



# Strawberry Pancake Yogurt Parfait

## Strawberry Pancake Yogurt Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	Measure	Directions
Low Fat Vanilla Yogurt	1 gal + 2 qt + 1 cup	<ol style="list-style-type: none"> <li>If strawberries are frozen in syrup, thaw and drain in colander. Frozen diced or sliced berries do not need to be thawed before adding to cup.</li> <li>Thaw pancakes. Use 4 pancakes per parfait.</li> <li>In a 12-oz cup layer:               <ul style="list-style-type: none"> <li>» 2 pancakes</li> <li>» ¼ cup yogurt</li> <li>» ¼ cup strawberries</li> <li>» Repeat layering</li> </ul> </li> <li>Cover and keep refrigerated until service.</li> <li>Serve chilled, can be held overnight.</li> </ol>
Frozen Strawberries, diced	1 gal + 2 qt + 1 cup	
Frozen WG Mini Pancakes w/Maple Flavor	200	

### Notes:

Can substitute raspberries or blueberries, or medley of berries for strawberries.

Meal Components	Yield
1 serving provides 1 oz of meat/meat alternate, 1 oz of whole grain rich and .5 cup of fruit.	50 servings

Nutrients Per Serving					
Calories	196 kcal	Sodium	213mg	Iron	2 mg
Total Fat	2 gm	Carbohydrates	40 gm	Calcium	128 mg
Saturated Fat	1 gm	Dietary Fiber	3 gm	Vitamin A	995 iu
Cholesterol	7 mg	Protein	5 gm	Vitamin C	30 mg

# STRAWBERRY PANCAKE PARFAIT

## VISUAL RECIPE GUIDE



**TOOLS & INGREDIENTS**



**DRAIN**



**LAYER**



**REPEAT LAYER**



**GARNISH**



**FINAL**





# Caprese Chicken Wrap

## Caprese Chicken Wrap

Main Dish

Recipe HACCP Process: #2 Same Day Service

### Ingredients

Ingredients	Measure
1-oz Mozzarella sticks or shredded mozzarella	3 lbs + 2 oz
10-inch Whole Grain Wrap/Tortilla	50
Cooked Chicken, shredded	50 oz
Lettuce, shredded	1 gal + 2 qt + 1 cup
Tomatoes, chopped	3 qt + ½ cup
Ranch Dressing	3 ½ cups
Basil Pesto	5 oz

### Directions

1. Mix together ranch dressing and basil pesto to make dressing.
2. Brush each wrap with 1 Tbsp of dressing.
3. Place a mozzarella stick/1 oz shredded mozzarella in center of each wrap.
4. Arrange 1 oz chicken in center of wrap, leaving a 1-inch border all around.
5. Top with ½ cup lettuce and ¼ cup tomatoes.
6. Fold bottom of wrap over filling, then fold into sides and roll tightly, starting from the bottom.
7. Cover and keep refrigerated until service.
8. Serve chilled, can be held overnight.

### Notes:

Can substitute spinach for lettuce. Low sodium tortilla or any whole grain flatbread may be used. Diced, shredded, fajita or other style chicken can be substituted.

### Meal Components:

1 serving provides 2 oz equivalent whole grain rich, 3.5 oz equivalent meat/meat alternate and .25 cup red/orange and .25 cup dark green.

### Yield:

50 servings

### Nutrients Per Serving

Calories	442 kcal	Sodium	804 mg	Iron	3 mg
Total Fat	15 gm	Carbohydrates	40 gm	Calcium	291mg
Saturated Fat	7 gm	Dietary Fiber	4 gm	Vitamin A	2659 iu
Cholesterol	78 mg	Protein	34 gm	Vitamin C	7 mg

# CAPRESE CHICKEN WRAP

## VISUAL RECIPE GUIDE



**TOOLS & INGREDIENTS**



**MIX**



**ARRANGE**



**TOP**



**FOLD**



**FINAL**





# Chicken Alfredo Pizza

## Chicken Alfredo Pizza

Main Dish

Recipe HACCP Process: #2 Same Day Service

### Ingredients

Ingredients	Measure
Unsalted Butter	¾ cup
Fresh Cloves Garlic, minced	4 cloves
All Purpose Flour	¾ cup
Whole Milk	2 qt
Parmesan Cheese, grated	3 cups
Iodized Salt	1 Tbsp
14-inch Sheeted Pizza Dough	5
Mozzarella Cheese, shredded	2 qts + 2 cups
Chicken Strips	2 lbs + 8 oz
Frozen Peas	1 qt + 1 cup

### Directions

1. Mince garlic cloves.
2. Melt butter in large sauce pan over medium heat. Cook garlic for 1-2 minutes or until fragrant. Stir in flour. Cook, stirring for 2 minutes.
3. Whisk in milk. Cook over low heat, stirring for 13-15 minutes or until thickened. Stir in parmesan cheese and salt. Remove from heat and let cool. Yield will be about 8 cups of alfredo sauce.
4. Preheat oven to 500° F. Spread 1 ½ cups alfredo sauce over each frozen pizza crust. Next, scatter 1 cup mozzarella cheese over top, followed by ½ lb chicken strips, 1 cup peas and another 1 cup mozzarella cheese over each pizza.
5. Transfer pizza to pizza pans. Bake in 3 batches on top and bottom racks, rotating and switching pans halfway through. Bake for 15 minutes or until crust is cooked through and cheese is golden and bubbly.
6. Cut each pizza into 8 slices and serve.

### Notes:

Use part skim low moisture mozzarella.

### Meal Components:

1 serving provides 2 oz equivalent whole grain rich, 2 oz equivalent meat/meat alternate.

### Yield:

40 servings

### Nutrients Per Serving

Calories	365 kcal	Sodium	731 mg	Iron	2 mg
Total Fat	17 gm	Carbohydrates	33 gm	Calcium	308 mg
Saturated Fat	8 gm	Dietary Fiber	3 gm	Vitamin A	453 iu
Cholesterol	60 mg	Protein	22 gm	Vitamin C	2 mg

As seen in the Institute of Child Nutrition [recipe database](#)

# CHICKEN ALFREDO PIZZA

## VISUAL RECIPE GUIDE



**TOOLS & INGREDIENTS**



**PREPARE**



**SPREAD**



**SCATTER**



**BAKE**



**FINAL**





# Pizza Pizzazz Shaker

## Pizza Pizzazz Shaker

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	Measure	Directions
Low Sodium Marinara Sauce	1 qt + 2 ¼ cup	<ol style="list-style-type: none"> <li>1. Prepare pasta al dente. Drain and cool. Toss pasta with Italian herbs.</li> <li>2. Portion out 2 Tbsp of dressing into 1-oz cups with lids.</li> <li>3. Layer into 16-oz clear salad shaker cups: <ul style="list-style-type: none"> <li>» 2 Tbsp marinara sauce</li> <li>» 1 cup pasta</li> <li>» ¼ cup grape tomatoes</li> <li>» 1/8 cup red peppers</li> <li>» 1/8 cup green peppers</li> <li>» 8 turkey pepperoni slices</li> <li>» 1 1/2 oz mozzarella</li> </ul> </li> <li>4. Place dressing cup upside down inside domed lid or serve separately.</li> <li>5. Cover and keep refrigerated until service.</li> <li>6. Serve chilled, can be held overnight.</li> </ol>
Whole Grain Rich Rotini, cooked	6 lbs + 4 oz (dry)	
Grape Tomatoes, chopped	3 qt + ½ cup	
Red Pepper, diced	1 qt + 2 ¼ cup	
Green Peppers, diced	1 qt + 2 ¼ cup	
Low Sodium Turkey Pepperoni Slices	1 lb + 15 oz	
Mozzarella, shredded	4 lbs + 11 oz	
Fat Free, Low Sodium Italian Dressing	1 qt + 2 ¼ cup	
Italian Herbs	3 Tbsp + 1 tsp	

**Notes:**  
 Use part skim low moisture mozzarella. If not using creditable turkey pepperoni, increase cheese to 2 oz per serving. Serve with cheesy breadsticks to meet additional meat/meat alternate, if needed.

Meal Components:	Yield:
1 serving provides 2 equivalent whole grain rich, 2 equivalent meat/meat alternate and ½ cup vegetable (.375 cup red/orange and .125 cup other).	50 servings

Nutrients Per Serving					
Calories	428 kcal	Sodium	609 mg	Iron	2 mg
Total Fat	13 gm	Carbohydrates	53 gm	Calcium	329 mg
Saturated Fat	6 gm	Dietary Fiber	6 gm	Vitamin A	1685 iu
Cholesterol	35 mg	Protein	22 gm	Vitamin C	58 mg

# PIZZA PIZZAZZ SHAKER

## VISUAL RECIPE GUIDE



**TOOLS & INGREDIENTS**



**TOSS**



**LAYER**



**LAYER**



**GARNISH**



**FINAL**







# Fiesta Parfait

## Fiesta Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

### Ingredients

Pinto Beans, drained  
 Low Fat Plain Yogurt  
 Mexican Seasoning  
 Low Sodium Salsa  
 Iceberg Lettuce  
 Cheddar Cheese, shredded

### Measure

12 ½ cups  
 6 ¼ lbs  
 ¼ cup  
 9 cups + 6 tbsp  
 14 oz  
 6 ½ oz

### Directions

1. Drain and rinse beans. Set aside.
2. Mix yogurt with Mexican seasoning. Set aside.
3. Clean celery. Remove tops and cut into 6 inch sticks.
4. Layer into 12-oz clear cups:
  - » ½ cup drained beans
  - » ½ cup seasoned yogurt
  - » ¾ cup (6 Tbsp) salsa
  - » ¼ cup shredded lettuce (credits ½ cup)
  - » Garnish with 1 Tbsp Cheddar cheese

### Notes:

Serve with tortilla chips for dipping.

### Meal Components:

12-oz cup portion meets 1 meat/meat alternate and 2 vegetable servings.

### Yield:

25 servings

### Nutrients Per Serving

Calories	160 kcal	Sodium	270 mg	Iron	0% DV
Total Fat	3 gm	Carbohydrates	20 gm	Calcium	20% DV
Saturated Fat	2 gm	Dietary Fiber	5 gm	Vitamin A	4% DV
Cholesterol	12 gm	Protein	11 gm	Vitamin C	2% DV

# FIESTA PARFAIT

## VISUAL RECIPE GUIDE



**TOOLS & INGREDIENTS**



**DRAIN**



**MIX**



**LAYER**



**GARNISH**



**FINAL**





# Buffalo Chicken Parfait



## Buffalo Chicken Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

### Ingredients

Fat Free Plain Yogurt  
Onion Powder  
Garlic Powder  
Black Pepper  
Chives, freeze-dried  
Dried Parsley  
Cooked Chicken, diced  
Hot Sauce  
Celery  
Cheddar Cheese, shredded

### Measure

3 qt + 4 oz  
2 Tbsp  
¼ oz  
½ tsp  
1 tsp  
1 Tbsp  
1 lb + 9 oz  
2 oz  
4 ½ lbs  
1 lb + 9 oz

### Directions

1. Mix yogurt with all spices. Set aside.
2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside.
3. Clean celery. Remove tops and cut into 6-inch sticks.
4. Using an 8-oz clear cup, layer:
  - » ½ cup ranch flavored yogurt
  - » 1 oz chicken mixture
  - » 1 oz Cheddar cheese
  - » Place 4 celery sticks in cups

### Meal Components:

1 serving provides 3 oz meat/meat alternate  
and ½ cup vegetable.

### Yield:

25 servings

### Nutrients Per Serving

Calories	250 kcal	Sodium	560 mg	Iron	4% DV
Total Fat	11 gm	Carbohydrates	14 gm	Calcium	30% DV
Saturated Fat	6 gm	Dietary Fiber	1 gm	Vitamin A	2% DV
Cholesterol	60 mg	Protein	27 gm	Vitamin C	15% DV

# BUFFALO CHICKEN PARFAIT

## VISUAL RECIPE GUIDE



**TOOLS & INGREDIENTS**



**MIX**



**TOSS**



**FILL**



**LAYER**



**FINAL**





# Nacho Cheesy Fiesta Bowl

## Cheesy Nacho Fiesta Bowl

Main Dish

Recipe HACCP Process: #2 Same Day Service

### Ingredients

Ingredients	Measure
Yellow or White Real Nacho Cheese Sauce	7 lb 4 oz
Fat Free Milk	1 qt ½ cup
Reduced Fat Beef Taco Filling	4 lbs
Low Sodium Black Beans	3 qt ½ cup
Tomatoes, diced	1 qt 2 ¼ cup
Bell Peppers, diced	1 qt 2 ¼ cup
Reduced Fat Cheddar Cheese, shredded	1 qt 2 cups
Jalapeno Peppers, sliced	3 cups
1.5-oz Bag Whole Grain Tortilla Chips	50

### Directions

1. Combine cheese sauce and milk in a pot or soup kettle. Cook, stirring often, over medium heat until simmering.
2. Cook taco filling according to package directions.
3. Drain and rinse beans, add to ground beef.
4. Hold soup and beef/bean mixture for hot service.
5. Prep tomatoes, bell peppers and jalapenos for cold service.
6. For each serving, ladle ½ cup cheese sauce into each bowl.  
Top with:
  - » 2 oz taco filling/bean mixture
  - » ½ cup tomatoes
  - » ½ cup bell peppers
  - » 1 Tbsp jalapenos
  - » 2 Tbsp Cheddar cheese
7. Serve each bowl with whole grain tortilla chips.

### Notes:

### Meal Components:

1 serving provides 2 oz equivalent meat/meat alternate, 2 oz equivalent whole grain rich, .125 cup red/orange and .125 cup other.

### Yield:

50 servings

### Nutrients Per Serving

Calories	475kcal	Sodium	1022 mg	Iron	3 mg
Total Fat	22 gm	Carbohydrates	50 gm	Calcium	397 mg
Saturated Fat	9 gm	Dietary Fiber	8 gm	Vitamin A	749 iu
Cholesterol	52 mg	Protein	22 gm	Vitamin C	23 mg

# NACHO CHEESY FIESTA BOWL

## VISUAL RECIPE GUIDE



**TOOLS & INGREDIENTS**



**MIX**



**DRAIN**



**MIX**



**ASSEMBLE**



**FINAL**

