



PREPARING GRAINS IN SCHOOL KITCHENS

Preparing & Serving

When preparing recipes that include rice or pasta, the directions must be followed closely. Follow the recipe for cooking times especially when pasta is to be cooked more in a recipe, such as Macaroni and Cheese.

Rice and pasta may be cooked in a conventional oven, a combination oven-steamer, a convection oven, a steam-jacket kettle or simmered in a heavy pot on the stove.

The cooking time for pasta ranges from 6-15 minutes, depending on the shape and size of the noodles. Pasta gets bigger and heavier when it is cooked. Generally pasta doubles or triples in weight when it is cooked. Likewise, the volume increases 2 to 2 1/2 times during cooking. When pasta is to be cooked more in a recipe, such as Chicken Spaghetti, it should be undercooked. This means the cooking time should be reduced by 2-3 minutes. Overcooked pasta is mushy and often falls apart. It can also yield more servings than stated on the recipe. The chart below describes the cooking time for pastas included in the MRS Recipes:

TYPE OF PASTA	APPROXIMATE COOKING TIME TO AL DENTE
Lasagna Noodles	15 minutes
Elbow Macaroni	6 minutes
Rotini/Spiral	10 minutes
Spaghetti	10 minutes
Noodles (such as egg noodles)	6 minutes

Reference:
Culinary Techniques for Healthy School Meals:
Preparing Pasta, Rice, and Grains. Retrieved
December 12, 2013: [www.nfsmi.org/
ResourceOverview.aspx?ID=293](http://www.nfsmi.org/ResourceOverview.aspx?ID=293)

National Food Service Management Institute.
(2009). Culinary Techniques for Healthy
Schools Meals. Retrieved December 12,
2013, from Preparing Yeast Breads Lesson
(p. 10): [www.nfsmi.org/ResourceOverview.
aspx?ID=299](http://www.nfsmi.org/ResourceOverview.aspx?ID=299)

Culinary Techniques for Healthy School Meals
has additional information: [www.nfsmi.org/
ResourceOverview.aspx?ID=266](http://www.nfsmi.org/ResourceOverview.aspx?ID=266)

Adapted from Molt, M. (2011). *Food for Fifty* (13 ed.) (page 507). (V. Anthony, Ed.) Upper Saddle River, NJ: Pearson, Prentice Hall.

The cooking time for brown rice is 45-60 minutes, depending on the cooking method used and the available equipment. Overcooked rice tends to stick together and it yields more servings than stated on the recipe.

Rice and pasta continue to cook when it is held in the warmer or on the hot service line. By cooking recipes for just-in-time service, these recipes will have better quality and will yield the correct quantity.

Keep in mind, there are daily and weekly ounce equivalent (oz. eq.) requirements for grain items for each age/grade group. Make sure the minimum requirements are taken into account when planning for the meal preparation and when serving these items. A limit of two ounce equivalents of grain based desserts are allowed each week.

PREPARING GRAINS IN SCHOOL KITCHENS

(continued)

Grain based desserts include cookies, vanilla wafers, cake, and brownies. Items which are not considered a grain based dessert at breakfast are: graham crackers, animal crackers, cereal bars, breakfast bars, granola bars, sweet rolls (like cinnamon rolls), toaster pastries. Items from these seven types of food would be considered a grain based dessert if they were served at lunch.

PREPARING GRAINS IN SCHOOL KITCHENS (continued)

If yeast breads are prepared from scratch, the following chart is helpful to determine issues which may occur during the preparation and cooking process.

YEAST BREAD PROBLEM	WHAT COULD HAVE HAPPENED TO CAUSE IT?
Too much volume	<ul style="list-style-type: none"> Too much yeast Too little salt Oven temperature too low Overproofed Wrong kind of flour used Too much dough for the bread recipe baking pan
Too little volume	<ul style="list-style-type: none"> Too little yeast or old yeast Dough chilled Over- or underproofed Not enough dough in the baking pan Too much salt Wrong kind of flour for the bread recipe Kneaded dough too much or not enough
Pale color	<ul style="list-style-type: none"> Not enough sugar Overfermented dough Oven temperature too low Dried crust formed before baking
Dark color	<ul style="list-style-type: none"> Too much sugar Too much milk Dough temperature too low Oven temperature too high Baked too long
Cracked crust	<ul style="list-style-type: none"> Overmixed Dough too stiff Improperly shaped Cooled too fast Top of hard-crust bread not slashed properly during baking Dried crust formed during proofing
Blisters on crust	<ul style="list-style-type: none"> Too much liquid Improperly shaped
Coarse texture	<ul style="list-style-type: none"> Not enough flour Slack dough Underkneaded Proofed too long or at too high a temperature Temperature of dough out of mixer too high
Large holes in bread	<ul style="list-style-type: none"> Too much yeast Overkneaded Inadequate punch down
Heavy texture	<ul style="list-style-type: none"> Underkneaded Not enough yeast Too short proofing time Too much dough in the pan Too cool proofing temperature Poor distribution of ingredients Yeast partially killed by hot liquid
Crumbly, dry	<ul style="list-style-type: none"> Too stiff dough Dough proofed too long Underkneaded Oven temperature too low
Poor flavor	<ul style="list-style-type: none"> Flat flavor - too little salt Sour flavor - too long proofing or poor quality ingredients Yeasty flavor - too long proofing period or proofing temperature too warm

CORNBREAD (1 OZ. EQ.)

WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 200 **SIZE OF PORTION:** 1 piece**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 200 SERVINGS)
Flour, All Purpose, Enriched, #358	3 quart(s) + 1 pint(s)
Commeal, WRG, #361	1 gallon(s)
Baking Powder, Double Acting, #363	1 cup(s)
Salt, Table, #343	1/2 cup(s)
Sugar, Granulated, #404	2 1/2 cup(s)
Milk, Dry, Nonfat Powder, #376	2 2/3 cup(s)
Margarine, Bulk, #119	2 cup(s)
Eggs, Whole, Liquid, Frozen, #115	2 1/2 cup(s)
Water, Municipal, Mississippi	2 quart(s) + 1 pint(s)
Milk, White, Fat Free (Skim) 1/2 pint, #7	6 cup(s)

DIRECTIONS

- Mix dry ingredients.
- Melt margarine. Add melted margarine, eggs, water, and milk to the mixer bowl and stir to blend.
- Add dry ingredient mixture to the liquids in the mixer bowl. Mix on low speed. (Do not overmix or cornbread will be tough and rubbery.)
- Spray two sheet pans (18" x 26" x 1") with pan release spray.
- Pour 1 gallon (4 quarts) into each sprayed sheet pan.
- Bake at 375 degrees F for 15 minutes.
- Cut pans 10 X 10 (100 pieces per pan).
- Portion 1 piece per serving. Each portion provides 1 oz. eq. whole grain.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	103	Dietary Fiber	1.20 g	Sodium	434.77 mg	Sat. Fat	0.91 g
Carbohydrates	17.77 g	Protein	3.05 g	Total Fat	2.44 g	Trans Fat	0.00 g

CORNBREAD (1 OZ. EQ.)

ILLUSTRATED STEPS FOR PREPARATION OF CORNBREAD (1 OZ. EQ.)

1.



One serving of 1 oz. eq. Cornbread

CORNBREAD (2 OZ. EQ.)

WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 piece**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Flour, All Purpose, Enriched, #358	3 quart(s) + 1 pint(s)
Commeal, WRG, #361	1 gallon(s)
Baking Powder, Double Acting, #363	1 cup(s)
Salt, Table, #343	1/2 cup(s)
Sugar, Granulated, #404	2 1/2 cup(s)
Milk, Dry, Nonfat Powder, #376	2 2/3 cup(s)
Margarine, Bulk, #119	2 cup(s)
Eggs, Whole, Liquid, Frozen, #115	2 1/2 cup(s)
Water, Municipal, Mississippi	2 quart(s) + 1 pint(s)
Milk, White, Fat Free (Skim) 1/2 pint, #7	6 cup(s)

DIRECTIONS

- Mix dry ingredients in large bowl.
- Melt margarine and add with water, eggs, and milk to the mixer bowl. Stir to blend.
- Add dry mixture to the liquids. Mix on low speed. (Do not overmix or cornbread will be tough and rubbery.)
- Spray two sheet pans (18" x 26" x 1") with pan release spray.
- Pour 1 gallon (4 quarts) into each sprayed sheet pan.
- Bake at 375 degrees F for 15 minutes or until golden brown.
- Cut pans 5 X 10 (50 pieces per pan).
- Portion 1 piece per serving. Each portion provides 2 oz. eq. whole grains.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	205	Dietary Fiber	2.40 g	Sodium	869.55 mg	Sat. Fat	1.82 g
Carbohydrates	35.54 g	Protein	6.09 g	Total Fat	4.89 g	Trans Fat	0.00 g

CORNBREAD (2 OZ. EQ.)

ILLUSTRATED STEPS FOR PREPARATION OF CORNBREAD (2 OZ. EQ.)

1.



Cutting the Cornbread 5 x 10

WHOLE WHEAT BREAD CRUMBS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

14 oz. eq. whole grains

NUMBER OF PORTIONS: 1 **SIZE OF PORTION:** 1 quart**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 1 SERVINGS)
Bun, Hamburger, WGR, #549	7 bun(s)

DIRECTIONS

1. Save leftover whole grain bread slices, rolls, etc.
2. Toast in a low temperature oven (200 degrees F) until slightly golden brown and firm. Cool before preparing crumbs.
3. Break bread into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained
4. Store in air-tight container (bulk form) in freezer until needed. Use crumbs as desired in recipes. This recipe makes 14 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	911	Dietary Fiber	14.01 g	Sodium	2031.16 mg	Sat. Fat	0.00 g
Carbohydrates	182.10 g	Protein	42.03 g	Total Fat	10.51 g	Trans Fat	0.00 g

MEXICAN CORNBREAD



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 1/2 oz. eq. whole grains

NUMBER OF PORTIONS: 85 **SIZE OF PORTION:** 1 piece**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 85 SERVINGS)
Commeal, WRG, #361	2 1/2 pound(s)
Flour, All Purpose, Enriched, #358	2 1/2 pound(s)
Baking Powder, Double Acting, #363	4 ounce(s)
Sugar, Granulated, #404	1 1/2 cup(s)
Salt, Table, #343	1 teaspoon(s)
Corn, Yellow, Canned, Cream Style, #10 Can, #255	2 cup(s)
Eggs, Whole, Liquid, Frozen, #115	3 cup(s)
Milk, Reduced Fat, 2% Milkfat, Bulk	7 cup(s)
Oil, Liquid for Fryer, #396	3/4 cup(s)
Cheese, American, Grated/Shredded, #60	3/4 pound(s)
Jalapenos, Peppers, Nacho, Sliced, #204	1/2 cup(s)
Onions, Frozen, Chopped, #72	3 cup(s)
Pan Release Spray, Vegetable Oil, #395	1 gram(s)

DIRECTIONS

- Blend cornmeal, flour, baking powder, sugar, and salt in mixer for 1 minute on low speed.
- Mix corn, eggs, milk, oil, cheese, onions, and peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat on medium speed only until dry ingredients are moistened, 2-3 minutes. DO NOT OVERMIX. Batter will be lumpy.
- For 70 servings, pour 5 quarts of batter into 1 full size sheet pan (18" x 26" x 1"), which has been sprayed with pan release spray.
- Bake until lightly browned:
Conventional Oven: 400° F for 30-35 minutes.
Convection Oven: 350°F for 20-25 minutes.
- For 70 servings, cut full-size sheet pan 7x10 (70 pieces per pan).
- Transfer to steamtable pans for service.
Portion 1 piece per serving. Each portion provides 1 1/2 oz. eq. whole grains.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	170	Dietary Fiber	1.96 g	Sodium	281.27 mg	Sat. Fat	1.56 g
Carbohydrates	26.76 g	Protein	5.43 g	Total Fat	4.93 g	Trans Fat	0.00 g

CROUTONS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 22 **SIZE OF PORTION:** 16 croutons

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 22 SERVINGS)
Bread, WGR, #139	22 slice(s)
Pan Release Spray, Butter Flavored #393	22 spray(s)
Spice Blend MS, Italian, No Salt, #561	1/8 cup(s)

DIRECTIONS

- To make cutting into cubes easier, place bread in freezer prior to cutting into cubes. Cut each slice of bread 4 x 4 (16 cubes per slice of bread).
- Place cut bread cubes onto a sheet pan sprayed with butter flavored pan release spray. Spray bread with butter flavored pan release spray and sprinkle with Italian spice blend. Mix gently to incorporate seasoning.
- Toast in a preheated low-heat oven 325° F for approximately 30-45 minutes. Bread cubes should be dried out but not burned.
- Let cool completely and store in an airtight container.
- Portion 16 croutons per serving. One portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	50	Dietary Fiber	1.00 g	Sodium	105.00 mg	Sat. Fat	0.00 g
Carbohydrates	11.00 g	Protein	2.00 g	Total Fat	1.00 g	Trans Fat	0.00 g

HUSHPUPPIES



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2 each

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Hushpuppies, Frozen, #42	4 pound(s)

DIRECTIONS

1. Prepare in fryer according to package directions. To maintain quality of product, prepare only what can be served in a 30 minute period.

2. Transfer to steamtable pan for service. Serve immediately.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

3. Portion 2 hushpuppies per serving. Each portion provides 1 oz. eq. grain.

NUTRIENTS PER SERVING

Calories	105	Dietary Fiber	0.80 g	Sodium	198.58 mg	Sat. Fat	0.72 g
Carbohydrates	14.02 g	Protein	1.57 g	Total Fat	4.96 g	Trans Fat	0.00 g

MACARONI AND CHEESE (CHEESE SAUCE)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 85 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 85 SERVINGS)
Pasta, Macaroni, Elbow, WGR, #295	4 pound(s) + 8 ounce(s)
Oil, Liquid for Fryer, #396	1/2 cup(s)
Water, Municipal, Mississippi	6 gallon(s)
Sauce, Mix, Cheese, Dry, #292	8 ounce(s)
Water, Municipal, Mississippi	1/2 gallon(s)
Cheese, American, Grated/Shredded, #60	2 cup(s)

DIRECTIONS

- Cook macaroni in oil and water until al-dente (cooked just long enough to be still firm, and not too soft), about 9-10 minutes. Do not overcook pasta. Drain macaroni.
- Prepare cheese sauce according to package directions. Combine macaroni and cheese sauce. Mix well. Pour macaroni and cheese sauce into 12 x 20 x 4" pan that has been sprayed with pan release spray.
- Top each pan with 2 cups American cheese.
- Bake in convection oven at 350 degrees F. until cheese melts. Remove from oven and cover with film wrap. Place in warmer until ready for service.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with #8 scoop or 4 ounce spoodle (1/2 cup) per serving. Each portion provides 1 oz. eq. whole grain.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Do not overcook as this increases the volume of the macaroni.
Use commodity products when available.

NUTRIENTS PER SERVING

Calories	119	Dietary Fiber	1.27 g	Sodium	1115.96 mg	Sat. Fat	0.81 g
Carbohydrates	19.04 g	Protein	3.75 g	Total Fat	2.78 g	Trans Fat	0.00 g

PASTA WITH ITALIAN RED SAUCE

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain, 1/4 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service



WHOLE GRAINS : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Boiling, Municipal	1 1/2 gallon(s)
Pasta, Spiral, WGR, #298	3 pound(s)
Sauce, Spaghetti, No Meat, #270	1 #10 can(s)

DIRECTIONS

- Bring water to a rapid boil.
- Add pasta gradually to boiling water and stir gently.
- Return to boiling. Cook uncovered in water at a fast boil until al-dente (cooked just long enough to be firm, and not too soft). Stir occasionally to prevent sticking. Do not overcook as this increases the volume of the pasta. Drain pasta.
- Place in half-size steamtable pans (12 "x 10" x 4"). For 50 servings, use 4 steamtable pans.
- Heat sauce thoroughly.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Just before serving, add sauce to pasta. Toss gently to coat pasta. For best results, serve immediately or cover and place in warmer until ready for service.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion with 4 ounce spoodle or #8 scoop (1/2 cup) per serving. Each portion provides 1 oz. eq. whole grain and 1/4 cup red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

SERVING NOTES

Optional instructions: Do not mix pasta and sauce. To serve separately, portion 4 ounces of pasta and 2 ounces sauce for each serving.

NUTRIENTS PER SERVING

Calories	131	Dietary Fiber	2.89 g	Sodium	270.17 mg	Sat. Fat	0.00 g
Carbohydrates	26.11 g	Protein	4.35 g	Total Fat	1.20 g	Trans Fat	0.00 g

RICE

WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #556	6 pound(s)
Water, Hot, Municipal	1 gallon(s) + 1 quart(s)
Salt, Table, #343	1 tablespoon(s) + 1 teaspoon(s)

DIRECTIONS

- Place 3 pounds of brown rice in each steamtable pan (12" x 20" x 4"). Use two pans for 100 servings. Add 2 quarts and 2 cups of hot water to each pan.
- Add 2 teaspoons salt to each pan and mix.
- Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
- Cover, and place in warmer until ready to serve.
- Portion with #8 scoop (1/2 cup) per serving. Each portion provides 1 oz. eq. of whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	99	Dietary Fiber	0.71 g	Sodium	98.47 mg	Sat. Fat	0.11 g
Carbohydrates	21.31 g	Protein	2.20 g	Total Fat	0.55 g	Trans Fat	0.00 g

SPANISH RICE

WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #556	3 pound(s)
Water, Municipal, Mississippi	2 1/2 quart(s)
Bell Peppers, Green, Whole, Fresh, #641	6 ounce(s)
Peppers, Sweet, Red, Raw	8 ounce(s)
Onions, Frozen, Chopped, #72	7 1/2 ounce(s)
Salsa, Mild, Bulk, #269	3/4 cup(s)
Base, Chicken, Low Sodium, #348	1/4 pound(s)
Paprika, Ground, Domestic, #335	1/4 teaspoon(s)
Onion Powder, #326	6 tablespoon(s)
Pepper, Black, Ground, #336	1 teaspoon(s)

DIRECTIONS

- To prepare rice:
 - Place brown rice in a steamtable pan. Add hot water to each pan and mix well until combined.
 - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
 - Cover, and place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Preheat oven to 300 degrees F.
- Spray braising pan or steam-jacketed kettle with pan release spray. Add chopped peppers and onions then saute until vegetables are clear. Set aside
- Mix brown rice and hot water together and place in prepared steamtable pans. Use 1 pan for every 50 servings.
- Combine salsa, chicken base, paprika, onion powder, and black pepper.
- Add above mixture with sautéed chopped red peppers, green peppers, and diced onions to rice. Mix well. Cover and place in steamer. Steam for one hour. Stir after 30 minutes.

CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion rice with #8 scoop (1/2 cup) per serving. Each portion provides 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

SPANISH RICE

NUTRIENTS PER SERVING

Calories	241	Dietary Fiber	2.00 g	Sodium	63.45 mg	Sat. Fat	0.32 g
Carbohydrates	51.13 g	Protein	5.70 g	Total Fat	1.58 g	Trans Fat	0.00 g

FIESTA RICE

WHOLE GRAINS : VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #556	3 pound(s)
Spice Blend MS, Southwest, No Salt, #562	3 tablespoon(s) + 1 teaspoon(s)
Salt, Table, #343	1 tablespoon(s)
Sauce, Tomato, #10 Can, #264	1 quart(s) + 1 cup(s)
Broth, Chicken, Low Sodium, #350	1 gallon(s) + 1 quart(s)
Oil, Liquid for Fryer, #396	1/4 cup(s)
Peppers, Green, Diced, Frozen, #75	3 1/3 cup(s)
Onions, Frozen, Chopped, #72	3 1/3 cup(s)

DIRECTIONS

- Place 2 pounds brown parboiled rice in a 4-inch full size steamtable pan that has been sprayed with pan release spray.
- Heat chicken stock to boiling and combine with spice blend, salt, and tomato sauce. Add to rice in pan and stir well. Cover with aluminum foil.
- Steam for approximately 45 minutes until rice is tender and fluffy. Check at 30 minutes of cooking time for liquid absorption. If needed, add water.
- While rice is cooking, heat oil in pan on stove top. Sauté peppers and onions until they are soft.
- Add sautéed mixture to cooked rice and cook 5-10 minutes more.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place on line for service.
Portion using a #8 scoop (1/2 cup) per serving. Each portion provides 1 oz. eq. whole grain and 1/8 cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

If using frozen peppers and onions, thaw and drain liquid before cooking.

NUTRIENTS PER SERVING

Calories	128	Dietary Fiber	1.46 g	Sodium	542.98 mg	Sat. Fat	0.23 g
Carbohydrates	24.52 g	Protein	3.96 g	Total Fat	1.72 g	Trans Fat	0.00 g

FRIED RICE**MEAL COMPONENT CONTRIBUTION:**

1/4 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 3/4 cup

RECIPE HACCP PROCESS: #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #556	3 pound(s) + 9 5/8 ounce(s)
Water, Hot, Municipal	3 quart(s)
Salt, Table, #343	2 3/8 teaspoon(s)
Oil, Liquid for Fryer, #396	1/4 cup(s)
Onions, Frozen, Chopped, #72	3 cup(s)
Eggs, Whole, Liquid, Frozen, #115	2 1/2 cup(s)
Peas, Green, Frozen, #74	1 pound(s) + 2 ounce(s)
Sauce, Soy, Light, Reduced Sodium, #288	1 1/3 cup(s)
Carrots, Baby, Frozen, Cooked, #66	1 pound(s) + 2 ounce(s)

DIRECTIONS

- To prepare brown rice:
 - Place brown rice in a steamtable pan. Add hot water to each pan.
 - Add salt to each pan and mix until well combined.
 - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
 - Cover, and place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

- Heat oil and add onions. Cook for 3 to 5 minutes.
Add thawed eggs. Cook over medium heat, stirring frequently, for 10-15 minutes or until eggs are tender and set.
- Thaw peas and carrots. Chop carrots and combine with peas, onions, eggs, rice, and soy sauce. Pour into steamtable pans (12" x 20" x 4"). For 50 servings, use 2 pans. Cover with lid or aluminum foil.
- To bake:
Convection oven: 325 degrees F for 25 minutes.
Conventional oven: 350 degrees F for 35 minutes.

Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

- Portion with 6 ounce spoodle (3/4 cup). Each portion provides 1 oz. eq. whole grain, 1/4 oz. eq. meat/meat alternate and 1/8 cup other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

FRIED RICE

NUTRIENTS PER SERVING

Calories	165	Dietary Fiber	2.03 g	Sodium	312.57 mg	Sat. Fat	0.58 g
Carbohydrates	29.36 g	Protein	5.29 g	Total Fat	2.81 g	Trans Fat	0.00 g

GARLIC TOAST



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 slice

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Toast, Texas, WGR, #149	50 slice(s)

DIRECTIONS

1. Prepare according to package directions.
2. Portion 1 slice per serving. Each portion provides 1 oz. eq. whole grain.
 Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	100	Dietary Fiber	2.00 g	Sodium	170.00 mg	Sat. Fat	0.50 g
Carbohydrates	15.00 g	Protein	4.00 g	Total Fat	2.50 g	Trans Fat	0.00 g

ROLLS (MADE)

WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 roll**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	1 quart(s) + 1/2 cup(s)
Oil, Liquid for Fryer, #396	3/4 cup(s) + 2 tablespoon(s)
Yeast, Baker's, Instant Dry, #366	2 ounce(s)
Flour, Ultra Grain	3 pound(s) + 10 ounce(s)
Flour, Whole Wheat, #360	1 pound(s) + 14 ounce(s)
Milk, Dry, Nonfat Powder, #376	3 1/4 ounce(s)
Sugar, Granulated, #404	5 3/4 ounce(s)
Salt, Table, #343	1 1/4 ounce(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

- For best results, have all ingredients and utensils at room temperature. Pour cold tap water and oil into mixing bowl.
- Place all dry ingredients (instant yeast, flours, milk powder, sugar and salt) into a large container and hand mix ingredients. Add dry ingredients to mixer bowl containing oil and water. Using a dough hook, blend on low speed for approximately 6 minutes.
- Knead dough on medium speed for 20 - 25 minutes, or until dough is smooth and elastic. (Dough will leave the sides of the bowl at the very end of the 20-25 minutes.) Large batches sometimes need to mix longer. DO NOT ADD EXTRA FLOUR.
- Place dough in warm area (about 90 degrees F) for 30-40 minutes.
- Punch down dough to remove air bubbles.
- Form rolls from dough by pinching off 2-ounce pieces and shaping. Place rolls on lightly oiled sheet pans (18" x 29" x 1") in rows of 10 down and 5 across.
- Bake until lightly browned:
Conventional Oven: 400 degrees F for 18-20 minutes.
Convection Oven: 350 degrees F for 12-14 minutes.
- Spray the top of each roll with butter flavored spray.
- Portion 1 roll for each serving. Each portion provides 2 oz. eq. whole grains.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	176	Dietary Fiber	2.80 g	Sodium	285.88 mg	Sat. Fat	0.40 g
Carbohydrates	28.69 g	Protein	5.28 g	Total Fat	4.44 g	Trans Fat	0.00 g

ROLL, 2 OZ.EQ.(PURCHASED)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 214 **SIZE OF PORTION:** 1 roll

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 214 SERVINGS)
Roll, Whole Wheat, Frozen, 2 oz. eq., #134	214 roll(s)

DIRECTIONS

1. Spray sheet pans with pan release spray and pan 60 (6 x 10) rolls on each sheet pan.
2. Bake according to package directions.
3. Portion 1 roll per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	150	Dietary Fiber	4.00 g	Sodium	220.00 mg	Sat. Fat	1.00 g
Carbohydrates	23.00 g	Protein	3.00 g	Total Fat	4.50 g	Trans Fat	0.00 g

ROLL, 1 OZ. EQ. (PURCHASED)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 408 **SIZE OF PORTION:** 1 roll

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 408 SERVINGS)
Roll, Whole Wheat, Frozen, 1 oz. eq., #136	408 roll(s)

DIRECTIONS

1. Spray sheet pans with pan release spray and pan 80 (8 x 10) on each sheet pan.
2. Bake according to package directions.
3. Portion 1 roll per serving. Each portion provides of 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	90	Dietary Fiber	2.00 g	Sodium	140.00 mg	Sat. Fat	0.50 g
Carbohydrates	15.00 g	Protein	2.00 g	Total Fat	3.00 g	Trans Fat	0.00 g

SALTINE CRACKERS (MINI)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 1 **SIZE OF PORTION:** 2 packages

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 1 SERVINGS)
Crackers, Mini Saltines,WRG, #206	2 package(s)

DIRECTIONS

1. Portion two mini cracker packets per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	100	Dietary Fiber	2.00 g	Sodium	120.00 mg	Sat. Fat	0.00 g
Carbohydrates	14.00 g	Protein	2.00 g	Total Fat	3.00 g	Trans Fat	0.00 g

SALTINE CRACKERS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 1 **SIZE OF PORTION:** three 2-count packs

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 1 SERVINGS)
Crackers, Saltines, WGR, 2 count package, #207	3 package(s)

DIRECTIONS

1. Portion three 2-crinker packets per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	68	Dietary Fiber	0.75 g	Sodium	120.00 mg	Sat. Fat	0.00 g
Carbohydrates	12.00 g	Protein	1.50 g	Total Fat	1.50 g	Trans Fat	0.00 g

SWEET POTATO MUFFINS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 1/4 oz. eq. whole grains

NUMBER OF PORTIONS: 16 **SIZE OF PORTION:** 1 muffin**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 16 SERVINGS)
Flour, Whole Wheat, #360	4 1/2 ounce(s)
Flour, All Purpose, Enriched, #358	4 3/8 ounce(s)
Cereal, Oatmeal, Quick, WGR, #165	2 3/4 ounce(s)
Sugar, Brown, #405	1/2 cup(s), unpacked
Baking Soda, #364	2 teaspoon(s)
Baking Powder, Double Acting, #363	1 teaspoon(s)
Cinnamon, Ground, #330	2 teaspoon(s)
Potatoes, Sweet, Cut Pieces, #10 can, #261	1 cup(s), mashed
Eggs, Whole, Liquid, Frozen, #115	1/2 cup(s)
Lemon Juice, Canned/Bottled, #398	1 tablespoon(s)
Milk, Dry, Nonfat Powder, #376	1 cup(s)
Applesauce, Canned, Without Sugar, #232	2 1/8 ounce(s)
Flavoring, Vanilla, Imitation, #380	1 teaspoon(s)
Raisins, Seedless, Dark, #279	1/2 cup(s)

DIRECTIONS

1. Blend whole wheat flour, all-purpose flour, oatmeal, brown sugar, baking soda, baking powder, and ground cinnamon in mixer bowl on low speed.
2. Combine sweet potatoes, eggs, lemon juice, milk, applesauce, and vanilla in separate bowl.
3. To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before mixing into batter.
4. Add liquid ingredients to dry ingredients slowly while mixing on low speed. Mix only until dry ingredients are moistened (batter will be lumpy). Fold in raisins.
5. Lightly coat muffin pans with pan release spray or line with paper muffin cups. Portion batter into muffin pans, using a #16 scoop. Bake until lightly browned:
Conventional oven: 350 degrees F for 15 - 20 minutes.
Convection oven: 300 degrees F for 10-15 minutes.
6. Remove from pan as soon as possible and allow to cool.
Portion 1 muffin per serving. Each portion provides 1 1/4 oz. eq. whole grains .

PRODUCTION NOTES

Use commodity products when available.

SWEET POTATO MUFFINS

NUTRIENTS PER SERVING

Calories	159	Dietary Fiber	2.38 g	Sodium	248.91 mg	Sat. Fat	0.36 g
Carbohydrates	31.17 g	Protein	6.67 g	Total Fat	1.31 g	Trans Fat	0.00 g