

Emanuel County School Nutrition Program

000583 - AMERICAN HARVEST SALAD

Recipe HACCP Process: #2 Same Day Service

Source: TID
 Number of Portions: 50
 Size of Portion: SERVING

<p>902732 CHICKEN TENDERS..... 10 LB 009003 APPLES RAW WITH SKIN..... 4 1/2 LB 009152 LEMON JUICE,RAW..... 1 QT + 2 CUP 011251 LETTUCE,COS OR ROMAINE,RAW..... 13 LB 799969 CRANBERRIES, DRIED..... 1 QT, CHOPPED + 2 CUP, CHOPPED 050339 CHEESE MOZZARELLA LITE FROZEN SHREDDED... 3 LB</p>	<ol style="list-style-type: none"> 1. Preheat oven to 375°F. Spray baking sheet with pan release spray. 2. Bake popcorn chicken on prepared pans 10-12 minutes or until internal temperature reaches 165°F. CCP: Heat chicken to 165°F or higher for 15 seconds. CCP: Hold chicken for hot service at 135°F for higher. 3. Chop apples into bite size pieces. Combine apples with lemon juice and stir together to coat apples. 4. Portion 2 cups romaine lettuce into each container. Top salads with 1/4 cup apples, 2 tbsp cranberries, and 1/2 oz cheese. CCP: Hold cold salad components for cold service at 41°F or below. 5. Just before serving, top salads with 3.2 oz hot cooked chicken.
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Emanuel County School Nutrition Program

000817 - APPLE COLESLAW

Recipe HACCP Process: #1 No Cook

Source:
Number of Portions: 8
Size of Portion: 1/2 CUP

011109 CABBAGE,RAW.....	2 CUP, shredded	SHRED CABBAGE. DRAIN PINEAPPLE AND CORE AND DICE APPLES. THEN COMBINE ALL INGREDIENTS, COVER AND REFRIGERATE 1 HOUR OR MORE BEFORE SERVING.
902197 APPLE FRESH.....	2 MEDIUM (3 dia)"	
902680 PINEAPPLE, CANNED, CRUSHED, SOLIDS AND LIQUID...	16 OZ	
902739 MAYONAISE BULK REDUCED CALORIE.....	3/4 CUP	

Emanuel County School Nutrition Program

500011 - BANANA BREAD SQUARES

Recipe HACCP Process: #2 Same Day Service

Source: USDA B-05
 Number of Portions: 50
 Size of Portion: SERVING

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 1 LB + 12 OZ 019335 SUGARS,GRANULATED..... 1 LB + 1 OZ 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 1/4 CUP 018371 LEAVENING AGENTS,BAKING PDR,LOW-SODIUM..... 1 TBSP + 2 1/4 TSP 018372 LEAVENING AGENTS,BAKING SODA..... 1 TSP 002047 SALT,TABLE..... 1 TSP	1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt in mixer for 1 minute at low speed.						
001123 EGG,WHOLE,RAW,FRESH..... 4 large 014429 WATER,MUNICIPAL..... 1 1/4 CUP 004549 SHORTENING INDUSTRIAL,LARD&VEG OIL..... 6 1/2 OZ	2. Combine eggs and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed.						
009040 BANANAS,RAW..... 2 3/4 CUP, mashed	3. Add mashed bananas. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.						
	4. Pour 5 lb 10 oz (2 qt 2 cups) batter into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.						
	5. Bake until browned: Conventional oven: 350°F for 35-45 minutes Convection oven: 300°F for 25-35 minutes						
	6. Cool. Cut each pan 5 x 10 (50 pieces per pan).						
	7. For loaf pans: Pour 1 lb 14 oz (3 1/2 cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 50 servings, use 3 loaf pans. For 100 servings, use 6 loaf pans. Bake until browned: Conventional oven: 350°F for 50-60 minutes Convection oven: 300°F 40-50 minutes						
	Remove from pans. Cool completely.						
	Cut each loaf into 17 slices, about 1/2" thick.						
	Food as Purchased						
	<table style="margin: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td style="text-align: left;">Bananas</td> <td style="text-align: center;">2 lb 9 oz</td> <td style="text-align: center;">5 lb 2 oz</td> </tr> </table>		50 Servings	100 Servings	Bananas	2 lb 9 oz	5 lb 2 oz
	50 Servings	100 Servings					
Bananas	2 lb 9 oz	5 lb 2 oz					
	Special Tip:						
	For 50 servings, use 2 oz (2/3 cup) dried whole eggs and 2/3 cup water in place of eggs.						
	For 100 servings, use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of eggs.						

Emanuel County School Nutrition Program

	<p style="text-align: right;">Serving</p> <p>1 piece provides 1 serving of grains/breads.</p>
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Emanuel County School Nutrition Program

000815 - BEANS GREEN ITALIAN

Recipe HACCP Process: #2 Same Day Service

Source:
Number of Portions: 23
Size of Portion: 1/2 CUP

Alternate Menu Name: ITALIAN GREEN BEANS

901791 GREEN BEANS.....	1 #10 CAN	PLACE BEANS IN PAN; STIR IN SALAD DRESSING AND SEASONING. BRING TO BOIL OVER MEDIUM HEAT; TURN DOWN TO A SIMMER. COOK, STIRRING OCCASIONALLY, UNTIL MOST OF LIQUID IS GONE.
050137 Italian Dressing.....	1 3/4 CUP	
900918 ITALIAN SEASONING....	3 TSP	

Emanuel County School Nutrition Program

000726 - BERRY BANANA SMOOTHIE

Recipe HACCP Process: #1 No Cook

Source: TID
Number of Portions: 16
Size of Portion: 8 OZ

901690 YOGURT VANILLA LOWFAT...	4 LB	1. COMBINE YOGURT AND APPLE JUICE IN 8 QUART OR LARGER MEASUREMENT-MARKED STORAGE CONTAINER, STIR UNTIL WELL MIXED. 2. ADD MASHED BANANAS, 2 CUPS AT A TIME, STIRRING UNTIL SMOOTH. 3. VERIFY MIXTURE YIELDS 4 QUARTS (16 CUPS) SO EACH SERVING CONTAINS 1/2 CUP FRUIT; ADD MASHED BANANAS AS NEEDED TO YIELD 16 TOTAL CUPS AND STIR. 4. PORTION 8 OZ INTO 9 OZ CUPS; PLACE LIDS ON CUPS AND SERVE CHILLED; REFRIGERATE IF NOT SERVING IMMEDIATELY. MAY ALSO REFRIGERATE OVERNIGHT; STIR BEFORE SERVING.
900944 JUICE, APPLE.....	4 CUP	
902588 BANANA FRESH.....	4 CUP MASHED	

Emanuel County School Nutrition Program

000832 - BLUEBERRY MUFFINS

Source: TID
 Number of Portions: 10
 Size of Portion: EACH

Recipe HACCP Process: #2 Same Day Service

050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.... 1 1/2 CUP 902942 BAKING POWDER..... 1 TBSP 902217 SALT TABLE..... 1/2 TSP 902134 SUGAR GRANULATED..... 1/4 CUP 902799 MARGARINE..... 4 TSP 902114 EGG RAW WHOLE..... 1 large 902816 MILK 1 %..... 3/4 CUP + 2 TBSP 051371 BLUEBERRIES, FROZEN, CULTIVATED, IQF..... 1 CUP	<ol style="list-style-type: none"> 1. PREHEAT OVEN TO 400°. LINE A MUFFIN PAN WITH LINERS OR SPRAY WITH NONSTICK COOKING SPRAY. FILL THE EMPTY CUPS HALFWAY WITH WATER. 2. SIFT THE FLOUR, BAKING POWDER AND SALT INTO A LARGE BOWL. STIR IN THE SUGAR. IN A SEPARATE BOWL, WHISK TOGETHER THE MELTED MARGARINE, EGG AND MILK. POUR THE WET INGREDIENTS OVER THE DRY INGREDIENTS AND WHISK UNTIL JUST BLENDED (MIXTURE SHOULD BE SLIGHTLY LUMPY). 3. ADD THE BLUEBERRIES TO BOWL AND STIR THEM IN JUST ENOUGH TO COMBINE. 4. DIVIDE THE BATTER EVENLY AMONG THE PREPARED MUFFIN CUPS. BAKE THE MUFFINS UNTIL GOLDEN BROWN, 18-24 MINUTES. REMOVE THE MUFFINS FROM THE PAN AND TRANSFER TO A WIRE RACK TO COOL. MUFFINS ARE BEST SERVED WARM.
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Emanuel County School Nutrition Program

000831 - BREAKFAST CASSEROLE

Recipe HACCP Process: #2 Same Day Service

Source: TID
 Number of Portions: 12
 Size of Portion: .50 CUP

902697 BREAD WG..... 007063 PORK SAUSAGE,FRSH,RAW..... 902114 EGG RAW WHOLE..... 902799 MARGARINE..... 902816 MILK 1 %..... 799904 MUSTARD POWDER DRY..... 902942 BAKING POWDER..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY...	6 SLICE 1 1/2 LB 6 medium 3 TBSP 3 CUP 1 TSP 1 TSP 2 CUP, shredded	CUT THE BREAD IN CUBES. COOK AND DRAIN SAUSAGE. COMBINE THE BREAD CUBES AND COOKED MEAT. PLACE THE MIXTURE IN A GREASED 9 BY 13 INCH PAN. PLACE THE EGGS, MARGARINE, MILK, MUSTARD, AND BAKING POWDER IN A MIXING BOWL, AND BEAT UNTIL WELL COMBINED. POUR THE EGG MIXTURE INTO THE PAN OVER THE BREAD AND MEAT. COVER THE DISH, AND REFRIGERATE THE CASEROLE OVERNIGHT. PREHEAT THE OVEN TO 325°. BAKE THE CASSEROLE FOR 45 MINUTES, OR UNTIL IT HAS FIRMED AND THE TOP IS GOLDEN BROWN. SPRINKLE THE CHEESE ON TOP AND RETURN TO THE OVEN FOR 3 MINUTES, TO ALLOW THE CHEESE TO MELT.
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Emanuel County School Nutrition Program

000827 - CHEESEBURGER CHOWDER

Recipe HACCP Process: #2 Same Day Service

Source: TID
 Number of Portions: 10
 Size of Portion: 1/2 CUP

000711 BEEF GROUND 80/20 RAW TO COOK & DRAIN..... 1 LB, RAW WGT YIELD INCL 011282 ONIONS RAW..... 1/2 CUP, chopped 902816 MILK 1 %..... 4 CUP 901812 Cheese, Yellow Cheddar, Shredded - USDA (B031... 2 CUP 011390 POTATOES,HASH BROWN,FRZ,PLN,UNPREP..... 1 CUP 902194 PEPPER BLACK..... 1 TSP	IN A SAUCEPAN, BROWN THE BEEF AND ONIONS; DRAIN. IN A LARGE SAUCEPAN STIR MILK AND CHEESE OVER MEDIUM HEAT UNTIL BOILING. TURN TO SIMMER AND ADD BEEF MIXTURE, HASH BROWNS AND PEPPER. SIMMER FOR 20 MINUTES.
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Emanuel County School Nutrition Program

000811 - CHEESEBURGER NACHOS

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 100
 Size of Portion: SERVING

000711 BEEF GROUND 80/20 RAW TO COOK & DRAIN..... 799928 TOMATOES CND DICED..... 083730 MUSTARD YELLOW GALLON..... 901734 KETCHUP TOMATO HEINZ..... 901796 PICKLE RELISH SWEET..... 799903 SP GARLIC GRANULATED..... 011282 ONIONS RAW..... 902194 PEPPER BLACK..... 014429 WATER,MUNICIPAL..... 902241 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW... 902992 CHEESE CHEDDAR SHREDDED..... 902701 CHIPS NACHO BULK.....	9 LB, RAW WGT YIELD INCL + 6 OZ, RAW WGT YIELD INCL 1 #10 CAN, drained + 1 1/2 PINT, diced 1 PINT + 1 TBSP 1 PINT + 1 TBSP 1 PINT + 1 TBSP 1/2 CUP + 1 TSP 1 QT, chopped + 1 PINT, chopped 1/4 CUP + 1/2 TSP 3 QT + 1/2 CUP 3 GAL,chop(1/2"pcs,lose pkd + 1 PINT,chop(1/2"pcs,lose pk 3 LB + 2 OZ 8 3/4 LB	COOK AND DRAIN BEEF. ADD TOMATOES, MUSTARD, KETCHUP, GARLIC, ONION, PEPPER, AND WATER. HEAT MIXTURE OVER MEDIUM HEAT UNTIL THE MIXTURE REACHES AN INTERNAL TEMPERATURE OF 165° AND THE SAUCE THICKENS. TOP NACHOS WITH CHEESEBURGER MIXTURE, CHEDDAR CHEESE, SHREEDDED LETTUCE AND PICKLE RELISH.
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Emanuel County School Nutrition Program

000819 - CHICKEN N' SPICE

Recipe HACCP Process: #2 Same Day Service

Source: TID
 Number of Portions: 100
 Size of Portion: 1/2 CUP

600268 SOUP CREAM OF CHICKEN..... 2 CAN 902894 SOUR CREAM..... 3 LB + 2 OZ 900429 CHICKEN DICED COOKED FROZEN..... 12 LB + 8 OZ 902685 SALSA TOMATO..... 12 1/2 CUP 902975 CHIP FRITOS..... 8 3/4 LB 902257 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 1 1/2 GAL, chopped or sliced + 1 CUP, chopped or sliced 799940 LETTUCE,COS OR ROMAINE,RAW..... 1 1/2 GAL, shredded + 1 CUP, shredded 902654 BEANS PINTO CANNED SOLIDS AND LIQUIDS..... 5 1/2 #10 CAN 799902 CUMIN,GROUND..... 1/2 CUP 002009 CHILI POWDER..... 1/2 CUP 799903 SP GARLIC GRANULATED..... 1/2 CUP	<ol style="list-style-type: none"> 1. HEAT SOUP AND SOUR CREAM. 2. ADD CHICKEN AND SALSA. 3. HEAT THOROUGHLY. 4. PORTION 1.4 OZ OF FRITOS ONTO TRAY OR BOAT. 5. TOP WITH CHICKEN MIXTURE, LETTUCE AND TOMATOES. 6. PREPARE SEASONED PINTO BEANS BY ADDING CHILI POWDER, CUMIN AND GARLIC TO CANNED PINTO BEANS. 7. HEAT THOROUGHLY AND SERVE BEANS ON THE SIDE. <p style="margin-top: 20px;">1 SERVING = 1/2 CUP CHICKEN MIXTURE (2 OZ DICED CHICKEN +1/2 OZ SOUR CREAM +1 OZ SALSA + 1 OZ SOUP) +1/4 CUP CHOPPED TOMATOES + 1/4 CUP CHOPPED ROMAINE + 1.4 OZ FRITOS + 1/2 CUP SEASONED PINTO BEANS.</p>
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Emanuel County School Nutrition Program

000824 - CHICKEN PARMESAN

Recipe HACCP Process: #2 Same Day Service

Source: TID
 Number of Portions: 6
 Size of Portion: EACH

<p>902687 SPAGHETTI SAUCE MEATLESS CANNED TOMATO BAS.... 24 OZ 902897 CHEESE PARMESAN..... 6 TBSP 900416 CHICK BREAST RTC B/S FRZ..... 1 1/2 LB 902989 PASTA SPAGHETTI..... 3/4 LB 050339 CHEESE MOZZARELLA LITE FROZEN SHREDDED..... 1 1/2 CUP</p>	<p>HEAT OVEN TO 375°.</p> <p>POUR SAUCE INTO A 2 INCH STEAM TABLE PAN SPRAYED WITH COOKING SPRAY. STIR IN 1/4 CUP PARMESAN. ADD CHICKEN; TURN TO EVENLY COAT BOTH SIDES OF EACH BREAST WITH PASTA SAUCE MIXTURE. COVER.</p> <p>BAKE 30 MINUTES OR UNTIL CHICKEN IS DONE (165°). MEANWHILE, COOK SPAGHETTI AS DIRECTED ON PACKAGE, OMITTING THE SALT.</p> <p>TOP CHICKEN WITH REMAINING CHESESSES; BAKE, UNCOVERED, 5 MINUTES OR UNTIL MOZZARELLA IS MELTED.</p> <p>DRAIN SPAGHETTI. SERVE TOPPED WITH CHICKEN AND PASTA SAUCE MIXTURE.</p>
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Emanuel County School Nutrition Program

000820 - CHILI DOG-SLOPPY JOE SLIDERS

Recipe HACCP Process: #2 Same Day Service

Source: TID

Number of Portions: 6

Size of Portion: 2 SLIDERS

<p>023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..... 1 LB 901734 KETCHUP TOMATO HEINZ..... 1/2 CUP 990074 TACO SEASONING MIX MILD..... 1 TBSP 902833 HOT DOG TURKEY..... 4 EACH 902788 ROLLS WHOLE GRAIN DINNER ROLL..... 12 each 902802 CHEESE BLENDED AMERICAN (B119 or 100036 USDA.... 3 SLICE</p>	<p>1. BROWN BEEF IN LARGE SKILLET; DRAIN. RETURN MEAT TO SKILLET. STIR IN KETCHUP AND TACO SEASONING. 2. ADD HOT DOGS THAT HAVE BEEN QUARTED; STIR. COOK ON MEDIUM-LOW HEAT 4 MINUTES OR UNTIL HEATED THROUGH, STIRRING FREQUENTLY. 3. FILL BUNS WITH MEAT MIXTURE AND A QUARTERED PIECE OF CHEESE.</p>
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Emanuel County School Nutrition Program

000809 - CITRUS FRUIT CUP FRESH

Recipe HACCP Process: #1 No Cook

Source: TID
 Number of Portions: 75
 Size of Portion: 3/8 CUP

Alternate Menu Name: FRESH CITRUS FRUIT CUP

<p>990117 MANDARIN ORANGES CND LT SYRUP DRND... 1 # 10 CAN 902588 BANANA FRESH..... 5 LB 902197 APPLE FRESH..... 5 3/4 CUP CHOPPED 009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW..... 5 1/4 CUP</p>	<p>CCP: Hold for cold service at 41° F or lower.</p> <ol style="list-style-type: none"> 1. CHILL MANDARIN ORANGES. 2. OPEN THE MANDARIN ORANGES. DO NOT DRAIN. PLACE IN MIXING BOWL. 3. USING GLOVED HANDS TO HANDLE FRUITS, PEEL AND SLICE BANANAS DIRECTLY INTO THE ORANGES. 4. WASH, TRIM, CORE AND CUT THE APPLES INTO BITE-SIZED PIECES. DO NOT PEEL APPLES. 5. WASH AND REMOVE STEMS FROM GRAPES. 6. ADD APPLES AND GRAPES TO BANANAS AND ORANGES. 7. CHILL THOROUGHLY.
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Emanuel County School Nutrition Program

000833 - CITRUS SALAD

Recipe HACCP Process: #1 No Cook

Source: TID
 Number of Portions: 8
 Size of Portion: .50 CUP

902571 PINEAPPLE TIDBITS..... 8 OZ 902168 Oranges- Fresh..... 1 CUP, sections 990117 MANDARIN ORANGES CND LT SYRUP DRND..... 11 OZ 902894 SOUR CREAM..... 8 OZ 900098 MARSHMALLOWS MINI..... 1/2 CUP 012179 COCONUT MEAT,DRIED (DESICCATED),SWTND,SHREDDE... 1/2 CUP, shredded 011251 LETTUCE,COS OR ROMAINE,RAW..... 1 head	IN A LARGE BOWL, COMBINE THE FRUIT, SOUR CREAM, MARSHMALLOWS AND COCONUT. COVER AND REFRIGERATE FOR SEVERAL HOURS. IF DESIRED, SERVE IN A LETTUCE-LINED BOWL OR ON INDIVIDUAL LETTUCE-LINED PLATES.
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Emanuel County School Nutrition Program

000814 - CITRUS SMOOTHIE

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 100
 Size of Portion: 1.5 CUP

001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ... 1 GAL + 2 3/4 CUP 902588 BANANA FRESH..... 25 MEDIUM (7" to 7-7/8") 002010 CINNAMON,GROUND..... 2 TBSP + 1/4 TSP 900973 JUICE ORNAGE..... 3 3/4 GALLON + 2 1/2 CUP 900944 JUICE, APPLE..... 3 3/4 CUP	PEEL AND MASH BANANAS. PLACE THE YOGURT, MASHED BANANAS AND CINNAMON IN BLENDER AND PROCESS UNTIL SMOOTH. ADD THE ORANGE JUICE AND APPLE JUICE AND CONTINUE BLENDING UNTIL COMBINED. POUR INTO INDIVIDUAL CUPS AND GARNISH WITH ORANGE AND CITRUS SLICES IF DESIRED.
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Emanuel County School Nutrition Program

000579 - COOKIES SUGAR WHOLE WHEAT

Recipe HACCP Process: #2 Same Day Service

Source: TID
 Number of Portions: 50
 Size of Portion: EACH

Alternate Menu Name: WHOLE WHEAT SUGAR COOKIE

902799 MARGARINE..... 1 1/2 CUP 902134 SUGAR GRANULATED..... 3 CUP 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW... 3/4 CUP 002050 VANILLA EXTRACT..... 1 TBSP 902816 MILK 1 %..... 3/8 CUP 050400 FLOUR WHOLE WHEAT..... 1 QT + 2 CUP 902942 BAKING POWDER..... 1 TBSP 900141 BAKING SODA..... 1 1/2 TSP 902217 SALT TABLE..... 1 1/2 TSP 002025 NUTMEG,GROUND..... 1 TSP 002010 CINNAMON,GROUND..... 1 TSP 902134 SUGAR GRANULATED..... 1/2 CUP 002010 CINNAMON,GROUND..... 2 TSP	1. Cream margarine and sugar in mixer with paddle attachment on medium speed for 10 minutes.
	2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scape down sides of bowl.
	3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended.
	4. Lightly coat each sheet pan (18" x26" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 TBSP) in rows of 4 across and 5 down. For 50 servings. use 3 pans, 1 will only have 10 cookies. For 100 servings, use 4 pans.
	5. Combine sugar and cinnamon and sprinkle over cookies.
	6. Bake until light brown: Conventional oven: 375°F for 12 minutes Convection oven: 350°F for 6 minutes

Emanuel County School Nutrition Program

000584 - CORN CHOWDER

Recipe HACCP Process: #2 Same Day Service

Source: TID
 Number of Portions: 50
 Size of Portion: CUP

902799 MARGARINE..... 4 OZ 902374 OIL CANOLA..... 4 OZ 011282 ONIONS RAW..... 3 LB 011143 CELERY,RAW..... 2 LB 050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.... 3/4 LB 014429 WATER,MUNICIPAL..... 3 QT 902946 BAY LEAVES..... 4 PIECE 002034 POULTRY SEASONING..... 1 1/2 TSP 011390 POTATOES,HASH BROWN,FRZ,PLN,UNPREP..... 8 LB 901848 CORN FROZEN WHOLE KERNEL..... 4 LB 902816 MILK 1 %..... 2 QT 902217 SALT TABLE..... 1 1/2 TBSP 002032 PEPPER,WHITE..... 1 TSP, ground 002029 PARSLEY DRIED..... 2 TBSP	<ol style="list-style-type: none"> 1. Melt butter in large stockpot or tilt steam kettle. Add oil. 2. Cook onions in butter-oil mixture 5 minutes over medium heat or until vegetables are soft. Do not brown. 3. Add celery to onions and cook over medium heat for 10 minutes or until vegetables are soft. Do not brown. 4. Add flour to vegetables, coating evenly. 5. Over medium heat cook flour 5 minutes, using caution to not burn flour. 6. Slowly add water. Stir well. Be sure to loosen any flour from bottom of pan. 7. Add bay leaves, poultry seasoning(optional), and potatoes. 8. Gently simmer until potatoes are tender. 9. Add corn and milk. Heat through, but do not boil after milk is added. 10. Remove bay leaves. Add salt and white pepper. 11. Finish with chopped parsley.
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Emanuel County School Nutrition Program

000828 - CORNBREAD WHOLEGRAIN

Recipe HACCP Process: #2 Same Day Service

Source: TID

Number of Portions: 36

Size of Portion: SQUARE

Alternate Menu Name: CORNBREAD

<p>050389 CORNMEAL, ENRICHED, YELLOW, DEGERMED.... 3 CUP 050400 FLOUR WHOLE WHEAT..... 3 CUP 902134 SUGAR GRANULATED..... 1 CUP 902217 SALT TABLE..... 1 1/2 TSP 902942 BAKING POWDER..... 1 1/2 TBSP 902114 EGG RAW WHOLE..... 4 large 902816 MILK 1 %..... 3 CUP 902799 MARGARINE..... 1/2 CUP</p>	<p>1. PREHEAT CONVECTION OVEN TO 325° OR CONVENTIONAL OVEN TO 350°. GREASE SHEET PANS. 2. WHISK TOGETHER CORNMEAL, FLOUR, SUGAR, SALT, AND BAKING POWDER IN A LARGE BOWL. WHISK TOGETHER EGGS, MILK AND MELTED MARGARINE IN ANOTHER BOWL. ADD THE DRY INGREDIENTS TO THE WET INGREDIENTS AND STIR JUST UNTIL COMBINED. 3. POUR INTO THE PREPARED PAN AND SPREAD EVENLY. BAKE UNTIL GOLDEN BROWN, 20 TO 25 MINUTES.</p> <p>HALF SHEET = 36 PIECES WHOLE SHEET = 72 PIECES</p>
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Emanuel County School Nutrition Program

000587 - COWBOY CORN SALAD

Recipe HACCP Process: #2 Same Day Service

Source: TID
 Number of Portions: 25
 Size of Portion: .75 CUP

901848 CORN FROZEN WHOLE KERNEL.... 1 QT 902646 BEANS BLACK TURTLE CANNED.... 1 QT + 2 1/4 CUP 799908 ONIONS,RED,RAW..... 1 1/3 CUP, chopped 901773 TOMATOES CHERRY..... 1 1/3 CUP 011333 PEPPERS,SWEET,GREEN,RAW..... 3/4 CUP, chopped 902865 CILANTRO..... 1/3 CUP 050137 Italian Dressing..... 3/4 CUP 002009 CHILI POWDER..... 1 TBSP + 1 TSP 799902 CUMIN,GROUND..... 1 TBSP + 1 TSP	1. Thaw frozen corn in refrigerator overnight. Drain liquid. 2. Wash and chop/dice onions, tomatoes, and peppers. 3. Drain and rinse black beans thoroughly. 4. Mix together thawed corn, beans, and chopped fresh ingredients. 5. Add dressing and seasonings to vegetables and gently toss. 6. Serve chilled	CCP: Hold salsa for cold service at 41°F or below.
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Emanuel County School Nutrition Program

000825 - CUCUMBERS SWEET AND TANGY

Recipe HACCP Process: #1 No Cook

Source: TID
Number of Portions: 12
Size of Portion: 1/2 CUP

Alternate Menu Name: SWEET AND TANGY CUCUMBER

902134 SUGAR GRANULATED.....	2 CUP	WHISK TOGETHER SUGAR AND VINEGAR UNTIL SUGAR IS DISSOLVED. TOSS WITH REMIANING INGREDIENTS. REFRIGERATE UNTIL READY TO SERVE.
002053 VINEGAR,DISTILLED.....	1 CUP	
011206 CUCUMBER,PEELED,RAW...	10 medium	
011282 ONIONS RAW.....	2 medium (2-1/2" dia)	

Emanuel County School Nutrition Program

000821 - FIESTA SOUP

Recipe HACCP Process: #2 Same Day Service

Source: TID
Number of Portions: 6
Size of Portion: 1/2 CUP

903057 TOMATOES ROTEL.....	2 CAN	IN A SAUCEPAN, COMBINE THE TOMATOES, CORN AND BEANS; HEAT THROUGH. GARNISH SERVING WITH CHEESE AND SOUR CREAM IF DESIRED.
901848 CORN FROZEN WHOLE KERNEL....	15 OZ	
902646 BEANS BLACK TURTLE CANNED....	15 OZ	

Emanuel County School Nutrition Program

000822 - HONEY CARROTS

Recipe HACCP Process: #2 Same Day Service

Source: TID

Number of Portions: 6

Size of Portion: 1/2 CUP

799938 CARROTS,RAW.....	1 LB, 1/4" SLICES	COOK CARROTS IN SMALL AMOUNT OF BOILING WATER FOR 5 TO 10 MINUTES OR UNTIL CRISP-TENDER. DRAIN, RESERVE 1/4 CUP OF THE CARROT LIQUID. COMBINE RESERVED LIQUID, HONEY, MARGARINE AND BROWN SUGAR. STIR WELL AND POUR OVER CARROTS. COCK OVER LOW HEAT UNTIL HEATED THOROUGHLY.
019296 HONEY.....	1/4 CUP	
902799 MARGARINE.....	1/4 CUP	
901764 SUGAR LIGHT BROWN....	1/4 CUP	

Emanuel County School Nutrition Program

000727 - LEMONADE PUDDING FRUIT SALAD

Recipe HACCP Process: #1 No Cook

Source: TID
 Number of Portions: 20
 Size of Portion: 3/4 CUP

009184 MELONS,HONEYDEW,RAW..... 009181 MELONS,CANTALOUPE,RAW..... 009236 PEACHES,RAW..... 009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW..... 009316 STRAWBERRIES,RAW..... 990117 MANDARIN ORANGES CND LT SYRUP DRND..... 009148 KIWI FRUIT,(CHINESE GOOSEBERRIES),FRSH,RAW... 902588 BANANA FRESH..... 902197 APPLE FRESH..... 014292 LEMONADE,FRZ CONC,WHITE..... 601407 Pudding, Vanilla w/Splenda.....	1 melon (6" - 7" dia) 1 melon,med (5"dia) 2 medium (2-2/3" dia) 1 CUP 1 CUP, halves 11 OZ 2 fruit (2" dia) 2 MEDIUM (7" to 7-7/8") 1 LARGE (3-1/4 dia)" 1 can (12 fl oz) 4 OZ	1. IN A LARGE BOWL, COMBINE THE FIRST NINE INGREDIENTS. COVER AND REFRIGERATE FOR AT LEAST ONE HOUR. 2. JUST BEFORE SERVING, STIR IN BANANAS AND APPLE. COMBINE LEMONADE CONCENTRATE AND DRY PUDDING MIX; POUR OVER FRUIT AND TOSS TO COAT.
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Emanuel County School Nutrition Program

000812 - PASTA SALAD GARDEN

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 6
 Size of Portion: 1/2 CUP

Alternate Menu Name: GARDEN PASTA SALAD

902988 PASTA MACARONI..... 1/2 CUP 011282 ONIONS RAW..... 1/4 CUP, chopped 902240 CUCUMBER, WITH PEEL, RAW*..... 1/2 CUP, FINELY CHOPPED 011333 PEPPERS, SWEET, GREEN, RAW... 1/4 CUP, chopped 002053 VINEGAR, DISTILLED..... 1 TBSP 902374 OIL CANOLA..... 1/2 TBSP 902217 SALT TABLE..... 1/4 TSP 902194 PEPPER BLACK..... 1/4 TSP 002029 PARSLEY DRIED..... 1 TSP	COOK AND DRAIN MACARONI. IN A BOWL, COMBINE MACARONI, ONIONS, CUCUMBERS, AND GREEN PEPPERS. MIX WELL. IN A SEPARATE BOWL, MIX VINEGAR, VEGETABLE OIL, SALT, PEPPER, AND PARSLEY. POUR THE PREPARED DRESSING OVER THE PASTA. MIX WELL. COVER BOWL AND REFRIGERATE FOR 30 TO 45 MINUTES. SERVE COLD.
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Emanuel County School Nutrition Program

000834 - PB & J PARFAIT

Recipe HACCP Process: #1 No Cook

Source: TID
Number of Portions: 16
Size of Portion: EACH

902841 JELLY GRAPE.....	1 CUP	1. DIVIDE YOGURT INTO TWO LARGE MIXING BOWLS. (64 OUNCES IN EACH).
051540 Peanut Butter, Smooth.....	1 CUP	2. IN ONE BOWL WHISK TOGETHER THE YOGURT AND PEANUT BUTTER.
050210 Granola.....	2 LB	3. IN ANOTHER BOWL WHISK TOGETHER YOGURT AND JELLY.
901690 YOGURT VANILLA LOWFAT...	1 GAL	4. IN A PARFAIT CUP LAYER INGREDIENTS AS FOLLOWS: 4 OZ PEANUT BUTTER FLAVORED YOGURT 1/2 CUP GRANOLA (2 OZ BY WEIGHT) 4 OZ JELLY FLAVORED YOGURT
		5. PLACE IN COOLER UNTIL READY TO SERVE.

Emanuel County School Nutrition Program

000594 - PEANUT BUTTER APPLE WRAPS

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 50

Size of Portion: EACH

799973 TORTILLA, WHOLE WHEAT 6".....	50 TORTILLA 6"	1. Spread each tortilla with 2 Tbsp peanut butter and sprinkle with 1/2 cup apple. Roll up and cut in half on the diagonal.
016398 PEANUT BUTTER,SMOOTH STYLE,WO/SALT....	1 QT + 2 1/4 CUP	
009003 APPLES RAW WITH SKIN.....	1 GAL, chopped + 2 1/2 QT, chopped	

Emanuel County School Nutrition Program

000826 - PUMPKIN SQUARES

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 60
 Size of Portion: SQUARE

050400 FLOUR WHOLE WHEAT..... 050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.... 902942 BAKING POWDER..... 002010 CINNAMON,GROUND..... 900141 BAKING SODA..... 902217 SALT TABLE..... 902114 EGG RAW WHOLE..... 011846 PUMPKIN,CANNED,WITH SALT..... 902134 SUGAR GRANULATED..... 902374 OIL CANOLA.....	1 QT + 1/2 CUP 2 1/2 CUP 2 TBSP 2 TBSP 1 TABLESPOON 1 1/2 TSP 14 large 1 QT + 1 CUP 1 QT + 1 CUP 3 1/2 CUP	1. PREHEAT CONVECTION OVEN TO 350° OR CONVENTIONAL OVER TO 375°. COAT A FULL SHEET PAN WITH COOKING SPRAY. 2.WHISK TOGETHER WHOLE-WHEAT FLOUR, ALL PURPOSE FLOUR, BAKING POWDER, CINNAMON, BAKING SODA, AND SALT IN A LARGE BOWL. WHISK TOGETHER EGGS, SUGAR, OIL AND PUMPKIN IN ANOTHER LARGE BOWL. ADD INGREDIENTS TO THE WET INGREDIENTS AND MIX WELL. (DO NOT OVERMIX.) SCRAPE MIXTURE ONTO THE PREPARED SHEET PAN AND SPREAD EVENLY. 3. BAKE UNTIL A TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN, 15 TO 20 MINUTES.
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Emanuel County School Nutrition Program

000816 - ROCKY MOUNTAIN CEREAL BARS

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 30
 Size of Portion: BARS

902134 SUGAR GRANULATED..... 2/3 CUP 019350 SYRUPS,CORN,LT..... 2/3 CUP 050386 PEANUT BUTTER, SMOOTH, WITH ADDED SALT.... 1 CUP 990320 CEREAL, CHERRIOS BULKPAK..... 6 CUP 799969 CRANBERRIES, DRIED..... 1 CUP, CHOPPED	COMBINE SUGAR, CORN SYRUP AND PEANUT BUTTER IN A LARGE SAUCEPAN OVER LOW HEAT. STIRRING MIXTURE CONSTANTLY, HEAT THROUGH UNTIL PEANUT BUTTER IS MELTED. REMOVE FROM HEAT. ADD CEREAL AND DRIED CRANBERRIES; MIX WELL. SPREAD CEREAL MIXTURE EVENLY INTO A LIGHTLY GREASED BAKING PAN. COOL COMPLETELY; CUT INTO BARS.
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Emanuel County School Nutrition Program

000823 - SALAD CHEDDAR WALDORF

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 8
 Size of Portion: 1/2 CUP

Alternate Menu Name: CHEDDAR WALDORF SALAD

009500 APPLES,RAW,RED DELICIOUS,W/ SKN..... 2 large 009502 APPLES,RAW,GRANNY SMITH,W/ SKN..... 2 large 902866 PECAN PIECES..... 1/2 CUP 902739 MAYONAISE BULK REDUCED CALORIE... 1/4 CUP 902134 SUGAR GRANULATED..... 3 TBSP 799969 CRANBERRIES, DRIED..... 1/4 CUP, CHOPPED 902992 CHEESE CHEDDAR SHREDDED..... 2 OZ	IN A LARGE BOWL, COMBINE THE APPLES AND PECANS. COMBINE MAYONNAISE AND 2 TALBESPOONS SUGAR; ADD TO APPLE MIXTURE AND MIX WELL. COMBINE CRANBERRIES AND REMAINING SUGAR; SPRINKLE OVER APPLE MIXTURE. TOP WITH CHEESE. SERVE IMMEDIATELY.
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Emanuel County School Nutrition Program

000813 - SALAD HONEY APPLE

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 8
 Size of Portion: 1/2 CUP

Alternate Menu Name: HONEY APPLE SALAD

009003 APPLES RAW WITH SKIN.....	3 1/2 CUP, chopped	IN A LARGE BOWL, TOSS APPLES WITH LEMON JUICE. ADD GAPES AND CELERY. IN A SMALL BOWL, COMBINE MAYONNAISE, HONEY, SOUR CREAM AND SALT; MIX WELL. POUR OVER APPLE MIXTURE AND TOSS TO COAT. STIR IN WALNUTS. SERVE IMMEDIATELY
009524 LEMON JUC FROM CONC,BTLD,REAL LEMON...	2 TBSP	
009131 GRAPES,AMERICAN TYPE (SLIP SKN),RAW.....	2 CUP	
011143 CELERY,RAW.....	1 CUP,chopped	
902739 MAYONAISE BULK REDUCED CALORIE.....	1/2 CUP	
019296 HONEY.....	1/4 CUP	
902894 SOUR CREAM.....	2 TBSP	
902217 SALT TABLE.....	1/2 TSP	
012155 WALNUTS,ENGLISH.....	1 CUP, chopped	

Emanuel County School Nutrition Program

900076 - SNACK 1-2-3-GORP

Recipe HACCP Process: #2 Same Day Service

Source: Emanuel
Number of Portions: 3
Size of Portion: .5 cup

Alternate Menu Name: GORP SNACK MIX

008695 CEREALS RTE,KELLOGG,KELLOGG'S FRSTD MINI-WHEA....	1 CUP	1. COMBINE CEREAL, NUTS AND DRIED FRUIT IN A RESEALABLE CONTAINER.
799969 CRANBERRIES, DRIED.....	1/4 CUP, CHOPPED	
902866 PECAN PIECES.....	1/4 CUP	

Emanuel County School Nutrition Program

000711 - SPRING SALAD MIX

Recipe HACCP Process: #1 No Cook

Source: TID
 Number of Portions: 100
 Size of Portion: .50 CUP

011457 SPINACH RAW..... 3 LB + 2 OZ 011251 LETTUCE,COS OR ROMAINE,RAW..... 4 LB + 3 OZ 901096 ONIONS,RED,RAW..... 2 1/4 CUP, sliced 009316 STRAWBERRIES,RAW..... 8 CUP, sliced 990117 MANDARIN ORANGES CND LT SYRUP DRND... 4 1/4 CUP 009153 LEMON JUC,CND OR BTLD..... 3/4 PINT + 1 1/2 TSP 002068 VINEGAR,RED WINE..... 1 CUP + 2 TBSP 002033 POPPY SEED..... 2 TBSP + 2 TSP 902134 SUGAR GRANULATED..... 2 3/4 CUP 902374 OIL CANOLA..... 2 TBSP + 2 TSP	1. MIX TOGETHER THE ONIONS, STRAWBERRIES, AND MANDARIN ORANGES. STORE IN COOLER UNTIL READY FOR USE. 2.USING A WHISK, MIX TOGETHER THE LEMON JUICE, VINEGAR, POPPY SEEDS, SUGAR, AND VEGETABLE OIL. 3. COMBINE THE LETTUCE AND SPINACH. 4. JUST BEFORE SERVING, TOSS LETTUCE MIXTURE WITH DRESSING. TURN INTO SERVING BOWL AND TOP WITH FRUIT MIXTURE.
	QUANTITIES PER PAN (4) ARE AS FOLLOWS: 1 3/4 POUND LETTUCE MIXTURE 1 CUP DRESSING 3 3/4 CUPS FRUIT MIXTURE

Emanuel County School Nutrition Program

000718 - STRAWBERRY & CANTALOUPE SALAD

Recipe HACCP Process: #1 No Cook

Source: TID
Number of Portions: 4
Size of Portion: .50 CUP

009316 STRAWBERRIES,RAW.....	1 CUP, sliced	IN A LARGE BOWL, COMBINE STRAWBERRIES, CANTALOUPE AND CHEESE. DRIZZLE WITH VINAIGRETTE AND TOSS TO COAT. JUST BEFORE SERVING, GENTLY STIR IN RASPBERRIES, TOP WITH SUNFLOWER KERNELS.
009181 MELONS,CANTALOUPE,RAW.....	1 CUP, cubes	
050339 CHEESE MOZZARELLA LITE FROZEN SHREDDED...	2 OZ	
012039 SUNFLOWER SD KRNLs,TSTD,WO/SALT.....	1 TBSP	
009302 RASPBERRIES,RAW.....	1/2 CUP	
902974 RASPBERRY VINAIGETTE.....	4 SERVING	

Emanuel County School Nutrition Program

000829 - STRAWBERRY TOSSED SALAD

Recipe HACCP Process: #1 No Cook

Source: TID
Number of Portions: 6
Size of Portion: 1 CUP

011251 LETTUCE,COS OR ROMAINE,RAW.....	6 CUP, shredded	IN A LARGE BOWL, COMBINE THE LETTUCE, STRAWBERRIES, FETA CHEESE, AND SUNFLOWER KERNELS. DIZZLE WITH VINAIGRETTE AND TOSS TO COAT.
009316 STRAWBERRIES,RAW.....	1 PINT, sliced	
001019 CHEESE,FETA.....	4 OZ	
012039 SUNFLOWER SD KRNLs,TSTD,WO/SALT...	1/4 TBSP	

Emanuel County School Nutrition Program

000830 - STRAWBERRY YOGURT SQUARES

Recipe HACCP Process: #2 Same Day Service

Source: TID

Number of Portions: 9

Size of Portion: SQUARES

990320 CEREAL, CHERRIOS BULKPAK....	1 CUP	LINE AN 8X8 INCH BAKING PAN WITH FOIL. SPRINKLE CEREAL EVENLY ON BOTTOM OF PAN; SET ASIDE. PLACE YOGURT, STRAWBERRIES AND CONDENSED MILK IN A BLENDER; COVER AND BLEND UNTIL SMOOTH. POUR THE MIXTURE OVER TOP OF CEREAL, GENTLY SMOOTHING YOGURT MIXTURE TO EDGES OF PAN. COVER WITH FOIL OR PLASTIC WRAP AND FREEZE FOR 8 HOURS OR UNTIL FIRM. USE EDGES OF FOIL TO LOOSEN AND REMOVE FROM PAN; LET RECIPE THAW FOR 5-10 MINUTES. CUT INTO SQUARES; TOP WITH WHIPPED TOPPING, IF DESIRED, AND SERVE.
902987 YOGURT STRAWBERRY BULK....	3 CUP	
902995 STRAWBERRIES FROZEN.....	10 OZ	
001095 MILK,CND,COND,SWTND.....	1 CUP	
902858 WHIPPED TOPPING.....	8 OZ	

Emanuel County School Nutrition Program

000810 - TUNA SCHOONERS

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 2
 Size of Portion: SERVINGS

902692 TUNA CHUNK LIGHT CANNED IN WATER DRAINED... 6 OZ 902197 APPLE FRESH..... 1 CUP CHOPPED 902739 MAYONAISE BULK REDUCED CALORIE..... 1/4 CUP 902217 SALT TABLE..... 1/4 TSP 011251 LETTUCE,COS OR ROMAINE,RAW..... 4 leaf inner 018264 ENGLISH MUFFINS,WHEAT..... 2 muffin 902701 CHIPS NACHO BULK..... 2 OZ	IN A LARGE BOWL, COMBINE THE TUNA, APPLE, MAYONAISE AND SALT. PLACE LETTUCE ON MUFFIN HALVES; TOP WITH TUNA MIXTURE. PLACE TORTILLA CHIPS IN TUNA MIXTURE TO RESEMBLE SAILS.
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Emanuel County School Nutrition Program

000818 - YOGURT PARFAIT

Recipe HACCP Process: #1 No Cook

Source: TID
Number of Portions: 12
Size of Portion: 6 OZ

902746 BLUEBERRIES FRESH.....	12 OZ	WASH BLUEBERRIES. WASH STRAWBERRIES AND TRIM TOPS. SLICE STRAWBERRIES.
009316 STRAWBERRIES,RAW.....	12 OZ	PLACE 2 OZ YOGURT IN BOTTOM OF CUP. ADD 1 OZ OF FRUIT. TOP WITH 2 MORE OUNCES OF YOGURT AND THEN 1
901690 YOGURT VANILLA LOWFAT...	48 OZ	MORE OUNCE OF FRUIT. REFRIGERATE UNTIL READY TO SERVE.