

SNA ANC 2012 Culinary Demonstration

National Food Service Management Institute



is pleased to partner with:

Denver Public Schools Food & Nutrition Service

and

USDA Food & Nutrition Service



and



Featuring:

Chef Adam Fisher

Shirley Delgado and Dennis Ralph
Denver Public Schools Area Supervisors

The National Food Service Management Institute (NFSMI) develops education tools and resources, offers training, and conducts applied research that helps child nutrition professionals build quality programs. **EXPLORE** our website at www.nfsmi.org and **DISCOVER** the wide range of resources that we have to offer at little or no cost to your program.

New NFSMI Resources for 2012

- New Meal Pattern Training
- Nutrition 101: A Taste of Food and Fitness, 2nd Edition



Denver Public Schools Food and Nutrition Service is Colorado Proud!

Last year, DPS purchased over \$304,000 worth of Colorado produce and over \$1500 worth of produce grown in school gardens. Did you know that in the fall of 2011 three farms located on school property had their first crops for purchase?

"From Scratch" Cooked Meals

Our staff is trained in the culinary arts of Baking, Cooking and Cold Food Prep. The kitchen staff bakes bread daily, chops fresh produce for entrees and the salad bar, uses raw low fat ground beef for meat oaf, spaghetti etc.

Lunch is full of Choices!

A vegetarian entrée choice is offered each day along with a hot entrée, a variety of sandwiches and a salad choice. For "selective eaters" we also serve PBJ, yogurt basket with muffin or a cheese sandwich daily. We serve 1% white milk and fat free chocolate and strawberry milk for lunch.



USDA Foods: Healthy Choices for Our Schools

Serving Up Nutritious Options

The USDA Foods program helps improve the nutritional value of school meals by offering more fruits, vegetables, and whole grains than ever before. Not only do these healthy foods taste good, but they are also lower in sugar, salt, and fat and help schools meet the new meal pattern requirements.



Check out the USDA Foods Toolkit:

- SNA ANC 2012 Culinary Demo Recipes
- USDA Foods Video
- USDA Foods Banner Kit
- PowerPoint's, Talking Points & MORE!



Homestyle Meatloaf

YIELD: 50 Servings

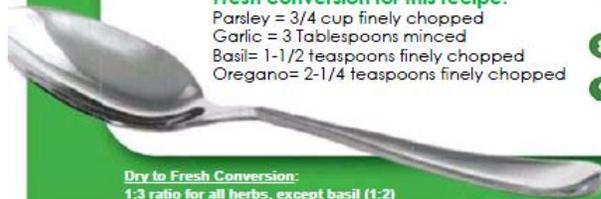
INGREDIENTS:

- 2-2/3 cup Tomato Catsup
- 1 cup Water
- 5 large Eggs
or 1 cup + 2 teaspoons **USDA** Liquid Eggs
- 14.5 ounces **USDA** Oatmeal
- 2.25 ounces **USDA** Nonfat Dry Milk
- 9 ounces Yellow Onions, diced
- 1/4 cup Parsley*
- 1 tablespoon Black Pepper
- 1 tablespoon Garlic Powder*
- 3/4 teaspoon Basil*
- 3/4 teaspoon Oregano, Ground*
- 1 teaspoon Salt
- 4.22 pounds **USDA** Ground Beef, raw
- 4.47 pounds Ground Turkey raw



* **Substitute fresh herbs for dry herbs.**

Fresh conversion for this recipe:
 Parsley = 3/4 cup finely chopped
 Garlic = 3 Tablespoons minced
 Basil = 1-1/2 teaspoons finely chopped
 Oregano = 2-1/4 teaspoons finely chopped



Dry to Fresh Conversion:
 1:3 ratio for all herbs, except basil (1:2)

DIRECTIONS:

- 1 Two Days Before remove meat from freezer, from packaging box, place in a pan, and place on the bottom shelf of the refrigerator to thaw overnight.
- 2 Day of Serving, using mixer with the dough hook attachment, combine catsup (2/3 cup per pan of 50 servings, reserving 2 cups for step 5), water, eggs, oats, and dry milk, blend on low speed for 2 minutes.
- 3 Add meat, onions, parsley, pepper, garlic, basil, oregano and salt. Mix on low speed for 2-3 minutes or until blended. **DO NOT OVER MIX!!!!**
- 4 Place 13 pounds of mixture into a steam table pan.
- 5 Press mixture into steam table pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves
- 6 Before baking, spread 1 cup of catsup over the top of each loaf to retain moisture
- 7 Bake in a 275 degree oven for 1 hour 15 minutes CCP: Heat until internal temperature reaches 165 degrees
- 8 Drain fat from pans. Let meat loaf stand for 20 minutes.
- 9 Portion/Serving: Slice each loaf into 25 slices approximately 3/4" thick. CCP: Hold at 135 degrees or above.



Courtesy of Denver Public Schools Food & Nutrition Service



HEALTHY FOODS

More options for you.
 More choices for them.
www.fns.usda.gov/USDAFoods



For more information about
**Culinary Techniques for
 Healthy School Meals**
 and many other topics, go to:
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Homestyle Meatloaf



NUTRITION INFORMATION

Amount of nutrients contained in 1 serving					
Meal Component: 2 Meat/Meat Alternate					
Serving Size: 3/4" thick slice of meatloaf				% of Calories	
Water (grams):	42.4	Calories	162.43	Protein (grams):	13.4 32.96%
Chol. (mg):	55.7	Sodium (mg)	266.15	Carb. (grams):	10.6 26.09%
Fiber (grams):	1.19	Ash (grams):	0.84	Total Fat (grams):	7 38.79%
Calcium (mg):	35.8	Iron (mg):	1.71	Sat. Fat (grams):	2.52 13.96%
Vitamin C (mg):	2.67	Vitamin A (IU):	220.92	Trans Fat (grams):	0.41
		Vitamin A (RE):	34.76		

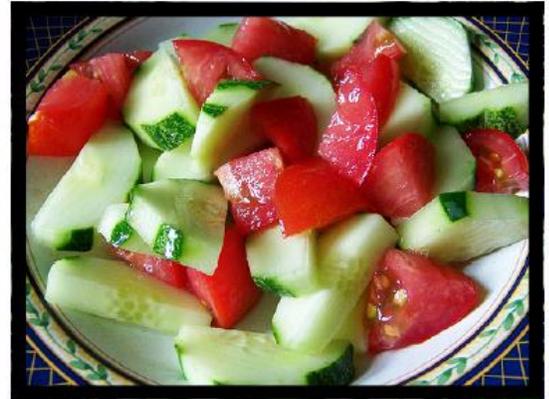
Courtesy of Denver Public Schools Food & Nutrition Service

Tomato & Cucumber Salad

YIELD: 50 Half Cup Servings

INGREDIENTS:

- 4 pounds Cucumbers
- 3 pounds Tomato 5 x 6
- 1 cup Vegetable Oil
- 1 ¼ cup Cider Vinegar
- 2 ½ teaspoons Black Pepper
- 1-7/8 teaspoon Mustard Dry
- 2 ½ teaspoon Garlic Powder *
- 1 ¼ teaspoon Basil *
- 1 ¼ teaspoon Oregano Ground *
- 2 ½ teaspoon Parsley *
- 1 ¼ teaspoon Red Crushed Pepper
- 2 ½ Tablespoon Parmesan Cheese Grated



DIRECTIONS:

One Day Before: Prepare salad dressing

- 2 Day of Serving: Peel, wash and slice cucumbers; put in 4" hotel pan
- 3 Wash and dice tomatoes, combine tomatoes with cucumbers
- 4 Pour Italian dressing over combined cucumber and tomatoes; toss
- 5 CCP: Hold at 41 degrees

* Substitute fresh herbs for dry herbs.

Fresh conversion for this recipe:

Garlic = 3 Tablespoons minced
 Basil = 2-1/2 teaspoons finely chopped
 Oregano = 4 teaspoons finely chopped
 Parsley = 3 Tablespoons finely chopped



Dry to Fresh Conversion:
 1:3 ratio for all herbs, except basil (1:2)



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Tomato & Cucumber Salad



NUTRITION INFORMATION

Amount of nutrients contained in 1 serving					
Meal Component: 1 Vegetable					
Serving Size: 1/2 cup			% of Calories		
Water (grams):	65.81	Calories	54.15	Protein (grams):	0.67 4.91%
Chol. (mg):	0.38	Sodium (mg)	10.77	Carb. (grams):	2.89 21.33%
Fiber (grams):	0.66	Ash (grams):	0.01	Total Fat (grams):	4.73 78.61%
Calcium (mg):	12.92	Iron (mg):	0.29	Sat. Fat (grams):	0.56 9.27%
Vitamin C (mg):	7.14	Vitamin A (IU):	272.40	Trans Fat (grams):	0.00
		Vitamin A (RE):	16.85		

Courtesy of Denver Public Schools Food & Nutrition Service

Pasta & Vegetable Salad

YIELD: 50 Half Cup Servings

INGREDIENTS:

- 1 teaspoon Garlic Granules*
- ½ teaspoon Basil Flakes*
- ½ teaspoon Oregano Flakes*
- 1 teaspoon Parsley Flakes*
- 1 Tablespoon Parmesan Cheese, Grated
- ¼ cup USDA Vegetable Oil
- ½ cup Cider Vinegar
- 1 teaspoon Pepper Black
- ¾ teaspoon Mustard Dry
- ½ teaspoon Pepper Red Crushed
- 2 ½ pounds Broccoli Crowns, Fresh or
- USDA Frozen Broccoli Florets
- 3 pounds Tomato 5x6
- 14 ounces Yellow Onion, Medium
- 7 ½ pounds USDA Whole Grain Pasta
- 1 pound Carrots Shredded

* Substitute fresh herbs for dry herbs.

Fresh conversion for this recipe:

- Garlic = 1 Tablespoon minced
- Basil = 1 teaspoon finely chopped
- Oregano = 1 ½ teaspoons finely chopped
- Parsley = 1 Tablespoon finely chopped



Dry to Fresh Conversion:
1:3 ratio for all herbs, except basil (1:2)

DIRECTIONS:

Day Before

- 1 Cook whole-grain pasta and drain.
 - Steamer - place pasta in 4" pan and cover with water; cook in steamer for 15 minutes; drain; rinse with cool water; drain.
 - Stove Top - Bring water to boil; add pasta; bring water to boil; cook for 15 minutes; drain; rinse with cool water; drain.
- 2 Prepare Italian dressing by whisking together first 10 ingredients. Store in covered container in refrigerator.
- 3 Bring water to a boil in a large pot, following pasta cooking instructions.
- 4 Wash and trim broccoli.
- 5 Place broccoli into boiling water for about 2 minutes.
- 6 Remove and cool rapidly by running under cold water and placing into the refrigerator. CCP: HOLD AT 41 DEGREES OR BELOW



Day of Service

- 1 Wash and dice tomatoes; combine with cooked pasta.
- 2 Peel and thin slice fresh onions; combine with cooked pasta.
- 3 Add shredded carrots to pasta.
- 4 Pour Italian Dressing over all combined ingredients; toss gently to coat all ingredients. CCP: HOLD AT 41 DEGREES OR BELOW.



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Pasta & Vegetable Salad



NUTRITION INFORMATION

Amount of nutrients contained in 1 serving

Meal Component: 1/3 Vegetable, 1/4 Bread/Grain					
Serving Size: 1/2 cup: Using a #8 disher portion into a 4-5 ounce bowl					
					% of Calories
Water (grams):	54.89	Calories	263.72	Protein (grams):	9.47 14.36%
Chol. (mg):	0.15	Sodium (mg)	11.91	Carb. (grams):	50.10 76.08%
Fiber (grams):	8.35	Ash (grams):	0.00	Total Fat (grams):	5.38 18.35%
Calcium (mg):	16.36	Iron (mg):	2.52	Sat. Fat (grams):	0.39 1.33%
Vitamin C (mg):	26.78	Vitamin A (IU):	529.24	Trans Fat (grams):	0.00
		Vitamin A (RE):	27.78		

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