



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

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Barbecue Chicken or Turkey Salad - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our Barbecue Chicken or Turkey Barbecue is an amazing combination of chicken breast cooked with barbecue sauce and ranch dressing.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
*Fresh yellow onions, chopped	3 oz	1/2 cup 2 Tbsp	6 oz	1 1/4 cups
Paprika		1 Tbsp		2 Tbsp
Chili powder		1 1/2 tsp		1 Tbsp
Catsup	1 lb 12 oz	2 3/4 cups 1 Tbsp (1/4 No. 10 can)	3 lb 9 oz	1 qt 1 3/4 cups (1/2 No. 10 can)
Garlic powder		1/2 tsp		1 tsp
Brown sugar	6 oz	3/4 cup	12 oz	1 1/2 cups
Worcestershire sauce		1/4 cup		1/2 cup
Ground black pepper		1 tsp		2 tsp
Salt-free seasoning		2 Tbsp		1/4 cup
Frozen, cooked diced chicken, thawed 1/2" pieces	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" pieces	3 lb 3 oz	2 qt 3 cups	6 lb 6 oz	1 gal 1 qt 2 cups
Ancho chili powder		1 Tbsp		2 Tbsp
Mexican seasoning mix (See Notes Section)		1 Tbsp		2 Tbsp
*Fresh green onions, diced	4 oz	3/4 cup 1 1/2 tsp	8 oz	1 1/2 cups 1 Tbsp
*Fresh red onions, diced	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp
*Fresh celery, diced	10 oz	1 3/4 cups 3 Tbsp	1 lb 4 oz	3 3/4 cups 2 Tbsp
*Fresh iceberg lettuce, leaves, rinsed, dry	7 1/2 oz	25 each	15 oz	50 each
*Fresh tomatoes, sliced	15 oz	25 each	1 lb 14 oz	50 each
(Optional) Mini whole-grain rolls (1 oz each)	1 lb 9 oz	25 each	3 lb 2 oz	50 each

Directions

1. See USDA Ranch Dressing recipe for ingredients and directions. Set ranch dressing aside for step 4. For 25 servings, use 1 1/4 cups (about 10 oz) ranch dressing. For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing.

2. Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally. For 25 servings, use 1 1/4 cups (about 10 oz) barbecue sauce. For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce.
3. Set barbecue sauce aside for step 4.
4. Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.
5. Critical Control Point: Cool to 40 °F or lower within 4 hours.
6. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Place barbecued chicken salad on top of plated lettuce.
8. Place tomato on top of barbecued chicken salad.
9. (Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad on bottom of roll, top with lettuce, then tomato, then top of roll.
10. Critical Control Point: Hold at 40 °F or lower.
11. Portion with No. 8 scoop (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 (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

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.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	127	Mature yellow onions	4 oz	8 oz
Total Fat	4 g	Mature green onions	5 oz	10 oz
Saturated Fat	1 g	Mature red onions	10 oz	1 lb 4 oz
Cholesterol	39 mg	Lettuce	10 oz	1 lb 4 oz
Sodium	262 mg	Celery	13 oz	1 lb 10 oz
Total Carbohydrate	8 g	Meal Components		
Dietary Fiber	1 g	Vegetables		
Total Sugars	5 g	Other	1/4 cup	
Added Sugars included	N/A	Meat / Meat Alternate	2 ounces	
Protein	13 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Vitamin D	3 IU			
Calcium	36 mg			
Iron	1 mg			
Potassium	322 mg			
N/A - data is not available				

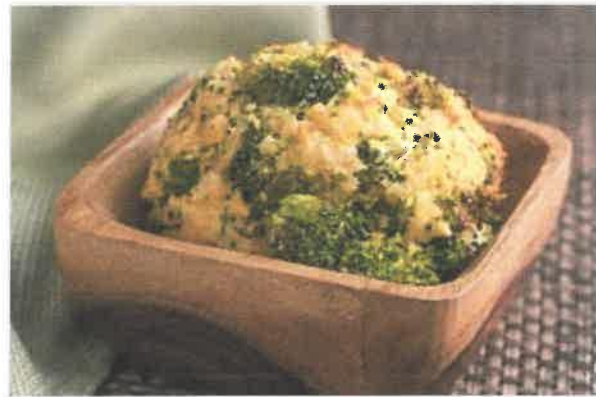


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Broccoli Bites - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Broccoli Bites – Fresh broccoli crowns combined with panko bread crumbs and low fat cheese then baked.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Frozen broccoli, chopped	4 lb 12 oz	1 gal 3 qt 1 cup	9 lb 8 oz	3 gal 2 qt 2 cups
Low-fat cheddar cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups
Frozen egg whites, thawed	1 lb 12 oz	3 1/2 cups	3 lb 8 oz	1 qt 3 cups
Bread crumbs	15 oz	3 3/4 cups	1 lb 14 oz	1 qt 3 1/2 cups

Directions

1. Combine broccoli, cheese, egg whites, and bread crumbs in a large bowl. Stir well.
2. Using a No. 10 scoop, portion 2/3 cup (about 4 oz) broccoli mixture onto a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
3. Bake: Conventional oven: 375 °F for 25 minutes. Convection oven: 350 °F for 15 minutes.
4. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Critical Control Point: Hold for hot service at 140 °F or higher.
6. Serve 1 broccoli bite.

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 broccoli bite provides 1.5 oz equivalent meat/meat alternate and 1/2 cup dark green vegetable.

CACFP Crediting Information: 1 broccoli bite provides 1.5 oz meat/meat alternate and 1/2 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Meal Components
Calories	142	Vegetables
Total Fat	3 g	Dark Green 1/2 cup
Saturated Fat	2 g	Grains 1 ounce
Cholesterol	8 mg	Meat / Meat Alternate 1 1/2 ounces
Sodium	186 mg	
Total Carbohydrate	19 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Dietary Fiber	3 g	
Total Sugars	2 g	
Added Sugars included	N/A	
Protein	12 g	
Vitamin D	2 IU	
Calcium	150 mg	
Iron	1 mg	
Potassium	128 mg	
N/A - data is not available		



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Beef or Pork Burrito (Canned Meats) - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Beef or Pork Burrito (canned meat) - Low sodium canned beef or pork combined with tomatoes, onions, corn, spices and cheese, cooked, then wrapped in a whole grain tortilla.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned beef with natural juices, undrained	3 lb 3 oz	1 qt 2 cups	6 lb 6 oz	3 qt
Canned pork with natural juices, undrained	3 lb 3 oz	1 qt 2 cups	6 lb 6 oz	3 qt
*Fresh onions, chopped	5 oz	1 cup	10 oz	2 cups
Garlic powder		1 1/2 tsp		1 Tbsp
Ground black pepper		1 tsp		2 tsp
Canned no-salt-added tomato paste	14 oz	1 1/2 cups (1/8 No. 10 can)	1 lb 12 oz	3 cups (1/4 No. 10 can)
Frozen corn	1 lb 6 oz	3 3/4 cups	2 lb 12 oz	1 qt 3 1/2 cups
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups
Chili powder		1 1/2 Tbsp		3 Tbsp
Ground curmin		1 Tbsp		2 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Whole-grain tortillas, 8" (1.5 oz each)	2 lb 5 1/2 oz	25 each	4 lb 11 oz	50 each

Directions

1. Pour canned beef with liquid into a large bowl. Remove all solid fat parts. Transfer remaining beef and liquid to a large stock pot.
2. Add onions, garlic, pepper, tomato paste, corn, cilantro, and spices. Simmer uncovered over medium heat for 10-15 minutes, stirring often.
3. To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR Hold tortillas in original packaging and place in a warmer at 135 °F for 10 minutes.
4. Portion filling with No. 12 scoop (1/3 cup) onto center of each tortilla. Roll in the form of a burrito and seal.
5. Place burritos seam side down on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

6. Bake: Conventional oven: 375 °F for 15 minutes. Convection oven: 325 °F for 15 minutes.
7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
8. Critical Control Point: Hold for hot service at 140 °F or higher.
9. If desired serve with 1/4 cup pico de gallo (see G-15).
10. Serve 1 burrito.

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 burrito provides 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup additional vegetable, and 1 1/2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides 1 oz meat/meat alternate, 3/8 cup vegetable, and 1 1/2 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	199	Mature onions	6 oz	12 oz
Total Fat	5 g	Meal Components		
Saturated Fat	2 g	Vegetables		
Cholesterol	16 mg	Starchy	1/8 cup	
Sodium	360 mg	Red & Orange	1/8 cup	
Total Carbohydrate	30 g	Grains	1 1/2 ounces	
Dietary Fiber	5 g	Meat / Meat Alternate	1 ounce	
Total Sugars	5 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Added Sugars included	N/A			
Protein	11 g			
Vitamin D	0 IU			
Calcium	104 mg			
Iron	4 mg			
Potassium	350 mg			
N/A - data is not available				



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Sweet and Sour Pork - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Sweet and Sour Pork – Lean pork, fresh vegetables, pineapple and soy sauce create an Asian inspired flavor.



25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Canola oil		1/4 cup		1/2 cup
Raw boneless pork loin, lean, 1/2" cubes	5 lb	2 qt 3 cups	10 lb	1 gal 1 qt 2 cups
Garlic powder		2 Tbsp	2 1/2 oz	1/4 cup
Ground ginger		2 Tbsp		1/4 cup
Onion powder		2 Tbsp		1/4 cup
White pepper		2 tsp		1 Tbsp 1 tsp
Low-sodium chicken broth		1 qt 2 cups		3 qt
Rice Vinegar		1 cup		2 cups
Brown sugar	4 oz	1/2 cup	8 oz	1 cup
Low-sodium soy sauce		1/2 cup		1 cup
Ketchup	8 oz	3/4 cup	1 lb	1 1/2 cups
Pineapple juice, 100% juice		2 1/2 cups		1 qt 1 cup
Cornstarch	3 oz	2/3 cup	6 oz	1 1/3 cups
*Fresh green bell peppers, chopped	6 oz	1 1/8 cups	12 oz	2 1/4 cups
*Fresh red bell peppers, chopped	8 oz	1 1/2 cups	1 lb	3 cups
*Fresh celery, diced	6 oz	1 cup 2 Tbsp 2 1/4 tsp	12 oz	2 1/4 cups 1 Tbsp 1 1/2 tsp
*Fresh carrots, shredded	8 oz	2 1/4 cups 3 Tbsp	1 lb	1 qt 3/4 cup 2 Tbsp
Canned pineapple tidbits in 100% juice, drained	1 lb 11 oz	3 cups 2 Tbsp 1 1/2 tsp (1/4 No. 10 can)	3 lb 6 oz	1 qt 2 1/4 cups 1 Tbsp (1/2 No. 10 can)

Directions

1. Heat oil in a large stock pot.
2. Add pork and spices. Cook uncovered over medium-high heat for 5-7 minutes or until brown. Set aside for step 6.

3. In a medium stock pot add chicken broth, vinegar, brown sugar, soy sauce, and ketchup. Simmer uncovered over medium heat for 20 minutes.
4. Combine pineapple juice and cornstarch in a small bowl. Stir well. Add to stock pot. Simmer uncovered over medium heat for 15 minutes or until sauce has thickened.
5. Add bell peppers and celery. Simmer uncovered for 8 minutes or until vegetables are tender.
6. Add carrots, pineapples, and pork. Simmer uncovered over medium heat for 8-10 minutes or until heated through.
7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
8. Transfer 1 gal 1 qt 3 cups (about 12 lb 11 oz) sweet and sour pork to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
9. Critical Control Point: Hold for hot service at 140 °F or higher.
10. Portion with 6 fl 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 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup additional vegetable, and 1/8 cup fruit.

CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1/8 cup fruit.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	201	Green bell peppers	8 oz	1 lb
Total Fat	7 g	Red bell peppers	10 oz	1 lb 4 oz
Saturated Fat	2 g	Celery	8 oz	1 lb
Cholesterol	34 mg	Carrots	8 oz	1 lb
Sodium	405 mg	Meal Components		
Total Carbohydrate	22 g	Fruits	1/8 cup	
Dietary Fiber	1 g	Vegetables	1/8 cup	
Total Sugars	16 g	Meat / Meat Alternate	2 ounces	
Added Sugars included	N/A	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Protein	12 g			
Vitamin D	17 IU			
Calcium	22 mg			
Iron	1 mg			
Potassium	292 mg			
N/A - data is not available				



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Turkey and Dressing Supreme - USDA Recipe for CACFP

Makes: 12.5 or 25 Servings

Turkey and Dressing Supreme – Diced turkey is combined and baked with cornbread, green peppers, onion, celery, chicken stock and spices.

QTY Ingredients:

Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Crumbled cornbread made from Cornbread (B-09)	2 lb	2 qt 2 cups	4 lb	1 gal 1 qt
Margarine, trans fat-free	4 oz	1/2 cup	8 oz	1 cup
*Fresh celery, chopped	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 1/8 cups
*Fresh onions, chopped	6 oz	1 cup 3 Tbsp	12 oz	2 1/4 cups 2 Tbsp
*Fresh green bell peppers, diced	4 oz	3/4 cup	8 oz	1 1/2 cups

Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Whole-wheat flour	4 oz	3/4 cup 2 Tbsp 1 tsp	8 oz	1 3/4 cups 2 tsp
Nonfat milk		1 cup		2 cups
Low-sodium chicken broth		1 qt		2 qt
Poultry seasoning		1 tsp		2 tsp
Ground black or white pepper		3/4 tsp		1 1/2 tsp
Fresh garlic, minced		2 tsp		1 Tbsp 1 tsp
Ground sage		1 tsp		2 tsp
Frozen, cooked diced turkey, thawed, shredded	2 lb 3 oz	1 qt 3 1/2 cups 2 1/3 tsp	4 lb 6 oz	3 qt 3 cups 1 Tbsp 1 2/3 tsp

Directions

1. See B-09 for recipe ingredients and directions.
2. Crumble cornbread. Set aside for step 7.
3. In a medium stock pot, add margarine, celery, onions, and bell peppers. Saute uncovered for 2-3 minutes over high heat, stirring constantly.
4. Turn heat down to medium. Add flour stirring constantly. Onion mixture will have a pasty consistency.
5. Add milk and chicken broth. Continue stirring to avoid lumps.
6. Add poultry seasoning, pepper, garlic, and sage. Simmer uncovered for 2-3 minutes. Set aside for step 7.
7. Combine crumbled cornbread, chicken broth mixture, and turkey in a large bowl. Stir well.

8. Spread 1 gal (about 7 lb 3 oz) cornbread stuffing evenly into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. For 12.5 servings, use 1 pan. For 25 servings, use 2 pans.

9. Bake: Conventional oven: 350 °F for 30-40 minutes. Convection oven: 300 °F for 20-30 minutes.

10. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

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

12. Portion: Cut each pan into 12.5 pieces per pan. Serve 1 piece.

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 3 oz equivalent meat/meat alternate, 1/4 cup additional vegetable, and 2.5 oz equivalent grains.

CACFP Crediting Information: One piece provides 3 oz meat/meat alternate, 1/4 cup vegetable, and 2.5 servings grains/bread.

My Notes

Source: USDA Standardized Recipe Project



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Rice Vegetable Casserole - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Rice Vegetable Casserole – Brown rice, kale, chicken broth, whole wheat flour and spices are combined then topped with cheese and baked.



Ingredients

Low-sodium chicken broth
Brown rice, long-grain, regular, dry parboil
Margarine, trans fat-free
*Fresh onions, diced
*Fresh mushrooms, sliced
Garlic, minced
Salt
Ground black or white pepper
Onion powder
Whole-wheat flour
Low-fat (1%) milk
*Fresh kale, chopped
Low-fat cheddar cheese, shredded
Low-fat mozzarella cheese, low-moisture, part-skim, shredded

25 Servings

Weight	Measure
	1 qt 1 cup
1 lb 11 oz	1 qt 1/3 cup
2 oz	1/4 cup
10 oz	2 cups
1 lb	1 qt 2/3 cup
	1 Tbsp
	1 1/2 tsp
	1/2 tsp
2 oz	2 1/4 cups
	3 cups
14 oz	1 gal 2 qt 2 cups
1 lb	1 qt
9 oz	2 3/4 cups

50 Servings

Weight	Measure
	2 qt 2 cups
3 lb 6 oz	2 qt 2/3 cup
4 oz	1/2 cup
1 lb 4 oz	1 qt
2 lb	2 qt 1 1/3 cups
	2 Tbsp
	1 Tbsp
	1 tsp
	1 tsp
4 oz	1 qt 1/2 cup
	1 qt 2 cups
1 lb 12 oz	3 gal 1 qt
2 lb	2 qt
1 lb 2 oz	1 qt 1 1/2 cups

Directions

1. Boil broth.
2. Place 1 qt 1/3 cup brown rice (1 lb 11 oz) in each steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
3. Pour boiling broth (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
4. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Remove cooked rice from oven. Set aside for step 12.

7. Cream of mushroom sauce: In a large stock pot, add margarine, onions, mushrooms, minced garlic, salt, pepper, and onion powder. Stir constantly until mushrooms are soft.
8. Sprinkle flour over mushroom mixture. Stir well. After one minute, turn down to medium heat.
9. Add milk stirring constantly. Sauce will become creamy and thick in texture. Set aside for step 13.
10. Assembly:
11. Lightly coat a steam table pan (12" x 20" x 4") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
12. First layer: Place 2 qt 2 cups cooked rice (4 lb) in each steam table pan.
13. Second layer: Pour 1 qt 1 1/2 cups (about 3 lb) cream of mushroom sauce over rice.
14. Third layer: Fold in 1 gal 2 qt 2 cups (about 14 oz) kale.
15. Fourth layer: Sprinkle 1 qt (about 1 lb) cheese evenly over rice mixture.
16. Fifth layer: Sprinkle 2 3/4 cups (about 9 oz) cheese evenly over rice mixture. Cover pans tightly.
17. Bake: Conventional oven: 350 °F for 15-20 minutes. Convection oven: 325 °F for 5-10 minutes.
18. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4") 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: 1 piece provides 1 oz equivalent meat/meat alternate, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

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

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount
Calories	220
Total Fat	6 g
Saturated Fat	3 g
Cholesterol	12 mg
Sodium	430 mg
Total Carbohydrate	34 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	14 g
Vitamin D	16 IU
Calcium	225 mg
Iron	3 mg
Potassium	278 mg
N/A - data is not available	

Marketing Guide		
Foods as Purchased for	25 Servings	50 Servings
Mature onions	12 oz	1 lb 8 oz
Mushrooms	1 lb	2 lb
Kale	14 oz	1 lb 12 oz

Meal Components

Vegetables

Other 1/8 cup

Grains 1 ounce

Meat / Meat Alternate 1 ounce

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