

# OMP School Lunch Recipe Book

7 Healthy NSLP-Eligible, Reimbursable  
Meals to Make Your District Greener.



## What are the USDA requirements for a school meal?

For schools that are [Offer vs. Serve](#), students are only required to take three out of the five components of a school meal for it to be reimbursable. Those components are meat or meat alternate, grains, fruit, vegetables and milk. Students must take at least ½ cup serving of vegetables as well.

*\*Each recipe has the components it covers highlighted for reference.*

	Meat Alternate	Grains	Fruit	Vegetable	Milk
K - 8	1 oz	1 oz	½ cup	¾ cup	1 cup
9 - 12	2 oz	2 oz	1 cup	1 cup	1 cup



*Created by OMD & Food Insight Group*





## Meal #1: Southern Sides

**Description:** A symphony of Southern sides: black eyed peas, collard greens, baked sweet potato and Mac n'Chs.

Number of Portions: 48    Size of Portions: BOWL

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	2 oz	0 cup	1 cup	0 cup

### Recipes

OMD Collard Greens	48 (1/2 CUP)
OMD Mac n'Chs, Sweeties	48 (1 CUP)
OMD Sweet Potato, Baked	48 (1/2 CUP)
OMD Black Eyed Peas	48 (1/2 CUP)



## (Recipe 1.1) OMD Black Eyed Peas

Number of Portions: 48    Size of Portion: 1/2 CUP

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	0 oz	0 cup	0 cup	0 cup

### Ingredients

Low-sodium vegetable soup stock	2 QT
Vegetable Oil	1/4 CUP
Onions, raw	1 1/2 LB
Garlic, raw	15 cloves
Low-sodium black-eyed peas, canned	11 LB
Thyme, Dried	1/4 CUP, leaves
Paprika	3 TBSP
Pepper, Red OR Cayenne	2 TSP
Pepper, black	2 TSP, ground
Kosher salt	1 TBSP
Spring onions OR Scallions, raw (including tops & bulb)	1 LB

### Instructions:

1. Open and drain beans.
2. Peel and dice onions.
3. Peel and mince garlic.
4. In large pot or tilt skillet, heat oil over medium high heat. Add onion and sauté until fragrant, about 5 minutes. Add garlic and sauté one additional minute.
5. Add all remaining ingredients, stir to combine. Cook until liquid is absorbed and beans reach an internal temperature of 145°F for at least 15 seconds.
6. Remove from heat, transfer to 4-inch full size hotel pans and hold for hot service.
7. Just prior to service, wash scallions in cold running water. Using clean gloves, knife, and cutting board, slice scallions into 1/8-inch-thick rings. Hold for cold service.
8. Serve 1/2 cup beans per person. Garnish with scallions.

CCP: Hold for cold service at 41° F or lower.

CCP: Heat to 145° F or higher for at least 15 Seconds



CCP: Hold at 135° F or higher.

### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	109 kcal
% Calories from Total Fat	17.80%
% Calories from Sat Fat	1.66%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	66.91%
% Calories from Protein	21.51%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	5.84 g
Carbohydrate	18.16 g
Dietary Fiber	4.26 g
Total Sugars	0.89 g
Total Fat	2.15 g
Saturated Fat	0.20 g
Trans Fat	0.00 g
Cholesterol	0.00mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	40.52 mg
Sodium	234.25 mg
Iron	2.25 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	590.97 IU
Vitamin C	4.90 mg



## (Recipe 1.2) OMD Collard Greens

Number of Portions: 48    Size of Portion: 1/2 CUP

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.5 cup	0 cup

### Ingredients

Collard greens, raw	16 LB
Low-sodium vegetable base (no MSG)	1/3 CUP
Onions, raw	2 LB
Garlic, raw	1/4 CUP
Olive oil OR salad oil OR cooking oil	1/3 CUP
Kosher salt	1 TBSP
Pepper, black	1 TSP, ground

### Instructions:

1. Wash collards thoroughly in cold running water.
2. Using a clean knife and cutting board, remove stems and thinly cut collard greens.
3. Peel and dice onion.
4. Peel and mince garlic.
5. Heat olive oil in a large pot or tilt skillet over medium high heat.
6. Add onions and cook until translucent, about 2 minutes.
7. Add garlic and cook until fragrant, about 1 minute.
8. Add vegetable base.
9. Reduce heat and add collard greens. Toss gently until greens wilt, about 2-3 minutes and collards reach 145°F for at least 15 seconds.
10. Turn off heat, transfer to hotel pans and hold for hot service.
11. Serve 1/2 cup collard greens per person.

CCP: Heat to 145° F or higher for at least 15 Seconds.

CCP: Hold at 135° F or higher.



### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	72 kcal
% Calories from Total Fat	27.05%
% Calories from Sat Fat	3.75%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	62.55%
% Calories from Protein	23.73%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	4.26 g
Carbohydrate	11.23 g
Dietary Fiber	5.79 g
Total Sugars	1.41 g
Total Fat	2.16 g
Saturated Fat	0.30 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	225.09 mg
Sodium	276.65 mg
Iron	0.35 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	10082.54 IU
Vitamin C	54.99 mg



### (Recipe 1.3) OMD Sweet Potato, Baked

Number of Portions: 48    Size of Portion: 1/2 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.5 cup	0 cup

#### Ingredients

Sweet Potato, raw, unprepared	15 1/4 LB
Cinnamon, ground	2 TBSP
Cumin, ground	1/4 CUP
Kosher salt	1 TBSP
Vegetable oil	3/4 CUP

#### Instructions:

1. Wash sweet potatoes thoroughly in cold running water.
2. Using a clean knife and cutting board, chop sweet potatoes into 1-inch cubes.
3. In a large bowl, toss sweet potato cubes with remaining ingredients.
4. Place cubes in a single layer on baking sheets.
5. Roast sweet potatoes for 20-30 minutes, turning once halfway through so that they just start to caramelize (brown) on the edges and are soft inside (and reach an internal temperature of at least 145°F for 15 seconds).
6. Remove from oven, transfer to 4-inch half size hotel pan. Hold for hot service.
7. Serve 1/2 cup sweet potatoes per person.

CCP: Hold for cold service at 41° F or lower.

CCP: Heat to 145° F or higher for at least 15 Seconds

CCP: Hold at 135° F or higher.





### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	156 kcal
% Calories from Total Fat	20.69%
% Calories from Sat Fat	3.08%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	75.22%
% Calories from Protein	6.04%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	2.36 g
Carbohydrate	29.39 g
Dietary Fiber	4.54 g
Total Sugars	6.01 g
Total Fat	3.59 g
Saturated Fat	0.54 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	51.24 mg
Sodium	177.42 mg
Iron	1.25 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	20385.47 IU
Vitamin C	3.50 mg



(Recipe 1.4) OMD Mac n'Chs, Sweeties

Number of Portions: 48    Size of Portion: 1 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	2 oz	0 cup	0 cup	0 cup

Ingredients

Macaroni, dry, whole grain,	3 LB
Water, municipal	3 GAL
Kosher salt	1 TBSP

BREAD, WHOLE-WHEAT	25 slices
MARGARINE, 80% FAT, TUB, CANOLA NONHYDROGENATED	2 3/4 CUP
SHALLOTS, RAW	3/4 CUP, chopped
POTATO, FLESH & SKIN, RAW	1 1/2 QT, diced
CARROTS, RAW	1 1/2 CUP, chopped
ONIONS, RAW	2 CUP, chopped
WATER, MUNICIPAL	1 1/2 QT
SUNFLOWER SEED BUTTER, W/SALT	1 CUP
SALT, KOSHER	1 TBSP
GARLIC, RAW	1 1/2 TSP
MUSTARD, DIJON PREPARED	1 1/2 TSP
TURMERIC, GROUND	1 TSP
LEMON JUICE, RAW	1/3 CUP
PEPPER, BLACK	1 1/2 TSP, ground
PEPPER, RED OR CAYENNE	1/2 TSP



<b>PAPRIKA</b>	1 TSP
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**Instructions:**

1. In a large pot or tilt skillet, bring water and 1 TBSP salt to boil over high heat.
2. Add macaroni pasta and cook until al dente and pasta reaches an internal temperature of at least 145°F for 15 seconds.
3. Drain pasta in a colander and rinse with cold water. Set aside.  
CCP: Heat to 145° F or higher for at least 15 Seconds
4. Wearing clean gloves, tear bread slices into large pieces.
5. In a food processor, make breadcrumbs by pulverizing the bread and 3/4 cup margarine to a medium fine texture. Set aside.
6. Preheat oven to 350°F.
7. Peel and dice shallots using a clean knife and cutting board.
8. Peel and dice onion.
9. Wash potatoes thoroughly in cold running water; scrub clean. Peel and dice potatoes into 1-inch cubes.
10. Wash carrots thoroughly in cold running water. Remove stem and root end, peel and chop into 1/2-inch-thick rings.
11. In a large pan over high heat, bring water, potatoes, onions, shallots and carrots to a boil. Cover pan and simmer for 15 minutes or until veggies are very soft and reach an internal temperature of 145°F for at least 15 seconds. Turn off heat and reserve cooking water in addition to veggies.  
CCP: Heat to 145° F or higher for at least 15 Seconds
12. In a blender, blend sunflower seed butter, salt, garlic, turmeric, 2 cups margarine, mustard, lemon juice, black pepper and cayenne. Add softened vegetables to the blender and process until perfectly smooth. Add reserved vegetable cooking water as needed to achieve smooth consistency.
13. In a large bowl or hotel pan, combine pasta and sauce until pasta is completely coated. Spread mixture in full size 2-inch hotel pans, sprinkle with prepared breadcrumbs and dust with paprika.
14. Bake pasta at 350°F for 30 minutes, or until sauce is bubbling and the top has turned golden brown. (And it reaches an internal temperature of 145°F for at least 15 seconds.)
15. Remove from oven, cover and hold for hot service.
- 16. Serve 1 cup pasta per person.**

CCP: Hold for cold service at 41° F or lower.

CCP: Heat to 145° F or higher for at least 15 Seconds

CCP: Hold at 135° F or higher.



### Nutritional Assessment

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

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	250 kcal
% Calories from Total Fat	37.41%
% Calories from Sat Fat	7.03%
% Calories from Trans Fat	0.02%
% Calories from Carbohydrates	55.65%
% Calories from Protein	12.46%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	7.79 g
Carbohydrate	34.80 g
Dietary Fiber	4.40 g
Total Sugars	2.16 g
Total Fat	10.39 g
Saturated Fat	1.95 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	56.58 mg
Sodium	395.81 mg
Iron	1.93 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	
Vitamin C	



## Meal #2: Chili Bowl

**Description:** A warm veggie chili bowl for colder months, served with tortilla chips, red pepper strips and a side.

**Number of Portions:** 48    **Size of Portions:** 1 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	2 oz	0 cup	1.25 cup	0 cup





## (Recipe 2.1) OMD Chili Bowl

Number of Portions: 48    Size of Portion: 1 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	0 oz	0 cup	0.25 cup	0 cup

### Ingredients

Black (turtle) beans, canned	5 LB
Kidney beans, canned	4 LB
Pinto beans, canned, whole	4 LB
Vegetable oil	1/2 CUP
Onions, raw	1 1/2 LB
Sweet potato, raw, unprepared	4 1/2 LB
Sweet green peppers, frozen, chopped, unprepared	2 LB
Tomatoes, canned, diced (no salt added)	13 LB
Tomato Paste, canned (no salt added)	1 LB
Low-sodium vegetable base (no MSG)	1 TBSP
Cumin, ground	1/4 CUP, whole
Garlic, granulated	2 TBSP
Kosher salt	1 TBSP
Pepper, black	1 TBSP, ground
Pepper, red OR cayenne	2 TSP



**Instructions:**

1. Open and drain canned beans. Rinse with cold running water.
2. Peel and dice onion.
3. Wash sweet potatoes thoroughly in cold running water.
4. Using a clean knife and cutting board, dice sweet potatoes into 1/2-inch cubes.
5. In a large pot or tilt skillet, heat oil over medium high heat. Add onion and sauté until fragrant, about 5 minutes.
6. Add all ingredients to the pot and stir to mix. Reduce heat to medium, add enough liquid to just reach the top of the ingredients, cover and simmer for at least 30 minutes until the potatoes and beans are just soft and the mixture reaches an internal temperature of 145°F for at least 15 seconds.
7. Transfer chili to 4-inch full size hotel pans, cover and hold for hot service.
8. Serve 1 cup chili per person.

CCP: Heat to 145° F or higher for at least 15 Seconds.

CCP: Hold at 135° F or higher.

**Nutritional Assessment**

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

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	211 kcal
% Calories from Total Fat	12.98%
% Calories from Sat Fat	2.07%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	71.57%
% Calories from Protein	17.49%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	9.23 g
Carbohydrate	37.77 g
Dietary Fiber	10.69 g
Total Sugars	8.36 g
Total Fat	3.05 g
Saturated Fat	0.49 g



Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	85.77 mg
Sodium	542.42 mg
Iron	3.63 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	6798.16 IU
Vitamin C	29.29 mg



## (Recipe 2.2) OMD Red Pepper Strips

Number of Portions: 48    Size of Portion: 1/2 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.5 cup	0 cup

### Ingredients

Sweet red peppers, raw	6 3/4 LB
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### Instructions:

1. Wash red peppers thoroughly in cold running water.
2. Using clean gloves, knife and cutting board, remove stem and core from peppers. Slice peppers into 1/2-inch-thick strips. Hold for cold service.
3. **Serve ½ cup red peppers per person.**

CCP: Hold for cold service at 41° F or lower.

### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

Calories	Amount per Portion
Total Calories	20 kcal
% Calories from Total Fat	8.71%
% Calories from Sat Fat	0.78%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	77.81%
% Calories from Protein	12.77%
Nutrients	Amount per Portion
Protein	0.63 g
Carbohydrate	3.85 g
Dietary Fiber	1.34 g
Total Sugars	2.68 g



Total Fat	0.19 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	4.47 mg
Sodium	2.55 mg
Iron	0.27 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	1997.15 IU
Vitamin C	81.46 mg





### (Recipe 2.3) OMD Broccoli, Blanched

Number of Portions: 48    Size of Portion: 1/2 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.5 cup	0 cup

#### Ingredients

Broccoli, raw	9 LB
Water, municipal	As Needed
Kosher salt	2 TBSP

#### Instructions:

1. Wash fresh broccoli thoroughly in cold running water.
2. Using a clean knife and cutting board, remove the woody part of the stem.
3. Chop broccoli into florets.
4. Prepare an ice-water bath in a large bowl or hotel pans (1/2 water, 1/2 ice); make sure the container can hold all the broccoli, or batches of broccoli, you prepare.
5. In a large pot or tilt skillet, bring water and salt to a boil. Add broccoli and blanch for 30-60 seconds. DO NOT OVERCOOK.
6. Remove broccoli from water and place immediately in ice-water bath. Allow to chill for at least 5 minutes.
7. Drain broccoli in strainer and hold for cold service.
8. **Serve ½ cup broccoli per person.**

CCP: Hold for cold service at 41° F or lower.

CCP: Cool to 41° F or lower within 4 hours.

CCP: Heat to 145° F or higher for at least 15 Seconds.

#### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

Calories	Amount per Portion
Total Calories	29 kcal
% Calories from Total Fat	9.79%
% Calories from Sat Fat	1.03%
% Calories from Trans Fat	0.00%



% Calories from Carbohydrates	78.12%
% Calories from Protein	33.18%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	2.40 g
Carbohydrate	5.65 g
Dietary Fiber	2.21 g
Total Sugars	1.45 g
Total Fat	0.31 g
Saturated Fat	0.03 g
Trans Fat	0.00 g
Cholesterol	0.00 mg S
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	39.97 mg
Sodium	223.07 mg
Iron	0.62 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	529.85 IU
Vitamin C	75.86 mg



### Meal #3: Sweet Potato Taco Bowl

**Description:** A plant-based twist on a Tex-Mex inspired dish.

**Number of Portions:** 48    **Size of Portions:** EACH

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	2 oz	0 cup	1.5 cup	0 cup

#### Recipes

OMD Taco Bowl, Black Beans	48 (1/2 CUP)
OMD Taco Bowl, Chili Lime Corn	48 (1/2 CUP)
OMD Taco Bowl, Chips	48 (2 OZ)
OMD Taco Bowl, CilantroLimeDre	48 (2 OZ)
OMD Taco Bowl, Lettuce	48 (1/2 CUP)
OMD Taco Bowl, Sweet Potato	48 (1/4 CUP)
OMD Taco Bowl, Tomatoes	48 (1/4 CUP)



### (Recipe 3.1) OMD Taco Bowl, Black Beans

Number of Portions: 48    Size of Portion: 1/2 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	0 oz	0 cup	0 cup	0 cup

#### Ingredients

Black (turtle) beans, canned	13 5/8 LB
Oregano, dried	1/4 CUP, ground
Cumin, ground	1/4 CUP, whole
Onion powder	3 TBSP
Garlic, granulated	2 TBSP
Kosher salt	1 TBSP
Pepper, black	1 TBSP, ground
Pepper, red OR cayenne	2 TSP

#### Instructions:

1. Open and drain canned black beans. Rinse with cold running water.
2. Combine all ingredients in a tilt skillet or large pot. Add just enough water to reach the top of the beans. Cook over medium heat, stirring occasionally, for at least 15 minutes and until the beans reach an internal temperature of 145°F for at least 15 seconds.
3. Remove from heat, transfer to 2-inch full size hotel pans. Hold for hot service.
4. **Serve 1/2 cup beans per person.**

CCP: Heat to 145° F or higher for at least 15 Seconds.

CCP: Hold at 135° F or higher.



### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	123 kcal
% Calories from Total Fat	3.86%
% Calories from Sat Fat	0.90%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	73.30%
% Calories from Protein	26.02%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	8.01 g
Carbohydrate	22.56 g
Dietary Fiber	9.30 g
Total Sugars	0.38 g
Total Fat	0.53 g
Saturated Fat	0.12 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	59.58 mg
Sodium	597.57 mg
Iron	2.99 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	51.36 IU
Vitamin C	3.71 mg





### (Recipe 3.2) OMD Taco Bowl, Chili Lime Corn

Number of Portions: 48    Size of Portion: 1/2 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.5 cup	0 cup

#### Ingredients

Yellow sweet corn kernels, frozen, unprepared	9 LB
Sweet red peppers, raw	2 LB
Lime juice, raw	1 1/2 CUP
Red onions, raw	1 LB
Oregano, dried	3 TBSP, leaves
Chili powder	2 TSP
Kosher salt	1 TBSP
Olive oil OR salad oil OR cooking oil	1/2 CUP

#### Instructions:

1. Thaw corn overnight in refrigerator.
2. Wash red peppers thoroughly in cold running water. Using clean gloves, knife and cutting board, remove stem and core. Dice into 1/4-inch cubes.
3. Peel and dice red onion into 1/4-inch cubes.
4. Combine all ingredients in a large bowl. Mix well.
5. Chill for at least 30 minutes. Hold for cold service
6. **Serve 1/2 cup corn salad per person.**

CCP: Hold for cold service at 41° F or lower.

CCP: Cool to 41° F or lower within 4 hours.



### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	107 kcal
% Calories from Total Fat	25.29%
% Calories from Sat Fat	3.59%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	76.42%
% Calories from Protein	10.92%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	2.92 g
Carbohydrate	20.46 g
Dietary Fiber	2.49 g
Total Sugars	3.83 g
Total Fat	3.01 g
Saturated Fat	0.43 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	11.35 mg
Sodium	104.65 mg
Iron	0.57 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	798.11 IU
Vitamin C	32.55 mg



### (Recipe 3.3) OMD Taco Bowl, Chips

Number of Portions: 48    Size of Portion: 2 oz

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	2 oz	0 cup	0 cup	0 cup

#### Ingredients

Tortilla chips, yellow, plain, salted	6 LB
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#### Instructions:

1. Serve 2 oz whole grain tortilla chips per person.

#### Nutritional Assessment

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

Calories	Amount per Portion
Total Calories	282 kcal
% Calories from Total Fat	40.44%
% Calories from Sat Fat	5.03%
% Calories from Trans Fat	0.12%
% Calories from Carbohydrates	54.23%
% Calories from Protein	5.33%
Nutrients	Amount per Portion
Protein	3.75 g
Carbohydrate	38.20 g
Dietary Fiber	2.66 g
Total Sugars	0.69 g
Total Fat	12.66 g
Saturated Fat	1.57 g



Trans Fat	0.04 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	58.97 mg
Sodium	175.77 mg
Iron	0.75 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	89.59 IU
Vitamin C	0.00 mg



### (Recipe 3.4) OMD Taco Bowl, Cilantro Lime Dressing

Number of Portions: 48    Size of Portion: 2 oz

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0 cup	0 cup

#### Ingredients

Cilantro, raw	1 LB
Lime juice, raw	1 CUP
Kosher salt	1 TBSP
Garlic, raw	5 clove
Olive oil OR salad oil OR cooking oil	1/2 CUP
Water, municipal	As Needed

#### Instructions:

1. Wash cilantro thoroughly in cold running water. Pat dry.
2. Combine all ingredients in a food processor. Add just enough water to combine all ingredients into green sauce. Chill in refrigerator for at least 30 minutes before service.
3. **Serve 2 oz per person.**

CCP: Hold for cold service at 41° F or lower.





### Nutritional Assessment

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

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	22 kcal
% Calories from Total Fat	93.89%
% Calories from Sat Fat	12.96%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	9.77%
% Calories from Protein	0.76%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	0.04 g
Carbohydrate	0.53 g
Dietary Fiber	0.03 g
Total Sugars	0.09 g
Total Fat	2.26 g
Saturated Fat	0.31 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	119.42 mg
Sodium	97.70 mg
Iron	0.02 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	2.55 IU
Vitamin C	1.61 mg



### (Recipe 3.5) OMD Taco Bowl, Lettuce

Number of Portions: 48    Size of Portion: 1.5 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	1 cup	0 cup

#### Ingredients

Lettuce, raw	3 LB
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#### Instructions:

1. Wash lettuce thoroughly in cold running water.
2. Using clean gloves, knife and cutting board, chop lettuce into bite size pieces.
3. Place lettuce in 4-inch full size hotel pans. Hold for cold service.
4. **Serve 1/2 cup lettuce per person.**

CCP: Hold for cold service at 41° F or lower.

#### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (1.5 CUP)*

Calories	Amount per Portion
Total Calories	5 kcal
% Calories from Total Fat	15.88%
% Calories from Sat Fat	2.06%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	77.41%
% Calories from Protein	28.94%
Nutrients	Amount per Portion
Protein	0.35 g
Carbohydrate	0.93 g
Dietary Fiber	0.60 g
Total Sugars	0.34 g



Total Fat	0.09 g
Saturated Fat	0.01 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	9.36 mg
Sodium	2.27 mg
Iron	0.27 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	2469.24 IU
Vitamin C	1.13 mg



### (Recipe 3.6) OMD Taco Bowl, Sweet Potato

Number of Portions: 48    Size of Portion: 1/4 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.25 cup	0 cup

#### Ingredients

Sweet potato, raw, unprepared	13 5/8 LB
Cinnamon, ground	1/4 CUP, ground
Cumin, ground	1/4 CUP, whole
Kosher salt	3 TBSP
Vegetable oil	2 TBSP

#### Instructions:

1. Preheat conventional oven to 425°F (convection oven to 400°F)
2. Wash sweet potatoes thoroughly in cold running water.
3. Using a clean knife and cutting board, chop sweet potatoes into 1-inch cubes.
4. In a large bowl, toss sweet potato cubes with remaining ingredients.
5. Place cubes in a single layer on baking sheets.
6. Roast sweet potatoes for 20-30 minutes, turning once halfway through so that they just begin to caramelize (brown) on the edges and are soft inside (and reach an internal temperature of at least 145°F for 15 seconds).
7. Remove from oven, transfer to 4-inch half-size hotel pan. Hold for hot service.
8. **Serve ¼ cup sweet potatoes per person.**

CCP: Heat to 145° F or higher for at least 15 Seconds.

CCP: Hold at 135° F or higher.

#### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (¼ CUP)*

Calories	Amount per Portion
Total Calories	83 kcal
% Calories from Total Fat	25.58%
% Calories from Sat Fat	3.80%



% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	70.70%
% Calories from Protein	5.68%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	1.18 g
Carbohydrate	14.70 g
Dietary Fiber	2.27 g
Total Sugars	3.01 g
Total Fat	2.36 g
Saturated Fat	0.35 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	25.62 mg
Sodium	137.46 mg
Iron	0.63 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	10192.74 IU
Vitamin C	1.75 mg



### (Recipe 3.7) OMD Taco Bowl, Tomatoes

Number of Portions: 48    Size of Portion: 1/4 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.25 cup	0 cup

#### Ingredients

Tomatoes, red, ripe, raw, year-round average	4 1/2 LB
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#### Instructions:

1. Wash tomatoes thoroughly in cold running water.
2. Using clean gloves, knife and cutting board, dice large tomatoes into 1-inch pieces; if using cherry tomatoes, slice in half.
3. Place tomatoes in 2-inch half-size hotel pan. Hold for cold service.
4. **Serve 1/4 cup tomatoes per person.**

CCP: Hold for cold service at 41° F or lower.

#### Nutritional Assessment

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

Calories	Amount per Portion
Total Calories	8 kcal
% Calories from Total Fat	10.00%
% Calories from Sat Fat	1.40%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	86.44%
% Calories from Protein	19.56%
Nutrients	Amount per Portion
Protein	0.37 g
Carbohydrate	1.65 g
Dietary Fiber	0.51 g



Total Sugars	1.12 g
Total Fat	0.09 g
Saturated Fat	0.01 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	4.25 mg
Sodium	2.13 mg
Iron	0.11 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	354.23 IU
Vitamin C	5.83 mg



## Meal #4: BBQ Cauliflower Pizza & Salad

**Description:** Cafeteria classic made plant-based. Served with a salad.

**Number of Portions:** 48    **Size of Portions:** 2 Slice & 1.5 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	2 oz	0 cup	1.25 cup	0 cup





(Recipe 4.1) OMD Pizza, BBQ Cauliflower & Chickpea

Number of Portions: 48    Size of Portion: 2 Slices

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	2 oz	0 cup	0.25 cup	0 cup

Ingredients

Pizza crust, whole-grain, parbaked, 16"	12 crust (8 slices)
Low-sodium garbanzo beans,canned	7 1/2 LB
Cauliflower, raw	6 LB
Vegetable oil	1/4 CUP
Onions, raw	1 1/2 LB
Barbecue sauce	3 QT
Parsley, raw	1/2 LB

*Notes: BBQ Sauce should not contain caramel color, high fructose corn syrup, artificial dyes, flavors, or preservatives. Rich's 16 inch 51% WG pizza crust contains no egg or dairy.*

**Instructions:**

1. Prebake whole grain crust according to package instructions.
2. Open and drain the chickpeas.
3. Preheat conventional oven to 400°F (375°F convection oven).
4. Wash cauliflower thoroughly in cold running water. Using a clean knife and cutting board, chop cauliflower into florets, removing the largest pieces of stem. If using frozen cauliflower, thaw overnight in fridge.
5. Spray baking sheet with pan release. Place cauliflower in a single layer on a baking sheet. Roast for 30 minutes, or until cauliflower begins to brown at the edges and reaches an internal temperature of 145°F for at least 15 seconds. Remove cauliflower from oven.
6. While cauliflower is roasting, peel and dice onion into 1/4-inch-thick cubes.
7. Heat oil in large pan or tilt skillet on medium heat. Add onions and sauté for 5-7 minutes, until onions are soft and fragrant.
8. Add chickpeas and BBQ sauce to the onions. Stir to combine. Bring BBQ sauce to a boil, then reduce heat to medium low for at least 30 minutes. Simmer until cauliflower are ready.  
CCP: Heat to 145° F or higher for at least 15 Seconds.
9. Remove about 1/3 of the chickpea mixture from the pot. Transfer to a blender or food processor. Pulse chickpeas until smooth.



10. Add roasted cauliflower to the chickpea mixture on the stove. Stir to coat cauliflower in BBQ sauce. Heat for an additional 2 minutes, then remove from heat.
11. Spread the chickpea purée on the cooked pizza crust. Top with the cauliflower-chickpea mixture.
12. Return pizzas to the oven for 5-10 minutes, until the pizza flavors meld together. Remove from heat and hold for hot service.
13. Just before service, wash parsley thoroughly in cold running water. Pat dry. Using clean gloves, knife, and cutting board, finely chop the parsley and sprinkle over the pizza to garnish.
14. Slice pizzas into 8 equal pieces.
15. **Serve 2 slices per person.**

CCP: Heat to 145° F or higher for at least 15 Seconds.

CCP: Hold at 135° F or higher.

### Nutritional Assessment

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

Calories	Amount per Portion
Total Calories	531 kcal
% Calories from Total Fat	16.88%
% Calories from Sat Fat	2.18%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	72.53%
% Calories from Protein	11.23%
Nutrients	Amount per Portion
Protein	14.89 g
Carbohydrate	96.20 g
Dietary Fiber	9.09 g
Total Sugars	30.10 g
Total Fat	9.95 g
Saturated Fat	1.28 g
Trans Fat	0.00 g



Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	56.50 mg
Sodium	1341.26 mg
Iron	3.29 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	550.63 IU
Vitamin C	35.07 mg



## (Recipe 4.2) OMD Salad, Green

Number of Portions: 48    Size of Portion: 1.5 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	1 cup	0 cup

### Ingredients

Lettuce, raw	6 3/8 LB
Cucumber, raw, with peel	4 LB
Sweet green peppers, raw	5 LB

### Instructions:

1. Wash lettuce, cucumbers, and peppers thoroughly in cold running water.
2. Using clean gloves, knife and cutting board, chop lettuce into bite size pieces. Place in 4-inch full-size hotel pans.
3. Slice cucumbers in half lengthwise. Then slice cucumbers into 1/8-inch thick half-moons. Add to lettuce.
4. Remove stem and core peppers. Slice peppers into strips, and then slice strips into 1-inch long pieces. Add to lettuce.
5. Toss salad and hold for cold service.
6. **Serve 1.5 cups salad per person (with 1 oz dressing of choice).**

CCP: Hold for cold service at 41° F or lower.



### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (1.5 CUP)*

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	25 kcal
% Calories from Total Fat	10.75%
% Calories from Sat Fat	2.30%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	87.46%
% Calories from Protein	21.98%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	1.40 g
Carbohydrate	5.55 g
Dietary Fiber	2.26 g
Total Sugars	2.48 g
Total Fat	0.30 g
Saturated Fat	0.06 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	30.73 mg
Sodium	7.01 mg
Iron	0.85 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	5482.23 IU
Vitamin C	41.47 mg



### Meal #5: Brunswick Stew with Cornbread & Slaw

**Description:** A homey and familiar fundraiser staple, made nourishing for young minds.

**Number of Portions:** 48    **Size of Portions:** EACH

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	2 oz	0 cup	1 cup	0 cup



### (Recipe 5.1) OMD Brunswick Stew

Number of Portions: 48    Size of Portion: 2 CUPS

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	0 oz	0 cup	0.5 cup	0 cup

#### Ingredients

Pinto beans, canned, whole	1 1/2 can drained
Low-sodium vegetable soup stock	1 1/2 GAL
Vegetable oil	3/4 CUP
Onions, raw	1 1/2 LB
Red potatoes, raw (including flesh & skin)	2 1/4 LB
Lima beans, immature seeds, frozen, Fordhook, unprepared	2 LB
Sweet white corn kernels, frozen, unprepared	2 LB
Tomatoes, diced, canned (no salt added)	96 OZ
Barbecue sauce	3 CUP
Pepper, red OR cayenne	2 TSP
Kosher salt	1 TBSP
Pepper, black	1/2 TBSP, ground
Garlic, raw	8 cloves
Thyme, dried	2 TBSP, leaves

*Note: Only use BBQ sauce that is free from artificial dyes, flavors, caramel color, and high fructose corn syrup.*



### Instructions:

1. Open and drain pinto beans. Rinse with cold running water. Set aside.
2. Using a clean cutting board and knife, peel and dice onions into ¼-inch-wide pieces.
3. Wash and scrub potatoes in cold running water. Using a clean knife and cutting board, dice potatoes into ½-inch-thick cubes (keep skin on).
4. In a large pot or tilt skillet, heat oil over medium high heat. Add onions and sauté, stirring frequently, until onions become translucent (about 5 minutes).
5. Add all remaining ingredients to the pot or tilt skillet (beans, vegetable stock, potatoes, lima beans, corn, diced tomatoes with the juice, BBQ sauce, cayenne, salt, pepper, garlic and thyme.
6. Stir ingredients to combine.
7. Reduce heat to medium low and simmer for 30 minutes, stirring frequently, until internal temperature reaches at least 145°F for 15 seconds and potatoes are soft.
8. Remove from heat, transfer to hotel pans, and hold for hot service.
9. **Serve 2 cup stew per person.**

CCP: Heat to 145° F or higher for at least 15 Seconds

CCP: Hold at 135° F or higher.

### Nutritional Assessment

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

Calories	Amount per Portion
Total Calories	181 kcal
% Calories from Total Fat	20.72%
% Calories from Sat Fat	3.25%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	70.99%
% Calories from Protein	11.62%
Nutrients	Amount per Portion
Protein	5.25 g
Carbohydrate	32.08 g
Dietary Fiber	4.61 g
Total Sugars	10.12 g
Total Fat	4.16 g
Saturated Fat	0.65 g





Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	61.05 mg
Sodium	422.49 mg
Iron	1.99 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	1081.49 IU
Vitamin C	18.85 mg



## (Recipe 5.2) OMD Red Slaw

Number of Portions: 48    Size of Portion: ½ Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.5 cup	0 cup

### Ingredients

Vinegar, cider	2/3 CUP
Ketchup, low-sodium	1/2 CUP
Pepper, black	2 TSP, ground
Sauce, hot chile	1 TSP

Cabbage, raw	4 LB
Carrots, raw	1/2 LB
Sugar, granulated	1/4 CUP
Kosher salt	2 TBSP

### Instructions:

1. For dressing, whisk first four ingredients together in a bowl. Set aside.  
CCP: Hold for cold service at 41° F or lower.
2. For slaw, wash cabbage thoroughly in cold running water.
3. Using a clean knife, gloves and cutting board, or a food processor with correct attachment, remove stem/core from cabbage and shred.
4. Wash carrots in cold running water.
5. Using a clean knife and cutting board remove stem and root ends from the carrot. Then, gloves using a food processor or hand held grater, grate carrots.
6. Combine cabbage and carrots in a large bowl. Add sugar and salt and toss to combine. let stand five minutes, then transfer to large colander to rinse thoroughly under cold running water.
7. Remove as much excess moisture as possible from the slaw mixture.
8. Pour dressing over vegetables and toss to coat. Transfer to 2-inch full- or half-size hotel pans. Cover and hold for cold service.
9. **Serve ½ cup slaw per person.**

CCP: Hold for cold service at 41° F or lower.



### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	19 kcal
% Calories from Total Fat	2.62%
% Calories from Sat Fat	0.76%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	94.75%
% Calories from Protein	11.76%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	0.57 g
Carbohydrate	4.59 g
Dietary Fiber	1.11 g
Total Sugars	3.12 g
Total Fat	0.06 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	17.80 mg
Sodium	208.70 mg
Iron	0.22 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	845.33 IU
Vitamin C	14.27 mg



### (Recipe 5.3) OMD Cornbread

Number of Portions: 48    Size of Portion: 2 oz

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	2 oz	0 cup	0 cup	0 cup

#### Ingredients

Yellow cornmeal, whole-grain	4 LB
All-purpose white flour, enriched, unbleached	2 LB
Sugar, granulated	3 CUP
Baking powder, low-sodium	1/3 CUP
Kosher salt	2 1/2 TBSP
Vinegar, cider	1/3 CUP
Vegetable oil	2 CUP
Sweet yellow corn kernels, frozen, unprepared	2 LB

#### Instructions:

1. Preheat oven to 400°F.
2. Spray two 2-inch full-size hotel pans with pan-release spray.
3. In a large bowl combine cornmeal, flour, sugar, baking powder, and salt. Stir to combine.
4. Add soymilk and vegetable oil. Stir to combine, do not overmix.
5. Pour batter into prepared baking pans. Bake 20-25 minutes, until the cornbread reaches an internal temperature of 145°F for at least 15 seconds and a toothpick inserted in the center comes out clean.
6. Remove from oven and cool at least 15 minutes before slicing. Slice evenly into 48 pieces (24 per pan), cover and hold for hot service.
7. **Serve 2 pieces per person.**

CCP: Heat to 145° F or higher for at least 15 Seconds

CCP: Hold at 135° F or higher.



### Nutritional Assessment

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

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	353 kcal
% Calories from Total Fat	27.44%
% Calories from Sat Fat	4.02%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	68.89%
% Calories from Protein	6.34%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	5.59 g
Carbohydrate	60.79 g
Dietary Fiber	3.71 g
Total Sugars	13.35 g
Total Fat	10.76 g
Saturated Fat	1.58 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	78.27 mg
Sodium	259.56 mg
Iron	2.41 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	117.74 IU
Vitamin C	1.21 mg



## Meal #6: Carolina Rice and Beans

**Description:** This classic bean and rice dish is simple, filling and delicious.

**Number of Portions:** 48    **Size of Portions:** EACH

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	2 oz	0 cup	1.25 cup	0 cup



## (Recipe 6.1) Carolina Rice and Beans

Number of Portions: 48    Size of Portion: 1.25 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	1 oz	0 cup	0.25 cup	0 cup

### Ingredients

Low-sodium vegetable soup stock	1 GAL
Long-grain brown rice, dry	3 1/4 LB

Vegetable oil	1/4 CUP
Onions, raw	1 1/2 LB
Garlic, raw	15 cloves
Celery, raw	1 1/2 LB
Sweet green peppers, raw	1 LB
Sweet red peppers, raw	1 LB
Low-sodium black eyed peas, canned	11 LB
Thyme, dried	1/4 CUP, leaves
Paprika	3 TBSP
Pepper, red OR cayenne	2 TSP
Pepper, black	2 TSP, ground
Kosher salt	1 TBSP

Spring onions OR scallions, raw (including tops & bulb)	1 LB
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**Instructions:**

1. Place rice and vegetable stock (no MSG) in full-size hotel pans or steamer pans.
2. Steam rice for 25 minutes in COMBIOVEN or STEAMER on steam setting until rice fully absorbs the liquid and reaches an internal temperature of 145°F for at least 15 seconds. Remove from heat.  
CCP: Heat to 145° F or higher for at least 15 Seconds.
3. Peel and dice onions.
4. Peel and mince garlic.
5. Wash celery and peppers thoroughly in cold running water. Using a clean knife and cutting board, slice celery into 1/4-inch-thick half-moons.
6. Using clean knife and cutting board, remove stem and core peppers. Slice peppers into 1/2-inch cubes.
7. In a large pot or tilt skillet, heat oil over medium high heat. Add onions and sauté until fragrant, about 5 minutes.
8. Add minced garlic and sauté one more minute.
9. Add celery and peppers and cook until soft, about 5 minutes. Turn off heat.
10. Open and drain beans. Add beans and spices to sautéed vegetables. Stir to combine. Heat until mixture reaches 145°F for at least 15 seconds. If needed, add just enough water to keep ingredients from sticking to the skillet.  
CCP: Heat to 145° F or higher for at least 15 Seconds.
11. Add bean mixture to rice. Stir to combine. Cover and hold for hot service.
12. Just prior to service, wash scallions in cold running water. Using clean gloves, knife, and cutting board, slice scallions into 1/8-inch thick rings. Hold for cold service.
- 13. Serve 1.25 cups rice/bean mixture per person. Garnish with scallions.**

CCP: Hold at 135° F or higher.

**Nutritional Assessment**

*\*Nutrients are based upon 1 Portion Size (1.25 Cup)*

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	236 kcal
% Calories from Total Fat	11.96%
% Calories from Sat Fat	1.52%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	76.06%
% Calories from Protein	14.75%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	8.71 g





Carbohydrate	44.91 g
Dietary Fiber	5.91 g
Total Sugars	1.70 g
Total Fat	3.14 g
Saturated Fat	0.40 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	60.33 mg
Sodium	261.03 mg
Iron	2.90 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	1228.20 IU
Vitamin C	26.60 mg



## (Recipe 6.2) OMD Roll, WG

Number of Portions: 48    Size of Portion: EACH

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	1 oz	0 cup	0 cup	0 cup

### Ingredients

Dinner rolls, whole-wheat	48 rolls (1.25 oz)
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### Instructions:

1. Thaw, proof, and bake rolls according to package instructions. Rolls should reach an internal temperature of 145°F for at least 15 seconds.
2. Hold for hot service.
3. **Serve 1 roll per person.**

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold at 135° F or higher.

### Nutritional Assessment

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

Calories	Amount per Portion
Total Calories	80 kcal
% Calories from Total Fat	16.88%
% Calories from Sat Fat	0.00%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	70.00%
% Calories from Protein	15.00%
Nutrients	Amount per Portion
Protein	3.00 g
Carbohydrate	14.00 g
Dietary Fiber	2.00 g



Total Sugars	2.00 g
Total Fat	1.50 g
Saturated Fat	0.00 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	6.40 mg
Sodium	70.00 mg
Iron	0.50 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	0.00 IU
Vitamin C	0.00 mg



### (Recipe 6.3) OMD Salad, Tossed

Number of Portions: 48    Size of Portion: 1.5 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	1 cup	0 cup

#### Ingredients

Lettuce, raw	6 3/8 LB
Cucumber, raw, with peel	4 LB
Tomatoes, red, ripe, raw, year-round average	2 1/4 LB
Carrots, raw	1 5/8 LB

#### Instructions:

1. Wash lettuce, cucumbers, tomatoes and carrots thoroughly in cold running water.
2. Using clean gloves, knife, and cutting board, chop lettuce into bite size pieces. Place in 4-inch full size hotel pans.
3. Slice cucumbers in half lengthwise, then into 1/8-inch-thick half-moons. Add to lettuce.
4. If using 5x6 tomatoes, core and slice into 1/2-inch-thick half-moon pieces. If using cherry tomatoes, slice in half lengthwise. Add to lettuce.
5. Remove stem and root ends from carrots. Shred using a grater or food processor. Add to lettuce.
6. Toss salad and hold for cold service.
7. **Serve 1.5 cups salad per person (with 1 oz dressing of choice).**

CCP: Hold for cold service at 41° F or lower

#### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (1.5 Cup)*

Calories	Amount per Portion
Total Calories	26 kcal
% Calories from Total Fat	10.44%
% Calories from Sat Fat	1.70%
% Calories from Trans Fat	0.00%



% Calories from Carbohydrates	86.83%
% Calories from Protein	20.24%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	1.32 g
Carbohydrate	5.66 g
Dietary Fiber	2.14 g
Total Sugars	2.64 g
Total Fat	0.30 g
Saturated Fat	0.05 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	33.20 mg
Sodium	17.25 mg
Iron	0.80 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	8049.89 IU
Vitamin C	7.30 mg



## Meal #7: Lasagna & Emerald Salad

**Description:** Familiar pasta is reimagined with tofu ricotta, mushrooms, and squash. Served with an emerald edamame salad and a roll.

**Number of Portions:** 48    **Size of Portions:** EACH

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	2 oz	0 cup	1.25 cup	0 cup



(Recipe 7.1) OMD Pasta, Lasagna (tofu)

Number of Portions: 48    Size of Portion: EACH

Meat Alternate	Grains	Fruit	Vegetable	Milk
2 oz	1 oz	0 cup	0.25 cup	0 cup

Ingredients

Water, municipal	4 GAL
Kosher salt	2 TBSP
Lasagna noodles, whole-grain, enriched, dry	3 LB

Vegetable oil	1/4 CUP
Summer squash (all varieties), raw	2 LB
Onions, raw	1/2 LB
Mushrooms, raw	2 LB
Wheat flour, whole-grain	2 TBSP
Spinach, frozen and chopped OR leaf, unprepared	5 LB
Tomato puree, canned, w/o salt	3 CUP
Tomato sauce, canned, lightly seasoned	3 QT
Firm tofu, raw, prepared w/calcium sulfate	13 LB
Garlic, granulated	1/4 CUP
Basil, dried	1/4 CUP, leaves
Parsley, dried	1/4 CUP
Oregano, dried	1/4 CUP, leaves
Onion powder	3 TBSP
Pepper, black	2 TBSP, ground
Kosher salt	2 TBSP



### Instructions:

1. Thaw frozen spinach in refrigerator overnight.
2. Place water in a large pot or tilt skillet. Add 2 tbsp salt to water and bring to a boil.
3. Add lasagna noodles and cook 10-12 minutes until tender BUT NOT FALLING APART. Drain immediately.  
CCP: Heat to 145° F or higher for at least 15 Seconds.
4. Wash squash in cold running water. Using clean knife and cutting board, remove stem and blossom ends and slice remaining squash into 1/4-inch-thick discs.
5. Peel and dice onion into 1/4-inch cubes.
6. Wash mushrooms in cold running water. Using a clean knife and cutting board, slice mushrooms into 1/4-inch-thick pieces.
7. In a large pan or tilt skillet, heat oil over medium high heat.
8. Add zucchini, onions and mushrooms and cook 5-7 minutes, stirring frequently, until vegetables are tender.
9. Add 2 TBSP flour to the vegetables and stir to combine. Cook 2-3 more minutes then remove from heat.  
CCP: Heat to 145° F or higher for at least 15 Seconds.
10. Drain thawed spinach of all excess water.
11. Open and drain tofu.
12. Place tofu, spinach and spices into a blender or food processor. Blend until tofu is smooth.
13. Open tomato puree and tomato sauce. Reserve 1 QT tomato sauce. Pour together remaining sauce and puree and mix to combine. Add sautéed veggies to tomato mix.
14. Assemble lasagna in two 2-inch full size hotel pans in the following order (starting from the bottom and building up):
  - 1 cup tomato sauce mix (bottom layer)
  - 9 1/3 lasagna noodles
  - 1 qt tofu mixture
  - 1 qt tomato sauce mixture
15. Repeat for second layer.
16. For third layer:
  - 9 1/3 lasagna noodles
  - 2 cups reserved tomato sauce
17. Cover the top layer generously with tomato sauce to prevent the noodles from drying out. Cover with foil.
18. Bake lasagna until heated to at least 145°F for 15 seconds and flavors are melded. Conventional oven 375°F for about 50 minutes; convection oven 350°F for about 40 minutes.
19. Remove lasagna from the oven and allow to set for 15 minutes before serving. Hold for hot service.
20. Cut each pan into 4x6 (24 pieces each).
21. **Serve 1 portion per person.**

CCP: Heat to 145° F or higher for at least 15 Seconds.

CCP: Hold at 135° F or higher.





### Nutritional Assessment

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

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	344 kcal
% Calories from Total Fat	33.48%
% Calories from Sat Fat	4.85%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	41.17%
% Calories from Protein	32.46%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	27.95 g
Carbohydrate	35.45 g
Dietary Fiber	9.47 g
Total Sugars	5.13 g
Total Fat	12.81 g
Saturated Fat	1.86 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	940.05 mg
Sodium	740.58 mg
Iron	6.60 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	6371.52 IU
Vitamin C	11.25 mg



## (Recipe 7.2) OMD Roll, WG

Number of Portions: 48    Size of Portion: EACH

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	1 oz	0 cup	0 cup	0 cup

### Ingredients

Dinner rolls, whole-wheat	48 rolls (1.25 oz)
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### Instructions:

1. Thaw, proof, and bake rolls according to package instructions. Rolls should reach an internal temperature of 145°F for at least 15 seconds.
2. Hold for hot service.
3. **Serve 1 roll per person.**

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold at 135° F or higher.

### Nutritional Assessment

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

Calories	Amount per Portion
Total Calories	80 kcal
% Calories from Total Fat	16.88%
% Calories from Sat Fat	0.00%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	70.00%
% Calories from Protein	15.00%
Nutrients	Amount per Portion
Protein	3.00 g
Carbohydrate	14.00 g
Dietary Fiber	2.00 g



Total Sugars	2.00 g
Total Fat	1.50 g
Saturated Fat	0.00 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	6.40 mg
Sodium	70.00 mg
Iron	0.50 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	0.00 IU
Vitamin C	0.00 mg



**(Recipe 7.3) OMD Soybeans, Emerald Salad**

**Number of Portions:** 48    **Size of Portion:** ½ CUP

<b>Meat Alternate</b>	<b>Grains</b>	<b>Fruit</b>	<b>Vegetable</b>	<b>Milk</b>
<b>0 oz</b>	<b>0 oz</b>	<b>0 cup</b>	<b>0.5 cup</b>	<b>0 cup</b>

**Ingredients**

<b>Green soybeans, raw</b>	<b>8 LB</b>
<b>Sweet yellow corn kernels, frozen OR cut off cob, unprepared</b>	<b>2 LB</b>
<b>Red onions, raw</b>	<b>1/2 LB</b>
<b>Lemon juice, raw</b>	<b>1/2 CUP</b>
<b>Kosher salt</b>	<b>1 TBSP</b>
<b>Pepper, black</b>	<b>2 TSP, ground</b>
<b>Parsley, raw</b>	<b>2 CUP, chopped</b>

**Instructions:**

1. Thaw soybeans and corn in fridge overnight.
2. Wearing clean gloves and using clean knife and cutting board, peel and dice onion.
3. Wash Italian flat leaf parsley thoroughly in cold running water. Pat dry. Chiffonade parsley (chop finely) using a clean knife, cutting board and gloves.
4. In a 2-inch full-size hotel pan, combine all ingredients. Cover and chill for at least 30 minutes before service. Hold for cold service.
5. **Serve 1/2 cup per person.**

CCP: Hold for cold service at 41° F or lower.

CCP: Cool to 41° F or lower within 4 hours.



### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

<b>Calories</b>	<b>Amount per Portion</b>
Total Calories	131 kcal
% Calories from Total Fat	36.46%
% Calories from Sat Fat	4.28%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	39.91%
% Calories from Protein	31.99%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	10.51 g
Carbohydrate	13.10 g
Dietary Fiber	3.77 g
Total Sugars	3.21 g
Total Fat	5.32 g
Saturated Fat	0.62 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	154.80 mg
Sodium	111.04 mg
Iron	2.94 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	384.30 IU
Vitamin C	27.79 mg



## Other Recipes

### (Recipe 01) OMD Tomatoes, Cherry

Number of Portions: 48    Size of Portion: ½ CUP

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.5 cup	0 cup

#### Ingredients

Tomatoes, red, ripe, raw, year-round average	9 LB
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#### Instructions:

1. Wash cherry tomatoes thoroughly in cold running water.
2. Place tomatoes in full or half size hotel pans. Cover and hold for cold service.
3. **Serve 1/2 cup cherry tomatoes per person.**

#### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

Calories	Amount per Portion
Total Calories	15 kcal
% Calories from Total Fat	10.00%
% Calories from Sat Fat	1.40%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	86.44%
% Calories from Protein	19.56%
Nutrients	Amount per Portion
Protein	0.75 g
Carbohydrate	3.31 g
Dietary Fiber	1.02 g
Total Sugars	2.24 g



Total Fat	0.17 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	8.50 mg
Sodium	4.25 mg
Iron	0.23 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	708.45 IU
Vitamin C	11.65 mg



## (Recipe O2) OMD Green Bean, Blistered

Number of Portions: 48    Size of Portion: ½ CUP

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	0 oz	0 cup	0.5 cup	0 cup

### Ingredients

Vegetable oil	3/4 CUP
Green beans, snap, raw	8 LB
Kosher salt	2 TBSP
Water, municipal	As Needed

### Instructions:

1. Wash and trim fresh green beans (remove tips of the bean while preserving as much of the bean as possible).
2. Heat oil in large pan or tilt skillet on medium high heat, until almost smoking. When oil is hot, add green beans. Sear beans in the oil for 1-2 minutes (beans will begin to char), then stir the beans using tongs to achieve the same blistering on all sides. If pot is not large enough for most beans to sit in the oil and not stack up, work in batches.
3. When beans reach an internal temperature of 145°F for at least 15 seconds and achieve a nice char on many sides, add a few cups of water to steam for 1 minute. Then remove from heat and transfer to 2-inch full-size hotel pan.
4. Toss with salt and hold for hot service.
5. **Serve 1/2 cup beans per person.**

CCP: Heat to 145° F or higher for at least 15 Seconds.

CCP: Hold at 135° F or higher.

### Nutritional Assessment

*\*Nutrients are based upon 1 Portion Size (½ CUP)*

Calories	Amount per Portion
Total Calories	53 kcal
% Calories from Total Fat	60.06%
% Calories from Sat Fat	9.06%





% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	39.44%
% Calories from Protein	10.36%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	1.38 g
Carbohydrate	5.27 g
Dietary Fiber	2.04 g
Total Sugars	2.46 g
Total Fat	3.57 g
Saturated Fat	0.54 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	27.97 mg
Sodium	199.54 mg
Iron	0.78 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	521.63 IU
Vitamin C	9.22 mg



(Recipe O3) Rice, Brown (1 cup)

Number of Portions: 48    Size of Portion: 1 Cup

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	2 oz	0 cup	0 cup	0 cup

Ingredients

Long-grain brown rice, dry	7 LB
Water, municipal	1 GAL
Kosher salt	1 TBSP

Instructions:

1. Spray two 4-inch hotel pans with pan release.
2. Add 2 QT water per pan.
3. Add 3.5 pounds rice to each pan.
4. Cook in COMBIOVEN on steam setting or use a steamer until rice has fully absorbed the liquid and reaches an internal temperature of 145°F for at least 15 seconds. Alternatively, cover with foil and steam in standard oven until same result is achieved.
5. When rice is cooked, remove from steamer and fluff with a utensil. Hold for hot service.
6. **Serve 1 cup per person.**

CCP: Heat to 145° F or higher for at least 15 Seconds.

CCP: Hold at 135° F or higher.

Nutritional Assessment

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

Calories	Amount per Portion
Total Calories	246 kcal
% Calories from Total Fat	7.09%
% Calories from Sat Fat	1.43%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	83.55%



% Calories from Protein	8.59%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	5.28 g
Carbohydrate	51.36 g
Dietary Fiber	2.30 g
Total Sugars	0.00 g
Total Fat	1.94 g
Saturated Fat	0.39 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	18.19 mg
Sodium	104.18 mg
Iron	0.98 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	0.00 IU
Vitamin C	0.00 mg



**(Recipe O4) Rice, Brown ( $\frac{3}{4}$  cup)**

**Number of Portions:** 48    **Size of Portion:**  $\frac{3}{4}$  CUP

Meat Alternate	Grains	Fruit	Vegetable	Milk
0 oz	1.5 oz	0 cup	0 cup	0 cup

**Ingredients**

Long-grain brown rice, dry	7 LB
Water, municipal	1 GAL
Kosher salt	1 TBSP

**Instructions:**

1. Spray two 4-inch hotel pans with pan release.
2. Add 1.5 QT water per pan.
3. Add 2.5 pounds rice to each pan.
4. Cook in COMBIOVEN on steam setting or use a steamer until rice has fully absorbed the liquid and reaches an internal temperature of 145°F for at least 15 seconds. Alternatively, cover with foil and steam in standard oven until same effect is achieved.
5. When rice is cooked, remove from steamer and fluff with a utensil. Hold for hot service.
6. **Serve  $\frac{3}{4}$  cup per person.**

CCP: Heat to 145° F or higher for at least 15 Seconds.

CCP: Hold at 135° F or higher.

**Nutritional Assessment**

*\*Nutrients are based upon 1 Portion Size ( $\frac{3}{4}$  CUP)*

Calories	Amount per Portion
Total Calories	176 kcal
% Calories from Total Fat	7.09%
% Calories from Sat Fat	1.43%
% Calories from Trans Fat	0.00%
% Calories from Carbohydrates	83.55%



% Calories from Protein	8.59%
<b>Nutrients</b>	<b>Amount per Portion</b>
Protein	3.77 g
Carbohydrate	36.69 g
Dietary Fiber	1.64 g
Total Sugars	0.00 g
Total Fat	1.38 g
Saturated Fat	0.28 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
<b>Minerals</b>	<b>Amount per Portion</b>
Calcium	13.07 mg
Sodium	102.36 mg
Iron	0.70 mg
<b>Vitamins</b>	<b>Amount per Portion</b>
Vitamin A	0.00 IU
Vitamin C	0.00 mg

