

# SCHOOL FOOD INITIATIVE: RECIPE COLLECTION

A collection of KidSmart recipes crafted  
or curated by the School Food Initiative  
Chef Instructors.

# Orfalea Foundation School Food Initiative Recipe Collection

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# Orfalea Foundation- SFI

## 000123 - School Food AsianBBQ Chicken :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 78

Size of Portions: Servings

900005 CHICKEN WHOLE RAW 8 PIECE CUT USDA COMMO...	40 lbs
000102R School Food Asian BBQ Sauce.....	2 1/2 quarts

Defrost chicken under refrigeration for 2 to 3 days prior to cooking.

Pre-heat convection oven to 350° F. (400° F. for conventional oven.)

1. Sort THAWED chicken by the piece and place in deep hotel pans. Coat chicken well with Asian barbeque sauce. (You can marinate overnight in sauce if time allows)

2. Place chicken on lined sheet pans, like pieces together (for equal cooking time). Be consistent with number of pieces per row and number of rows per tray for easy counting.

- Wings- 42 (7x6)
- Legs- 40 (8x5)
- Thighs- 24 (6x4)
- Breasts- 20 (5x4)

3. Roast in a 350°F convection oven for 25-35 minutes until chicken reaches an internal temperature 165°.F. Use an instant read thermometer. and test more than one piece per tray.

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

Serve immediately or hold according to HAACP SOP. If cooking for next day service, chill according to HACCP SOP.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

1 serving = 1 breast piece or 1 thigh with back or 1 drumstick AND 1 wing.

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**EQUIPMENT:**

- Disposable gloves
- 1-Liquid measuring cups: 1 cup
- Full sized sheet pan(s)
- Parchment papers
- 1-Speed rack
- Thermometer(s)
- Alcohol wipes

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

Calories	619 kcal	Cholesterol	205 mg	Protein	57.70 g	Calcium	*37.63* mg	46.80%	Calories from Total Fat
Total Fat	32.21 g	Sodium	689 mg	Vitamin A	*106.7* RE	Iron	*3.40* mg	*13.16%*	Calories from Sat Fat
Sat Fat	*9.06* g	Carbs	12.35 g	Vitamin A	*533.4* IU	Water <sup>1</sup>	*10.22* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	*0.09* g	Vitamin C	*0.4* mg	Ash <sup>1</sup>	*0.59* g	7.97%	Calories from Carbs
								37.27%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient                      * - denotes combined nutrient totals with either missing or incomplete nutrient data  <sup>1</sup> - denotes optional nutrient values</p>									

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**000102 - School Food Asian BBQ Sauce :**

HACCP Process: #3 Complex Food Preparation

Number of Portions: 9

Size of Portions: Quarts

050385 OIL, VEGETABLE.....	1/4 cup
011282 ONIONS,RAW.....	1 QT (chopped)
011215 GARLIC,RAW.....	1 1/2 cups
011216 GINGER ROOT,RAW.....	1 cup
104016 HOISIN SAUCE,CONTAINS NO MSG.....	1 gal
016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU)...	1 qt
019334 SUGARS,BROWN.....	1 lb + 8 ozs
002048 VINEGAR,CIDER.....	1 qt
900099 VINEGAR, RICE, UNSEASONED.....	2 cups
014429 WATER, TAP, MUNICIPAL.....	2 cups

Mince ginger and garlic

1. Heat pan until hot over medium heat and add vegetable oil when the pan is hot. When the oil is hot sweat onions, garlic and ginger in the vegetable oil over low heat.
2. Add remaining ingredients and whisk to combine well. Bring up to a simmer.

3. Simmer until you can track a line that stays separated on the back of a metal kitchen spoon, about 30 minutes.

**EUIPMENT:**

- 1-Dry measuring cups, full set**
- 1-Liquid measuring cups,quart, gallon**
- 1- Stock pot**
- 1- Metal kitchen spoon**
- 1-Bowl to hold vegetables**

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

Calories	1916 kcal	Cholesterol	0 mg	Protein	8.37 g	Calcium	150.12 mg	3.01%	Calories from Total Fat
Total Fat	6.41 g	Sodium	15618 mg	Vitamin A	0.0 RE	Iron	3.64 mg	*0.47%*	Calories from Sat Fat
Sat Fat	*1.01* g	Carbs	385.23 g	Vitamin A	3.5 IU	Water <sup>1</sup>	*318.90* g	*0.00%*	Calories from Trans Fat

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Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	*2.80* g	Vitamin C	12.9 mg	Ash <sup>1</sup>	*18.41* g	80.42%	Calories from Carbs
								1.75%	Calories from Protein
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# Orfalea Foundation- SFI

**000131 - School Food Asian Pork Bowl :**

HACCP Process: #3 Complex Food Preparation

Number of Portions: 24

Size of Portions: 4 oz servings

010187 PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIB..	3 lbs
000102R School Food Asian BBQ Sauce.....	1 1/2 quarts
902385 ONIONS,RAW, thin slice.....	1 QT (sliced)
902383 CELERY,RAW, thin slice.....	3 cups
902384 CARROTS,RAW, thin slice.....	1 QT (strips/slices)
011333 PEPPERS,SWT,GRN,RAW.....	3 CUPS (sliced)
011109 CABBAGE,RAW.....	1 QT (shredded)

Pre-heat convection oven to 350°F (400° for conventional oven). Can be heated in steamer as well.

1. In a full size 4 inch hotel pan, mix together the cut pork, vegetables, and sauce.
2. Cover with lid or tin foil and reheat in the oven or steamer until mixture has reached an internal temperature of 165°F for fifteen seconds. Serve immediately or hold according to HACCP SOP.  
**CCP:** Hold at 135° F or higher.

Note: 2 oz. of protein and 3/4 cups of vegetable (other); meets requirement for grades 9-12 and potentially grades 6-8 depending on placement of this item during the week

**EQUIPMENT:**

- 1-4- inch hotel pan**
- 1-Lid for hotel pan or foil**
- 1-Scale**
- 1-Liquid measuring cup, quart**
- 1-Metal kitchen spoon**

\*Nutrients are based upon 1 Portion Size (4 oz servings)

Calories	266 kcal	Cholesterol	38 mg	Protein	12.02 g	Calcium	*43.09* mg	30.48%	Calories from Total Fat
Total Fat	9.00 g	Sodium	1037 mg	Vitamin A	*583.9* RE	Iron	*0.94* mg	*10.46%*	Calories from Sat Fat
Sat Fat	*3.09* g	Carbs	29.47 g	Vitamin A	*3544.1* IU	Water <sup>1</sup>	*127.75* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	*1.80* g	Vitamin C	*17.7* mg	Ash <sup>1</sup>	*2.18* g	44.34%	Calories from Carbs
								18.08%	Calories from Protein

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# Orfalea Foundation- SFI

## 000004 - School Food Aspen Power Bar :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 80

Size of Portions: BARS

019296 HONEY.....	1 1/8 cups
050469 SUNFLOWER SEED BUTTER, SALT ADDED.....	2 1/4 cups
002050 VANILLA EXTRACT.....	1 1/2 Tbsp
001145 BUTTER,WITHOUT SALT.....	6 ozs
019297 JAMS AND PRESERVES.....	3/4 cup
020038 OATS, Rolled, Old-Fashioned.....	1 qt + 2 cups
019334 SUGARS,BROWN.....	1 1/2 CUPS (packed)
902392 COCONUT, SHREDDED, NON-SWEETENED.....	2 1/4 cups
002047 SALT.....	1/2 Tbsp
012036 SUNFLOWER SD KRNLs,DRIED.....	3 CUPS (w/hulls,e/p)
001092 MILK,DRY, NONFAT, INST, W/ VIT A.....	3 cups
009298 RAISINS, SEEDLESS.....	1 1/2 CUPS (packed)
900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODI..	1 1/2 cups

Pre-heat convection oven to 350°F (400°F for conventional oven)

1. In a saucepan, melt nut butter, honey, butter, jam (strawberry) and vanilla extract. Melting the butter before adding the other ingredients will prevent burning.

2. Mix all dry ingredients in a large bowl or the bowl of a commercial mixer (Hobart). Pour the butter mixture into the dry ingredients and mix well, using the paddle attachment of the commercial mixer for large quantities, or your gloved hands for smaller volume.

3. Line a full-sized sheet pan with a piece of parchment paper. Oil the sides and corners well. Press firmly into the sheet pan. You can use a rolling pin to compress the mixture slightly. If you have increased your recipe, each sheet pan gets 6 pounds of product. Bake in preheated oven for 10-15 minutes until lightly browned and set.

4. Cool overnight and cut 10 x 8 for 80 bars



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**EQUIPMENT:**

- 2- Dry measuring cups, full set**
- 1- Measuring spoons, full set**
- 1-Portable burner (or stovetop)**
- 1-Saucepan or small pot**
- 1-Rubber spatula**
- 1-Metal kitchen spoon**
- 1-Sheet pan**
- 1-Large mixing bowl or Hobart mixer and bowl with paddle attachment**
- 1-Rolling pin**
- 1-Sheet parchment paper**
- Gloves (as needed)**

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

Calories	179 kcal	Cholesterol	5 mg	Protein	4.79 g	Calcium	54.23 mg	35.31%	Calories from Total Fat
Total Fat	7.01 g	Sodium	99 mg	Vitamin A	35.0 RE	Iron	1.13 mg	9.12%	Calories from Sat Fat
Sat Fat	1.81 g	Carbs	25.77 g	Vitamin A	118.1 IU	Water <sup>1</sup>	*3.92* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.65 g	Vitamin C	0.7 mg	Ash <sup>1</sup>	*0.67* g	57.72%	Calories from Carbs
								10.73%	Calories from Protein

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# Orfalea Foundation- SFI

## 000192 - School Food BBQ Chicken :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 78

Size of Portions: servings

900005 CHICKEN WHOLE RAW 8 PIECE CUT USDA COMMO...	40 lbs
000095R School Food Spice Mix.....	2 cups
000103R School Food BBQ Sauce.....	1 1/4 Quarts

Defrost chicken under refrigeration for 2 to 3 days prior to cooking

Pre-heat convection oven to 350° F. (400° for conventional oven.)

1. Sort THAWED chicken by the piece and place in deep hotel pans. Rub spice mix on chicken and if time permits, hold overnight before roasting (allows spice flavors to develop).

2. Place chicken on lined sheet pans, like pieces together (for equal cooking time). Be consistent with number of pieces per row and number of rows per tray for easy counting.

- Wings- 42 (7x6)
- Legs- 40 (8x5)
- Thighs- 24 (6x4)
- Breasts- 20 (5x4)

3. Roast in pre-heated oven until chicken reaches an internal temperature of 165°F. Use an instant-read thermometer and test more than one piece per tray.

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

4.. In the meantime, heat BBQ sauce until barely simmering. When chicken comes out of the oven, coat with sauce. Serve immediately or hold according to HACCP procedures.

If cooking for next day service, chill according to HAACP SOP and do not coat with BBQ sauce until after re-heating.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**CCP:** Hold at 135° F or higher.

1 serving = 1 breast piece or 1 thigh with back or 1 drumstick AND 1 wing.

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**EQUIPMENT:**

- 1-Dry measuring cup, cup
- 1-Liquid measuring cup, gallon
- 1-Pot to heat BBQ sauce
- Full sized sheet pan(s)
- Pastry brush
- Parchment papers
- 1-Speed rack
- Thermometer(s)
- Alcohol wipes

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

Calories	583 kcal	Cholesterol	205 mg	Protein	58.05 g	Calcium	48.32 mg	50.22%	Calories from Total Fat
Total Fat	32.51 g	Sodium	745 mg	Vitamin A	194.9 RE	Iron	4.04 mg	14.06%	Calories from Sat Fat
Sat Fat	9.10 g	Carbs	5.42 g	Vitamin A	1279.5 IU	Water <sup>1</sup>	*11.00* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.80 g	Vitamin C	2.2 mg	Ash <sup>1</sup>	*2.04* g	3.72%	Calories from Carbs
								39.86%	Calories from Protein

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# Orfalea Foundation- SFI

**000188 - School Food BBQPork Sandwiches :**

HACCP Process: #3 Complex Food Preparation

Number of Portions: 36

Size of Portions: 2.25 oz serving

000189R School Food BBQ Pork.....	5 1/4 Lbs
018351 ROLLS,HAMBURGER OR HOTDOG,MIXED-GRAIN..	36 roll(s)

Pre-heat convection oven to 350°F. (400°F. for conventional oven)

1. Re-heat covered hotel pan(s) of BBQ pork until it reaches an internal temperature of 165° F for fifteen seconds..
2. Toast or warm hamburger bun or roll in sheet pan lined with parchment paper
3. Serve immediately on the warmed bun/roll or hold the BBQ according to HACCP SOP and construct sandwiches to order.  
**CCP:** Hold at 135° F or higher.

**EQUIPMENT:**

- Hotel pan(s) and lids**
- Parchment-lined sheet pan(s)**
- 1-2 oz. spoodle**

\*Nutrients are based upon 1 Portion Size (2.25 oz serving)

Calories	145 kcal	Cholesterol	0 mg	Protein	4.63 g	Calcium	49.97 mg	17.84%	Calories from Total Fat
Total Fat	2.87 g	Sodium	256 mg	Vitamin A	21.7 RE	Iron	1.90 mg	3.97%	Calories from Sat Fat
Sat Fat	0.64 g	Carbs	26.82 g	Vitamin A	198.3 IU	Water <sup>1</sup>	*35.89* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.82 g	Vitamin C	3.8 mg	Ash <sup>1</sup>	*1.72* g	73.99%	Calories from Carbs
								12.77%	Calories from Protein

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# Orfalea Foundation- SFI

**000189 - School Food BBQ Pork :**

HACCP Process: #3 Complex Food Preparation

Number of Portions: 10

Size of Portions: Lbs

000132R School Food Roasted Pork ..	6 lbs
000103R School Food BBQ Sauce.....	2 Quarts

Prepare and have on hand chilled School Food Roasted Pork and chilled School Food BBQ sauce. Shred and weigh out needed amount.

Note: Sauce is a **weighed** amount, not volume.

1. Oil the hotel pan well with pan spray.
2. Combine shredded pork and BBQ sauce in oiled hotel pan. If preparing multiple batches, weigh pork out in 6 lb. batches per hotel pan.
3. Cover with foil or hotel pan lid. Refrigerate until ready to re-heat.

**EQUIPMENT:**

**Mechanized Shredding Equipment**

**1-Scale**

**1-4-inch hotel pan (per 6 lb. of pork)**

**Gloves**

**1-Measuring Cup, Quart**

**1-Hotel pan lid or aluminum foil to cover**

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

Calories	219 kcal	Cholesterol	0 mg	Protein	3.43 g	Calcium	62.55 mg	8.29%	Calories from Total Fat
Total Fat	2.01 g	Sodium	408 mg	Vitamin A	148.9 RE	Iron	1.41 mg	1.17%	Calories from Sat Fat
Sat Fat	0.28 g	Carbs	52.39 g	Vitamin A	1359.9 IU	Water <sup>1</sup>	*134.08* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.25 g	Vitamin C	26.3 mg	Ash <sup>1</sup>	*6.51* g	95.83%	Calories from Carbs
								6.28%	Calories from Protein

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# Orfalea Foundation- SFI

## 000103 - School Food BBQ Sauce :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 128

Size of Portions: Oz.

050385 OIL, VEGETABLE.....	2 Tbsp
011282 ONIONS,RAW.....	1 QT (chopped)
011215 GARLIC,RAW.....	3/4 cup
011216 GINGER ROOT,RAW.....	1/4 cup
011949 CATSUP,LOW SODIUM.....	1 #10 Can
902181 SUGARS,BROWN,LIGHT.....	8 ozs
901511 MUSTARD,POWDER/DRY.....	2 Tbsp
006971 SAUCE,WORCESTERSHIRE..	1/2 cup
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1 Tbsp

Have on hand or chop onions, mince garlic and peel and mince ginger. Measure out required quantities.

1. Heat oil in a large stock pot and sweat onions, garlic and ginger until onions are tender.
2. Add catsup, brown sugar, dry mustard and worcestershire sauce and whisk together well.
3. Bring to a boil and turn down to a simmer. Season with salt and pepper.
5. Simmer gently for a minimum of 30 minutes and up to an hour (if possible) stirring occasionally to prevent bottom from burning.

### EQUIPMENT:

- 1- Dry measuring cups, full set
- 1- Liquid measuring cups, pint, quart, gallon
- 1- Measuring spoons, full set
- 1- Portable burner (or stovetop if available)
- 1- Stock pot
- 1- Metal kitchen spoon
- 1- Container for cut produce

### EQUIPMENT FOR COOLING:

- 1-6 inch hotel pan, full-sized
- 2-Half gallon ice wands, full and frozen

\*Nutrients are based upon 1 Portion Size (Oz.)

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Calories	38 kcal	Cholesterol	0 mg	Protein	0.60 g	Calcium	10.99 mg	8.29%	Calories from Total Fat
Total Fat	0.35 g	Sodium	72 mg	Vitamin A	26.2 RE	Iron	0.25 mg	1.17%	Calories from Sat Fat
Sat Fat	0.05 g	Carbs	9.21 g	Vitamin A	239.0 IU	Water <sup>1</sup>	*23.57* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.22 g	Vitamin C	4.6 mg	Ash <sup>1</sup>	*1.14* g	95.83%	Calories from Carbs
								6.28%	Calories from Protein
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# Orfalea Foundation- SFI

**000200 - School Food Bean Salad : Lompoc Unif. SD**

HACCP Process: #1 No Cook

Number of Portions: 62

Size of Portions: 1/2 cup

111788 KIDNEY BEANS.....	1 #10 can
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU.....	1 #10 can
050552 BEANS, CANNED, GARBANZO (CHICKPEAS), LOW..	1 #10 can
000134R School Food Ital. Vinaigrette.....	24 Fluid oz.
114811 CILANTRO.....	1 cup
799908 ONIONS,RED,RAW.....	1 CUP (chopped)
009152 LEMON JUICE,RAW.....	3 Tbsp

First two steps can be done the day before:

1. Make or have on hand School Food Italian Vinaigrette
2. Finely chop/dice onion and the cilantro and set aside
3. Drain the canned beans and RINSE well and drain again
4. Mix all ingredients and cool to 40° until service-alternatively, the canned beans can be refrigerated overnight to optimize cold service

Serving size is 1/2 cup - portion using #8 scoop or serve on salad bar

Note:

Weight of 62 servings = 15.5#

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

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**EQUIPMENT:**

- 1-Large Bowl (or lexan for volume)**
- 1-Metal kitchen spoon**
- 1-Colander**
- 1-Liquid measuring cup, quart**
- 1-Dry measuring cups, full set**
- Salad bar inserts or storage container(s) with lid(s)**

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

Calories	126 kcal	Cholesterol	0 mg	Protein	2.50 g	Calcium	25.43 mg	56.17%	Calories from Total Fat
Total Fat	7.86 g	Sodium	89 mg	Vitamin A	3.1 RE	Iron	0.71 mg	8.35%	Calories from Sat Fat
Sat Fat	1.17 g	Carbs	11.58 g	Vitamin A	12.6 IU	Water <sup>1</sup>	*5.82* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	2.25 g	Vitamin C	2.5 mg	Ash <sup>1</sup>	*0.08* g	36.80%	Calories from Carbs
								7.94%	Calories from Protein

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# Orfalea Foundation- SFI

**000128 - School Food Egg Sandwich :**

HACCP Process: #3 Complex Food Preparation

Number of Portions: 36

Size of Portions: Servings

000171R School Food Oven Baked Eggs.....	2 lbs + 4 ozs
018261 ENGLISH MUFFINS,MIXED-GRAIN,TSTD (INCL G..	36 muffin
902394 CHEESE, CHEDDAR, YELLOW, slices.....	2 lbs + 4 ozs

Prepare School Food Oven Baked Eggs.

Pre-heat convection oven to 325°F (375° for conventional oven)

2. Split english muffins in half and place cut side up on sheet pan lined with parchment paper.

3. Toast in oven. Just before muffins are ready, place 1 slice of cheese on top side and toast again until cheese melts.

4. Scoop 1 oz of eggs onto other side of english muffin and place the other half (with melted cheese) on top.

5. Serve immediately or hold according to HACCP SOP  
 CCP: Hold at 135° F or higher.

**EQUIPMENT:**

- 1-Full size sheet pan**
- 1-Sheet of parchment paper**
- 1-1 oz. spoodle**
- Gloves**
- 1-Metal spatula for plating**

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

Calories	317 kcal	Cholesterol	148 mg	Protein	16.46 g	Calcium	353.66 mg	39.84%	Calories from Total Fat
Total Fat	14.05 g	Sodium	592 mg	Vitamin A	92.0 RE	Iron	2.70 mg	20.79%	Calories from Sat Fat
Sat Fat	7.33 g	Carbs	31.48 g	Vitamin A	448.0 IU	Water <sup>1</sup>	*23.61* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.83 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	*1.93* g	39.68%	Calories from Carbs
								20.75%	Calories from Protein

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# Orfalea Foundation- SFI

**000093 - School Food Brown Rice :**

HACCP Process: #3 Complex Food Preparation

Number of Portions: 25

Size of Portions: 1/2 cup

020036 RICE,BROWN,LONG-GRAIN,RAW..	1 qt + 2 cups
014429 WATER, TAP, MUNICIPAL.....	3 qts
002047 SALT.....	1 Tbsp

Pre-heat convection oven to 350° F. (400° F. for conventional oven)

1. Place rice in a mesh strainer and rinse.
2. Heat water until it comes to a boil. Add salt.
3. Place rice and heated water in an oiled full sized 2-inch hotel pan.
4. Cover tightly and bake in pre-heated oven until liquid is absorbed and rice is tender, about 1 hour. Serve immediately or hold hot for service according to HAACP SOP or chill for future use according to HACCP SOPs.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**CCP:** Hold for hot service at 135° F or higher

**Equipment:**

- 1- saucepan**
- 1- burner**
- 1- liquid measuring cups: quart**
- 1- mesh strainer**
- 1- measuring spoons**
- 1- full sized 2" hotel pan**
- 1- lid for hotel pan**
- 1- metal spoon**

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

Calories	164 kcal	Cholesterol	0 mg	Protein	3.53 g	Calcium	13.80 mg	7.10%	Calories from Total Fat
Total Fat	1.30 g	Sodium	289 mg	Vitamin A	0.0 RE	Iron	0.66 mg	1.42%	Calories from Sat Fat
Sat Fat	0.26 g	Carbs	34.29 g	Vitamin A	0.0 IU	Water <sup>1</sup>	118.25 g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	D. Fiber	1.55 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	1.52 g	83.50%	Calories from Carbs
								8.58%	Calories from Protein

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# Orfalea Foundation- SFI

**000137 - School Food Caesar Dressing :**

HACCP Process: #1 No Cook

Number of Portions: 124

Size of Portions: OZ

004053 OIL,OLIVE,SALAD OR COOKING.....	24 FL OZ
002048 VINEGAR,CIDER.....	8 FL OZ
901080 DIJON MUSTARD-FRANCE.....	1/2 cup
016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU)...	6 FL. OZ.
011215 GARLIC,RAW.....	1/2 cup
001032 CHEESE,PARMESAN,GRATED.....	1 cup
902480 MAYONNAISE, REAL, WHOLE EGG.....	2 qts
009152 LEMON JUICE,RAW.....	6 FL OZ
002030 PEPPER.....	2 TSP (ground)

1. Combine all ingredients in appropriately sized cambro and emulsify with the immersion blender

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

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**CCP:** Refrigerate until served.

**EQUIPMENT:**

- 1-Cambro container, 12 qt**
- 1-Lid for bucket**
- 1-Immersion blender**
- 1-Liquid measuring cups, quart or larger**
- 1-Dry measuring cups, full set**
- 1-Measuring spoons, full set**
- 1- Rubber spatula**

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

Calories	161 kcal	Cholesterol	6 mg	Protein	*0.43* g	Calcium	14.35 mg	90.63%	Calories from Total Fat
Total Fat	16.25 g	Sodium	188 mg	Vitamin A	1.4 RE	Iron	0.19 mg	13.75%	Calories from Sat Fat
Sat Fat	2.47 g	Carbs	0.98 g	Vitamin A	7.3 IU	Water <sup>1</sup>	*54.43* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.04 g	Vitamin C	0.7 mg	Ash <sup>1</sup>	*0.41* g	2.43%	Calories from Carbs
								*1.08%*	Calories from Protein

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# Orfalea Foundation- SFI

## 000180 - School Food Carrot Coconut Bar :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 6

Size of Portions: Sheet Pans

050400 FLOUR, WHOLE WHEAT.....	14 lbs + 10 ozs
018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN..	1 oz
002010 CINNAMON,GROUND.....	1 qt
018372 LEAVENING AGENTS,BAKING SODA.....	1/3 cup
002047 SALT.....	4 1/2 ozs
050385 OIL, VEGETABLE.....	1 1/2 gals
019334 SUGARS,BROWN.....	15 lbs
001123 EGG,WHOLE,RAW,FRESH.....	6 lbs + 8 ozs
002050 VANILLA EXTRACT.....	3/4 cup
011124 CARROTS,RAW.....	11 lbs + 6 ozs
902392 COCONUT, SHREDDED, NON-SWEETENED.....	2 lbs + 8 ozs

Pre-heat convection oven to 325° F. (375° F. for conventional oven)

Line sheet pan(s) with parchment paper and oil sides and corners (use pan release spray).

1. Stir together flour, baking powder, cinnamon, baking soda and salt in a large bowl.

Note: Oil, brown sugar and eggs are **weighed**, not volume measures.

2. Combine brown sugar and oil in a large bowl (on speed 1 if using Hobart mixer) and stream in eggs and vanilla on speed 2 and mix until combined (if using frozen eggs, whisk them slightly to help thaw and mix better)

3. Mix in carrots and coconut\* on speed 1 just until combined. (If using commercially shredded carrots and they are longer than 1 inch, pulse in food processor)

4. Pour 9.5# of batter into each sheet pan (if baking in volume).

5. Bake for 25-30 minutes or until a wooden toothpick inserted near the center comes out clean.

\*Option: Add 13 lbs of chopped walnuts at this time, if using

Cut 8 X 10 per sheet pan for 80 bars per sheet pan.

### EQUIPMENT:

**1-Commercial mixer (Hobart) with paddle attachment or**

**2-Medium or large mixing bowls (based on volume)**

**1-Whisk**

**1-Rubber spatula or pastry scraper**

**1-Scale**

**1-Dry measuring cups, full set**

**1-Measuring spoons, full set**

**Sheet pan(s) and parchment paper**

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# Orfalea Foundation- SFI

\*Nutrients are based upon 1 Portion Size (Sheet Pans)

Calories	17197 kcal	Cholesterol	1828 mg	Protein	226.72 g	Calcium	2997.22 mg	49.76%	Calories from Total Fat
Total Fat	950.85 g	Sodium	13778 mg	Vitamin A	25170.4 RE	Iron	70.15 mg	8.38%	Calories from Sat Fat
Sat Fat	160.09 g	Carbs	2075.58 g	Vitamin A	147564. IU	Water <sup>1</sup>	*1171.4 g	*0.00%*	Calories from Trans Fa
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	204.49 g	Vitamin C	53.9 mg	Ash <sup>1</sup>	*50.64* g	48.28%	Calories from Carbs
								5.27%	Calories from Protein

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# Orfalea Foundation- SFI

**000181 - School Food Cole Slaw Dressing :**

HACCP Process: #1 No Cook

Number of Portions: 9

Size of Portions: Cups

902480 MAYONNAISE, REAL, WHOLE EGG...	1 qt + 3 1/2 cups
002048 VINEGAR,CIDER.....	11 3/8 FL OZ
002007 CELERY SEED.....	1 Tbsp + 2 5/8 tsp
002030 PEPPER.....	1 Tbsp + 2 5/8 TSP (ground)
002047 SALT.....	1 7/8 tsp
019335 SUGARS,GRANULATED.....	9 1/2 ozs

Combine all ingredients and whisk together until smooth. .

Note: the sugar is a **weighed** amount, not volume

CCP: Hold at 40° F. or lower

CCP: Refrigerate until served.

**EQUIPMENT:**

**1-Large Bowl**

**1-Whisk**

**1-Pair of tongs or Gloves to mix**

**1-Liquid measuring cup, cup**

**1-Scale**

**1-Measuring spoons, full set**

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

Calories	1606 kcal	Cholesterol	70 mg	Protein	*0.40* g	Calcium	106.42 mg	78.42%	Calories from Total Fat	
Total Fat	139.96 g	Sodium	1809 mg	Vitamin A	0.3 RE	Iron	2.92 mg	11.76%	Calories from Sat Fat	
Sat Fat	20.98 g	Carbs	41.32 g	Vitamin A	8.7 IU	Water <sup>1</sup>	*1008.0 g	*0.00%*	Calories from Trans Fat	
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.53 g	Vitamin C	0.2 mg	Ash <sup>1</sup>	*3.30* g	10.29%	Calories from Carbs	
									*0.10%*	Calories from Protein

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# Orfalea Foundation- SFI

**000187 - School Food Cole Slaw :**

HACCP Process: No HACCP Process

Number of Portions: 25

Size of Portions: .5 CUP

011109 CABBAGE,RAW.....	2 lbs + 8 OZS (shredded)
011112 CABBAGE,RED,RAW.....	1/2 CUP (shredded)
011124 CARROTS,RAW.....	1/2 CUP (grated)
000181R School Food Cole Slaw Dressing...	1 1/2 Cups
002047 SALT.....	1/2 tsp

1. Combine cabbages and carrots (or use pre-packaged cole slaw mix) with cole slaw dressing. Mix well.

**CCP:** Refrigerate until served.

**EQUIPMENT:**

- 1-LARGE MIXING BOWL**
- 1-LIQUID MEASURING CUP, PINT**
- 1-KITCHEN SPOON**
- GLOVES**
- 1-Measuring spoons, full set**

\*Nutrients are based upon 1 Portion Size (.5 CUP)

Calories	109 kcal	Cholesterol	4 mg	Protein	*0.64* g	Calcium	25.91 mg	69.74%	Calories from Total Fat
Total Fat	8.45 g	Sodium	166 mg	Vitamin A	67.9 RE	Iron	0.41 mg	10.53%	Calories from Sat Fat
Sat Fat	1.28 g	Carbs	5.42 g	Vitamin A	430.4 IU	Water <sup>1</sup>	*105.50* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.26 g	Vitamin C	17.5 mg	Ash <sup>1</sup>	*0.64* g	19.90%	Calories from Carbs
								*2.37%*	Calories from Protein

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# Orfalea Foundation- SFI

## 000151 - School Food Cran-Orange Bread :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 80

Size of Portions: Servings

050383 OIL, VEGETABLE.....	1 lb
019335 SUGARS, GRANULATED.....	1 lb + 8 ozs
001123 EGG, WHOLE, RAW, FRESH.....	1 lb
002050 VANILLA EXTRACT.....	1/2 oz
050394 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNB.....	1 lb + 4 ozs
050400 FLOUR, WHOLE WHEAT.....	1 lb + 8 ozs
018369 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTIN..	1 1/2 ozs
002047 SALT.....	3/4 oz
009206 ORANGE JUICE, RAW.....	1 lb + 8 ozs
009078 CRANBERRIES, RAW.....	1 lb
012155 WALNUTS, ENGLISH.....	12 ozs

Pre-heat convection oven to 325° F (375° F. for conventional ovens)

1. Combine oil and sugar in the mixer on speed 1
2. Combine egg and vanilla extract. Turn the mixer to speed 2 and stream in egg mixture and mix until combined. Scrape down sides of bowl as needed.

3. Combine dry ingredients in a bowl and turn mixer speed down to 1

4. Add 1/3rd of flour mixture to mixer and mix until combined. Add 1/3rd orange juice and mix until combined. Continue alternating addition of flour mixture and orange juice in thirds until all of it has been added and mix until just combined

\*any other fruit juice can be substituted for orange juice

5. Fold in cranberries and chopped walnuts.

\*frozen cherries, blueberries, strawberries, or other frozen fruit can be substituted if desired

\*walnuts can be omitted or other nuts can be substituted

6. Spread batter onto a parchment lined sheet tray

Sheet tray: Bake in pre-heated oven, flip tray and bake for an additional 10-14 minutes or until done, inserted skewer comes out clean

If freezing, freeze whole sheet pan, uncut, after the cake has cooled, and wrap well to prevent freezer burn.

Cut 8 X 10 for 80 servings while still frozen and thaw as needed for service.



# Orfalea Foundation- SFI

**EQUIPMENT:**

- HOBART MIXER WITH PADDLE (OR LARGE BOWL)
- MEDIUM SIZED BOWLS (3)
- SHEET PAN
- PARCHMENT PAPER
- WHISK
- RUBBER SPATULA
- SET OF MEASURING SPOONS
- SET OF DRY MEASURING CUPS
- SCALE
- SMALL POT TO MELT BUTTER

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

Calories	181 kcal	Cholesterol	21 mg	Protein	3.34 g	Calcium	44.12 mg	45.97%	Calories from Total Fat
Total Fat	9.24 g	Sodium	168 mg	Vitamin A	13.5 RE	Iron	0.98 mg	6.69%	Calories from Sat Fat
Sat Fat	1.34 g	Carbs	22.45 g	Vitamin A	52.7 IU	Water <sup>1</sup>	*17.06* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.79 g	Vitamin C	5.1 mg	Ash <sup>1</sup>	*0.80* g	49.67%	Calories from Carbs
								7.39%	Calories from Protein

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<sup>1</sup> - denotes optional nutrient values

# Orfalea Foundation- SFI

## 000151 - School Food Cran-Orange Bread :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 80

Size of Portions: Servings

050383 OIL, VEGETABLE.....	1 lb
019335 SUGARS, GRANULATED.....	1 lb + 8 ozs
001123 EGG, WHOLE, RAW, FRESH.....	1 lb
002050 VANILLA EXTRACT.....	1 Tbsp
050394 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNB.....	1 lb + 4 ozs
050400 FLOUR, WHOLE WHEAT.....	1 lb + 8 ozs
018369 LEAVENING AGENTS, BAKING PDR, DOUBLE-ACTIN..	1 1/2 ozs
002047 SALT.....	3/4 oz
009206 ORANGE JUICE, RAW.....	1 lb + 8 ozs
009078 CRANBERRIES, RAW.....	1 lb
012155 WALNUTS, ENGLISH.....	12 ozs

Pre-heat convection oven to 325° F (375° F. for conventional ovens)

1. Combine oil and sugar in the mixer on speed 1
2. Combine egg and vanilla extract. Turn the mixer to speed 2 and stream in egg mixture and mix until combined. Scrape down sides of bowl as needed.
3. Combine dry ingredients in a bowl and turn mixer speed down to 1
4. Add 1/3rd of flour mixture to mixer and mix until combined. Add 1/3rd orange juice and mix until combined. Continue alternating addition of flour mixture and orange juice in thirds until all of it has been added and mix until just combined

\*any other fruit juice can be substituted for orange juice

5. Fold in cranberries and chopped walnuts.

\*frozen cherries, blueberries, strawberries, or other frozen fruit can be substituted if desired

\*walnuts can be omitted or other nuts can be substituted

6. Spread batter onto a parchment lined sheet tray.

Bake in pre-heated oven for 8 minutes, flip sheet pan and bake for an additional 10-14 minutes or until done, inserted skewer comes out clean

If freezing, freeze whole sheet pan, uncut, after it has cooled, and wrap well to prevent freezer burn.

Cut 8 X 10 for 80 servings while still frozen and thaw as needed for service.

# Orfalea Foundation- SFI

**EQUIPMENT:**

- Mixer (Hobar) with paddle attachment
- 3-Medium sized bowls
- Sheet Pan(s)
- Parchment paper
- 1-Rubber spatula
- 1-Measuring spoons, full set
- Dry measuring cups
- 1-Scale
- 1-Small pot to melt butter

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

Calories	181 kcal	Cholesterol	21 mg	Protein	3.34 g	Calcium	44.12 mg	45.98%	Calories from Total Fat
Total Fat	9.24 g	Sodium	168 mg	Vitamin A	13.5 RE	Iron	0.98 mg	6.69%	Calories from Sat Fat
Sat Fat	1.34 g	Carbs	22.45 g	Vitamin A	52.7 IU	Water <sup>1</sup>	*17.05* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.79 g	Vitamin C	5.1 mg	Ash <sup>1</sup>	*0.80* g	49.68%	Calories from Carbs
								7.39%	Calories from Protein

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# Orfalea Foundation- SFI

## 000122 - School Food Herb Chicken :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 78

Size of Portions: Servings

900005 CHICKEN WHOLE RAW 8 PIECE CUT USDA COMMO...	40 lbs
002063 ROSEMARY,FRESH.....	1 cup
002029 PARSLEY,DRIED.....	1 cup
002047 SALT.....	3 Tbsp
002030 PEPPER.....	1 Tbsp

Defrost frozen chicken under refrigeration for 2 to 3 days prior to cooking.

Pre-heat convection oven to 350° F. (400° F. for conventional oven)

1. Sort THAWED chicken by the piece and place in deep hotel pans. Coat chicken with pre-made rosemary, parsley, salt and pepper mix. Discard any unused seasoning mix.

2. Place chicken on lined sheet pans, like pieces together (for equal cooking time). Be consistent with number of piece per row and number of rows per tray for easy counting.

- Wings- 42 (7x6)
- Legs- 40 (8x5)
- Thighs- 24 (6x4)
- Breasts- 20 (5x4)

3. Roast in a 350°F convection oven for 35-40 minutes until chicken reaches an internal temperature of 165°F. Use an instant read thermometer and test more than one piece per tray

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

Serve immediately or hold according to HAACP SOP.If cooking for next day service, chill according to HACCP SOP

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

1 serving = 1 breast or 1 thigh with back or 1 drumstick AND 1 wing.

# Orfalea Foundation- SFI

**Equipment:**

1-Cutting board and non-slip mat

1-Chef's knife

Disposable gloves

1-Liquid measuring cups, 1 cup

1-Dry measuring cups, full set

Full size sheet pan(s)

Parchment papers

1-Speed rack

Thermometer(s)

Alcohol wipes

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

Calories	560 kcal	Cholesterol	205 mg	Protein	57.54 g	Calcium	37.97 mg	51.54%	Calories from Total Fat
Total Fat	32.04 g	Sodium	462 mg	Vitamin A	114.9 RE	Iron	3.38 mg	14.54%	Calories from Sat Fat
Sat Fat	9.04 g	Carbs	0.28 g	Vitamin A	549.9 IU	Water <sup>1</sup>	0.27 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.15 g	Vitamin C	0.5 mg	Ash <sup>1</sup>	0.75 g	0.20%	Calories from Carbs
								41.13%	Calories from Protein

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# Orfalea Foundation- SFI

**000166 - School Food Hummus :**

HACCP Process: #1 No Cook

Number of Portions: 40

Size of Portions: 2 oz

000801 BEANS GARBANZO ,CANNED.....	1 #10 Can
011215 GARLIC,RAW.....	2 ozs
009152 LEMON JUICE,RAW.....	5 FL OZ
050385 OIL, VEGETABLE.....	4 3/4 ozs
012698 SESAME BUTTER,TAHINI,KRNLS UNSPEC..	5 1/2 ozs
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1 1/8 TSP (ground)
014429 WATER, TAP, MUNICIPAL.....	1 CUP (8 fl oz)

Note: Garlic, tahini (sesame paste) and oil are **weighed**, not volume measures

1. Drain and rinse garbanzo beans\*

2. Place ingredients EXCEPT FOR WATER in a cambro container and blend with immersion blender until smooth. If making in smaller volume, may be made in food processor. Add water in 2-3 increments as needed until desired consistency

CCP: Cool to 41° or lower within 4 hours

\*If serving immediately, refrigerate canned garbanzo beans overnight before blending

\*\*Note 1 #10 can of garbanzo beans will yield approximately 68 oz in drained weight

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

CCP: Refrigerate until served.

**EQUIPMENT:**

**1-20 quart cambro bucket (adjust for volume)**

**1-Digital scale**

**2-Liquid measuring cups, quart**

**1-Measuring spoons, full set**

**1-Storage containers with lids**

**1-Rubber Spatula**

**1 Immersion Blender or Food Processor (for smaller volume)**

**2 Medium bowls for weighing/holding weighed products**

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

Calories	135 kcal	Cholesterol	0 mg	Protein	4.42 g	Calcium	28.23 mg	44.53%	Calories from Total Fat
Total Fat	6.66 g	Sodium	481 mg	Vitamin A	3.3 RE	Iron	1.02 mg	7.42%	Calories from Sat Fat
Sat Fat	1.11 g	Carbs	14.92 g	Vitamin A	17.8 IU	Water <sup>1</sup>	*10.39* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	5.69 g	Vitamin C	4.4 mg	Ash <sup>1</sup>	*0.69* g	44.35%	Calories from Carbs
								13.13%	Calories from Protein

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# Orfalea Foundation- SFI

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# Orfalea Foundation- SFI

**000134 - School Food Ital. Vinaigrette :**

HACCP Process: #1 No Cook

Number of Portions: 128

Size of Portions: FL OZ

002048 VINEGAR,CIDER.....	1 qt
011215 GARLIC,RAW.....	1/2 cup
002047 SALT.....	1 Tbsp
901080 DIJON MUSTARD-FRANCE..	1/2 cup
002030 PEPPER.....	1/2 Tbsp
002029 PARSLEY,DRIED.....	1/4 cup
002003 BASIL, DRY.....	1/4 CUP (leaves)
050384 OIL, VEGETABLE.....	2 qts + 3 cups

1. Mince garlic (use whole garlic cloves if using immersion blender).
2. Combine all of the ingredients and whisk together or alternatively use an immersion blender to combine.

Dry herbs, salt and pepper can be pre-measured into kits ahead of time

**EQUIPMENT:**

**1-Cambro container, appropriately sized for mixing and storage**

**1-Lid for cambro**

**1-Large whisk or immersion blender**

**1-Liquid measuring cup, cup, quart**

**1-Dry measuring cups, full set**

**1-Measuring spoons, full set**

**1-Rubber spatula**

\*Nutrients are based upon 1 Portion Size (FL OZ)

Calories	170 kcal	Cholesterol	0 mg	Protein	0.06 g	Calcium	3.63 mg	99.61%	Calories from Total Fat
Total Fat	18.84 g	Sodium	80 mg	Vitamin A	1.7 RE	Iron	0.10 mg	15.12%	Calories from Sat Fat
Sat Fat	2.86 g	Carbs	0.32 g	Vitamin A	1.6 IU	Water <sup>1</sup>	*7.33* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.05 g	Vitamin C	0.2 mg	Ash <sup>1</sup>	*0.18* g	0.74%	Calories from Carbs
								0.15%	Calories from Protein

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# Orfalea Foundation- SFI

## 000186 - School Food Kale Salad :

HACCP Process: #1 No Cook

Number of Portions: 48

Size of Portions: 1/2 C

011233 KALE,RAW.....	1 1/2 GALS (chopped)
009152 LEMON JUICE,RAW.....	1/2 cup
004053 OIL,OLIVE,SALAD OR COOKING.....	1 cup
002047 SALT.....	1/2 Tbsp
002030 PEPPER.....	1/2 TSP (ground)
902401 PEPPER, crushed red.....	1/4 tsp
001146 CHEESE,PARMESAN,SHREDDED...	3/4 cup
011215 GARLIC,RAW.....	1 tsp
019296 HONEY.....	2 Tbsp

1. Mince/smash garlic finely.
2. Combine garlic, lemon juice, olive oil, salt, pepper, red chili flakes, honey and parmesan cheese (optional) in bowl and whisk well together.
3. Wash kale and spin dry. Pull kale leaves off of the center spine and slice either manually with a chef's knife or mechanically using the slicing disc on the food processor into bite-sized or julienned pieces.
4. Add kale to dressing and massage well with gloved hands.

Other optional ingredients:

3/4 C. dried cranberries

3/4 C. toasted, chopped walnuts

1/2 C. pine nuts

3 C. orange segments or pieces (if using, substitute 3 T. of orange juice for the honey)

### EQUIPMENT:

1-Large bowl

1-Whisk

1-Chef's knife, cutting board and non-slip mat OR

Food Processor with slicing disc

2-Measuring cups, gallon, cup

1-Measuring spoons, full set

Gloves

CCP: Refrigerate until served.

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

Calories	65	kcal	Cholesterol	1	mg	Protein	1.60	g	Calcium	61.41	mg	70.26%	Calories from Total Fat
Total Fat	5.09	g	Sodium	109	mg	Vitamin A	300.8	RE	Iron	0.62	mg	12.03%	Calories from Sat Fat
Sat Fat	0.87	g	Carbs	4.34	g	Vitamin A	5165.9	IU	Water <sup>1</sup>	31.14	g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A*	g	D. Fiber	0.69	g	Vitamin C	41.2	mg	Ash <sup>1</sup>	0.79	g	26.64%	Calories from Carbs
												9.81%	Calories from Protein

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# Orfalea Foundation- SFI

## 000146 - School Food Lasagna : Lompoc Unif. SD

HACCP Process: #3 Complex Food Preparation

Number of Portions: 48

Size of Portions: servings

001012 CHEESE,COTTAGE,CRMD,LRG OR SML CURD.....	1 GAL (small curd)
001123 EGG,WHOLE,RAW,FRESH.....	2 lbs
001146 CHEESE,PARMESAN,SHREDDED.....	2 cups
000157R School Food Marinara Sauce.....	6 1/2 Qts.
014429 WATER, TAP, MUNICIPAL.....	1 qt
901405 LASAGNA NOODLES,ENR,DRY.....	4 lbs + 8 ozs
050340 CHEESE, MOZZARELLA, LMPS, FROZEN, SHREDD..	2 qts

Pre-heat convection oven to 325° F. (375° for conventional oven)

1. Combine cottage cheese, parmesan, and egg.

2. Mix water and marinara sauce.

3. Assembly steps:

Layer 1-4.5 cups of sauce in bottom of hotel pan, spread evenly

Layer 2-layer of dry noodles

Layer 3-4 cups of cottage cheese, spread evenly

Layer 4-ayer of dry noodles

Layer 5-4.5 cups of sauce, spread evenly

Layer 6-ayer of dry noodles

Layer 7-4 cups of cottage cheese, spread evenly

Layer 8-layer of dry noodles

Layer 9-4 cups of sauce, spread evenly

4. Cover with parchment paper and foil or hotel pan lid. Bake immediately or refrigerate for re-heating later.

5. Bake in pre-heated oven for 60 minutes, until the internal temperature reaches 165°F for fifteen seconds. Check noodles for doneness.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

6. Remove from oven, place 4 cups mozzarella cheese on top of each pan of lasagna and bake uncovered for another 10-15 minutes until cheese is melted.

7. Remove from oven and allow to rest for 10-15 minutes in warmer (resting allows lasagna to firm up and slice cleanly). If holding for later service, hold according to HAACP SOP

# Orfalea Foundation- SFI

CCP: Hold at 135° F or higher.

8. Slice 6 x 4 for 24 servings per hotel pan

**EQUIPMENT:**

**4 inch hotel pan(s)**

**2-sheets parchment paper**

**Hotel pan lid(s) or aluminum foil**

**1-Rubber spatula**

**2-Liquid measuring cups, quart, pint**

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

Calories	370 kcal	Cholesterol	93 mg	Protein	23.20 g	Calcium	274.36 mg	25.47%	Calories from Total Fat
Total Fat	10.46 g	Sodium	821 mg	Vitamin A	541.7 RE	Iron	3.52 mg	11.06%	Calories from Sat Fat
Sat Fat	4.55 g	Carbs	46.08 g	Vitamin A	2800.7 IU	Water <sup>1</sup>	*248.42* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	4.00 g	Vitamin C	14.6 mg	Ash <sup>1</sup>	*4.02* g	49.85%	Calories from Carbs
								25.10%	Calories from Protein

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# Orfalea Foundation- SFI

## 000104 - School Food Lentils :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 32

Size of Portions: 1/2 cup

004053 OIL,OLIVE,SALAD OR COOKING....	2 Tbsp
011282 ONIONS,RAW.....	3 CUPS (chopped)
011124 CARROTS,RAW.....	2 CUPS (chopped)
011143 CELERY,RAW.....	1 CUP (chopped)
011215 GARLIC,RAW.....	1 Tbsp
002047 SALT.....	1 Tbsp
016069 LENTILS,RAW.....	1 qt
002030 PEPPER.....	2 tsp
110278 BROTH, CHICKEN, LOW SODIUM...	3 quart
990160 TOMATOES,CND,DICED,DRND.....	1 QT (diced)

Sort lentils, removing stones, rinse well and drain.

1. Heat large saucepot over medum heat, add oil when pot is hot.
2. Add onions and cook over low heat until translucent, about 5 minutes.
3. Add carrots, celery, and garlic. Stir together to coat with oil and cook until tender, about 8-10 minutes.
4. Add lentils and sitr to coat with oil. Add pepper.
5. Add broth and drained tomatoes and bring to a boil. Reduce to a simmer and cook until lentils are tender and most of the liquid is absorbed, about 40-45 minutes. Add more liquid during cooking process if necessary.
6. When lentils are cooked, add salt and stir

Serve immediately or hold according to HAACP SOP

If re-heating for next day service, chill according to HAACP SOP

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

# Orfalea Foundation- SFI

**EQUIPMENT:**

- 1-Dry measuring cups, full set
- 1-Liquid measuring cups, quart
- 1-Cutting board and non-slip mat
- 1-Chef's knife
- 1-Container for collecting prepped produce
- 1-Stock pot
- 1-Metal kitchen spoon
- 1- measuring spoons

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

Calories	116 kcal	Cholesterol	1 mg	Protein	7.83 g	Calcium	27.78 mg	11.53%	Calories from Total Fat
Total Fat	1.49 g	Sodium	298 mg	Vitamin A	258.7 RE	Iron	2.01 mg	1.36%	Calories from Sat Fat
Sat Fat	0.18 g	Carbs	18.24 g	Vitamin A	1530.8 IU	Water <sup>1</sup>	*41.11* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	8.14 g	Vitamin C	5.1 mg	Ash <sup>1</sup>	*1.50* g	62.80%	Calories from Carbs
								26.95%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient                      * - denotes combined nutrient totals with either missing or incomplete nutrient data  <sup>1</sup> - denotes optional nutrient values</p>									

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# Orfalea Foundation- SFI

**000172 - School Food Maple Granola :**

HACCP Process: #2 Same Day Service

Number of Portions: 34

Size of Portions: 1/4 Cup

020038 OATS, Rolled, Old-Fashioned.....	3 1/2 cups
012036 SUNFLOWER SD KRNLs,DRIED.....	1 1/2 cups
012061 ALMONDS.....	1 1/2 CUPS (sliced)
050385 OIL, VEGETABLE.....	2 Tbsp
019353 SYRUPS,MAPLE.....	2 Tbsp
002047 SALT.....	1/4 tsp
002010 CINNAMON,GROUND.....	1/2 Tbsp
002011 CLOVES,GROUND.....	1/8 tsp
002050 VANILLA EXTRACT.....	3/4 tsp
900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODI..	2 cups

Pre-heat convection oven to 250°F (300°F for conventional oven)

1. In a large mixing bowl or Hobart mixer bowl (larger volume), mix together oats, sunflower seeds, and almonds
3. Whisk together oil, vanilla extract, maple syrup, salt, ground cinnamon and ground cloves.
4. Toss oat mixture with the oil and combine.
5. Spread granola in a thin layer on parchment lined sheet pans. Roast in oven for 1 hour, mixing every twenty minutes. Granola should be lightly browned and crunchy when done.
6. Add the dried cranberries into the warm granola. Let granola cool completely before packing into airtight containers. Will last up to 1 month if stored correctly.

**EQUIPMENT:**

- 1-Measuring Spoons, full set
- 1-Large mixing bowl (or Hobart mixer)
- 1-2 Sheet Pans)
- 1-Metal kitchen spoon
- 1-Rubber spatula or plastic pastry scraper
- 2-Measuring cups, Gallon, Pint
- 1-2 Sheets parchment paper

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

Calories	155 kcal	Cholesterol	0 mg	Protein	4.86 g	Calcium	26.63 mg	41.10%	Calories from Total Fat
Total Fat	7.10 g	Sodium	18 mg	Vitamin A	0.3 RE	Iron	1.29 mg	4.31%	Calories from Sat Fat
Sat Fat	0.74 g	Carbs	19.30 g	Vitamin A	3.5 IU	Water <sup>1</sup>	*2.25* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	3.03 g	Vitamin C	0.1 mg	Ash <sup>1</sup>	*0.64* g	49.68%	Calories from Carbs
								12.51%	Calories from Protein

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# Orfalea Foundation- SFI

## 000157 - School Food Marinara Sauce :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 20

Size of Portions: Qts.

050385 OIL, VEGETABLE.....	1/2 cup
902385 ONIONS,RAW, thin slice.....	6 lbs
902384 CARROTS,RAW, thin slice.....	4 lbs
902383 CELERY,RAW, thin slice.....	4 lbs
011477 SQUASH,SMR,ZUCCHINI,INCL SKN,RAW..	4 lbs
011215 GARLIC,RAW.....	2 cups
002047 SALT.....	1/4 cup
002030 PEPPER.....	3 TBSP (ground)
002027 OREGANO, DRY.....	1/2 CUP (leaves)
002003 BASIL, DRY.....	1/2 CUP (leaves)
011531 TOMATOES, CANNED, DICED.....	2 #10 Can
011549 TOMATO PRODUCTS,CND,SAU.....	1 #10 Can
011547 TOMATO, PUREE, CAN.....	2 #10 Can
014429 WATER, TAP, MUNICIPAL.....	1 qt

1. Heat a large heavy-bottomed pot or in tilt skillet over low to medium heat. Add oil\* and when the oil is hot, add onions and sweat. When onions are tender and translucent, add carrots and celery. Sweat for 10 minutes, then add zucchini and garlic. Cook until all vegetables are tender, cover with lid or close lid of tilt skillet as needed.

\*If cooking in volume, use only enough oil to coat the bottom of the cooking surface.

2. Season with salt and pepper.

3. Add the oregano and basil. Cook for 5 minutes until fragrant.

4. Add canned tomato products and water and bring up to a boil, lower the heat, then simmer for at least 30 minutes or until the sauce coats the back of a spoon.

\* Canned tomato paste can be substituted for canned tomato puree. Substitute 1 #10 can of tomato paste and 1 #10 can of water.

5. Puree with the immersion blender.

If not serving immediately, cool according to HACCP SOP.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**CCP:** Hold for hot service at 135° F or higher



# Orfalea Foundation- SFI

**EQUIPMENT:**

- 1-Dry measuring cups, 1 set
- 1-Measuring spoons, 1 set
- 1-Stock pot with lid or tilt skillet
- 1-Paddle or metal kitchen spoon
- 1-Immersion blender
- 1-Serving/storing container

\*Nutrients are based upon 1 Portion Size (Qts.)

Calories	397 kcal	Cholesterol	0 mg	Protein	14.53 g	Calcium	344.78 mg	17.48%	Calories from Total Fat
Total Fat	7.71 g	Sodium	2852 mg	Vitamin A	3316.8 RE	Iron	12.30 mg	2.93%	Calories from Sat Fat
Sat Fat	1.29 g	Carbs	79.94 g	Vitamin A	18397.2 IU	Water <sup>1</sup>	*1103.2 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	19.44 g	Vitamin C	108.0 mg	Ash <sup>1</sup>	*15.92* g	80.51%	Calories from Carbs
								14.64%	Calories from Protein

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# Orfalea Foundation- SFI

## 000120 - School Food Mashed Potatoes :

HACCP Process: #2 Same Day Service

Number of Portions: 45

Size of Portions: 1/2 cup

011352 POTATO,FLESH & SKN,RAW.....	10 lbs
001145 BUTTER,WITHOUT SALT.....	6 ozs
001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR ..	3 cups
002047 SALT.....	1 1/2 Tbsp
002030 PEPPER.....	1/2 Tbsp

1. Wash the potatoes well, using a brush, if necessary to remove all dirt.
2. Halve or quarter the potatoes depending on the size; the pieces need to be of uniform size to cook evenly. Store in cold water until ready to cook so they do not turn brown.
3. Cooking methods:  
**Boiling** method: Place potatoes in a large pot or steam jacket and cover with cold water. Bring to a boil and reduce heat to a low boil and cook until tender but not falling apart, approximately 30 minutes\* once they have begun to boil. Drain well.  
**Steaming** method: Steam the potatoes for 30-35 minutes until tender but not falling apart.
- \*Note that cooking times will vary depending on volume.
4. While potatoes are cooking, heat the milk with the butter, salt, and pepper, do **not** boil.
5. Place the cooked potatoes into the bowl of a hobart mixer and using the paddle attachment, start mixing on the lowest speed just until the potatoes are crushed.
6. Add the liquid in batches, mixing well on medium speed to combine and achieve consistency.
7. Scoop mashed potatoes into full sized 4-inch pan(s).

Serve immediately, hold or chill according to HACCP SOP

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

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# Orfalea Foundation- SFI

**EQUIPMENT:**

- 2-full size 4 inch hotel pans**
- 1-Vegetable brush (if needed)**
- 1-Colander**
- 1-Chef's knife or mechanized cutting tool (Sunkist sectionizer)**
- 1-Cutting board and non-slip mat (if cutting manually)**
- 1-Cambro container, 22 quart**
- 1-Steamer or stockpot for cooking on stovetop**
- 4-Perforated full size 2-inch hotel pan (if using the steamer)**
- 1-Liquid measuring cup, half gallon**
- 1-Dry measuring cup**
- 1-Measuring spoons, full set**
- 1-Rubber spatula**
- 1-Scale**
- 1-Standing mixer (Hobart) and paddle**
- Slotted spoon**
- 1-2 quart capacity saucepot for heating milk**

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

Calories	110 kcal	Cholesterol	8 mg	Protein	2.63 g	Calcium	33.39 mg	25.85%	Calories from Total Fat
Total Fat	3.17 g	Sodium	249 mg	Vitamin A	38.5 RE	Iron	0.80 mg	16.12%	Calories from Sat Fat
Sat Fat	1.98 g	Carbs	18.47 g	Vitamin A	130.2 IU	Water <sup>1</sup>	95.50 g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	D. Fiber	2.24 g	Vitamin C	19.9 mg	Ash <sup>1</sup>	1.82 g	66.88%	Calories from Carbs
								9.51%	Calories from Protein

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# Orfalea Foundation- SFI

**000125 - School Food Oatmeal :**

HACCP Process: #2 Same Day Service

Number of Portions: 30

Size of Portions: 1/2 Cup

014429 WATER, TAP, MUNICIPAL.....	1 1/4 gals
002047 SALT.....	1/2 tsp
020038 OATS, Rolled, Old-Fashioned..	2 qts + 2 cups

1. Bring water to a boil. Add salt.
2. Stir in oats and turn down to a simmer.
3. Simmer until tender, about 10-12 minutes.

Optional seasonings

- A. Ground cinnamon (1 tsp)
- B. Maple Syrup (2 T.)
- C. Dried fruit (3.75 Cups-fulfills 1/4 Cup fruit requirement) Increase water by 1 Cup.

4. Serve immediately or hold according to HACCP SOP

Optional garnishes:

- Dried fruit (chopped apricots, raisins, cranberries)
- Milk
- Dried, unsweetened coconut flakes

**CCP:** Hold at 135° F or higher.

**EQUIPMENT:**

- 1-3 quart cambro**
- 1-Metal kitchen spoon**
- 1-Small stockpot**
- 1-Measuring spoons, full set**

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

Calories	202 kcal	Cholesterol	0 mg	Protein	8.78 g	Calcium	32.84 mg	15.96%	Calories from Total Fat
Total Fat	3.59 g	Sodium	45 mg	Vitamin A	0.0 RE	Iron	2.45 mg	2.82%	Calories from Sat Fat
Sat Fat	0.63 g	Carbs	34.46 g	Vitamin A	0.0 IU	Water <sup>1</sup>	162.12 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	D. Fiber	5.51 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	1.15 g	68.14%	Calories from Carbs
								17.37%	Calories from Protein

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# Orfalea Foundation- SFI

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# Orfalea Foundation- SFI

**000126 - School Food Oven Baked Eggs : Breakfast**

HACCP Process: #2 Same Day Service

Number of Portions: 72

Size of Portions: Oz.

050385 OIL, VEGETABLE.....	1 Tbsp
001123 EGG,WHOLE,RAW,FRESH.....	4 lbs
001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR ..	4 FL OZ
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1 tsp
001017 CHEESE,CREAM.....	4 ozs

Pre-heat convection oven to 250° F. (300° F. for conventional oven)

1. Oil hotel pan, alternatively use pan spray.
2. Whisk or stir eggs, milk, salt and pepper together in the hotel pan. Add cream cheese (in small pieces).
3. Bake in pre-heated oven for up to 30 minutes, stirring every 5-8 minutes until the eggs are firm.and no visible liquid remains. If not serving immediately, hold or chill according to HAACP SOP

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

**EQUIPMENT:**

- 1-2 inch hotel pan, full-sized**
- 1-Measuring spoons, full set**
- 1-Metal kitchen spoon or whisk**
- 2-Liquid measuring cup, cup and quart**

\*Nutrients are based upon 1 Portion Size (Oz.)

Calories	44 kcal	Cholesterol	96 mg	Protein	3.32 g	Calcium	17.92 mg	64.34%	Calories from Total Fat
Total Fat	3.13 g	Sodium	140 mg	Vitamin A	55.2 RE	Iron	0.45 mg	23.05%	Calories from Sat Fat

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# Orfalea Foundation- SFI

Sat Fat	1.12 g	Carbs	0.35 g	Vitamin A	160.9 IU	Water <sup>1</sup>	*21.60* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.01 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	*0.55* g	3.19%	Calories from Carbs
								30.35%	Calories from Protein

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# Orfalea Foundation- SFI

**000124 - School Food Peabody Smoothie :**

HACCP Process: #1 No Cook

Number of Portions: 32

Size of Portions: 6 Oz..

009318 STRAWBERRIES,FRZ,UNSWTND.....	2 QTS (unthawed)
001116 YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 O.....	2 qts + 1 cup
050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURI..	1 cup
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT .....	1 qt + 2 cups
014429 WATER, TAP, MUNICIPAL.....	1/2 cup
902479 WATER, TAP, MUNICIPAL, ICE CUBES.....	1 lb + 4 ozs

1. Place all ingredients in a 22- quart container and blend with immersion blender until smooth. Scrape down sides of container as needed.

(Orange juice is thawed, undiluted concentrate)

**EQUIPMENT:**

**1-22 quart container**

**1-4 quart container**

**1-Scale**

**2-Liquid measuring cups, gallon, pint (based on volume)**

**1-Rubber spatula**

**1-Immersion blender**

\*Nutrients are based upon 1 Portion Size (6 Oz..)

Calories	*76*	kcal	Cholesterol	*11*	mg	Protein	*4.04*	g	Calcium	*143.29*	mg	*31.77%*	Calories from Total Fat
Total Fat	*2.70*	g	Sodium	*51*	mg	Vitamin A	*27.8*	RE	Iron	*0.33*	mg	*20.21%*	Calories from Sat Fat
Sat Fat	*1.72*	g	Carbs	*9.57*	g	Vitamin A	*113.3*	IU	Water <sup>1</sup>	*136.02*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	D. Fiber	*0.79*	g	Vitamin C	*18.7*	mg	Ash <sup>1</sup>	*0.96*	g	*50.10%*	Calories from Carbs
												*21.13%*	Calories from Protein

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# Orfalea Foundation- SFI

**000124 - School Food Peabody Smoothie :**

HACCP Process: #1 No Cook

Number of Portions: 32

Size of Portions: 6 Oz..

009318 STRAWBERRIES,FRZ,UNSWTND.....	2 QTS (unthawed)
001116 YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 O.....	2 qts + 1 cup
050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURI..	1 cup
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT .....	1 qt + 2 cups
014429 WATER, TAP, MUNICIPAL.....	1/2 cup
902479 WATER, TAP, MUNICIPAL, ICE CUBES.....	1 lb + 4 ozs

1. Place all ingredients in a 22- quart container and blend with immersion blender until smooth. Scrape down sides of container as needed.

(Orange juice is thawed, undiluted concentrate)

**EQUIPMENT:**

**1-22 quart container**

**1-4 quart container**

**1-Scale**

**2-Liquid measuring cups, gallon, pint (based on volume)**

**1-Rubber spatula**

**1-Immersion blender**

\*Nutrients are based upon 1 Portion Size (6 Oz..)

Calories	*76*	kcal	Cholesterol	*11*	mg	Protein	*4.04*	g	Calcium	*143.29*	mg	*31.77%*	Calories from Total Fat
Total Fat	*2.70*	g	Sodium	*51*	mg	Vitamin A	*27.8*	RE	Iron	*0.33*	mg	*20.21%*	Calories from Sat Fat
Sat Fat	*1.72*	g	Carbs	*9.57*	g	Vitamin A	*113.3*	IU	Water <sup>1</sup>	*136.02*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	D. Fiber	*0.79*	g	Vitamin C	*18.7*	mg	Ash <sup>1</sup>	*0.96*	g	*50.10%*	Calories from Carbs
												*21.13%*	Calories from Protein

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# Orfalea Foundation- SFI

## 000115 - School Food Pinto Beans :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 24

Size of Portions: Cup

016042 BEANS,PINTO,MATURE SEEDS,RAW..	3 lbs
011282 ONIONS,RAW.....	2 CUPS (chopped)
011215 GARLIC,RAW.....	1/4 cup
002004 SPICES,BAY LEAF.....	1 LEAF(s)
002047 SALT.....	1 Tbsp
002030 PEPPER.....	2 tsp

Prepare the day before:

Sort beans and remove any pebbles and rinse well. Soak beans with enough water to cover by 4 inches, cover and store under refrigeration overnight.

Mince garlic

1. Drain the soaking water. Rinse the beans and put in a large pot.
2. Add enough water to cover the beans by several inches, cover and bring to a boil. Add the minced garlic, chopped onions and bay leaf(ves) (optional)
3. When the beans come to a boil, reduce heat to medium and cook uncovered until beans are tender. Skim the foam that rises to the top.
4. Add more water as needed.
5. After 30 minutes of cooking, season with salt and pepper.
6. Remove bay leaf. Serve immediately or hold according to HAACP SOP. If cooking for next day service, chill according to HAACP SOP and store beans in enough cooking liquid to cover.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**CCP:** Hold for hot service at 135° F or higher

# Orfalea Foundation- SFI

**EQUIPMENT:**

- 1-Liquid measuring cups, quart
- 1-Container for collecting produce
- 1-Chef's knife, cutting board and non-slip mat
- 1-Stockpot
- 1-Metal kitchen spoon
- 1-Colander

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

Calories	205 kcal	Cholesterol	0 mg	Protein	12.40 g	Calcium	70.74 mg	3.19%	Calories from Total Fat
Total Fat	0.72 g	Sodium	302 mg	Vitamin A	0.1 RE	Iron	2.95 mg	0.63%	Calories from Sat Fat
Sat Fat	0.14 g	Carbs	37.30 g	Vitamin A	1.9 IU	Water <sup>1</sup>	19.16 g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	D. Fiber	9.09 g	Vitamin C	5.0 mg	Ash <sup>1</sup>	2.80 g	72.90%	Calories from Carbs
								24.24%	Calories from Protein

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# Orfalea Foundation- SFI

**000111 - School Food Pizza Sauce :**

HACCP Process: #1 No Cook

Number of Portions: 20

Size of Portions: quarts

050385 OIL, VEGETABLE.....	1 cup
011549 TOMATO PRODUCTS,CND,SAU.....	2 #10 Can
902447 TOMATO PASTE, CANNED, WITHOUT SALT ADDED..	2 # 10 Can
011215 GARLIC,RAW.....	1 cup
001032 CHEESE,PARMESAN,GRATED.....	1 cup
002029 PARSLEY,DRIED.....	1/2 cup
902219 THYME LEAF,DRIED.....	1/2 CUP (leaves)
901563 OREGANO LEAVES,DRIED.....	1/2 CUP (leaves)
002003 BASIL, DRY.....	1/2 CUP (leaves)
002047 SALT.....	1/2 cup
002030 PEPPER.....	1/4 cup
014429 WATER, TAP, MUNICIPAL.....	1 1/2 gals

1. Combine all ingredients in appropriately sized cambro.

Spices and seasonings can be pre-measured ahead of time into kits

2. Puree using an immersion blender.

**EQUIPMENT:**

**1-Cambro container, 20 qt (or smaller for smaller volume)**

**1-Lid for cambro container**

**1-Immersion blender**

**1-Liquid measuring cups: quart**

**1-Dry measuring cups, full set**

**1-Rubber spatula**

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

Calories	471 kcal	Cholesterol	4 mg	Protein	20.64 g	Calcium	302.93 mg	*27.92%*	Calories from Total Fat
Total Fat	*14.62* g	Sodium	4801 mg	Vitamin A	1298.0 RE	Iron	15.65 mg	*5.76%*	Calories from Sat Fat
Sat Fat	*3.01* g	Carbs	*80.42* g	Vitamin A	6297.8 IU	Water <sup>1</sup>	*563.44* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	*18.93* g	Vitamin C	94.1 mg	Ash <sup>1</sup>	*14.56* g	*68.29%*	Calories from Carbs
								17.53%	Calories from Protein

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# Orfalea Foundation- SFI

**000138 - School Food Ranch Dressing :**

HACCP Process: #1 No Cook

Number of Portions: 128

Size of Portions: FL OZ

001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT..	2 qts
902480 MAYONNAISE, REAL, WHOLE EGG.....	2 qts
002020 GARLIC POWDER.....	1/2 tsp
002026 ONION POWDER.....	3 Tbsp
002029 PARSLEY, DRIED.....	3 Tbsp
011615 CHIVES, FREEZE-DRIED.....	3 Tbsp
002047 SALT.....	2 tsp
002030 PEPPER.....	1 tsp

1. Combine all ingredients in a cambro container and blend with immersion blender.

Dry ingredients can be pre-measured into kits ahead of time.

**EQUIPMENT:**

- 1- Cambro container in appropriate size for blending**
- 1- Cambro lid**
- 1- Immersion blender**
- 1- Liquid measuring cups**
- 1- Dry measuring cups, full set**
- 1- Measuring spoons, full set**
- 1- Rubber spatula**

\*Nutrients are based upon 1 Portion Size (FL OZ)

Calories	100 kcal	Cholesterol	6 mg	Protein	*0.54* g	Calcium	18.93 mg	94.38%	Calories from Total Fat
Total Fat	10.50 g	Sodium	146 mg	Vitamin A	2.4 RE	Iron	0.03 mg	14.73%	Calories from Sat Fat
Sat Fat	1.64 g	Carbs	0.90 g	Vitamin A	11.2 IU	Water <sup>1</sup>	*13.82* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.04 g	Vitamin C	0.3 mg	Ash <sup>1</sup>	*0.24* g	3.60%	Calories from Carbs
								*2.15%*	Calories from Protein

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# Orfalea Foundation- SFI

## 000016 - School Food Roasted Squash :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 28

Size of Portions: 1/2 cup

902145 SQUASH,WNTR,BUTTRNUT,RAW.....	5 lbs
016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU)...	3/4 cup
014429 WATER, TAP, MUNICIPAL.....	3/4 cup
004058 OIL,SESAME,SALAD OR COOKING.....	2 Tbsp
902401 PEPPER, crushed red.....	3/4 tsp

Pre-heat convection oven to 350° F. (400° F. for conventional oven.)

1. Peel squash and cut into 3/4 inch dice
3. Whisk together soy sauce, water, sesame oil and red pepper flakes
4. Toss squash in soy mixture and spread out in a single layer in the hotel pans. Do not overcrowd the pans
5. Roast squash in pre-heated oven until tender and marinade reduces to a glaze-like consistency. Start checking for doneness after about 30 minutes.

Serve immediately or hold according to HAACP SOP  
If serving as a cold item, chill according to HAACP SOP

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

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

### EQUIPMENT:

- 1-Cut gloves
- 1-Cutting board and non-slip slip mat
- 1-Chef's knives
- 1-Liquid measuring cup-pint
- 2-Full sized 2-inch hotel pans
- 1-Whisk
- 1-Measuring spoons, full set
- 1-Large bowl
- 1-Liquid measuring cup, cup

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

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# Orfalea Foundation- SFI

Calories	40 kcal	Cholesterol	0 mg	Protein	1.13 g	Calcium	24.10 mg	24.60%	Calories from Total Fat
Total Fat	1.09 g	Sodium	231 mg	Vitamin A	330.8 RE	Iron	0.61 mg	3.66%	Calories from Sat Fat
Sat Fat	0.16 g	Carbs	7.57 g	Vitamin A	1126.9 IU	Water <sup>1</sup>	83.91 g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	D. Fiber	1.28 g	Vitamin C	10.0 mg	Ash <sup>1</sup>	1.51 g	75.85%	Calories from Carbs
								11.31%	Calories from Protein

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# Orfalea Foundation- SFI

## 000105 - School Food Roasted Carrots :

HACCP Process: #2 Same Day Service

Number of Portions: 32

Size of Portions: 1/2 cup portion

011124 CARROTS,RAW.....	8 LBS (a/p)
050385 OIL, VEGETABLE.....	1/4 cup
799906 THYME LEAF,DRIED..	2 TSP (leaves)
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1/2 Tbsp

Wash and trim carrots. Peel as needed.

Pre-heat convection oven to 350°F (400°F for conventional oven)

1. Cut carrots into 1 inch chunks or into 1/4 inch coins, using mechanized cutting equipment for high volume quantities
2. In a large bowl or hotel pan, toss carrots with oil, thyme, salt and pepper.
3. Spread carrots on lined sheet trays in a single layer. Do not overcrowd.

If doing smaller batches, toss carrots, oil, thyme, salt and pepper directly on parchment paper lined sheet pans and spread into a single layer.

4. Roast in preheated oven. Check carrots after 25 minutes. Continue roasting for 5-10 minutes if necessary, until carrots are slightly caramelized and tender. Serve hot or chill to serve on salad bar according to HACCP SOP.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

### EQUIPMENT:

**1-Chef's knife, cutting board and slip mat**

**OR mechanized cutting equipment if producing in volume (Hobart/Robot-coupe)**

**1-Peeler (optional)**

**1-Liquid measuring cups**

**1-Mixing bowl or 600 hotel pan**

\*Nutrients are based upon 1 Portion Size (1/2 cup portion)

Calories	48 kcal	Cholesterol	0 mg	Protein	0.75 g	Calcium	27.96 mg	35.64%	Calories from Total Fat
Total Fat	1.90 g	Sodium	276 mg	Vitamin A	2233.2 RE	Iron	0.33 mg	5.52%	Calories from Sat Fat

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# Orfalea Foundation- SFI

Sat Fat	0.29 g	Carbs	7.71 g	Vitamin A	13347.3 IU	Water <sup>1</sup>	*70.10* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	2.27 g	Vitamin C	4.7 mg	Ash <sup>1</sup>	*1.35* g	64.21%	Calories from Carbs
								6.28%	Calories from Protein

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# Orfalea Foundation- SFI

**000106 - SchoolFood Roasted Cauliflower :**

HACCP Process: #2 Same Day Service

Number of Portions: 32

Size of Portions: 1/2 cup

011135 CAULIFLOWER,RAW.....	6 head,lrg(6-7"dia)
050384 OIL, VEGETABLE.....	1/4 cup
014429 WATER, TAP, MUNICIPAL..	1/2 cup
002047 SALT.....	1 Tbsp
002030 PEPPER.....	2 tsp

Pre-heat convection oven to 350°F (400°F for conventional oven)

1 Cut cauliflower into 1-inch florets and rinse thoroughly under running water.

2. Toss cauliflower with oil, water, salt and pepper. Mix thoroughly and spread out on parchment paper lined sheet pans in a single layer. Do not overcrowd. Alternatively for smaller batches, the cauliflower can be tossed directly on the parchment paper lined sheet pans with the other ingredients.

3. Roast in the pre-heated oven. After 20 minutes, gently use a metal spatula to loosen florets from the sheet pans. Continue roasting until tender and lightly caramelized, about 15-20 minutes

4. Serve hot with a #8 spoodle for a 1/2 cup serving, or cool according to HACCP SOP to serve on the salad bar.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**CCP:** Hold at 135° F or higher.

**EQUIPMENT**

- 1-Chef's knife**
- 1-Cutting board and non-slip mat**
- 1-Liquid measuring cup**
- 1-Measuring spoons**
- 1-Mixing bowl or hotel pan**
- 2-Sheet pans**
- 2-Sheets parchment paper**

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

Calories	55 kcal	Cholesterol	0 mg	Protein	3.04 g	Calcium	35.49 mg	35.31%	Calories from Total Fat
Total Fat	2.15 g	Sodium	268 mg	Vitamin A	3.2 RE	Iron	0.68 mg	5.96%	Calories from Sat Fat
Sat Fat	0.36 g	Carbs	7.91 g	Vitamin A	0.7 IU	Water <sup>1</sup>	*148.73* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	3.18 g	Vitamin C	75.9 mg	Ash <sup>1</sup>	*1.78* g	57.80%	Calories from Carbs

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# Orfalea Foundation- SFI

	22.19% Calories from Protein
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# Orfalea Foundation- SFI

## 000203 - School Food Roasted Pork :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 10

Size of Portions: Lbs

Alternate Recipe Name:

BRT Roast for Demo

010187 PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIB..	12 lbs + 8 ozs
002030 PEPPER.....	1 tsp
014429 WATER, TAP, MUNICIPAL.....	3 cups

Defrost frozen roasts under refrigeration for 2-3 days .

Pre-heat convection oven to 400° F. (450° for conventional oven)

1. Season pork with pepper.
2. Move roast(s) in front of oven on cart and pour water into roasting pan. Roast pork in pre-heated oven for 20-30 minutes until outside is nicely browned and seared.
3. Reduce oven temperature to 325°F in convection oven (375°F if in conventional oven) . Cover the roast with foil if it starts to brown too quickly. Cook until pork reaches internal temperature of 145°F for 4 minutes according to HACCP SOP.
4. If serving immediately, let pork rest for 10-15 minutes and slice and serve or hold according to HACCP SOP. If cooking for next day service, cut roasts into 5# pieces and chill according to HACCP SOP

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold for hot service at 135° F or higher

### EQUIPMENT:

- 1-Paring knife
- 1-Full size 2 inch hotel pan(s) for roasting
- Gloves
- 1-Thermometer
- Alcohol wipes
- 1-Timer
- Aluminum foil

### For Cooling:

- 1-Pair of tongs
- 1-Chef's knife, cutting board and non-slip mat
- 1-Chilled hotel pan(s) and lid(s)

# Orfalea Foundation- SFI

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

Calories	1225 kcal	Cholesterol	380 mg	Protein	107.47 g	Calcium	110.81 mg	62.27%	Calories from Total Fat
Total Fat	84.77 g	Sodium	314 mg	Vitamin A	11.4 RE	Iron	4.90 mg	21.99%	Calories from Sat Fat
Sat Fat	29.94 g	Carbs	0.14 g	Vitamin A	40.9 IU	Water <sup>1</sup>	440.23 g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	D. Fiber	0.05 g	Vitamin C	2.8 mg	Ash <sup>1</sup>	5.41 g	0.04%	Calories from Carbs
								35.08%	Calories from Protein

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# Orfalea Foundation- SFI

**000198 - School Food Roasted Potatoes :**

HACCP Process: #3 Complex Food Preparation

Number of Portions: 50

Size of Portions: 1/2 Cup

011352 POTATO,FLESH & SKN,RAW..	12 lbs + 8 ozs
002063 ROSEMARY,FRESH.....	1/4 cup
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1/2 TBSP (ground)
050385 OIL, VEGETABLE.....	1/4 cup

Preheat convection oven to 350° F. (400° F. for conventional oven).

1. Wash and wedge potatoes using Sunkist sectionizer. If not cooking immediately store covered in water, refrigerated to prevent browning for up to 3 days.
  2. In a large mixing bowl, toss potatoes, oil, rosemary, salt and pepper and mix thoroughly
  3. Spread potatoes on parchment paper lined sheet pans in a single layer. Do not overcrowd
  4. Roast in oven until lightly browned and tender, about 25-30 minutes. Rotate the sheet pans halfway through roasting if potatoes are browning unevenly.
- Note: Sweet potatoes can be substituted for red / gold thin skinned potatoes. Omit the fresh rosemary and substitute 2 T. of dried thyme.

**EQUIPMENT:**

- Sunkist sectionizer with 8-cut blade or
- 1-Cutting board, non-slip mat and chef's knife
- Scale-22 lbs capacity
- 1-Measuring spoons, full set
- 1-Large metal bowl or 600 hotel pan
- 1-Drymeasuring cups, full set
- Sheet pan(s)
- Parchment paper

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

Calories	97 kcal	Cholesterol	0 mg	Protein	2.30 g	Calcium	14.43 mg	11.12%	Calories from Total Fat
Total Fat	1.20 g	Sodium	148 mg	Vitamin A	0.4 RE	Iron	0.90 mg	1.85%	Calories from Sat Fat
Sat Fat	0.20 g	Carbs	19.88 g	Vitamin A	6.6 IU	Water <sup>1</sup>	*90.07* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	2.53 g	Vitamin C	22.4 mg	Ash <sup>1</sup>	*1.60* g	81.74%	Calories from Carbs
								9.46%	Calories from Protein

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# Orfalea Foundation- SFI

**000170 - School Food Roasted Turkey :**

HACCP Process: #3 Complex Food Preparation

Number of Portions: 520

Size of Portions: OZ

050385 OIL, VEGETABLE.....	2 Tbsp
002030 PEPPER.....	1 TBSP (ground)
011215 GARLIC,RAW.....	2 Tbsp
011282 ONIONS,RAW.....	1 qt + 2 CUPS (chopped)
011143 CELERY,RAW.....	1 QT (chopped)
011124 CARROTS,RAW.....	2 CUPS (chopped)
799906 THYME LEAF,DRIED.....	1/2 TSP (leaves)
005295 TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEA..	44 lbs
014429 WATER, TAP, MUNICIPAL.....	2 qts

Defrost turkey roasts under refrigeration for 2-3 days.

Pre-heat convection oven to 425° F. (475° F. for conventional oven)

1. Mince garlic. Season onions, celery, carrots and garlic with oil, 1 tsp. black pepper, and dried thyme (optional) and place in bottom of hotel / roasting pan.

2. Season the turkey with the remaining 2 tsps of black pepper.

3. To avoid spilling, transfer roasting pans to a cart and pour water into the pan in front of the oven immediately before placing in pre-heated oven.

4. Roast uncovered for 18-20 until browned.

5. Turn oven down to 350° and continue roasting until internal temperature reaches 165° F, approximately 1 1/2 to 2 hours. Cover with foil if turkey begins to brown too much during cooking time.

6. Remove from oven and cover with foil if not yet tented. Let rest for 15 minutes and slice if serving immediately, hold or chill according to HACCP SOP.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

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

**CCP:** Hold at 135° F or higher.

Note: If making gravy, reserve drippings and vegetables separately. Discard any burnt vegetables.

# Orfalea Foundation- SFI

**EQUIPMENT:**

**1-Roasting pan(s) or 1 6-inch full sized hotel pan(s) per two turkey breasts**

**1-Liquid Measuring Cup, quart**

**1-Timer**

**1-Meat thermometer**

**1-Sheet of aluminum foil**

**If cooling:**

**Hotel pan(s), preferably chilled**

**If serving immediately or holding:**

**1-Each cutting board, slip mat and knife**

**Serving / holding container(s)**

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

Calories	48 kcal	Cholesterol	20 mg	Protein	6.79 g	Calcium	1.53 mg	17.03%	Calories from Total Fat
Total Fat	0.90 g	Sodium	261 mg	Vitamin A	14.0 RE	Iron	0.82 mg	5.47%	Calories from Sat Fat
Sat Fat	0.29 g	Carbs	2.72 g	Vitamin A	86.4 IU	Water <sup>1</sup>	*33.50* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.06 g	Vitamin C	0.2 mg	Ash <sup>1</sup>	*1.33* g	22.82%	Calories from Carbs
								56.97%	Calories from Protein

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<sup>1</sup> - denotes optional nutrient values



# Orfalea Foundation- SFI

**000175 - School Food Roasted Zucchini :**

HACCP Process: #2 Same Day Service

Number of Portions: 32

Size of Portions: 1/2 cup

011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..	8 lbs
050385 OIL, VEGETABLE.....	1/4 cup
902401 PEPPER, crushed red.....	1 tsp
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1/2 tsp

Wash and trim zucchini. Cut into 1/4 inch thick half moons.

Pre-heat convection oven to 350° (400° for conventional oven)

1. In a large mixing bowl, toss zucchini with olive oil, red pepper flakes (optional), salt and pepper. Mix ingredients thoroughly. Alternatively, the zucchini can be tossed directly on the parchment paper lined sheet pans.

2. Spread zucchini on parchment paper lined sheet trays in a single layer. Do not overcrowd the sheet pans. Alternatively, for smaller batches the zucchini can be tossed with the other ingredients directly on the paper lined sheet trays.

3. Roast zucchini in preheated oven. Check zucchini after 20 minutes. Continue roasting for 5-10 minutes if necessary until zucchini is slightly caramelized and tender. Serve immediately, hold or chill according to HACCP SOP.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**CCP:** Hold at 135° F or higher.

**EQUIPMENT:**

**2-Parchment lined sheet pans**

**1-Metal spatula**

**1-Large mixing bowl, if using**

**1-Measuring spoons, full set**

**1-Liquid measuring cup, cup**

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

Calories	35 kcal	Cholesterol	0 mg	Protein	1.38 g	Calcium	18.51 mg	54.03%	Calories from Total Fat
Total Fat	2.08 g	Sodium	230 mg	Vitamin A	40.9 RE	Iron	0.43 mg	9.29%	Calories from Sat Fat
Sat Fat	0.36 g	Carbs	3.58 g	Vitamin A	250.0 IU	Water <sup>1</sup>	*107.50* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	1.16 g	Vitamin C	20.3 mg	Ash <sup>1</sup>	*1.23* g	41.39%	Calories from Carbs
								15.98%	Calories from Protein

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# Orfalea Foundation- SFI

**000196 - School Food Southwest Ranch :**

HACCP Process: #1 No Cook

Number of Portions: 34

Size of Portions: Oz.

900001R School Food Ranch Dressing...	2 lbs
114811 CILANTRO.....	1 1/2 cups
799902 CUMIN,GROUND.....	2 Tbsp

1. In a large bowl, combine all three ingredients and whisk together well.

**EQUIPMENT**

**1-large bowl**

**1-whisk**

**1-set of measuring spoons**

**1-liquid measuring cup, quart**

**1-dry measuring cups**

**1-storage container and lid**

\*Nutrients are based upon 1 Portion Size (Oz.)

Calories	38 kcal	Cholesterol	4 mg	Protein	0.61 g	Calcium	42.43 mg	64.46%	Calories from Total Fat
Total Fat	2.74 g	Sodium	100 mg	Vitamin A	2.6 RE	Iron	0.27 mg	12.23%	Calories from Sat Fat
Sat Fat	0.52 g	Carbs	3.12 g	Vitamin A	14.9 IU	Water <sup>1</sup>	*21.30* g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	D. Fiber	0.08 g	Vitamin C	0.3 mg	Ash <sup>1</sup>	*0.58* g	32.62%	Calories from Carbs
								6.40%	Calories from Protein

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# Orfalea Foundation- SFI

**000095 - School Food Spice Mix :**

HACCP Process: #1 No Cook

Number of Portions: 11.5

Size of Portions: Cup

002047 SALT.....	2 cups
002009 CHILI POWDER.....	1 qt
901031 CUMIN,GROUND.....	2 cups
002028 PAPRIKA.....	2 1/2 cups
002031 PEPPER,RED OR CAYENNE..	2 Tbsp
002030 PEPPER.....	1 cup

1. Combine all spices together. Use as a rub for poultry or as a seasoning for taco meat, nacho meat, or enchilada meat.
2. Store in a sealed container at room temperature.

**EQUIPMENT:**

- 1- Dry measuring cups, full set**
- 1- Measuring spoons, full set**
- 1- Metal kitchen spoon**
- 1- Medium mixing bowl**
- 1- Cambro storage container with lid**

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

Calories	276 kcal	Cholesterol	0 mg	Protein	13.17 g	Calcium	408.91 mg	43.66%	Calories from Total Fat
Total Fat	13.41 g	Sodium	20415 mg	Vitamin A	2974.6 RE	Iron	25.03 mg	6.39%	Calories from Sat Fat
Sat Fat	1.96 g	Carbs	47.67 g	Vitamin A	24851.5 IU	Water <sup>1</sup>	9.88 g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	D. Fiber	27.25 g	Vitamin C	2.6 mg	Ash <sup>1</sup>	59.26 g	68.99%	Calories from Carbs
								19.06%	Calories from Protein

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# Orfalea Foundation- SFI

**000141 - School Food SW Lasagna Sauce :**

HACCP Process: #1 No Cook

Number of Portions: 128

Size of Portions: Oz

900073 SAUCE,NESTLE,ORTEGA ENCHILADA SAUCE,RTS...	1 lb + 6 ozs
011547 TOMATO, PUREE, CAN.....	1 #10 Can
901031 CUMIN,GROUND.....	2 Tbsp
002009 CHILI POWDER.....	3/4 cup
901563 OREGANO LEAVES,DRIED.....	2 TSP (leaves)
002026 ONION POWDER.....	2 tsp
002020 GARLIC POWDER.....	1 Tbsp
002047 SALT.....	2 Tbsp
002030 PEPPER.....	2 Tbsp

1. Measure and place all ingredients into a 20 qt cambro container and blend with the immersion blender.

2. Use immediately or store under refrigeration according to HACCP procedures.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**EQUIPMENT:**

- 1-Scale (digital for smaller volume)**
- 1-Dry measuring cups, full set**
- 1-Measuring spoons, full set**
- 1-Rubber Spatula**
- 1-Cambro container, 20 qt (adjust for volume)**
- 1-Immersion blender**

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

Calories	14 kcal	Cholesterol	0 mg	Protein	0.60 g	Calcium	9.59 mg	17.14%	Calories from Total Fat
Total Fat	0.27 g	Sodium	141 mg	Vitamin A	56.9 RE	Iron	0.68 mg	2.62%	Calories from Sat Fat
Sat Fat	0.04 g	Carbs	2.99 g	Vitamin A	351.1 IU	Water <sup>1</sup>	25.05 g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	D. Fiber	0.79 g	Vitamin C	2.9 mg	Ash <sup>1</sup>	0.75 g	83.04%	Calories from Carbs
								16.65%	Calories from Protein

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# Orfalea Foundation- SFI

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# Orfalea Foundation- SFI

## 000158 - School Food SW Lasagna :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 24

Size of Portions: servings

050385 OIL, VEGETABLE.....	1 tsp
050346 CHEESE, CHEDDAR, YELLOW, SHREDDED.....	1 lb + 8 ozs
050512 BEEF, FINE GROUND, CRUMBLES, PAN-BROILED..	1 lb + 8 ozs
000141R School Food SW Lasagna Sauce.....	52 FL OZ
902454 Tortillas, corn, 6 inch.....	32 Each

Preheat convection oven to 325° F. (375° F. for conventional oven)

1. Cut parchment paper into fourths, following the short edge.
2. Oil or pan spray the hotel pan(s), be sure to coat corners and sides well.
3. Line each side of the hotel pan with a strip of cut parchment paper, covering the corners and the bottom by about half inch.
4. Oil/spray the parchment paper.

5. Combine 1 lb of the cheddar cheese (reserve the 1/2 lb for topping) and all of the cooked meat.

Note: 30 oz. of cooked pinto beans can be substituted for the cooked ground beef for a vegetarian option

### 6. Assembly steps:

Layer 1. Cover the bottom of the hotel pan with 10 oz. of sauce and spread evenly

Layer 2. Layer 8 tortillas over the sauce (do not dip or fry)

Layer 3. Add 10 oz. of sauce and spread evenly over tortillas

Layer 4. Add 12 oz. of meat/cheese mixture

Layer 5. Layer 8 tortillas over the sauce

Layer 6. Add 10 oz. of sauce and spread evenly

Layer 7. Add 12 oz. of meat/cheese mixture

Layer 8. Layer 8 tortillas

Layer 9. Add 10 oz. of sauce and spread evenly

Layer 10. Add 16 oz. of meat/cheese mixture

Layer 11. Layer 8 tortillas

Layer 12. Add 12 oz. of sauce and spread evenly

# Orfalea Foundation- SFI

7. Cover with foil or lid
8. Bake ini pre-heated oven for approximately 30 minutes until lasagna reaches 165° F. for fifteen seconds
9. Remove from oven and unwrap. If serving immediately, sprinkle with remaining 8 oz. of shredded cheese and return to oven to melt cheese. If holding for later service, sprinkle with cheese and cover with foil or lid and hold in warmer according to HAACP SOP.
10. If serving immediately, allow lasagna to rest in the warmer covered for 10-15 minutes after cheese has melted before cutting and serving (resting allows the lasagna to firm up and slice cleanly).
11. Cut 6 x 4 for 24 servings

## EQUIPMENT:

**1-4-inch hotel pan**

**1-Hotel pan lid or aluminum foil**

**Gloves**

**1-Rubber Spatula**

**2-Liquid Measuring Cups, quart, pint**

**2-Sheets Parchment Paper**

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

Calories	307 kcal	Cholesterol	55 mg	Protein	*16.21* g	Calcium	284.11 mg	45.58%	Calories from Total Fat
Total Fat	15.52 g	Sodium	508 mg	Vitamin A	180.0 RE	Iron	2.49 mg	22.75%	Calories from Sat Fat
Sat Fat	7.75 g	Carbs	24.16 g	Vitamin A	1044.7 IU	Water <sup>1</sup>	*54.27* g	*0.88%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.30* g	D. Fiber	3.72 g	Vitamin C	6.2 mg	Ash <sup>1</sup>	*1.63* g	31.53%	Calories from Carbs
								*21.16%*	Calories from Protein

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# Orfalea Foundation- SFI

## 000037 - School Food Taco Meat-Beef :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 140

Size of Portions: Oz.

023567 BEEF,GROUND,85% LN MEAT / 15% FAT,RAW..	10 lbs
050385 OIL, VEGETABLE.....	2 Tbsp
011282 ONIONS,RAW.....	3 LBS (chopped)
011215 GARLIC,RAW.....	1/2 cup
000095R School Food Spice Mix.....	1/3 cup

Defrost ground beef under refrigeration for 2 days prior to cooking (ground turkey or pork may be substituted)

Pre-heat convection oven to 350°(400° for conventional oven)

1.Put 10# ground meat into 6-inch full sized hotel pan. Spread out with a metal spatula. You may also cook this on the stove top in a large flat bottomed pan or tilt skillet, depending on the quantity you are preparing. Season with 2 T. of spice rub.

2. Cover and cook in the pre-heated oven and stir occasionally. Cook until meat reaches an internal temperature of 160°F (for beef or pork), 165°F (for turkey) according to HACCP SOP. Drain fat from meat.

3. While browning meat, heat the oil in a separate pan over low-medium heat. Add the onions, garlic (finely minced) and the rest of the spice rub. Sweat until the onions are tender and translucent.

4. Add the vegetables to the drained ground meat. Mix well.

Serve immediately or if not serving immediately, hold or chill according to HACCP SOP.

**Note: Recipe Uses-** This recipe can be used in Nachos, Taco Salad, Burritos, and Frittatas.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**CCP:** Hold at 135° F or higher.

### EQUIPMENT:

1-6 INCH FULL HOTEL PANS (PER 10# GROUND MEAT)

1-SET MEASURING SPOONS

1-SCALE

1-1-CUP MEASURING CUP

1-METAL SPATULA

1-PERFORATED HOTEL PAN

1-LARGE SAUTE/FRY PAN

1-KITCHEN SPOON

\*Nutrients are based upon 1 Portion Size (Oz.)

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# Orfalea Foundation- SFI

Calories	77 kcal	Cholesterol	22 mg	Protein	6.19 g	Calcium	8.95 mg	59.87%	Calories from Total Fat
Total Fat	5.10 g	Sodium	70 mg	Vitamin A	7.1 RE	Iron	0.77 mg	22.77%	Calories from Sat Fat
Sat Fat	1.94 g	Carbs	1.18 g	Vitamin A	59.3 IU	Water <sup>1</sup>	*30.26* g	*3.56%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.30* g	D. Fiber	0.24 g	Vitamin C	0.9 mg	Ash <sup>1</sup>	*0.48* g	6.17%	Calories from Carbs
								32.31%	Calories from Protein

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# Orfalea Foundation- SFI

## 000112 - School Food Turkey Gravy :

HACCP Process: No HACCP Process

Number of Portions: 128

Size of Portions: Oz.

050385 OIL, VEGETABLE.....	4 ozs
001145 BUTTER,WITHOUT SALT.....	4 ozs
902372 vegetables from roasting turkey.....	8 ozs
050394 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNB...	8 ozs
902373 drippings from roasting turkey.....	9 ozs
014429 WATER, TAP, MUNICIPAL.....	1 gal

1. Heat vegetable oil and butter in pot just until butter has melted.
2. Add vegetables reserved from roasting turkey and heat for 3-5 minutes.
3. Add flour and stir vigorously, being careful not to burn the flour.
  
4. Reduce heat and cook 5-6 minutes until the mixture starts leaving the sides of the pot. DO NOT BURN THE ROUX
  
5. Use all of the drippings and add enough water to equal 1 gallon total.
  
6. Over low to medium heat, bring the sauce to a boil, stirring occasionally. The gravy will NOT thicken if it does not come to a boil. Turn heat down and continue to cook until the gravy coats the back of a metal kitchen spoon.
  
7. Blend with an immersion blender until the vegetables have been incorporated into the gravy. Serve immediately, hold or cool according to HACCP SOP  
**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours  
**CCP:** Hold for hot service at 135° F or higher

# Orfalea Foundation- SFI

**EQUIPMENT:**

- 1 Scale
- 1- Portable burner (use stove if available)
- 1- Stock pot or tilt skillet (if cooking in volume)
- 1-Liquid measuring cups: gallon, quart
- 1-Dry measuring cups, full set
- 1-Measuring spoons, full set
- 1-Whisk
- 1-Metal kitchen spoon or paddle
- 1-Immersion blender
- 1-Serving/cooling container

\*Nutrients are based upon 1 Portion Size (Oz.)

Calories	*21*	kcal	Cholesterol	*2*	mg	Protein	*0.19*	g	Calcium	*1.37*	mg	*70.75%*	Calories from Total Fat
Total Fat	*1.62*	g	Sodium	*1*	mg	Vitamin A	*6.7*	RE	Iron	*0.08*	mg	*25.86%*	Calories from Sat Fat
Sat Fat	*0.59*	g	Carbs	*1.35*	g	Vitamin A	*22.1*	IU	Water <sup>1</sup>	*29.75*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	D. Fiber	*0.05*	g	Vitamin C	*0.0*	mg	Ash <sup>1</sup>	*0.03*	g	*26.22%*	Calories from Carbs
												*3.69%*	Calories from Protein

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# Orfalea Foundation- SFI

## 000178 - School Food Vegetable Frittata : Breakfast

HACCP Process: #3 Complex Food Preparation

Number of Portions: 32

Size of Portions: Servings

050385 OIL, VEGETABLE.....	3 Tbsp
011282 ONIONS,RAW.....	1 qt + 2 CUPS (chopped)
011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW....	2 qts + 2 CUPS (chopped)
001123 EGG,WHOLE,RAW,FRESH.....	2 QUARTS
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1/2 Tbsp
050346 CHEESE, CHEDDAR, YELLOW, SHREDDED..	1 lb

Preheat convection oven to 325° F. (350° for conventional oven.

1. Coat hotel pan well with oil, being sure to get good coverage in the corners.
2. Toss vegetables in the pan with remaining oil, 1 tsp salt and 1/2 tsp of pepper.
3. Roast vegetables for 7-10 minutes.
4. Mix eggs and cheese together in the hotel pan on top of the vegetables and season with remaining salt and pepper. Stir to combine the eggs and the vegetables.
5. Bake in pre-heated oven until frittata reaches an internal temperature of 160° F according to HACCP SOP, approximately 20-25 minutes.
6. Portion 4 X 8 to yield 32 servings and serve immediately according to HAACP SOP. If cooking for next day service, chill according to HAACP SOP

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold for hot service at 135° F or higher

### Notes:

Other vegetables can be substituted and cheese may be omitted.

### EQUIPMENT:

- 1-full size 2 inch hotel pan
- 1-Whisk
- 1-Measuring spoons, full set
- 1- Dry measuring cups, full set

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# Orfalea Foundation- SFI

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Calories	169 kcal	Cholesterol	228 mg	Protein	11.52 g	Calcium	147.68 mg	61.67%	Calories from Total Fat
Total Fat	11.57 g	Sodium	395 mg	Vitamin A	150.7 RE	Iron	1.31 mg	26.72%	Calories from Sat Fat
Sat Fat	5.01 g	Carbs	4.66 g	Vitamin A	529.2 IU	Water <sup>1</sup>	*106.99* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.92 g	Vitamin C	9.2 mg	Ash <sup>1</sup>	*1.51* g	11.05%	Calories from Carbs
								27.28%	Calories from Protein

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