



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

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Chicken Slider Sandwich with Honey Mustard Aioli - USDA Recipe for CACFP

Makes: 13 or 25 Servings

A lean and juicy chicken breast and a whole grain bun come together beautifully with addition of a honey-mustard aioli, lettuce and tomato.

QTY Ingredients:

Ingredients	13 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Dijon mustard		2 Tbsp		1/4 cup
Honey		3 Tbsp 1/8 tsp		1/4 cup 2 Tbsp 1/4 tsp
Orange juice		2 Tbsp		1/4 cup
Frozen, cooked chicken breasts, thawed (3 oz portions)		13 each		25 each
Whole-grain buns		13 each		25 each

Ingredients	13 Servings		25 Servings	
	Weight	Measure	Weight	Measure
*Fresh tomatoes, sliced 1/2"	1 lb 9 oz	13 each	3 lb 2 oz	25 each
*Fresh romaine lettuce, leaves, rinsed, dry	12 1/2 oz	13 each	1 lb 9 oz	25 each

Directions

1. Combine mustard, honey, and orange juice in a large bowl. Stir well. Set aside for step 7.
2. Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 13 servings, use 1 pan. For 25 servings, use 2 pans.
3. Bake: Conventional oven: 375 °F for 18-20 minutes. Convection oven: 350 °F for 15-17 minutes.
4. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. While chicken is baking, place the bottom half of 25 bottom buns (sliders) on a steam table pan (12" x 20" x 2 1/2"). For 13 servings, use 1 pan. For 25 servings, use 2 pans.
6. Place 1 chicken portion on top of each bottom bun.
7. Spread 1 tsp (about .4 oz) honey mustard aioli on top of each chicken portion.
8. Place (about 2 oz) tomato slice on top of sauce.
9. Place (about 1 oz) lettuce on top of each tomato.
10. Place top half of bun on each sandwich.
11. Critical Control Point: Hold for hot service at 140 °F or higher.
12. 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: One sandwich provides 3 oz equivalent meat/meat alternate, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: One sandwich provides 3 oz meat/meat alternate, 1/2 cup vegetable, and 2 serving grains/bread.



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Chicken or Turkey ala King - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Chicken or Turkey ala King – Diced chicken or turkey are combined with vegetables and sauce then may be served over brown rice.

QTY Ingredients:

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Margarine, trans fat-free	3 1/2 oz	1/2 cup	7 oz	1 cup
Whole-wheat flour	5 oz	1 cup 2 Tbsp	10 oz	2 1/4 cups
Low-sodium chicken broth		2 qt		1 gal
Nonfat milk		3 1/2 cups		1 qt 3 cups
Poultry seasoning		3/4 tsp		1 1/2 tsp
Ground black pepper		1 tsp		2 tsp

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Salt		1 tsp		2 tsp
Onion powder		2 Tbsp		1/4 cup
Frozen cooked diced chicken, thawed 1/2"	3 lb 3 oz	2 qt 3 cups	6 lb 6 oz	1 gal 1 qt 2 cups
Frozen cooked diced turkey, thawed 1/2"	3 lb 3 oz	2 qt 3 cups	6 lb 6 oz	1 gal 1 qt 2 cups
Frozen green peas, thawed, rinsed, drained	2 lb 14 oz	1 qt 3 cups	5 lb 12 oz	3 qt 2 cups
*Fresh carrots, shredded	1 lb 2 oz	1 qt 1 1/2 cups	2 lb 4 oz	2 qt 3 cups
Pimientos, chopped, drained	8 oz	1 cup 2 Tbsp	1 lb	2 1/4 cups

Directions

1. Melt margarine in a large stock pot.
2. Add flour. Stir well.
3. Add broth, milk, poultry seasoning, pepper, salt, and onion powder. Stir until blended. Bring to a boil. Reduce heat to low and simmer uncovered for 12-15 minutes. Stir frequently until thickened.
4. Add chicken, peas, carrots, and pimientos. Cook uncovered over medium heat for 3-5 minutes or until heated through.
5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Transfer to a steam table pan (12" x 20" x 4"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.
7. Critical Control Point: Hold for hot service at 140 °F or higher.
8. Portion 1 cup.

9. (Optional) Serve over cooked rice. See Cooked Rice recipe for recipe ingredients and directions.

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, 3/8 cup starchy vegetable, and 3/8 oz equivalent grains.

CACFP Crediting Information: 1 cup provides 3 oz meat/meat alternate, 3/4 cup vegetable, and 3/8 servings grains/bread.

My Notes

Source: USDA Standardized Recipe Project



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Taco Salad - USDA Recipe for CACFP

Makes: 25 or 50 Servings

We put a wrap on Taco Salad! All of our taco terrific-ness (seasoned meat, fresh vegetables and spices) is intended to be served as a lettuce wrap.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Raw ground turkey (no more than 15% fat)	2 lb 12 oz	1 qt 1 1/2 cups	5 lb 8 oz	2 qt 3 cups
Raw ground beef (no more than 15% fat)	1 lb	2 cups	2 lb	1 qt
*Fresh onions, diced	4 oz	3/4 cup 1 tsp	8 oz	1 1/2 cups 2 tsp
Salt		1 1/2 tsp		1 Tbsp
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp
Ground black or white pepper		1 tsp		2 tsp
Ancho chili powder		1 Tbsp		2 Tbsp
Mexican seasoning mix (See Notes Section)		1 Tbsp		2 Tbsp
Chili powder		2 Tbsp		1/4 cup
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp
Canned no-salt-added tomato paste	11 oz	1 cup 3 Tbsp (approx. 1/8 No. 10 can)	1 lb 6 oz	2 1/4 cups 2 Tbsp (approx. 1/4 No. 10 can)
*Fresh jalapeno peppers, diced		1/4 cup	2 oz	1/2 cup
Paprika		3/4 tsp		1 1/2 tsp
Onion powder		3/4 tsp		1 1/2 tsp
Water		2 1/2 cups		1 qt 1 cup
Brown rice, long-grain, regular, dry, parboiled	12 1/2 oz	2 cups	1 lb 9 oz	1 qt
*Fresh romaine lettuce, leaves, rinsed, dry	1 lb 9 oz	50 each	3 lb 2 oz	100 each
*Fresh tomatoes, diced	14 1/2 oz	2 cups	1 lb 13 oz	1 qt
Low-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt
Whole-grain taco shell pieces	1 lb	2 qt 2 2/3 cups	2 lb	1 gal 1 qt 1 1/3 cups

Directions

1. Place ground turkey and ground beef in a large stock pot. Cook uncovered over medium-high heat 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 turkey and beef in a colander. Return meat to heat.
4. Add onions, salt, garlic powder, pepper, ancho chili powder, chili powder, cumin, tomato paste, jalapeno peppers, paprika, and onion powder. Simmer uncovered over medium heat for 5-7 minutes.
5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 140 °F or higher.
7. Set aside for step 21.
8. Boil water.
9. Place 2 cups brown rice (12 1/2 oz) in each half steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
10. Pour boiling water (2 1/2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
11. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
12. Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
13. Critical Control Point: Heat to 140 °F or higher.
14. Critical Control Point: Hold for hot service at 140 °F or higher.
15. Set aside for step 20.
16. Assembly: (2 lettuce leaves and 1 souffle cup per serving).
17. Place 16 small paper boat containers on a sheet pan (18" x 26" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
18. Place two lettuce leaves in each paper boat container. Set aside for step 26.
19. 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.
20. First layer: Using a No. 24 scoop, portion 1/3 cup 1 Tbsp 3/4 tsp (about 1.3 oz) rice in each souffle cup.
21. Second layer: Using a No. 16 scoop, portion 1/4 cup 1 1/3 tsp (about 2.1 oz) meat mixture over rice.
22. Third layer: Using a No. 40 scoop, portion 1 Tbsp (about 3/4 oz) tomatoes over meat mixture.
23. Fourth layer: Using a No. 40 scoop, portion 1 Tbsp (about 1/3 oz) cheese over tomatoes.
24. Sprinkle 1/3 cup (about .64 oz) taco shell pieces evenly over each cup.
25. Instruct students to "build" their own lettuce wraps using the contents of their souffle cups.
26. Serve 2 lettuce leaves and 1 souffle 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

Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Serving

NSLP/SBP Crediting Information: 2 lettuce leaves and 1 souffle cup provide 2 oz equivalent meat/meat alternate, 3/8 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 2 lettuce leaves and 1 souffle cup provide 2 oz meat/meat alternate, 3/4 cup vegetable, and 1 serving grains/bread.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	237	Mature onions	5 oz	10 oz
Total Fat	7 g	Jalapeno peppers	2 oz	4 oz
Saturated Fat	3 g	Romaine lettuce	2 lb 8 oz	5 lb
Cholesterol	30 mg	Tomatoes	1 lb 1 oz	2 lb 2 oz
Sodium	349 mg	Meal Components		
Total Carbohydrate	29 g	Vegetables		
Dietary Fiber	4 g	Dark Green	3/8 cup	
Total Sugars	1 g	Red & Orange	1/4 cup	
Added Sugars included	N/A	Grains	1 ounce	
Protein	17 g	Meat / Meat Alternate	2 ounces	
Vitamin D	1 IU	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Calcium	112 mg			
Iron	2 mg			
Potassium	233 mg			
N/A - data is not available				

Swedish Meatballs

Serves 25 – 3oz meat/meat alternate serving

Ingredients

- 150 – 0.5 oz frozen or fresh meatballs
- 1 ½ cup butter
- 1 2/3 cup flour
- 17 1/2 cups beef broth
- 3 3/4 cup sour cream
- 5 tbsp finely minced parsley, divided

Instructions

1. If you're using frozen meatballs, heat until no longer frozen. Set aside.
2. In a large pan melt the butter over medium heat. Once it's melted gradually whisk in the flour until it's thick and somewhat crumbly.
3. Slowly pour in the beef broth while whisking constantly until it's all added. Cook over medium heat, stirring constantly for 1 to 2 minutes.
4. Add in the sour cream and whisk to combine. Season with salt, pepper and half of the parsley.
5. Add the meatballs to the gravy and reduce heat to a simmer. Let simmer for 5 minutes, or until meatballs are heated through.
6. Serve meatballs over egg noodle, rice or mashed potatoes.