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Tuna Salad on a Whole-Grain Roll - USDA Recipe for CACFP

Makes: 25 or 50 Servings

A whole grain roll packed with a deliciously satisfying and healthy tuna salad containing onion, celery, eggs and a special dressing make our Tuna Salad on a Whole Grain Roll recipe the one to try for a light lunch!



25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned tuna, chunk style, water packed, drained	3 lb 2 1/2 oz	1 qt 2 2/3 cups (approx. 3/4 66 1/2 oz cans)	6 lb 5 oz	3 qt 1 1/3 cups (approx. 1 1/2 66 1/2 oz cans)
*Fresh onions, chopped	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp
*Fresh celery, chopped	12 oz	2 1/3 cups	1 lb 8 oz	1 qt 2/3 cup
Dry mustard		3/4 tsp		1 1/2 tsp
Eggs, hard boiled, peeled, chilled, chopped	8 oz	3/4 cup 2 Tbsp 2/3 tsp	1 lb	1 3/4 cups 1 1/3 tsp
Low-fat mayonnaise	1 lb	1 1/2 cups	2 lb	3 cups
Parsley		1 Tbsp		2 Tbsp
Sugar	2 oz	1/4 cup	4 oz	1/2 cup
Garlic powder		1 Tbsp		2 Tbsp
Onion powder		1 Tbsp		2 Tbsp
Mini whole-grain rolls (1 oz each)	25 oz	25 each	50 oz	50 each
*Fresh romaine lettuce, leaves, rinsed, dry	9 oz	25 each	1 lb 2 oz	50 each
*Fresh tomatoes, sliced	1 lb 9 oz	25 each	3 lb 2 oz	50 each

Directions

1. Drain and flake tuna. Set aside for step 2.
2. Combine tuna, onions, celery, dry mustard, eggs, mayonnaise, parsley, sugar, garlic powder, and onion powder in a large bowl. Stir well. Set aside for step 5.
3. Critical Control Point: Cool to 40 °F or lower within 4 hours.
4. Place the bottom half of 25 rolls on a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
5. Using a No. 8 scoop, portion 1/2 cup (about 3 3/4 oz) tuna salad on bottom half of each roll.

6. Place (about .36 oz) lettuce on top of each scoop of tuna salad.
7. Place (about 1 oz) tomato slice on top of lettuce.
8. Place top half of roll on each sandwich.
9. Critical Control Point: Hold at 40 °F or below.
10. Serve 1 sandwich.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 sandwich provides 2.25 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 sandwich provides 2.25 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

My Notes

Source: USDA Standardized Recipes Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	216	Mature onions	10 oz	1 lb 4 oz
Total Fat	7 g	Celery	15 oz	1 lb 14 oz
Saturated Fat	1 g	Lettuce	15 oz	1 lb 14 oz
Cholesterol	60 mg	Tomatoes	1 lb 14 oz	3 lb 12 oz
Sodium	414 mg	Meal Components		
Total Carbohydrate	23 g	Vegetables		
Dietary Fiber	3 g	Dark Green	1/8 cup	
Total Sugars	6 g	Red & Orange	1/8 cup	
Added Sugars included	N/A	Other	1/8 cup	
Protein	18 g	Grains	1 ounce	
Vitamin D	7 IU	Meat / Meat Alternate	2 1/4 ounces	
Calcium	52 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Iron	1 mg			
Potassium	239 mg			
N/A - data is not available				



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What's Cooking? USDA Mixing Bowl

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Ground Turkey and Beef Stroganoff - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Ground Turkey and Beef Stroganoff – Lean ground turkey and beef mixed with fresh vegetables and a flavorful sauce.

QTY Ingredients:

	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
	2 lb 8 oz	1 qt 1 cup	5 lb	2 qt 2 cups
Raw ground beef (no more than 15% fat)	2 lb	1 qt	4 lb	2 qt
Whole-wheat flour	4 oz	3/4 cup 2 Tbsp 1 tsp	8 oz	1 3/4 cups 2 tsp

	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
*Fresh red bell peppers, diced	1 lb 2 oz	3 1/3 cups 2 tsp	2 lb 4 oz	1 qt 2 2/3 cups 1 Tbsp 1 tsp
*Fresh onions, chopped	14 oz	2 3/4 cups	1 lb 12 oz	1 qt 1 1/2 cups
*Fresh carrots, shredded	10 oz	1 1/2 cups	1 lb 4 oz	3 cups
Garlic powder		3/4 tsp		1 1/2 tsp
Dried parsley		2 Tbsp 2 tsp		1/4 cup 1 Tbsp 1 tsp
Salt		2 tsp		1 Tbsp 1 tsp
Ground black or white pepper		1/2 tsp		1 tsp
Fat-free half and half		2 qt		1 gal
Low-fat (1%) milk		1 cup		2 cups

Directions

1. Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.
4. Add flour, bell peppers, onions, carrots, garlic powder, parsley, salt, and pepper. Stir well combine. Cook uncovered over low-medium heat for 5 minutes.
5. Add half and half and milk.
6. Bring to a boil. Reduce heat and simmer uncovered for 40-45 minutes.
7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
8. Pour 1 gal 1 cup (about 8 lb 10 oz) into a half steam table pan (12" x 10" x 2 1/2"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.

9. Critical Control Point: Hold for hot service at 140 °F or higher.

10. Portion 1 cup.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cup provides 3 oz equivalent meat/meat alternate, 3/8 cup red orange vegetable.

My Notes

Source: USDA Standardized Recipe Project



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Meatball Madness - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Meatball Madness – Lean ground turkey, spices and vegetables are shaped and baked in a muffin tin then topped with a dollop of mashed potatoes.

QTY Ingredients:

Ingredients	Weight	Measure	17	33
			Servings	Servings
			Weight	Measure
Water		2 qt		1 gal
Nonfat milk		1 3/4 cups		3 1/2 cups
Instant potato flakes	1 lb 5 oz	2 qt 2 1/2 cups	2 lb 10 oz	1 gal 1 qt 1 cup
Margarine, trans fat-free	3 oz	1/3 cup 2 tsp	6 oz	2/3 cup 1 Tbsp 1 tsp
Salt		1 1/4 tsp		2 1/2 tsp

17
Servings

33 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	1 lb 13 oz	3 1/2 cups 2 Tbsp	3 lb 10 oz	1 qt 3 1/4 cups
Raw ground turkey (no more than 15% fat)	14 oz	1 3/4 cups	1 lb 12 oz	3 1/2 cups
Instant nonfat dry milk		1/8 cup		1/4 cup
Egg whites	1 lb 1 oz	2 1/8 cups	2 lb 2 oz	1 qt 1/4 cup
Oats, rolled, quick, dry	1 lb	1 qt 2 cups 1 Tbsp 1/4 tsp	2 lb	3 qt 2 Tbsp 1/2 tsp
Canned no-salt-added tomato paste	4 oz	1/3 cup 1 Tbsp 1 3/4 tsp	8 oz	2/3 cup 3 Tbsp 1/2 tsp
*Fresh onions, finely chopped	6 oz	1 cup 2 Tbsp 2 1/4 tsp	12 oz	2 1/4 cups 1 Tbsp 1 1/2 tsp
*Fresh celery, diced	5 oz	3/4 cup 3 Tbsp 2 tsp	10 oz	1 3/4 cups 3 Tbsp 1 tsp
*Fresh green bell peppers	8 oz	1 1/2 cups	1 lb	3 cups
*Fresh carrots, shredded	5 oz	1 1/2 cups	10 oz	3 cups
Ground black or white pepper		1/4 tsp		1/2 tsp
Salt		2 tsp		1 Tbsp 1 tsp

Ingredients	Weight	Measure	17	33
			Servings	Servings
			Weight	Measure
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Celery seed		1 Tbsp 1 1/2 tsp		3 Tbsp

Directions

1. Heat water to a rolling boil.
2. Pour water, milk, potato flakes, margarine, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed. Mashed potatoes should appear stiff. DO NOT OVERMIX. For 17 servings, mix for 2-3 minutes. For 33 servings, mix for 4-5 minutes.
3. Transfer 3 gal 1 1/2 cups (about 6 lb 7 oz) mashed potatoes to a steam table pan (12" x 20" x 2 1/2"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.
4. Critical Control Point: Hold for hot service at 140 °F or higher.
5. Set aside for step 13.
6. Place ground beef, ground turkey, milk, eggs, oats, tomato paste, onions, celery, bell peppers, carrots, pepper, salt, garlic powder, and celery seed in a commercial mixer (batch as needed).
7. Using a paddle attachment, mix on low speed for 2-3 minutes. DO NOT OVERMIX.
8. Lightly coat a muffin pan (20 1/2" x 14") with pan release spray. Using a No. 16 scoop, portion 1/4 cup 1 1/8 tsp (about 2.4 oz) meatball mixture into each muffin cup. Flatten the top of each meatball. For 17 servings, use 3 muffin pans. For 33 servings, use 6 muffin pans.
9. Bake: Conventional oven: 400 °F for 25-30 minutes. Convection oven: 375 °F for 20-25 minutes.
10. Critical Control Point: Heat to 165 °F or higher.
11. Remove from oven.

12. Transfer meatballs to a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 17 scoops per serving. For 17 servings, use 2 pans. For 33 servings, use 4 pans.
13. Using a No. 20 scoop, portion 3/4 cup 2 Tbsp 2 tsp (about 1.9 oz) mashed potatoes on top of each meatball.
14. Critical Control Point: Hold for hot service at 140 °F or higher.
15. Serve 3 meatball cupcakes.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: Three meatball cupcakes provide 3 oz equivalent meat/meat alternates, 7/8 cup starchy vegetable, 3/16 cup other vegetable, 3/16 cup additional vegetable, and .75 oz equivalent grains.

My Notes

Source: USDA Standardized Recipe Project



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Honey Lime Chicken - USDA Recipe for CACFP

Makes: 12.5 or 25 Servings

Honey Lime Chicken – Chicken thighs diced, tossed with lime juice and zest and honey, then baked.

QTY Ingredients:

Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Raw chicken thighs, boneless, skinless	6 lb	3 qt 2 1/2 cups 1 Tbsp 2 tsp	12 lb	1 gal 3 qt 1 cup 3 Tbsp 1 tsp
Honey	14 oz	1 1/3 cups	1 lb 12 oz	2 2/3 cups
Fresh lime juice		1/2 cup		1 cup
Salt		2 tsp		1 Tbsp 1 tsp
Ground black or white pepper		1 tsp		2 tsp
Lime zest		1/4 cup		1/2 cup

Directions

1. Combine chicken thighs, honey, lime juice, salt, pepper, and lime zest in a large bowl. Stir well. Set aside for step 2. Allow flavors to blend for 15-20 minutes.
2. Place 3 qt 2 ½ cups 1 Tbsp 2 tsp (about 6 lb) seasoned chicken thighs on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. For 12.5 servings, use 1 pan. For 25 servings, use 2 pans.
3. Bake: Conventional oven: 400 °F for 30-35 minutes. Convection oven: 375 °F for 30-35 minutes.
4. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Once chicken thighs are removed from oven, cut into ¼" cubes.
6. Transfer 2 qt (about 3 lb 5 oz) honey lime chicken to a steam table pan (12" x 20" x 2 ½"). For 12.5 servings, use 1 pan. For 25 servings, use 2 pans.
7. Critical Control Point: Hold for hot service at 140 °F or higher.
8. Portion 1/2 cup.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: ½ cup provides 2.5 oz equivalent meat/meat alternate.

My Notes

Source: USDA Standardized Recipe Project



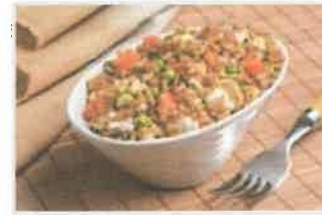
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Fried Rice - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our fantastically flavorful Fried Rice recipe is a wholesome combination that includes brown rice, onion, eggs, peas and carrots.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Frozen whole eggs, thawed	13 oz	1 1/3 cups 1 Tbsp 2 tsp	1 lb 10 oz	2 2/3 cups 3 Tbsp 1 tsp
Egg whites only	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups
Canola oil		1/4 cup		1/2 cup
Garlic, minced		2 tsp		1 Tbsp 1 tsp
*Fresh onions, chopped	4 oz	3/4 cup	8 oz	1 1/2 cups
Low-sodium soy sauce		1/3 cup 1 2/3 tsp		2/3 cup 1 Tbsp 1/3 tsp
Frozen peas and carrots	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt

Directions

1. Lightly coat a large non-stick pan with pan release spray. Pour eggs and cook uncovered over medium heat. Cook until stiff, stirring constantly using a rubber spatula. Set aside for step 7.
2. Heat oil uncovered in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") over medium-high heat. Add garlic and onions. Saute for 1 minute. Stir often.
3. See B-03 for recipe ingredients and directions.
4. Add cooked rice to onion mixture and saute for 1 minute. Increase heat to high.
5. Add soy sauce. Stir constantly for 2-3 minutes.
6. Fold in peas and carrots.
7. For 25 servings, fold in 3 cups (about 1 lb 6 oz) cooked eggs. For 50 servings, fold in 1 qt 2 cups (about 2 lb 12 oz) cooked eggs.
8. Saute for an additional 1-2 minutes.
9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
10. Pour into a steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
11. Critical Control Point: Hold for hot service at 140 °F or higher.
12. Portion with 6 oz spoodle (3/4 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 3/4 cup (6 oz spoodle) provides 1 oz equivalent meat/meat alternate, 1/8 cup additional vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 3/4 cup (6 oz spoodle) provides 1 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/breads.

My Notes

Source: USDA Standardized Recipes Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	116	Mature onions	5 oz	10 oz
Total Fat	5 g	Meal Components		
Saturated Fat	1 g	Grains	1 ounce	
Cholesterol	55 mg	Meat / Meat Alternate	1 ounce	
Sodium	189 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Total Carbohydrate	16 g			
Dietary Fiber	2 g			
Total Sugars	2 g			
Added Sugars included	N/A			
Protein	6 g			
Vitamin D	12 IU			
Calcium	27 mg			
Iron	2 mg			
Potassium	94 mg			
N/A - data is not available				