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Lasagna with Ground Turkey - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Lasagna with Ground Turkey – Lean ground turkey blend with tomatoes, tomato sauce, spices, cheese and whole wheat lasagna noodles.



| Ingredients | 25 Servings | | 50 Servings | |
|--|-------------|---|-------------|--|
| | Weight | Measure | Weight | Measure |
| Raw ground turkey (no more than 15% fat) | 1 lb 11 oz | 3 1/3 cups 2 tsp | 3 lb 6 oz | 1 qt 2 2/3 cups 1 Tbsp 1 tsp |
| Garlic powder | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp |
| Dried parsley | | 2 Tbsp | | 1/4 cup |
| Salt | | 1 1/2 tsp | | 1 Tbsp |
| Ground black or white pepper | | 1/2 tsp | | 1 tsp |
| Dried thyme | | 1/2 tsp | | 1 tsp |
| Dried basil | | 1 Tbsp 1 1/2 tsp | | 3 Tbsp |
| Onion powder | | 1 tsp | | 2 tsp |
| Red chili pepper flakes | | 1/2 tsp | | 1 tsp |
| Dried oregano | | 1 Tbsp 1 1/2 tsp | | 3 Tbsp |
| Dried marjoram | | 3/4 tsp | | 1 1/2 tsp |
| Fresh garlic, minced | | 1 Tbsp | | 2 Tbsp |
| *Fresh onions, chopped | 1 lb 8 oz | 1 qt 2/3 cup 1 tsp | 3 lb | 2 qt 1 1/3 cups 2 tsp |
| *Fresh red bell peppers, diced | 8 oz | 1 1/2 cups | 1 lb | 3 cups |
| Canned no-salt-added diced tomatoes, undrained | 2 lb 2 oz | 1 qt 1 Tbsp 1 tsp (1/3 No. 10 can) | 4 lb 4 oz | 2 qt 2 Tbsp 2 tsp (2/3 No. 10 can) |
| Canned no-salt-added tomato paste | 1 lb 6 oz | 2 1/3 cups 2 1/8 tsp (approx. 1/4 No. 10 can) | 2 lb 12 oz | 1 qt 2/3 cup 1 Tbsp 1 1/4 tsp (approx. 1/2 No. 10 can) |
| Water | | 1 qt 2 cups | | 3 qt |
| Canned tomato sauce | 6 oz | 2/3 cup | 12 oz | 1 1/3 cups (approx. 1/8 No. 10 can) |
| Whole-wheat lasagna noodles, dry (at least 1 oz each) | 1 lb 12 oz | 28 each | 3 lb 8 oz | 56 each |
| *Fresh spinach, chopped | 8 oz | 3 cups | 1 lb | 1 qt 2 cups |
| Low-fat mozzarella cheese, low-moisture, part-skim, shredded | 15 oz | 1 qt | 1 lb 14 oz | 2 qt |
| Low-fat cheddar cheese, shredded | 10 oz | 2 1/2 cups | 1 lb 4 oz | 1 qt 1 cup |

Directions

1. Place ground turkey in a large stock pot. Heat uncovered over high heat for 4-6 minutes.
2. Add garlic, parsley, salt, pepper, thyme, basil, onion powder, red chili pepper flakes, oregano, and marjoram. Cook uncovered over high heat for 2 minutes.
3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
4. Add garlic, onions, and peppers. Heat uncovered over medium-high heat for 5 minutes.
5. Add tomatoes, tomato paste, water, and tomato sauce. Bring to a boil. Reduce heat to medium. Simmer uncovered over medium heat for 5 minutes. Stir well. Set aside for step 8.
6. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Set aside for step 8. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Assembly per pan:
8. First layer: Pour 1 qt 2 cups (about 3 lb 4 oz) turkey and tomato mixture into steam table pan. Spread evenly. Set remaining turkey and tomato mixture aside for step 10.
9. Second layer: Overlap 14 noodles lengthwise over turkey and tomato mixture. Set remaining noodles aside for step 14.
10. Third layer: Pour 1 qt 2 cups (about 3 lb 4 oz) turkey and tomato mixture over noodles. Spread evenly. Set remaining turkey and tomato mixture aside for step 16.
11. Fourth layer: Place 1 ½ cups (about 4 oz) spinach over turkey and tomato mixture. Set remaining spinach aside for step 15.
12. Fifth layer: Sprinkle 2 cups (about 7 ½ oz) mozzarella cheese over spinach. Set remaining mozzarella cheese aside for step 17.
13. Sixth layer: Sprinkle 1 ¼ cups (about 5 oz) cheddar cheese over mozzarella cheese. Set remaining cheddar cheese aside for step 18.
14. Seventh layer: Overlap remaining 14 noodles lengthwise over cheddar cheese.
15. Eighth layer: Place remaining 1 ½ cups (about 4 oz) spinach over noodles.
16. Ninth layer: Pour remaining 1 qt 2 cups (about 3 lb 4 oz) turkey and tomato mixture over spinach. Spread evenly.
17. Tenth layer: Sprinkle remaining 2 cups (about 7 ½ oz) mozzarella cheese over turkey and tomato mixture.
18. Eleventh layer: Sprinkle remaining 1 ¼ cups (about 5 oz) cheddar cheese over mozzarella cheese.
19. Cover pans tightly.
20. Bake: Conventional oven: 350 °F for 1 ¼ -1 ½ hours. Convection oven: 325 °F for 45 minutes.
21. Remove lasagna from oven. Let stand uncovered for 15 minutes before serving.
22. Critical Control Point: Hold for hot service at 140 °F or higher.
23. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¼" square).

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: One piece provides 1.75 oz equivalent meat/meat alternate, 5/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: One piece provides 1.75 oz meat/meat alternate, 3/4 cup vegetable, and 1 serving grains/bread.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

| Nutrients | Amount | Meal Components |
|-----------------------|--------|------------------------------------|
| Calories | 276 | Vegetables |
| Total Fat | 7 g | Red & Orange 5/8 cup |
| Saturated Fat | 3 g | Other 1/8 cup |
| Cholesterol | 23 mg | Grains 1 ounce |
| Sodium | 420 mg | Meat / Meat Alternate 1 3/4 ounces |
| Total Carbohydrate | 39 g | |
| Dietary Fiber | 7 g | |
| Total Sugars | 7 g | |
| Added Sugars included | N/A | |
| Protein | 17 g | |
| Vitamin D | 2 IU | |
| Calcium | 235 mg | |
| Iron | 5 mg | |
| Potassium | 563 mg | |

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

N/A - data is not available

Peanut Butter Pie

Serves – 8 pie

Ingredients

3/4 cup peanut butter

4 ounces cream cheese

1 cup confectioners' sugar

1 8 oz frozen whipped topping, thawed

1 graham cracker crust

Directions

1. In a large bowl, beat the peanut butter, cream cheese and confectioners' sugar until smooth.
2. Fold in whipped topping and then pour into prepared crust.
3. Chill until ready to serve.



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Chicken or Turkey and Rice Soup - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our healthy and comforting Chicken/Turkey Rice Soup combines chicken or turkey, brown rice and pureed vegetables in chicken broth.



| Ingredients | 25 Servings | | 50 Servings | |
|--|-------------|----------------------|-------------|-------------------------|
| | Weight | Measure | Weight | Measure |
| Old bay spice | | 2 tsp | | 1 Tbsp 1 tsp |
| Onion powder | | 1/2 tsp | | 1 tsp |
| Garlic powder | | 1/2 tsp | | 1 tsp |
| Poultry seasoning | | 1 1/2 tsp | | 1 Tbsp |
| Brown rice, long-grain, regular, dry, parboiled | 15 oz | 2 1/3 cups 1 Tbsp | 1 lb 14 oz | 1 qt 2/3 cup 2 Tbsp |
| Water | | 1 gal 3 cups | | 3 gal 2 cups |
| Low-sodium chicken base | | 3 Tbsp | | 1/4 cup 2 Tbsp |
| *Fresh celery, chopped | 5 oz | 3/4 cup 3 Tbsp 2 tsp | 10 oz | 1 3/4 cups 3 Tbsp 1 tsp |
| Frozen carrots, sliced, thawed | 14 oz | 2 cups 3 Tbsp | 1 lb 12 oz | 1 qt 1/4 cup 2 Tbsp |
| *Fresh onions, chopped | 14 oz | 3/4 cup 2 Tbsp | 1 lb 12 oz | 1 3/4 cups |
| *Fresh mushrooms, sliced | 14 oz | 1 qt 2 tsp | 1 lb 12 oz | 2 qt 1 Tbsp 1 tsp |
| Dried parsley | | 2 Tbsp | | 1/4 cup |
| Ground black or white pepper | | 1 1/2 tsp | | 1 Tbsp |
| Dried basil | | 1 1/2 tsp | | 1 Tbsp |
| Frozen, cooked diced chicken or turkey, thawed 1/2" pieces | 2 lb 4 oz | 1 qt 3 3/4 cups | 4 lb 8 oz | 3 qt 3 1/2 cups |

Directions

1. In a medium stock pot, add old bay spice, onion powder, garlic powder, poultry seasoning, brown rice, water, and chicken base. Cook uncovered over medium-high heat. Bring to a boil.
2. Simmer uncovered over medium heat for 10-15 minutes or until rice is completely cooked. Remove 2 cups 1 Tbsp (about 12 oz) rice. Set aside for step 5. Recommended to cook in batches of 25.
3. Add celery, carrots, onions, mushrooms, parley, pepper, and basil. Cook uncovered for 10-15 minutes or until soft.
4. Puree ingredients in stock pot with a bermixer for 3-5 minutes until mixture has a smooth consistency.

5. Fold in remaining rice.
6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
7. Pour 1 gal 1 qt (about 10 lb 14 oz) soup into a half steam table pan (12 3/4" x 10 1/2" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
8. Critical Control Point: Hold for hot service at 140 °F or higher.
9. Set aside for step 16.
10. Transfer 1 qt 3 3/4 cups (about 2 lb 4 oz) chicken onto a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
11. Bake: Conventional oven: 350 °F for 3-5 minutes. Convection oven: 325 °F for 2-3 minutes.
12. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
13. Place 25 individual souffle cups on a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
14. Place 1/4 cup 2 1/2 tsp (about 1.4 oz) cooked chicken into each souffle cup.
15. Critical Control Point: Hold for hot service at 140 °F or higher.
16. Portion soup with 8 fl oz spoodle (1 cup), and serve 1 souffle cup of chicken.

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 (8 fl oz spoodle) and 1 souffle cup of chicken provide 1.25 oz equivalent meat/meat alternate, 1/4 cup additional vegetable, 1/8 cup additional vegetable, and .5 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) and 1 souffle cup of chicken provide 1.25 oz meat/meat alternate, 3/8 cup vegetable, and .5 servings grains/bread.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

| Nutrients | Amount |
|-----------------------------|--------|
| Calories | 110 |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 27 mg |
| Sodium | 196 mg |
| Total Carbohydrate | 10 g |
| Dietary Fiber | 2 g |
| Total Sugars | 2 g |
| Added Sugars included | N/A |
| Protein | 10 g |
| Vitamin D | 1 IU |
| Calcium | 23 mg |
| Iron | 1 mg |
| Potassium | 154 mg |
| N/A - data is not available | |

| Marketing Guide | | |
|------------------------|-------------|-------------|
| Foods as Purchased for | 25 Servings | 50 Servings |
| Mature onions | 1 lb | 2 lb |
| Celery | 7 oz | 14 oz |
| Mushrooms | 14 oz | 1 lb 12 oz |

Meal Components

Vegetables

Other 1/4 cup

Grains 1/4 ounce

Meat / Meat Alternate 1 1/4 ounces

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)



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Cooking Rice - USDA Recipe for CACFP

Makes: 25 or 50 Servings

This brown rice recipe will provide the perfect side or addition to many diverse dishes.



| Ingredients | 25 Servings | | 50 Servings | |
|---|-------------|--------------|-------------|--------------|
| | Weight | Measure | Weight | Measure |
| Low-sodium vegetable broth | | 1 qt 2 cups | | 3 qt |
| Water | | 1 qt 2 cups | | 3 qt |
| Salt | | 1 tsp | | 2 tsp |
| Garlic, minced | | 2 Tbsp | | 1/4 cup |
| Brown rice, long-grain, regular, dry, parboiled | 1 lb 13 oz | 1 qt 1/2 cup | 3 lb 10 oz | 2 qt 1 cup |
| Brown rice, medium-grain, regular, dry | 1 lb 14 oz | 1 qt | 3 lb 12 oz | 2 qt |
| Brown rice, long-grain, regular, dry | 1 lb 11 oz | 1 qt 1/8 cup | 3 lb 6 oz | 2 qt 1/4 cup |
| Variation: Fresh cilantro, finely chopped | 1 oz | 1 3/4 cups | 2 oz | 3 1/2 cups |
| Fresh limes, cut in half | | 2 each | | 4 each |
| Variation: Ground turmeric | | 2 tsp | | 1 Tbsp 1 tsp |

Directions

1. Boil broth.
2. Add salt and garlic.
3. Place 1 qt 1/2 cup brown rice (1 lb 13 oz) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. Pour boiling broth (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
5. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
6. Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
7. Critical Control Point: Heat to 140 °F or higher.
8. Critical Control Point: Hold for hot service at 140 °F or higher.

9. Portion with No. 8 scoop (1/2 cup).

10. Variation: Fold in cilantro. Squeeze fresh limes over rice, using 2 per pan. Stir well. Serve immediately.

11. Variation: Add turmeric to step 2.

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: 1/2 cup (No. 8 scoop) provides 1 oz equivalent grains.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1 serving grains/breads.

My Notes

Source: USDA Standardized Recipes Project

Nutrition Information

| Nutrients | Amount | Meal Components |
|-----------------------------|--------|---|
| Calories | 125 | Grains 1 ounce |
| Total Fat | 1 g | For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs. |
| Saturated Fat | 0 g | |
| Cholesterol | 0 mg | |
| Sodium | 133 mg | |
| Total Carbohydrate | 30 g | |
| Dietary Fiber | 3 g | |
| Total Sugars | 0 g | |
| Added Sugars included | N/A | |
| Protein | 4 g | |
| Vitamin D | 0 IU | |
| Calcium | 30 mg | |
| Iron | 2 mg | |
| Potassium | 73 mg | |
| N/A - data is not available | | |



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Beef Stir Fry - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Beef Stir Fry – Lean boneless beef top roast cooked with soy sauce, ginger, fresh vegetables and assorted spices.

QTY Ingredients:

| Ingredients | 17 Servings | | 33 Servings | |
|--|-------------|----------------------|-------------|----------------------|
| | Weight | Measure | Weight | Measure |
| Raw boneless beef top round (inside, cap off), cut in 1/2" cubes | 2 lb 8 oz | 1 qt 1 1/2 cups | 5 lb | 2 qt 3 cups |
| Low-sodium soy sauce | | 1/4 cup 1 Tbsp | | 1/2 cup 2 Tbsp |
| Cornstarch | 3 1/2 oz | 3/4 cup | 7 oz | 1 1/2 cup |
| Fresh ginger, chopped | 2 2/3 oz | 1/4 cup 1 Tbsp 1 tsp | 5 1/3 oz | 1/2 cup 2 Tbsp 2 tsp |

| Ingredients | 17 Servings | | 33 Servings | |
|------------------------------|-------------|---------------------------|-------------|--------------------------------|
| | Weight | Measure | Weight | Measure |
| *Fresh garlic, minced | | 2 Tbsp | 3 oz | 1/4 cup |
| Ground black or white pepper | | 1 tsp | | 2 tsp |
| Red Pepper Flakes | | 1 tsp | | 2 tsp |
| Rice Vinegar | | 2 Tbsp | | 1/4 cup |
| Strawberry jam | 6 oz | 1/2 cup | 12 oz | 1 cup |
| Salt | | 2 tsp | | 1 Tbsp 1 tsp |
| Sugar | 7 oz | 3/4 cup 2 Tbsp | 14 oz | 1 3/4 cups |
| Low-sodium beef broth | | 1 qt | | 2 qt |
| *Fresh green onions, sliced | 6 oz | 3/4 cup 2 1/8 tsp | 12 oz | 1 1/2 cups 1 Tbsp 1 1/4 tsp |
| *Fresh broccoli, chopped | 2 lb | 3 qt 3 Tbsp | 4 lb | 1 gal 2 qt 1/4 cup 2 Tbsp |
| Canola oil | | 1/4 cup | | 1/2 cup |
| Frozen edamame, thawed | 2 lb 4 oz | 1 qt 3 3/4 cups 2 Tbsp | 4 lb 8 oz | 3 qt 3 3/4 cups |
| *Fresh carrots, shredded | 1 lb 7 oz | 1 qt 3 cups | 2 lb 14 oz | 3 qt 2 cups |
| *Fresh yellow onions, sliced | 5 oz | 2/3 cup | 10 oz | 1 1/3 cups |
| Water | | 2 cups | | 1 qt |

Directions

1. Combine beef, soy sauce, 1/3 cup 2 tsp cornstarch, 2 Tbsp 1 1/2 tsp ginger, 1 Tbsp garlic, black pepper, red pepper flakes, rice vinegar, strawberry jam, salt, and sugar in a large bowl. Stir well. Cover tightly. Recommended to cook in batches of 17.
2. Set remaining ginger and garlic aside for step 11. Set remaining cornstarch aside for step 12. Allow beef mixture to marinate for 12-24 hours.

- 3.** Place marinated beef in a large stock pot uncovered over high heat for 2-3 minutes, stirring constantly.
- 4.** Add 2 cups beef broth. Heat to a rolling boil allowing mixture to thicken. Set remaining beef broth aside for step 12.
- 5.** Add green onions.
- 6.** Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- 7.** Critical Control Point: Hold for hot service at 140 °F or higher.
- 8.** Transfer 2 qt (about 4 lb 8 oz) beef mixture to a steam table pan (12" x 20" x 2 ½"). Set aside for step 15. For 17 servings, use 1 pan. For 25 servings, use 2 pans.
- 9.** Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside for step 11.
- 10.** Heat oil in a large stock pot.
- 11.** Add boiled broccoli, edamame, carrots, onions, and remaining ginger and garlic. Saute uncovered for 2-3 minutes, stirring occasionally.
- 12.** Add remaining beef broth. Heat to a rolling boil. Add remaining cornstarch.
- 13.** Add water. Stir well. Allow mixture to thicken.
- 14.** Critical Control Point: Heat to 140 °F or higher.
- 15.** Pour 1 gal 1 qt (8 lb 1 oz) vegetable mixture over beef mixture into each steam table pan (12" x 20" x 2 ½"). Stir well. For 17 servings, use 1 pan. For 25 servings, use 2 pans.
- 16.** Critical Control Point: Hold for hot service at 140 °F or higher.
- 17.** Portion 1.5 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 #3: Complex Food Preparation

Serving

Crediting Information: 1.5 cups provide:

Legume as Meat/Meat Alternate: 3 oz equivalent meat/meat alternate, 3/16 cup dark green vegetable, 3/16 cup red/orange vegetable, and 3/16 cup additional vegetable.

OR

Legume as Meat/Meat Alternate: 3 oz meat/meat alternate and 3/4 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Pepperoni rolls

Serves 25 – (2 rolls) 2oz meat/meal alternate portions

Ingredients

- 50 frozen (1 oz) yeast rolls, thawed and risen
- 25 oz mozzarella cheese (shredded or cubed)
- 25 oz pepperoni (about 14 slices per ounce)
- 2 eggs beaten
- 4 tablespoons parmesan cheese
- 2 tsp Italian seasoning
- 1 tsp garlic powder

Directions

1. Once rolls have risen, flatten them out and add $\frac{1}{2}$ (about 7 slices) oz of pepperoni and $\frac{1}{2}$ oz of cheese into each roll.
2. Gather the edges of the roll and close the roll around the pepperoni and cheese.
3. Pinch the dough together and place seam side down in greased or parchment lined pan.
4. Continue until all are complete
5. Brush tops with beaten egg.
6. Sprinkle with parmesan cheese, Italian seasoning and garlic powder.
7. Bake at 375 degrees F for 18-20 minutes or until done.



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Pizza Green Beans - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Pizza Green Beans – Green beans combined with tomatoes, garlic and oregano.



25 Servings

50 Servings

| Ingredients | Weight | Measure | Weight | Measure |
|---|-----------|------------------------------------|-----------|---------------------------------------|
| Canned no-salt-added diced tomatoes, drained | 2 lb 2 oz | 1 qt 1/2 cup (1/2 No.10 can) | 4 lb 4 oz | 2 qt 1 cup (1 No. 10 can) |
| Canned no-salt-added green beans, with liquid | 7 lb | 3 qt 3 1/2 cups (1 1/4 No. 10 can) | 14 lb | 1 gal 3 qt 3 cups (2 1/2 No. 10 cans) |
| Dried oregano | | 1/4 cup | | 1/2 cup |
| Fresh garlic, minced | | 1/8 cup | 2 1/2 oz | 1/4 cup |
| Ground black pepper | | 1/2 tsp | | 1 tsp |

Directions

1. Combine tomatoes and green beans in a large pot.
2. Add spices. Stir well.
3. Bring to a boil over medium high heat for 8-10 minutes. Reduce heat. Simmer uncovered for 5 minutes.
4. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
5. Transfer to steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
6. Critical Control Point: Hold for hot service at 140 °F.
7. Portion with 4 fl oz slotted spoodle (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: 1/2 cup (4 fl oz slotted spoodle) provides 1/8 cup red/orange vegetable and 3/8 cup other vegetable.

CACFP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) provides 1/2 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

| Nutrients | Amount | Meal Components |
|-----------------------------|--------|---|
| Calories | 35 | Vegetables |
| Total Fat | 0 g | Red & Orange 1/8 cup |
| Saturated Fat | 0 g | Other 3/8 cup |
| Cholesterol | 0 mg | For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs. |
| Sodium | 15 mg | |
| Total Carbohydrate | 7 g | |
| Dietary Fiber | 3 g | |
| Total Sugars | 3 g | |
| Added Sugars included | N/A | |
| Protein | 1 g | |
| Vitamin D | 0 IU | |
| Calcium | 48 mg | |
| Iron | 1 mg | |
| Potassium | 89 mg | |
| N/A - data is not available | | |