. Bake: Conventional oven: 425°F for 18-20 minutes Convection oven: 375°F for 13-15 minutes Fish should flake easily when tested with a fork. CCP: Heat to 145°F or higher for at least 15 seconds. 7. Place tortillas in warmer to prevent tearing when folding or steam tortillas for 3 minutes until warm to prevent tearing. CCP: Hold for hot service at 135°F or higher. 8. Fill each corn tortilla with 2.6 oz portion of fish immediately before service. 9. Serve with ½ cup (No. 8 scoop) coleslaw mixture on the side. <p>Notes: Cilantro – 15 oz food as purchased.</p>
Mayonnaise, low-fat	2 lb	1 qt			
Lemon juice		½ cup			
Fresh cilantro, roughly chopped	5 oz	1 qt			
Taco seasoning mix, low sodium	11 oz	2 cup			
Red and green cabbage, shredded	6 lb 2 oz	2 gal 6 cup			
Tomatoes, diced		1 gal			
Pollock, unbreaded	16.25 lbs ²	100 each			
Olive oil		1 cup 1 ½ tsp			
Lemon juice		2 cup 1 Tbsp 1 ½ tsp			
Taco seasoning mix, low sodium	12 oz	2 ¼ cup			
White corn tortillas, whole grain, 33 g		100 each			

²Weight based on CN label for Pollock wedge, 2.6 oz = 2 oz meat/meat alternate

Serving Size	1 Serving Provides	Yield
1 taco	2 oz equivalent meat/meat alternate, 1/8 cup R/O, 3/8 cup other vegetable and 1 oz eq grains.	100 servings

Nutrients Per Serving

Calories	220	Sodium	480 mg	Vitamin A	385 IU
Total Fat	6 g	Carbohydrates	23 g	Vitamin C	15 mg
Saturated Fat	<1 g	Dietary Fiber	2 g	Calcium	70 mg
Trans Fat	0 g	Protein	16 g	Iron	1.3 mg
Cholesterol	50 mg	Calories from Total Fat	25%	Calories from Saturated Fat	2 %

Grilled Cheese Sandwich

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Butter, melted	10 oz	1 ¼ cups			<ol style="list-style-type: none"> 1. Brush approximately ½ oz (1 Tbsp) butter on each sheet pan (18" x 26" x 1"). For 100 servings, use 5 pans. Reserve the remaining butter for step 5. 2. Place 20 slices of bread on each sheet pan, 4 across and 5 down. 3. Top each slice of bread with 2 slices (1 oz) of cheese. 4. Cover with remaining bread slices. 5. Brush tops of sandwiches with remaining butter, approximately 1 ½ oz (3 Tbsp) per pan. 6. Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes Convection oven: 350°F for 10-15 minutes DO NOT OVERBAKE <li style="color: red; text-align: center;">CCP: Hold for hot service at 135°F or higher. 7. If desired, cut each sandwich diagonally in half.
Whole grain bread (1 oz per slice)	12 lb 8 oz	200 slices			
Cheese, American, pasteurized, process, yellow, sliced*	6 lb 4 oz	200 slices (1/2 oz each)			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 sandwich	1 oz equivalent meat/meat alternate and 2 oz eq grains.	100 sandwiches

Nutrients Per Serving

Calories	275	Sodium	560 mg	Vitamin A	340 IU
Total Fat	13 g	Carbohydrates	29 g	Vitamin C	0 mg
Saturated Fat	7.5 g	Dietary Fiber	3 g	Calcium	835 mg
Trans Fat	0 g	Protein	12 g	Iron	1.6 mg
Cholesterol	30 mg	Calories from Total Fat	42 %	Calories from Saturated Fat	24 %

Hot Ham and Cheese on Whole Grain Bun

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain hamburger buns (43 g)		100 each			<ol style="list-style-type: none"> Place 20 hamburger bun halves on each sheet pan, 4 across and 5 down. Top each half with 1 slice (1/2 oz total) of cheese and 2 slices of ham. Cover with top half of bun. Bake: Conventional oven 400°F for 8 minutes Convection oven 350°F for 6 minutes <p>CCP: Cook until minimum internal temperature of ham is 135°F (use a thin probed food temperature measuring device).</p> <p>CCP: Hold for hot service at 135°F or higher.</p> <ol style="list-style-type: none"> Serve whole sandwich.
Cheese, American, pasteurized, process, yellow, sliced*	3 lb 2 oz	100-½ oz slices			
Ham, reduced sodium, water added, fully cooked, sliced, frozen*	12 lb 8 oz	200-1 oz slices			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent meat/meat alternate and 1 ½ oz eq grains.	100 servings

Nutrients Per Serving

Calories	220	Sodium	740 mg	Vitamin A	375 IU
Total Fat	5 g	Carbohydrates	26 g	Vitamin C	0 mg
Saturated Fat	2 g	Dietary Fiber	2 g	Calcium	250 mg
Trans Fat	0 g	Protein	18 g	Iron	1.4 mg
Cholesterol	37 mg	Calories from Total Fat	21 %	Calories from Saturated Fat	9 %

Meatball Sub on Whole Grain Bun

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Meatballs		400 count (4 meatballs = 1½ oz ³)			1. Place meatballs in steam table pans. Add spaghetti sauce. 2. Cover with foil and heat in 350°F oven for 25 minutes. CCP: Heat until internal temperature of meatballs is 170° F or above. CCP: Hold at or above 135° before and during service. 3. Place one half of each hoagie bun on tray, spoon 4 meatballs, with sauce, onto each bun half. 4. Top meatballs with ½ oz mozzarella cheese. 5. Place remaining half of each hoagie on meatballs. CCP: Hold at or above 135° F before and during service.
Spaghetti sauce*		2 gal			
Hotdog buns, whole grain (43g)		100 count			
Mozzarella cheese, part skim, shredded*	3 lb 2 oz	1 gal 1 qt 1 cup			

* USDA Foods

³Based on CN label for meatballs, 4 = 1 ½ oz meat/meat alternate

Serving Size	1 Serving Provides	Yield
1 sub sandwich	2 oz equivalent meat/meat alternate, ¼ c RO vegetable and 1 ½ oz eq grains.	100 servings

Nutrients Per Serving

Calories	290	Sodium	500 mg	Vitamin A	3225 IU
Total Fat	13 g	Carbohydrates	25 g	Vitamin C	40 mg
Saturated Fat	5 g	Dietary Fiber	4 g	Calcium	190 mg
Trans Fat	0 g	Protein	19 g	Iron	2.12 mg
Cholesterol	30 mg	Calories from Total Fat	40%	Calories from Saturated Fat	15 %

Roasted Turkey

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey roast, thawed*	19 lb 8 oz				<ol style="list-style-type: none"> 1. Thaw only the amount needed for one day's use in netting in refrigerator for 24 hours. Place in single layers on sheet pans or trays and space on shelves so that air can circulate around wrapped poultry. 2. Cook within 24 hours after thawing. Do not partially cook one day and finish the next. Do not refreeze after thawing or heating. Do not wash before cooking. 3. Cook with or without netting. Place roasts of similar sizes in shallow roasting pans. Insert a meat thermometer into center of one roast in each pan. 4. Bake at 325°F in either a convection oven or a conventional oven for 3-5 hours (roasts with greater diameter need to cook longer). CCP: Cook turkey products to an internal temperature of 165°F for 15 seconds. 6. Slice into 2 oz portions (19 lb 8 oz thawed turkey AP provides about 12 lb 8 oz EP after roasting). CCP: Hold for hot service at 135°F or higher.

*USDA Foods

Serving Size	1 Serving Provides	Yield
2 oz portion	2 oz equivalent meat/meat alternate.	100 servings

Nutrients Per Serving

Calories	90	Sodium	390 mg	Vitamin A	0 IU
Total Fat	3 g	Carbohydrates	2 g	Vitamin C	0 mg
Saturated Fat	1 g	Dietary Fiber	0 g	Calcium	2 mg
Trans Fat	0 g	Protein	12 g	Iron	1 mg
Cholesterol	30 mg	Calories from Total Fat	33%	Calories from Saturated Fat	11 %

Sloppy Joe on Whole Grain Bun

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef (no more than 15% fat)*	17 lb 4 oz				<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. 2. Add onions and granulated garlic. Cook for 5 minutes. 3. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155°F or higher for at least 15 seconds. 4. Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steam table pan (12" x 20" x 2 ½"). For 100 servings, use 2 pans. CCP: Hold for hot service at 135°F or higher 5. Portion with No. 12 scoop (1/3 cup) onto bottom half of each bun. Cover with top half of bun. <p>Notes:</p> <ul style="list-style-type: none"> • Mature onions – 1 lb 8 oz food as purchased.
Fresh onions, chopped	1 lb 4 oz	3 2/3 cups			
Or	Or	Or			
Dehydrated onions	2 ½ oz	1 ¾ cup			
Granulated garlic		2 Tbsp			
Canned tomato paste, no salt added*	3 lb 8 oz	1 qt 2 ¼ cup (1/2 No.10 can)			
Catsup	3 lb 10 oz	1 qt 2 cup (½ No.10 can)			
Water		1 qt			
White vinegar		2 ¼ cups			
Dry mustard		¼ cup			
Ground black or white pepper		2 tsp			
Brown sugar, packed	5 ½ oz	¾ cup			
Whole grain hamburger buns (43 g)		100 each			

*USDA Foods

Serving Size	1 Serving Provides	Yield
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1 sandwich	2 oz equivalent meat/meat alternate, ¼ c RO vegetable, and 1 ½ oz eq grains.	21 lb 8 oz (filling); about 31 lb 4 oz About 2 gallons ½ cup (filling); 100 sandwiches
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Nutrients Per Serving

Calories	280	Sodium	375 mg	Vitamin A	540 IU
Total Fa	9 g	Carbohydrates	32 g	Vitamin C	12 mg
Saturated Fat	3 g	Dietary Fiber	3 g	Calcium	168 mg
Trans Fat	0 g	Protein	19 g	Iron	3.2 mg
Cholesterol	45 mg	Calories from Total Fat	29%	Calories from Saturated Fat	9 %

Spaghetti w/Meat Sauce

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef (no more than 15% fat)*	17 lb				<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. 2. Add onions. Cook for 5 minutes. 3. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour. CCP: Heat to 155°F or higher for at least 15 seconds. 4. Heat water to rolling boil. 5. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly. 6. Stir spaghetti into meat sauce. 7. Divide mixture equally into medium half-steam table pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 100 servings, use 6 pans. CCP: Hold for hot service at 135°F or higher. 5. Portion with 8 oz ladle (1 cup) per serving. <p>Notes:</p> <ul style="list-style-type: none"> • Mature onions – 1 lb 4 oz food as purchased.
Fresh onions, chopped	1 lb	2 2/3 cups			
<i>Or</i>	<i>Or</i>	<i>Or</i>			
Dehydrated onions	3 oz	1 ½ cups			
Granulated garlic		3 Tbsp			
Ground black or white pepper		1 Tbsp			
Canned tomato puree	10 lb	1 gal 2 cups (1 ½ No.10 cans)			
Water		1 gal			
Salt		2 Tbsp			
Dried parsley		½ cup			
Dried basil		¼ cup			
Dried oregano		¼ cup			
Dried marjoram		2 Tbsp			
Dried thyme		1 Tbsp			
Water		12 gal			
Whole grain spaghetti, broken into thirds*	9 lb 6 oz				

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 cup (8 oz ladle)	2 oz equivalent meat/meat alternate, ¼ c RO vegetable and 1 ½ oz eq grains.	About 6 medium half steam table pans; about 6 gallons 1 qt

Nutrients Per Serving

Calories	290	Sodium	350 mg	Vitamin A	250 IU
Total Fat	8 g	Carbohydrates	38 g	Vitamin C	5 mg
Saturated Fat	3 g	Dietary Fiber	5.3 g	Calcium	55 mg
Trans Fat	0 g	Protein	20 g	Iron	4 mg
Cholesterol	45 mg	Calories from Total Fat	25%	Calories from Saturated Fat	9 %

Walking Taco

Main Dish

HACCP Process Category 2

Nevada CSD

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beef crumbles (USDA Foods)**	9 lb 9 oz				<ol style="list-style-type: none"> 1. Heat beef crumbles following package instructions for specific product. CCP: Heat to 165°F or higher for at least 15 seconds. 2. Add tomato paste, taco sauce and seasonings. Stir to combine. Add water. Simmer until seasoning is well blended. CCP: Hold for hot service at 135°F or higher. 3. Slit chip bag on long side. Place in serving pans, slit side up. 4. Wash and chop vegetables. CCP: Hold vegetables at or below 41°F before and during service. 5. At service, portion 1/4 cup meat mixture to each bag of chips. Top with 1/2 oz. of cheese, 1 oz. tomato, and 1/4 cup lettuce mixture. Serve with 1 oz salsa. CCP: Hold for hot service at 135°F or higher.
Tomato paste, low sodium*		3 cups 2 Tbsp			
Taco sauce		3 cups			
Seasonings					
Dehydrated onions		2 Tbsp			
Garlic powder		2 Tbsp 3/4 tsp			
Black pepper		2 1/4 tsp			
Chili powder	2 1/4 oz				
Cumin, ground		2 Tbsp 3/4 tsp			
Water		1 gal			
Reduced fat nacho cheese chips		100 1-oz bags			
Iceberg, shredded	4 lb				
Cheddar cheese, reduced-fat shredded*	3 lb 2 oz				
Tomatoes, diced	6 lb 4 oz				
Salsa, low sodium*	6 lb 4 oz				

*USDA Foods

**Iowa Processed USDA Foods-2.03 oz beef crumbles = 2 oz meat/meat alternate

Serving Size	1 Serving Provides	Yield
1 serving	2 oz equivalent meat/meat alternate, 3/8 cup RO, 1/8 cup of other vegetable, and 1 oz eq grains.	

Nutrients Per Serving

Calories	280	Sodium	610 mg	Vitamin A	1165 IU
Total Fat	12 g	Carbohydrates	27 g	Vitamin C	9 mg
Saturated Fat	4 g	Dietary Fiber	3.2 g	Calcium	160 mg
Trans Fat	0 g	Protein	16 g	Iron	2.5 mg
Cholesterol	23 mg	Calories from Total Fat	39 %	Calories from Saturated Fat	13 %

Wrangler's Beef Chili

Main Dish

HACCP Process Category 2

Iowa Beef Council

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef (no more than 15% fat)* Onion, yellow, chopped Pinto beans, canned, low sodium, drained* Water Tomato puree, low sodium Corn, frozen* <i>Seasonings</i> Chili powder Cumin, ground Garlic powder Dried oregano leaves Black pepper <i>Optional toppings:</i> Chopped fresh tomatoes, low-fat yogurt, sliced green or white onions, chopped bell peppers, minced fresh cilantro, reduced-fat cheese*,	17 lb	3 qts 4 No. 10 cans 3 gals 2 No. 10 cans 6 qts 1 cup 1 cup 1 cup 2/3 cup 2/3 cup 2 Tbsp As needed			1. Brown ground beef and onions, breaking ground beef into ¾" crumbles and stirring occasionally. CCP: Heat to 160°F or higher for at least 15 seconds. 2. Remove drippings. 3. Stir in beans, water, tomato puree, corn, chili powder, cumin, garlic powder, oregano and pepper, bring to a boil. Reduce heat, cover and simmer, stirring occasionally. CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F for up to 2 hours. Portion 1-1/3 cups (two #6 scoops) chili. Serve and garnish with toppings, as desired.

crushed baked tortilla chips					
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*USDA Foods

Serving Size	1 Serving Provides	Yield
1 serving	2 oz equivalent meat/meat alternate, ¼ cup legume (or 1 oz additional meat/meat alternate), ¼ cup RO, and ¼ cup starchy vegetable.	Approximately 8 ½ gallons

Nutrients Per Serving

Calories	280	Sodium	165 mg	Vitamin A	770 IU
Total Fa	9 g	Carbohydrates	32 g	Vitamin C	9 mg
Saturated Fat	3 g	Dietary Fiber	7 g	Calcium	80 mg
Trans Fat	0 g	Protein	21 g	Iron	3.9 mg
Cholesterol	45 mg	Calories from Total Fat	28 %	Calories from Saturated Fat	10 %

Baked Beans

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Baked beans, canned drained, low sodium		5 No.10 cans			1. Place all ingredients in steam table pans, use 4 for 100 portions. Mix well. 2. Cover and bake in oven at 350° degrees for 45 minutes to 1 hour. CCP: Cook until internal temp reaches 185°F. 3. Portion using No. 8 scoop (1/2 cup). CCP: Hold at or above 135°F before and during service.
Catsup		2 ½ cups			
Mustard, dry		¼ cup			
Brown sugar		2 cups			
Minced onion, dry		¾ cup			

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ cup legumes (or 2 oz equivalent meat/meat alternate).	About 3 gallons 2 cups; 4 pans

Nutrients Per Serving

Calories	170	Sodium	240 mg	Vitamin A	220 IU
Total Fat	0.5 g	Carbohydrates	40 g	Vitamin C	0.9 mg
Saturated Fat	0.1 g	Dietary Fiber	6 g	Calcium	56 mg
Trans Fat	0 g	Protein	7 g	Iron	1.88 mg
Cholesterol	0 mg	Calories from Total Fat	3 %	Calories from Saturated Fat	0.6 %

Black Bean and Corn Salsa

Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Black beans, canned drained, low sodium*	10 lb	1 gal 2 cup (2 2/3 No.10 cans)			<ol style="list-style-type: none"> 1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl. 2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil. 3. Pour dressing over salad and toss lightly to combine. Spread 5 lb 15 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 100 servings, use 4 pans. 4. Refrigerate until service. 5. Portion with No. 8 scoop (1/2 cup). <p style="color: red; margin-top: 10px;">CCP: Hold at or below 41°F before and during service.</p> <p>Notes:</p> <ul style="list-style-type: none"> Green peppers - 1 lb 14 oz food AP Red peppers - 1 lb 14 oz food AP Mature onions - 10 oz food AP Tip – black beans can be rinsed to brighten their color.
Corn, frozen, whole-kernel, thawed*	7 lb	2 qt 3 1/3 cup			
<i>Or</i>	<i>Or</i>	<i>Or</i>			
Corn, canned, low sodium, whole kernel liquid packed, drained*	8 lb 4 oz	2 qt 3 ¾ cup (2 No.10 cans)			
Fresh green peppers, minced	1 lb 8 oz	1 qt ¾ cup			
Fresh red peppers, minced	1 lb 8 oz	1 qt 2 cups			
Fresh onions, minced	8 oz	1 1/3 cup			
<i>Dressing:</i>					
Lemon juice		1 cup			
Dried parsley		¼ cup			
Cumin, ground		2 Tbsp			
Granulated garlic		1 Tbsp 1 tsp			
Salsa*	3 lb 8 oz	1 qt 2 ¾ cups			
Vegetable oil*		½ cup			

*USDA Foods

Serving Size	1 Serving Provides	Yield
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½ cup (No. 8 scoop)	⅛ cup of legumes (or 0.5 oz equivalent meat/meat alternate), ¼ cup other vegetable.	About 3 gallons 2 cups; 4 pans
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Nutrients Per Serving

Calories	95	Sodium	125 mg	Vitamin A	390 IU
Total Fat	1.5 g	Carbohydrates	17 g	Vitamin C	17 mg
Saturated Fat	0.2 g	Dietary Fiber	4 g	Calcium	13 mg
Trans Fat	0 g	Protein	4 g	Iron	1 mg
Cholesterol	0 mg	Calories from Total Fat	15 %	Calories from Saturated Fat	2 %

Calico Beans

Vegetable

HACCP Process Category 2

Bondurant-Farrar CSD

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Baked beans, vegetarian, canned, low sodium*	6 lb 12 oz	1 No. 10 can			1. Stir all ingredients together. Blend well. Cover with foil. 2. Bake in oven at 350°F for 1 ½ hours. Remove foil cover during the last ½ hour to brown beans. CCP: Cook until internal temp reaches 185°F. CCP: Hold at or above 135°F before and during service. 3. Portion using No. 8 scoop (1/2 cup).
Pinto beans, canned, low sodium, drained*	4 lb 2 oz	1 No. 10 can			
Great northern beans, canned, low-sodium, drained	4 lb 2 oz	1 No. 10 can			
Kidney beans, canned, low sodium, drained*	4 lb	1 No. 10 can			
Garbanzo beans, canned, low-sodium, drained*	4 lb 4 oz	1 No. 10 can			
Catsup	1 lb 9 oz	3 cups			
Brown sugar, packed	1 lb 15 oz	4 cups			
Yellow mustard	4 oz	½ cup			
Onions, dry		1 cup			

*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ cup legumes (or 2 oz equivalent meat/meat alternate).	100 servings

Nutrients Per Serving

Calories	150	Sodium	215 mg	Vitamin A	100 IU
Total Fat	1 g	Carbohydrates	33 g	Vitamin C	1.5 mg
Saturated Fat	0.1 g	Dietary Fiber	4 g	Calcium	50 mg

Trans Fat	0 g	Protein	6 g	Iron	1.4 mg
Cholesterol	0 mg	Calories from Total Fat	6%	Calories from Saturated Fat	<1 %

Creamy Cole Slaw

Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh green cabbage, chilled, shredded	14 lb 12 oz	6 gal			<ol style="list-style-type: none"> 1. Place cabbage and carrots in large bowl and toss lightly to mix. 2. Combine mayo salad dressing, sugar, celery seed, dry mustard, and vinegar. 3. Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 100 serving use 2 pans. <p style="color: red; margin-top: 10px;">CCP: Cool to 41°F or lower within 4 hours.</p> <ol style="list-style-type: none"> 4. Cover, refrigerate until ready to serve. 5. Mix lightly before serving. Portion with No. 8 scoop (1/2 cup). <p style="color: red; margin-top: 10px;">CCP: Hold for cold service at 41°F or lower.</p> <p>Notes:</p> <ul style="list-style-type: none"> Cabbage – 17 lb food as purchased. Carrots - 2 lb food as purchased. For best results, shred cabbage and store overnight; add dressing just before serving. If recipe is prepared in advance, the yield will be reduced.
Fresh carrots, shredded	1 lb 8 oz	1 qt 3 cups			
Reduced Calorie Mayo Salad Dressing	3 lb 8 oz	1 qt 3 cups			
Sugar		½ cup			
Celery Seed		2 Tbsp 2 tsp			
Dry mustard		1 Tbsp 1 tsp			
White vinegar		½ cup			

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	1/2 cup other vegetable.	100 Servings: about 20 lb 12 oz; 100 Servings: about 3 gallon 2 cups; 4 pans

Nutrients Per Serving

Calories	80	Sodium	150 mg	Vitamin A	1360 IU
Total Fat	6 g	Carbohydrates	7 g	Vitamin C	25 mg
Saturated Fat	<1 g	Dietary Fiber	2 g	Calcium	35 mg
Trans Fat	0 g	Protein	1.2 g	Iron	0.5 mg
Cholesterol	5 mg	Calories from Total Fat	64%	Calories from Saturated Fat	6 %

Cyclone Salad

Fruit/Vegetable

HACCP Process Category 2

Ohio Department of Education
(Menus that Move - Bean and Corn Salad)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, frozen, whole kernel*		4 lb 8 oz			<ol style="list-style-type: none"> 1. Thaw corn overnight in refrigerator. Drain excess liquid. 2. To prepare marinade, mix oil, sugar and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat. CCP: Cool to 41°F or lower within 4 hours. 3. Rinse beans. 4. Combine beans, thawed corn, peppers, celery, and onion; gently mix. 5. Add marinade to bean and corn mixture. Stir until ingredients are well coated. CCP: Hold at or below 41°F before and during service. 6. Portion with No. 8 scoop (1/2 cup).
Olive oil		2 cups			
Sugar, granulated		1 qt ½ cup			
Cider vinegar		3 qt			
Black-eyed peas, canned, low-sodium, drained		1 No. 10 can			
Pinto beans, canned, low-sodium, drained*		2 No. 10 cans			
Fresh red peppers, chopped		2 qt			
Celery, chopped		2 qt			
Onions, chopped		1 qt			

*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	¼ cup legumes (or 1 oz equivalent meat/meat alternate), ⅛ cup starchy and ⅛ cup other vegetable.	100 servings

Nutrients Per Serving

Calories	165	Sodium	75 mg	Vitamin A	460 IU
Total Fat	5 g	Carbohydrates	26 g	Vitamin C	18 mg
Saturated Fat	0.7 g	Dietary Fiber	3.7 g	Calcium	36 mg
Trans Fat	0 g	Protein	4 g	Iron	1 mg
Cholesterol	0 mg	Calories from Total Fat	27 %	Calories from Saturated Fat	4 %

Hawkeye Salad

Vegetable

HACCP Process Category 1

Ohio Department of Education
(Menus that Move – Cowboy Corn Salad)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, whole kernel, frozen*		2 qt 3 cup			<ol style="list-style-type: none"> 1. Thaw frozen corn in refrigerator overnight. Drain liquid. 2. Wash and chop onions, tomatoes, and peppers. 3. Drain and rinse black beans thoroughly. 4. Mix together thawed corn, beans, and chopped fresh ingredients. 5. Add dressing, cilantro and seasonings to vegetables and gently toss. 6. Cover, refrigerate until ready to serve. 7. Portion with No. 8 scoop (1/2 cup). <p style="color: red;">CCP: Hold salad for cold service at 41°F or below.</p>
Red onion, chopped		3 ² / ₃ cups			
Cherry tomatoes		3 ² / ₃ cups			
Green peppers, chopped		1 ³ / ₄ cup			
Black beans, low sodium*		1 gal ³ / ₄ cup			
Italian dressing, reduced-fat, low sodium		1 ³ / ₄ cup ¹ / ₂ Tbsp			
Cilantro, fresh		³ / ₄ cup 2 Tbsp			
Chili powder		3 Tbsp ⁵ / ₈ tsp			
Cumin, ground		3 Tbsp ⁵ / ₈ tsp			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1/2 cup (No. 8 scoop)	1/8 cup legumes (or 0.5 oz equivalent meat/meat alternate), 1/4 cup other vegetable.	

Nutrients Per Serving

Calories	60	Sodium	54 mg	Vitamin A	190 IU
Total Fat	<1 g	Carbohydrates	11 g	Vitamin C	5 mg
Saturated Fat	0 g	Dietary Fiber	3 g	Calcium	18 mg
Trans Fat	0 g	Protein	3 g	Iron	1 mg
Cholesterol	<1 mg	Calories from Total Fat	9 %	Calories from Saturated Fat	1 %

Honey Glazed Carrots

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, frozen, sliced*	21 lb 4 oz				<ol style="list-style-type: none"> 1. Divide carrots evenly into steam table pans (12" x 20" x 2 ½"). For 100 servings use 4 pans. 2. For glaze: Combine butter, sugar, orange juice concentrate, honey, nutmeg, and cinnamon. 3. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend. 4. Bring glaze to a boil, stirring constantly. Remove from heat. 5. Add raisins or dried cherries to carrots. 6. Pour 2 ¾ cups glaze over each pan of carrots. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 140° F or higher. CCP: Hold for hot service at 135° F or higher. 7. Portion with No. 8 scoop (1/2 cup).
Butter	1 lb	2 cup			
Sugar	10 oz	1 ¼ cup 3 Tbsp			
Frozen orange juice concentrate	14 oz	1 ½ cup			
Honey	14 oz	1 ¼ cup			
Ground nutmeg		1 Tbsp 1 tsp			
Ground cinnamon		1 Tbsp 1 tsp			
Water, cold		1 qt			
Cornstarch		2/3 cup			
Raisins* Or Dried cherries, chopped	10 oz Or 8½ oz	2 cup Or 2 cup			

*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ c of RO vegetable.	100 servings

Nutrients Per Serving

Calories	120	Sodium	90 mg	Vitamin A	15800 IU
Total Fat	4 g	Carbohydrates	21 g	Vitamin C	8 mg
Saturated Fat	2.5 g	Dietary Fiber	3 g	Calcium	38 mg
Trans Fat	0 g	Protein	<1 g	Iron	0.62 mg
Cholesterol	10 mg	Calories from Total Fat	32 %	Calories from Saturated Fat	18 %

Marinated Fresh Vegetable Salad

Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Broccoli florets, broken up	3 lb 12 oz	2 gal			<ol style="list-style-type: none"> Place vegetables in large container. Pour dressing over vegetables. Mix thoroughly. CCP: Cool to 41°F or lower within 4 hours. Cover. Refrigerate until service. Portion with No. 8 scoop (1/2 cup). CCP: Hold at or below 41°F before and during service.
Cauliflower florets, broken up	1 lb 4 oz	1 qt 1 5/8 cup			
Carrots, grated	5 lb	2 gal			
Cucumber, diced ¼ inch	1 lb 9 oz	1 qt 1 cup			
Green pepper, diced ¼ inch	10 oz	2 ½ cups			
Onion, diced ¼ inch	10 oz	2 ½ cups			
Italian salad dressing	1 lb 4 oz	2 ½ cups			

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	⅛ cup DG, ⅛ cup RO, and ¼ cup other vegetable.	100 servings

Nutrients Per Serving

Calories	45	Sodium	90 mg	Vitamin A	6110 IU
Total Fat	2 g	Carbohydrates	7 g	Vitamin C	33.5 mg
Saturated Fat	<1 g	Dietary Fiber	2 g	Calcium	28.3 mg
Trans Fat	0 g	Protein	1 g	Iron	0.37 mg
Cholesterol	0 mg	Calories from Total Fat	37 %	Calories from Saturated Fat	8 %

Mixed Greens Salad

Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
<p>Dark green leafy lettuce</p> <p>Romaine lettuce</p> <p>Spinach</p> <p>For variety and color contrast, one or more of the following may be added, substituting for an equal volume of greens*:</p> <ul style="list-style-type: none"> • Radishes, sliced • Cabbage, red, shredded • Carrots, coarsely shredded • Green pepper, diced or strips • Tomato wedges <p>Italian salad dressing or other USDA salad dressing recipe is recommended</p>	7 lb 8 oz				<p>1. Cut or tear chilled greens into bite sizes pieces (approximately 1").</p> <p>2. Combine chilled greens in large chilled bowls.</p> <p>3. Toss lightly, cover, and refrigerate.</p> <p>CCP: Hold at or below 41°F before and during service.</p> <p>4. Toss chilled contrasting color vegetables (except tomato wedges) with greens before adding dressing; add tomato wedges just as salad is served. Or Portion salad into chilled bowls: add 1 oz. salad dressing just before serving.</p> <p>Note: Vegetables substitutions will change crediting of recipe.</p>
	5 lb				
	3 lb 2 oz				
	*1 lb of selected vegetable substituted for 1 lb lettuce				
		3 qt ½ cup			

Serving Size	1 Serving Provides	Yield
1 cup greens	½ c of DG vegetable.	100 servings

Nutrients Per Serving

Calories	75	Sodium	30 mg	Vitamin A	4480 IU
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Total Fat	7g	Carbohydrates	3 g	Vitamin C	10 mg
Saturated Fat	1 g	Dietary Fiber	1 g	Calcium	34 mg
Trans Fat	0 g	Protein	1 g	Iron	0.9 mg
Cholesterol	0 mg	Calories from Total Fat	82%	Calories from Saturated Fat	11 %

*Nutrient analysis depends on specific vegetables and salad dressing used in recipe.

Refried Beans

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil*		1 cup			<ol style="list-style-type: none"> 1. Heat the oil in a large skillet over medium heat. 2. Add the onion and cook until tender and onions are translucent, about 3 minutes. 3. Stir in the garlic and chili powder and cook for 1 minute more. 4. Stir in the beans and chicken broth and cook about 5 minutes. Add more chicken broth to moisten, if needed. CCP: Heat to 165°F or higher for at least 15 seconds. 5. Stir in chopped cilantro leaves. CCP: Hold above 135°F. 6. Portion with No. 8 scoop (1/2 cup).
Onions, diced ¼ inch	3 lb 2 oz	2 qt 3 cups			
Garlic cloves, minced		40 count			
Chili powder		¼ cup			
Refried beans, low sodium*	28 lbs 12 oz	4 No.10 cans			
Chicken broth, low sodium		3 cups			
Fresh cilantro leaves, chopped		1 cup			

*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ cup of legumes (or 2 oz equivalent meat/meat alternate).	100 servings

Nutrients Per Serving

Calories	150	Sodium	150 mg	Vitamin A	120 IU
Total Fat	4 g	Carbohydrates	22 g	Vitamin C	9 mg
Saturated Fat	1 g	Dietary Fiber	7 g	Calcium	50 mg
Trans Fat	0 g	Protein	7 g	Iron	2.2 mg
Cholesterol	10 mg	Calories from Total Fat	24%	Calories from Saturated Fat	6 %

Roasted Butternut Squash

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Butternut squash Olive oil	33 lb 4 oz	1 ½ cup			<ol style="list-style-type: none"> 1. Preheat convection oven to 375°F. 2. Using a vegetable peeler, remove skin from squash. 3. Cut squash in half using a chef's knife, and remove seeds using a large spoon. To prevent injury, wear a safety glove on the hand not holding the chef's knife. 4. Use the chef's knife to dice the squash into medium dice pieces (1/2"). 5. Pour olive oil over diced squash. Toss and coat well. 6. Place 4 lbs 2 ½ oz of diced squash on each full sized sheet pan (18"x26"x1"). Do not overload pan as the bottom layer will steam, not roast. 7. Roast squash at 375°F for approximately 40 minutes until golden brown. <p style="color: red;">CCP: Hold at or above 135°F before and during service.</p> <ol style="list-style-type: none"> 8. Portion ½ cup squash per serving. <p>Notes:</p> <ul style="list-style-type: none"> • If using pre-cut squash, omit steps 2-4. • Purchase amount for 96 servings of fresh squash is 40 lbs.

Serving Size	1 Serving Provides	Yield
½ cup	½ cup of RO vegetable.	100 servings

Nutrients Per Serving

Calories	70	Sodium	1 mg	Vitamin A	5350 IU
Total Fat	4 g	Carbohydrates	9 g	Vitamin C	10 mg
Saturated Fat	<1 g	Dietary Fiber	3 g	Calcium	23 mg
Trans Fat	0 g	Protein	1 g	Iron	0.5 mg
Cholesterol	0 mg	Calories from Total Fat	49 %	Calories from Saturated Fat	7 %

Sautéed Summer Squash

Vegetable/Fruit

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Zucchini	9 lbs 12 oz				<ol style="list-style-type: none"> 1. Thoroughly wash and dry all produce. Trim ends from squash. 2. Cut vegetables into ¼” coins. 3. Heat oil in steam jacketed kettle or tilt kettle over medium high heat. 4. Add ground pepper to oil and stir. 5. Add vegetables to oil and sauté over medium heat for 2 minutes, stirring constantly. 6. Reduce heat to medium low, cover steam jacketed kettle and steam for 3 minutes. Do not overcook vegetables as they will continue to cook on the steam table. 7. Portion ½ cup squash per serving. <p>CCP: Hold at or above 135°F before and during service.</p> <p>Notes:</p> <ul style="list-style-type: none"> • Optional cooking method is to oven roast squash. Place squash on a sheet pan in a single layer and drizzle with vegetable oil. Oven roast at 400° for 25-30 minutes, turning the pan during the cooking period.
Summer squash	12 lbs 8 oz				
Vegetable oil*		2 cups			
Ground black <i>OR</i> white pepper		2 tsp			

Serving Size	1 Serving Provides	Yield
½ cup	½ cup other vegetable.	

Nutrients Per Serving

Calories	50	Sodium	3 mg	Vitamin A	1000 IU
Total Fat	4.7 g	Carbohydrates	2 g	Vitamin C	12 mg
Saturated Fat	<1 g	Dietary Fiber	1 g	Calcium	16 mg
Trans Fat	0 g	Protein	1 g	Iron	0.3 mg
Cholesterol	0 mg	Calories from Total Fat	81 %	Calories from Saturated Fat	13 %

Savory Carrots

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, frozen, sliced	21 lb 4 oz	1 cup			1. Mix all ingredients. Place mixture evenly among steam table pans (use approximately 4 pans for 100 portions). 2. Cover and place in steamer. Cook for approximately 8 minutes. Do not overcook. CCP: Heat until internal temperature reaches 135°F. CCP: Hold at or above 135°F before and during service. 3. Portion with No. 8 scoop (1/2 cup).
Brown sugar	2 lb 4 oz				
Butter, cut into cubes	8 oz				
Dry onions	5 oz				

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ cup RO vegetable.	100 servings

Nutrients Per Serving

Calories	90	Sodium	75 mg	Vitamin A	15560 IU
Total Fat	2.5 g	Carbohydrates	20 g	Vitamin C	2.1 mg
Saturated Fat	1 g	Dietary Fiber	3 g	Calcium	42 mg
Trans Fat	0 g	Protein	<1 g	Iron	0.56 mg
Cholesterol	5 mg	Calories from Total Fat	25 %	Calories from Saturated Fat	13 %

Spiced Apples

Fruit

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Apple slices, canned, unsweetened*	26 lb 8 oz	4 No.10 cans			1. Mix all ingredients thoroughly. 2. Transfer to steam table pans. 3. Bake in 350°F oven for 1 hour. CCP: Heat to internal temperature of 160°F. CCP: Hold at or above 135°F before and during service. 4. Portion ½ cup (No. 8 scoop) per serving.
Brown sugar, packed	4 lb	8 ¼ cups			
Ground cinnamon		½ cup			
Flour*	1 lb	1 qt			

*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ cup of fruit.	100 servings

Nutrients Per Serving

Calories	120	Sodium	10 mg	Vitamin A	2 IU
Total Fat	0 g	Carbohydrates	30 g	Vitamin C	1.1 mg
Saturated Fat	0 g	Dietary Fiber	1 g	Calcium	22 mg
Trans Fat	0 g	Protein	<1 g	Iron	1.7 mg
Cholesterol	0 mg	Calories from Total Fat	0 %	Calories from Saturated Fat	0 %

Spicy Hummus

Vegetable

HACCP Process Category 1

Chef Cyndie Story Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, low sodium, drained and rinsed*		2 No.10 cans			<ol style="list-style-type: none"> Combine all ingredients in a food processor or VCM and puree to a smooth consistency. Spread 5 pounds of mixture into each 12"x20"x2 ½" pan; use 4 pans for 100 portions. Option: sprinkle with light dash of paprika or cayenne pepper for color. CCP: Chill to 41°F or lower within two hours. Refrigerate until service. Portion with a No. 16 scoop (1/4 cup). CCP: Hold at 41°F or below before and during service. <p>Notes:</p> <ul style="list-style-type: none"> If tahini is available, add 3 cups for 100 servings. Additional cayenne pepper and/or jalapeno pepper may be added if desired.
Lemon juice		3 cups			
Olive oil		1 ½ cups			
Garlic, minced		¼ cup			
Cumin, ground		¼ cup			
Cayenne pepper		1 Tbsp			
Jalapeno pepper		2 cups			
Red bell pepper		2 cups			

*USDA Foods

Serving Size	1 Serving Provides	Yield
¼ cup	⅛ cup legumes (or 0.5 oz equivalent meat/meat alternate).	100 servings

Nutrients Per Serving

Calories	90	Sodium	95 mg	Vitamin A	170 IU
Total Fat	4 g	Carbohydrates	10 g	Vitamin C	6 mg
Saturated Fat	<1 g	Dietary Fiber	2 g	Calcium	19 mg
Trans Fat	0 g	Protein	3 g	Iron	0.5 mg
Cholesterol	0 mg	Calories from Total Fat	46 %	Calories from Saturated Fat	6 %

Spinach Salad with Grape Tomatoes

Fruit/Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Lettuce, dark green leafy, washed, dried	9 lb 4 oz	3 gal 2 cups			<ol style="list-style-type: none"> Cut chilled greens into bite sized pieces (approximately 1"). Combine greens, toss lightly, refrigerate. <p style="color: red;">CCP: Hold at or below 41°F before and during service.</p> <ol style="list-style-type: none"> To serve: Top 1 cup greens with 1/8 oz mozzarella cheese and 2 grape or cherry tomatoes. Drizzle 1/2 oz dressing over each salad.
Spinach, washed, dried	7 lb 13 oz	3 gal 2 cups			
Mozzarella cheese, part skim, shredded*	12 1/2 oz				
Tomatoes, grape or cherry		200 each			
Italian salad dressing or other USDA salad dressing recipe is recommended		3 qt 1/2 cup			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 cup greens w/ 1/8 oz mozzarella cheese and 2 grape or cherry tomatoes	1/2 c DG, 1/8 cup RO vegetable.	100 servings

Nutrients Per Serving

Calories	90	Sodium	70 mg	Vitamin A	6880 IU
Total Fat	7 g	Carbohydrates	5 g	Vitamin C	19 mg
Saturated Fat	1 g	Dietary Fiber	2 g	Calcium	82 mg
Trans Fat	0 g	Protein	3 g	Iron	1.5 mg
Cholesterol	1 mg	Calories from Total Fat	71 %	Calories from Saturated Fat	13 %

Stir Fry Veggies

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	25 lb				<ol style="list-style-type: none"> Select a colorful assortment of 4 or more vegetables from vegetable list. Frozen vegetables may be mixed with fresh. Keep Group A vegetables separate from Group B vegetables as they require different cooking times in step 5. Combine water, soy sauce, and granulated garlic. Set aside for step 6. Heat oil in steam-jacketed kettle. Add pepper to oil and stir. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute. Add soy sauce mixture to vegetables. Stir quickly for a few seconds. Cover, lower heat, and steam for 2-3 minutes. Vegetables should not be overcooked as they will continue to cook on the steam table. CCP: Heat to 140° F or higher. Pour approximately 3 qt 3 cups into each steam table pan (12" x 20" x 2 ½"). For 100 servings, use 4 pans. CCP: Hold for hot service at 135° F or higher.
<i>Group A</i> Broccoli, Carrots, Cauliflower, Celery, Onions					
<i>Group B</i> Cabbage, Green beans, Green peas, Yellow summer squash, Zucchini					
<i>Optional vegetables</i> Snow peas, Red or green peppers, Pimientos, Water chestnuts					
Water		2 cups			
Soy sauce, low-sodium		1 cup			
Granulated garlic		2 Tbsp 2 tsp			
Vegetable oil*		2 cups			
Ground black or white pepper		2 tsp			

					<p>9. Portion with No. 8 scoop (1/2 cup).</p> <p>Notes:</p> <ul style="list-style-type: none"> • Equal amounts of broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation. • Actual component contribution and nutrient analysis depends on specific vegetables used.
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Serving Size	1 Serving Provides	Yield
1/2 cup (No. 8 scoop)	1/2 cup of other vegetable.	100 Servings: 4 steam table pans

Nutrients Per Serving

Calories	45	Sodium	110 mg	Vitamin A	2480 IU
Total Fat	2 g	Carbohydrates	6 g	Vitamin C	21 mg
Saturated Fat	<1 g	Dietary Fiber	2 g	Calcium	25 mg
Trans Fat	0 g	Protein	1 g	Iron	0.3 mg
Cholesterol	0 mg	Calories from Total Fat	46 %	Calories from Saturated Fat	7 %

Strawberry Applesauce

Fruit

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Apple slices, canned, unsweetened*	26 lbs 8 oz	4 No.10 cans			<ol style="list-style-type: none"> 1. Heat apples in steam jacketed kettle or tilt skillet. 2. Add cinnamon stick, water and sugar. 3. Cook until apples are tender. 4. Add strawberries and cook for 5 minutes. 5. Remove from heat and press through strainer. Stir until smooth. 6. Serve warm or chilled. Portion with No. 8 scoop (1/2 cup). <p style="margin-top: 10px;">If serving warm: CCP: Hold for hot service at 135°F or higher.</p> <p style="margin-top: 10px;">If serving chilled: CCP: Cool in shallow pans to 41°F or lower within four hours. CCP: Hold at or below 41°F before and during service.</p>
Cinnamon stick		4 count			
Water		1 cup			
Sugar		1 cup			
Strawberries, fresh or frozen		1 qt			

*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup	½ c of fruit.	100 servings

Nutrients Per Serving

Calories	45	Sodium	5 mg	Vitamin A	4 IU
Total Fat	0 g	Carbohydrates	11 g	Vitamin C	4.7 mg
Saturated Fat	0 g	Dietary Fiber	1 g	Calcium	1.5 mg
Trans Fat	0 g	Protein	0 g	Iron	1.4 mg
Cholesterol	0 mg	Calories from Total Fat	0 %	Calories from Saturated Fat	0 %

Brown Rice

Grain/Bread

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal			1. Boil water. Add butter and salt (optional). 2. Place 1 lb 9 oz brown long grain rice into steam table pans (12" x 20" x 2 1/2") and pour 2 qt boiling water per pans. Cover pans tightly. Bake in conventional oven at 350°F for 50 minutes. Remove from oven or steamer and serve. 3. Portion with No. 8 scoop (1/2 cup). CCP: Hold hot rice at 135°F or above.
Butter (optional)		3 Tbsp			
Salt (optional)		1 Tbsp 1 tsp			
Brown rice, uncooked*	6 lb 4 oz				

*USDA Foods

Serving Size	1 Serving Provides	Yield
1/2 cup (No. 8 scoop)	1 oz eq grains.	100 servings

Nutrients Per Serving

Calories	105	Sodium	2 mg	Vitamin A	0 IU
Total Fat	<1 g	Carbohydrates	22 g	Vitamin C	0 mg
Saturated Fat	<1 g	Dietary Fiber	1 g	Calcium	7 mg
Trans Fat	0 g	Protein	2 g	Iron	0.42 mg
Cholesterol	0 mg	Calories from Total Fat	7 %	Calories from Saturated Fat	1 %

Sage Dressing with Dried Cherries

Grain/Bread

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched soft bread cubes, dried overnight	4 lb 8 oz	3 gal 1 qt			<ol style="list-style-type: none"> 1. Combine bread cubes, celery, onions, dried cherries, poultry seasoning, pepper, garlic powder, dried sage, and butter in a bowl. Mix lightly until well blended. 2. Add chicken stock to bread mixture. Mix gently to moisten. 3. Spread 6 lb 7 oz (3 qt 3 cups) of stuffing evenly into each steam table pan (12" x 20" x 2 ½ ") which has been lightly coated with pan release spray. Use 4 pans for 100 servings. 4. Bake until lightly browned: Conventional oven: 350°F for 30-40 min Convection oven: 300°F for 20-30 min CCP: Cook to internal temperature of 165°F or higher for at least 15 seconds. 5. Cut each pan 5 x 5 (25 pieces) or use No.12 (1/3 cup) scoop for a 3 ½ oz portion. CCP: Hold for hot service at 135°F or higher. <p>Notes:</p> <ul style="list-style-type: none"> • Celery As Purchased – 2 lb 8 oz • Mature Onions As Purchased – 1 lb 12 oz <p>Total weight: 25 lb 12 oz</p>
Whole grain bread cubes, dried overnight	4 lb 14 oz	3 gal 2 qt			
Fresh celery, chopped (1/4")	2 lb	1 qt 3 ¾ cups			
Fresh onions, chopped (1/4")	1 lb 8 oz	1 qt			
<i>Or</i>	<i>Or</i>	<i>Or</i>			
Dehydrated onions	4 ½ oz	2/3 cup			
Dried cherries, chopped (1/4")	13 oz	1 qt ½ cup			
Poultry seasoning		2 Tbsp			
Ground black or white pepper		1 Tbsp			
Garlic powder		2 Tbsp			
Dried sage		¼ cup			
Butter, melted	10 ½ oz	2 ¾ cup			
Chicken stock, low sodium, non-MSG		1 gal 2 qt			

Serving Size	1 Serving Provides	Yield
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1/3 cup (No. 12 scoop)	1 ½ oz eq grains.	4 steam table pans – about 2 gallons 1 cup – 100 pieces
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Nutrients Per Serving

Calories	160	Sodium	260 mg	Vitamin A	350 IU
Total Fat	4 g	Carbohydrates	26 g	Vitamin C	0.94 mg
Saturated Fat	1.8 g	Dietary Fiber	1.6 g	Calcium	80 mg
Trans Fat	0 g	Protein	5 g	Iron	1.66 mg
Cholesterol	7 mg	Calories from Total Fat	23%	Calories from Saturated Fat	10 %

Whole Grain Roll-1 oz

Bread/Grain

Iowa Gold Star Recipe
Healthier Kansas Recipe 877

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
White whole wheat flour	1 lb 14 oz				<ol style="list-style-type: none"> Place flour, dry milk, sugar, yeast and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed. Add oil and blend for approximately 2 minutes on low speed. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1/2 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. Form dough into 2 lb balls and spray with non-stick cooking spray or cover with plastic wrap. Once all dough balls have been formed, begin shaping. Form rolls by pinching off 1 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18" x 26" x 2") which have been lightly coated with non-stick cooking spray. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes. Bake until lightly browned: Conventional oven: 400°F for 13-15 minutes Convection oven: 350°F for 9-11 minutes Turn pans half-way through baking time to promote even baking. Recommended internal temperature for baked whole wheat rolls is 196-198°F.
All-purpose flour, enriched*	1 lb 12 oz				
Dry milk, instant non-fat	4 oz				
Sugar, granulated	6 oz	¾ cup			
Yeast, instant, dry	2 oz	¼ cup			
Salt	1 oz	1 Tbsp 1 tsp			
Vegetable oil*	7 oz				
Water (calculate water temperature by subtracting the temperature of the dry ingredients from 145°F)		1 qt 2 Tbsp			
Non-stick cooking spray		As needed			

					<p>10. Rolls will have a better appearance if lightly sprayed with non-stick cooking spray when they come out of the oven.</p> <p>Notes:</p> <ul style="list-style-type: none"> Dough made with whole wheat flour will absorb more water and requires increased rising/proofing time. Mixing time is less because the bran from the whole grain cuts through developing gluten strands with increased mixing, resulting in a product with low volume. Even an additional one minute mixing time with whole grains can make a difference in quality. Figuring water temperature so that the final dough temperature is about 80°F is essential for quality bread products.
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*USDA Foods

Serving Size	1 Serving Provides	Yield
1 roll	1 oz eq grains.	100 rolls – Approximately 6 lb 4 oz of dough

Nutrients Per Serving

Calories	90	Sodium	100 mg	Vitamin A	1 IU
Total Fat	2 g	Carbohydrates	15 g	Vitamin C	0 mg
Saturated Fat	<1 g	Dietary Fiber	1.4 g	Calcium	19 mg
Trans Fat	0 g	Protein	3 g	Iron	0.72 mg
Cholesterol	<1 mg	Calories from Total Fat	23%	Calories from Saturated Fat	3.6 %

Whole Grain Roll-2 oz

Bread/Grain

Iowa Gold Star Recipe
Healthier Kansas Recipe 107

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
White whole wheat flour	3 lb 12 oz	3 qt 2 ¼ cups			<ol style="list-style-type: none"> Place flour, dry milk, sugar, yeast and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed. Add oil and blend for approximately 2 minutes on low speed. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. Form dough into 2 lb balls and spray with non-stick cooking spray or cover with plastic wrap. Once all dough balls have been formed, begin shaping. Form rolls from dough by pinching off 2 oz pieces and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18" x 26" x 2") which have been lightly coated with non-stick cooking spray. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes. Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-14 minutes Turn pans half-way through baking time to promote even baking. Recommended internal temperature for baked whole wheat rolls is 196-198°F.
All-purpose flour, enriched*	3 lb 8 oz	3 qt ¾ cup			
Dry milk, instant non-fat	7 oz	1 ¾ cup			
Sugar, granulated	11.5 oz	1 ¼ c + 3 T			
Yeast, instant, dry	3 oz	½ cup			
Salt	1.75 oz	2 Tbsp 2 tsp			
Vegetable oil*	13 oz	1 2/3 cup (+ up to 1 cup if dough is stiff)			
Water (calculate water temperature by subtracting the temperature of the dry ingredients from 145°F)		2 qt ½ cup			
Non-stick cooking spray		As needed			

					<p>10. Rolls will have a better appearance if lightly sprayed with non-stick cooking spray when they come out of the oven.</p> <p>Notes:</p> <ul style="list-style-type: none"> Dough made with whole wheat flour will absorb more water and requires increased rising/proofing time. Mixing time is less because the bran from the whole grain cuts through developing gluten strands with increased mixing, resulting in a product with low volume. Even an additional one minute mixing time with whole grains can make a difference in quality. Figuring water temperature so that the final dough temperature is about 80°F is essential for quality bread products.
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*USDA Foods

Serving Size	1 Serving Provides	Yield
1 roll	2 oz eq grains.	12.5 lb dough

Nutrients Per Serving

Calories	170	Sodium	200 mg	Vitamin A	2 IU
Total Fat	4 g	Carbohydrates	29 g	Vitamin C	0.11 mg
Saturated Fat	<1 g	Dietary Fiber	2.5 g	Calcium	34 mg
Trans Fat	0 g	Protein	5 g	Iron	1.4 mg
Cholesterol	<1 mg	Calories from Total Fat	23%	Calories from Saturated Fat	3 %

Whole Wheat Biscuit

Grain

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched*	2 lb 12 oz	2 qt 2 cup			<ol style="list-style-type: none"> Blend flours, dry milk, baking powder, and salt in mixer for 1 minute at low speed. Add shortening and blend into dry ingredients for 2 minutes at low speed. Mixture will be crumbly. Add water and mix for approximately 1 minute on low speed to form soft dough. Scrape bowl as necessary during mixing. Turn out onto lightly floured surface. Divide dough into balls (for 100 portions divide dough in half) and knead each ball lightly for 1 minute. Roll or pat out each ball of dough to ¾" thickness. Cut with floured 2" biscuit cutter and place on sheet pan in rows of 5 across, 8 down (full pan) and 5 across, 4 down (half pan). Bake until lightly browned: Conventional oven: 450°F for 15-18 minutes. Convection oven: 400°F for 10-13 minutes.
Whole wheat flour*	2 lb 14 oz	2 qt 3 cups			
Instant nonfat dry milk	5 ¾ oz	2 ½ cups			
Baking powder	5 ¼ oz	½ cup 2 Tbsp 2 tsp			
Salt		1 Tbsp 2 ¾ tsp			
Shortening, trans fat free	1 lb 13 oz	1 qt ¼ cup			
Water, cold	4 lb 11 oz	1 qt 1 ¼ cups			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 biscuit	1 ½ oz eq grains.	100 servings

Nutrients Per Serving

Calories	170	Sodium	300 mg	Vitamin A	1.4 IU
Total Fat	9 g	Carbohydrates	20 g	Vitamin C	0 mg
Saturated Fat	2 g	Dietary Fiber	1.6 g	Calcium	112 mg
Trans Fat	0 g	Protein	4 g	Iron	1.1 mg
Cholesterol	<1 mg	Calories from Total Fat	46%	Calories from Saturated Fat	11 %

Whole Wheat Garlic Breadstick

Bread/Grain

Iowa Gold Star Recipe

Recipe Source: Healthier Kansas Recipe 107

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
White whole wheat flour	1 lbs 14 oz				<ol style="list-style-type: none"> Place flour, dry milk, sugar, yeast and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed. Add oil and blend for approximately 2 minutes on low speed. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to ½ cup extra water per 100 servings. More or less water can be added as needed. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes). Form dough into 1 pound balls and spray with non-stick cooking spray or cover with plastic wrap. Once all dough balls have been formed, begin shaping. Form rolls from dough by pinching off 1 oz pieces and shaping into sticks 4-5 inches in length. Place sticks in rows of 6 across and 8 down on sheet pans (18" x 26" x ½") which have been lightly coated with non-stick cooking spray. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes. Combine butter, olive oil and granulated garlic in small bowl. Brush mixture on top of breadsticks. Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-14 minutes
All-purpose flour, enriched*	1 lbs. 12 oz				
Dry milk, instant, non-fat	4 oz	1 ¾ cup			
Sugar, granulated	6 oz	1 ¼ cup 3 Tbsp			
Yeast, instant, dry	2 oz	½ cup			
Salt	1 ¾ oz	1 Tbsp 1 tsp			
Vegetable oil*	7 oz	1 2/3 cup (+ up to 1 cup if dough is stiff)			
Water (calculate water temperature by subtracting the temperature of the dry ingredients from 145°F)		1 qt 2 Tbsp			
Non-stick cooking spray		As needed			
Butter, melted		1/2 cup			
Olive oil		1/2 cup			
Granulated garlic		1 Tbsp			

					<p>Turn rolls half-way through baking time to promote even baking. Recommended internal temperature for baked whole wheat rolls is 196-198°F.</p> <p>Notes:</p> <ul style="list-style-type: none"> Dough made with whole flour will absorb more water and requires increased rising/proofing time. Mixing time is less because the bran from the whole grain cuts through developing gluten strands with increased mixing resulting in a product with low volume. Even an additional one minute mixing time with whole grains can make a difference in quality. Figuring water temperature so that the final dough temperature is ~80°F is essential for quality bread products.
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*USDA Foods

Serving Size	1 Serving Provides	Yield
1 oz roll	1 oz eq grains.	

Nutrients Per Serving

Calories	100	Sodium	110 mg	Vitamin A	33 IU
Total Fat	4 g	Carbohydrates	15 g	Vitamin C	0.06 mg
Saturated Fat	1 g	Dietary Fiber	1.4 g	Calcium	17 mg
Trans Fat	0 g	Protein	3 g	Iron	0.72 mg
Cholesterol	3 mg	Calories from Total Fat	36 %	Calories from Saturated Fat	9 %

Whole Wheat Cinnamon Rolls, 51%

Grain/Bread

Iowa Gold Star Recipe
Healthier Kansas Recipe 127

Ingredients	144 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
51% White Whole Wheat Roll Dough (Healthier Kansas Recipe 107)	12 ½ lb (Recipe for 100)				<ol style="list-style-type: none"> 1. Prepare dough according to Healthier Kansas Recipe 107. Form dough into 3 lb balls (4 ½ balls for 144 servings) and spray with pan release spray or cover with plastic wrap. 2. Mix sugar and cinnamon in a separate bowl. 3. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into rectangle 24" x 10" x ¼" thick. 4. Brush dough with oil. Sprinkle with approximately ½ cup cinnamon-sugar mixture per rectangle. 5. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 - ¾" circles. Cut the ½ roll into 12 circles. 6. Place rolls on sheet pans (18" x 26" x 1") lined with pan liners in 8 rows with 6 per row (48 per pan). 7. Place in a warm area (90°F) until double in size (30-50 minutes). 8. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F. 9. Let rolls cool 5-10 minutes. 10. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed. 11. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm.
Sugar, granulated	1 lb	2 cups			
Ground cinnamon		2/3 cup			
Pan release spray		As needed			
Salad oil	2 oz	¼ cup			
Powdered sugar	1 lb 4 oz	3 ¾ cup			
Vanilla extract		2 Tbsp			
Water	4 oz	½ cup			

Serving Size	1 Serving Provides	Yield
1 roll	1 ½ oz eq grains.	100 servings

Nutrients Per Serving

Calories	150	Sodium	140 mg	Vitamin A	3 IU
Total Fat	3 g	Carbohydrates	27 g	Vitamin C	0.1 mg
Saturated Fat	<1 g	Dietary Fiber	2 g	Calcium	30 mg
Trans Fat	0 g	Protein	3 g	Iron	1 mg
Cholesterol	<1 mg	Calories from Total Fat	20%	Calories from Saturated Fat	3 %

Ranch Dip

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Yogurt, plain, low-fat		1 qt 2 3/8 cups			1. Mix ingredients in blender or mixer until smooth. 2. Portion 1 oz with vegetables.
Mayonnaise or salad dressing		1 qt 2 3/8 cups			
Hidden Valley Ranch® Dried Mix, Original	2 2/3 oz				

Serving Size	1 Serving Provides	Yield
1 oz	NA	

Nutrients Per Serving

Calories	70	Sodium	260 mg	Vitamin A	50 IU
Total Fat	5 g	Carbohydrates	5 g	Vitamin C	0.3 mg
Saturated Fat	<1 g	Dietary Fiber	0 g	Calcium	33 mg
Trans Fat	0 g	Protein	1 g	Iron	0.1 mg
Cholesterol	5 mg	Calories from Total Fat	67%	Calories from Saturated Fat	11 %

Turkey Gravy

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	128 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Butter	8 oz	1 cup			<ol style="list-style-type: none"> Melt butter in stock pot. Blend in flour and cook on medium heat, stirring frequently until light brown, 5 minutes. Slowly stir in chicken or turkey stock, poultry seasoning, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes. <p>CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.</p>
All-purpose flour, enriched*	10 oz	1 ¾ cups 2 Tbsp			
Chicken or turkey stock, low sodium, non-MSG, hot		1 gal 1 cup			
Poultry seasoning		2 tsp			
Onion powder		1 Tbsp 1 tsp			
Ground black or white pepper		½ tsp			

*USDA Foods

Serving Size	1 Serving Provides	Yield
2 Tbsp (1 oz ladle)	NA	128-2 Tbsp servings; about 1 gallon

Nutrients Per Serving

Calories	23	Sodium	30 mg	Vitamin A	45 IU
Total Fat	1.6 g	Carbohydrates	2 g	Vitamin C	0 mg
Saturated Fat	1 g	Dietary Fiber	0.1 g	Calcium	2 mg
Trans Fat	0 g	Protein	0.4 g	Iron	0.11 mg
Cholesterol	4 mg	Calories from Total Fat	60%	Calories from Saturated Fat	36 %