

Tuna Melt

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-01

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		2 each		4 each	1. Place eggs in a stock pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate. When chilled, peel and chop.
Dry mustard		½ tsp		1 tsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	11 oz OR 11 oz	1 ¼ cups 2 Tbsp OR 1 ¼ cups 2 Tbsp	1 lb 5 ½ oz OR 1 lb 5 ½ oz	2 ¾ cups OR 2 ¾ cups	2. In a bowl, combine dry mustard and salad dressing or mayonnaise. Allow to set for 5 minutes.
Canned tuna, water-packed, chunk, drained	1 lb 9 ¼ oz (½ can 66 ½ oz)	3 ½ cups	3 lb 2 ½ oz (1 can 66 ½ oz)	1 qt 3 cups	
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	3. In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery.
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Reduced fat Cheddar cheese, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)	4. Place 12 English muffin halves on each half-sheet pan (13" x 18" x 1"). Spread No. 16 scoop (¼ cup) of tuna salad on each muffin half. Place ½ slice of cheese on top of the tuna salad.
Enriched English muffins (at least 1.8 oz each)		12 each		24 each	
					5. Bake until cheese is melted: Conventional oven: 350° F for 5 minutes Convection oven: 325° F for 5 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 1 muffin half (1 open-faced sandwich).

Tuna Melt

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-01

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	2 oz	4 oz
Celery	10 oz	1 lb 4 oz

SERVING:

1 muffin half (1 open-faced sandwich) provides the equivalent of 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 3 lb 5 ½ oz (filling)
4 lb 9 oz

48 Servings: 6 lb 11 oz (filling)
9 lb 2 oz

VOLUME:

24 Servings: 1 quart 2 ¼ cups (filling)
24 sandwiches

48 Servings: 3 quarts ½ cup (filling)
48 sandwiches

Tested 2004

Special Tip:

Hamburger rolls (at least 1.8 oz each) may be substituted for English muffins.

Nutrients Per Serving

Calories	183	Saturated Fat	2.31 g	Iron	1.37 mg
Protein	14.36 g	Cholesterol	40 mg	Calcium	189 mg
Carbohydrate	16.78 g	Vitamin A	164 IU	Sodium	462 mg
Total Fat	6.20 g	Vitamin C	0.8 mg	Dietary Fiber	1.1 g

Chicken Barbecue Sandwich

Meat-Vegetable-Grains/Breads

Sandwiches

F-02

Ingredients	24 Servings		48 Servings		Directions	
	Weight	Measure	Weight	Measure		
*Fresh celery, ¼" diced	4 oz	1 cup	8 oz	2 cups	1. In a pot, sauté celery and onions in oil until tender, about 5 minutes.	
*Fresh onions, chopped OR Dehydrated onions	4 oz	¾ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup		
Vegetable oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	2. Add tomato sauce, brown sugar, Worcestershire sauce, mustard, vinegar, and garlic salt to the vegetables. Bring to a boil over medium heat. Reduce heat and simmer, uncovered for 15 minutes.	
Canned tomato sauce	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups		
Brown sugar, packed		2 Tbsp		¼ cup		
Worcestershire sauce		1 ½ tsp		1 Tbsp		
Prepared yellow mustard		1 Tbsp		2 Tbsp		
White vinegar		¼ cup 2 Tbsp		¾ cup		
Garlic salt		1 tsp		2 tsp		
*Cooked chicken or turkey, chopped	2 lb 8 oz		4 lb 12 oz			3. Add chicken or turkey and stir to blend. Simmer for 30 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Enriched hamburger rolls (at least 1.8 oz each)		12 each		24 each		4. CCP: Hold for hot service at 135° F or higher. Using a No. 8 scoop (1/2 cup), portion chicken or turkey mixture on bottom half of hamburger roll. Cover with top half of roll. Cut each sandwich in half. Portion is ½ sandwich.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

Chicken Barbecue Sandwich

Meat-Vegetable-Grains/Breads

Sandwiches

F-02

Chicken, whole, without neck and giblets	7 lb	13 lb 4 oz
OR	OR	OR
Turkey, whole, without neck and giblets	5 lb 6 oz	10 lb 2 oz

SERVING:

½ sandwich provides 1 ½ oz of cooked poultry, ¼ cup of vegetable, and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 3 lb 13 oz (filling)
48 Servings: 7 lb 10 oz (filling)

VOLUME:

24 Servings: 3 quarts (filling)
48 Servings: 1 gallon 2 quarts (filling)

Edited 2004

Nutrients Per Serving

Calories	171	Saturated Fat	1.32 g	Iron	1.53 mg
Protein	15.28 g	Cholesterol	40 mg	Calcium	45 mg
Carbohydrate	14.99 g	Vitamin A	331 IU	Sodium	433 mg
Total Fat	5.38 g	Vitamin C	4.5 mg	Dietary Fiber	1.1 g

Grilled Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-03

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 cup		2 cups	1. In a bowl, whisk together milk, orange juice, eggs, sugar, salt, and vanilla. Whisk until smooth.
Frozen orange juice concentrate, thawed		3 Tbsp		¼ cup 2 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	2. Place 2 oz (2 slices) of turkey ham on a slice of bread. For 24 servings, use 12 slices of bread. For 48 servings, use 24 slices of bread.
		OR 9 each		OR 18 each	
Sugar		3 Tbsp		¼ cup 2 Tbsp	3. Cover each with a second bread slice.
Salt		½ tsp		1 tsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	4. Dip sandwiches in orange juice mixture to coat both sides.
Turkey ham slices, 1 oz slices	1 lb 8 oz	24 slices (1 oz each)	3 lb	48 slices (1 oz each)	
*Enriched wheat bread slices (at least 0.9 oz each)		24 slices		48 slices	5. Place 6 sandwiches on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings use 4 pans.
					6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher.
					Cut each sandwich in half. Portion is ½ sandwich.

Grilled Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-03

SERVING:

½ sandwich provides 1 ¼ oz of cooked lean meat and 1 slice of bread.

YIELD:

24 Servings: 3 lb 10 oz

48 Servings: 7 lb 4 oz

VOLUME:

24 Servings: 24 half sandwiches

48 Servings: 48 half sandwiches

Edited 2004

Nutrients Per Serving

Calories	168	Saturated Fat	1.36 g	Iron	1.56 mg
Protein	10.13 g	Cholesterol	99 mg	Calcium	40 mg
Carbohydrate	20.91 g	Vitamin A	162 IU	Sodium	480 mg
Total Fat	4.69 g	Vitamin C	3.2 mg	Dietary Fiber	1.2 g

Banana-Peanut Butter Sandwich

Meat Alternate-Fruit-Grains/Breads

Sandwiches

F-03A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 cup		2 cups	1. In a bowl, whisk together milk, orange juice concentrate, eggs, sugar, salt, and vanilla. Whisk until smooth.
Frozen orange juice concentrate, thawed		3 Tbsp		¼ cup 2 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	2. In a mixing bowl, combine honey and peanut butter. Mix until smooth. Peel bananas. Slice peeled bananas in half lengthwise and crosswise. Place 2 pieces of banana (½ banana) and ½ oz (1 Tbsp) of peanut butter on each slice of bread.
		OR 9 each		OR 18 each	
Sugar		3 Tbsp		¼ cup 2 Tbsp	3. Dip sandwiches in orange juice mixture to coat both sides.
Salt		½ tsp		1 tsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	4. Place 6 sandwiches on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
Honey		2 ¾ tsp	2 oz	2 Tbsp 2 ½ tsp	
Peanut butter	12 oz		1 lb 8 oz		5. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
* Fresh bananas 100-120 count	2 lb 4 oz	6 bananas	4 lb 8 oz	12 bananas	
* Enriched wheat bread slices (at least 0.9 oz each)		24 slices		48 slices	

Banana-Peanut Butter Sandwich

Meat Alternate-Fruit-Grains/Breads

Sandwiches

F-03A

6. Cut each sandwich in half.

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

Portion is ½ sandwich.

SERVING:

½ sandwich provides the equivalent of 1 oz of cooked lean meat, ¼ cup of fruit, and 1 slice of bread.

YIELD:

24 Servings: 24 half sandwiches

48 Servings: 48 half sandwiches

VOLUME:

24 Servings: 24 half sandwiches

48 Servings: 48 half sandwiches

Edited 2004

Nutrients Per Serving

Calories	249	Saturated Fat	2.47 g	Iron	1.61 mg
Protein	9.35 g	Cholesterol	81 mg	Calcium	45 mg
Carbohydrate	30.40 g	Vitamin A	169 IU	Sodium	292 mg
Total Fat	10.93 g	Vitamin C	5.7 mg	Dietary Fiber	2.7 g

Pizza-In-A-Pocket

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-04

Ingredients	24 Servings		48 Servings		Directions	
	Weight	Measure	Weight	Measure		
Canned tomato paste	8 oz	1 cup ($\frac{2}{3}$ 12 oz can)	1 lb	2 cups (1 $\frac{1}{3}$ 12 oz cans)	1. In a pot, combine tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and beef stock. Simmer uncovered for 30 minutes.	
Water		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups		
Sugar		1 $\frac{1}{2}$ tsp		1 Tbsp		
Dried basil		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Dried oregano		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Granulated garlic		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Beef stock, non-MSG		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups		
Enriched pita pockets, 6 1/2" diameter (at least 1.8 oz each)		12 each		24 each		2. Cut each pita in half. Open each half to form a pocket. Cut cheese and turkey ham slices in half.
Reduced fat mozzarella cheese, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)		
Turkey ham, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)	3. Stuff the inside of each half-pita with $\frac{1}{2}$ oz ($\frac{1}{2}$ slice) of cheese, $\frac{1}{2}$ oz ($\frac{1}{2}$ slice) of turkey ham, and 1 Tbsp of sauce from Step 1.	
					4. Place 6 filled half-pitas on paper-lined half-sheet pans (13" x 18" x 1"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with foil and seal.	
					5. Bake until thoroughly heated: Conventional oven: 400° F for 10 minutes Convection oven: 375° F for 7 minutes CCP: Heat to 165° F or higher for at least 15 seconds.	
					6. CCP: Hold for hot service at 135° F or higher. Portion is $\frac{1}{2}$ pita.	

Pizza-In-A-Pocket

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-04

SERVING:

½ pita provides the equivalent of ¼ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 4 lb 1 oz
48 Servings: 8 lb 2 oz

VOLUME:

24 Servings: 24 half pitas
48 Servings: 48 half pitas

Edited 2004

Nutrients Per Serving					
Calories	121	Saturated Fat	0.60 g	Iron	1.14 mg
Protein	6.88 g	Cholesterol	11 mg	Calcium	70 mg
Carbohydrate	19.49 g	Vitamin A	263 IU	Sodium	355 mg
Total Fat	1.58 g	Vitamin C	4.0 mg	Dietary Fiber	1.1 g

Cheese Ribbon Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-05

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced fat processed American cheese, shredded	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt	1. In a mixing bowl, combine cheese, salad dressing or mayonnaise, pimentos, mustard, and Worcestershire sauce (optional). Mix until well blended.
Reduced calorie salad dressing	6 oz	2/3 cup	12 oz	1 1/3 cups	
OR Lowfat mayonnaise	OR 6 oz	OR 2/3 cup	OR 12 oz	OR 1 1/3 cups	
Canned pimentos, diced, drained	2 oz	1/4 cup	4 oz	1/2 cup	
Prepared yellow mustard		2 Tbsp		1/4 cup	
Worcestershire sauce (optional)		1 Tbsp		2 Tbsp	
Enriched white bread slices (at least 0.9 oz each)		12 each		24 each	
100 % whole wheat bread slices (at least 0.9 oz each)		12 each		24 each	
					4. Cut each sandwich into 4 equal pieces in the shape of strips.
					5. Cover. Refrigerate until ready to serve.
					6. Portion is 2 pieces.

SERVING:	YIELD:	VOLUME:
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2 pieces provide 1 oz of cheese and 1 slice of bread. **24 Servings:** 3 lb 8 oz

24 Servings: 48 pieces

48 Servings: 7 lb

48 Servings: 96 pieces

Edited 2004

Special Tip:
Attractive garnishes include unpeeled apple slices, grapes, or carrot chips.

Cheese Ribbon Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-05

Nutrients Per Serving

Calories	170	Saturated Fat	3.53 g	Iron	1.07 mg
Protein	9.87 g	Cholesterol	18 mg	Calcium	220 mg
Carbohydrate	18.67 g	Vitamin A	326 IU	Sodium	635 mg
Total Fat	6.77 g	Vitamin C	2.0 mg	Dietary Fiber	1.7 g

Pizzaburger

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-06

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb		6 lb		1. Brown ground beef. Drain. Continue immediately.
Water		¾ cup		1 ½ cups	2. Add water, tomato paste, oregano, granulated garlic, salt, and sugar to the cooked ground beef. Mix well and simmer for 5 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
Canned tomato paste	8 oz	¾ cup 1 Tbsp (⅔ 12 oz can)	1 lb	2 cups (1 ⅓ 12 oz cans)	
Dried oregano		1 tsp		2 tsp	
Granulated garlic		¼ tsp		½ tsp	
Salt		½ tsp		1 tsp	
Sugar		1 Tbsp		2 Tbsp	
Enriched hamburger rolls (at least 1.8 oz each)		12 each		24 each	3. Split hamburger rolls in half. Place 12 halves (crust side down) on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Using a No. 24 scoop (2 ⅔ Tbsp), spread beef mixture on each half-roll. Top each with ½ oz (2 Tbsp) of cheese.
Reduced fat mozzarella cheese, shredded	13 oz		1 lb 10 oz		
					4. Bake until cheese is melted: Conventional oven: 425° F for 10 minutes Convection oven: 375° F for 6 minutes
					5. CCP: Hold for hot service at 135° F or higher. Portion is 1 pizza burger (½ bun open-faced).

Pizzaburger

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-06

SERVING:	YIELD:	VOLUME:
1 pizzaburger (½ bun open-faced) provides the equivalent of 2 oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of 1 slice of bread.	24 Servings: 2 lb 13 oz (filling) 5 lb 11 ½ oz 48 Servings: 5 lb 10 oz (filling) 11 lb 7 oz	24 Servings: 1 quart (filling) 24 each (half roll) 48 Servings: 2 quarts (filling) 48 each (half roll)

Tested 2004

Nutrients Per Serving					
Calories	220	Saturated Fat	4.46 g	Iron	2.12 mg
Protein	17.72 g	Cholesterol	43 mg	Calcium	158 mg
Carbohydrate	13.80 g	Vitamin A	299 IU	Sodium	292 mg
Total Fat	10.07 g	Vitamin C	5.5 mg	Dietary Fiber	1.0 g

Tortilla Roll-Up

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced fat Monterey Jack cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	1. Sprinkle 1 oz (¼ cup) of shredded cheese on each tortilla.
Enriched flour tortilla, 8-inch (at least 1.8 oz each)		12 each		24 each	
*Cooked chicken or turkey, chopped	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	2. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread 3 ½ oz (½ cup) of chicken or turkey mixture on tortilla. Roll tortilla like a jelly-roll.
Mild salsa, chunky	14 ¼ oz	1 ½ cups	1 lb 12 ½ oz	3 cups	
*Fresh onions, chopped OR Dehydrated onions		1 Tbsp 2 tsp OR ¾ tsp		3 Tbsp 1 tsp OR 1 ½ tsp	
*Fresh red bell pepper, seeded, minced (optional)	2 oz	½ cup	4 oz	1 cup	
					3. Place 6 rolled tortillas in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with foil.
					4. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Cut each tortilla in half. CCP: Hold for hot service at 135° F or higher. Portion is 1 roll up (½ filled tortilla).

Tortilla Roll-Up

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Chicken, whole, without neck and giblets OR	4 lb 9 oz OR	8 lb 12 oz OR
Turkey, whole, without neck and giblets	3 lb 8 oz	6 lb 12 oz
Mature onions	1 oz	2 oz
Red bell pepper (optional)	3 oz	6 oz

SERVING:

1 roll-up (½ filled tortilla) provides 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 5 lb
48 Servings: 10 lb

VOLUME:

24 Servings: 24 half tortillas
48 Servings: 48 half tortillas

Edited 2004

Special Tips:

- 1) For a colorful topping, place 1 Tbsp lowfat yogurt, ½ oz shredded lettuce, and ½ oz diced tomatoes on each roll-up.
- 2) Attractive garnishes include fresh apple slices, grapes, and orange slices.

Nutrients Per Serving

Calories	182	Saturated Fat	2.96 g	Iron	1.61 mg
Protein	14.93 g	Cholesterol	36 mg	Calcium	131 mg
Carbohydrate	14.12 g	Vitamin A	184 IU	Sodium	286 mg
Total Fat	6.95 g	Vitamin C	0.7 mg	Dietary Fiber	1.0 g

Barbecued Beef or Pork on Roll

Meat-Vegetable-Grains/Breads

Sandwiches

F-08

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	3 lb 5 oz OR 3 lb 5 oz		6 lb 10 oz OR 6 lb 10 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	4 oz	$\frac{2}{3}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	8 oz	1 $\frac{1}{3}$ cups OR $\frac{3}{4}$ cup	2. Add onions, celery, granulated garlic, catsup, tomato paste, vinegar, brown sugar, dry mustard, pepper, cayenne pepper, and stock. Bring to boil. Reduce heat and simmer, uncovered, for 10-15 minutes, stirring frequently. CCP: Heat to 155° F or higher for at least 15 seconds.
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
Granulated garlic		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Catsup	9 oz	1 cup	1 lb 2 oz	2 cups	
Canned tomato paste	5 oz	$\frac{1}{2}$ cup 1 $\frac{1}{2}$ tsp ($\frac{3}{8}$ 12 oz can plus 1 Tbsp)	10 oz	1 cup 1 Tbsp ($\frac{3}{4}$ 12 oz can plus 2 Tbsp)	
White vinegar		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Brown sugar, packed		1 Tbsp		2 Tbsp	
Dry mustard		1 $\frac{1}{2}$ tsp		1 Tbsp	
Ground black or white pepper		$\frac{1}{2}$ tsp		1 tsp	
Cayenne pepper		$\frac{1}{8}$ tsp		$\frac{1}{4}$ tsp	
Beef stock, non-MSG OR Pork stock, non-MSG		2 $\frac{1}{2}$ cups OR 2 $\frac{1}{2}$ cups		1 qt 1 cup OR 1 qt 1 cup	
Enriched hamburger rolls (at least 1.8 oz each)		12 each		24 each	3. CCP: Hold for hot service at 135° F or higher. Using a No. 10 scoop ($\frac{3}{8}$ cup), portion meat mixture onto bottom half of each roll. Top with other half of roll. Cut each sandwich in half. Portion is $\frac{1}{2}$ sandwich.

Barbecued Beef or Pork on Roll

Meat-Vegetable-Grains/Breads

Sandwiches

F-08

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	5 oz	10 oz
Celery	5 oz	10 oz

SERVING:

½ sandwich provides 1 ½ oz of cooked lean meat, ⅛ cup of vegetable, and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 4 lb 10 oz (filling)

48 Servings: 9 lb 4 oz (filling)

VOLUME:

24 Servings: 2 quarts 1 ⅔ cups (filling)
24 sandwiches

48 Servings: 1 gallon 3 ⅓ cups (filling)
48 sandwiches

Tested 2004

Nutrients Per Serving

Calories	210	Saturated Fat	3.74 g	Iron	2.23 mg
Protein	14.87 g	Cholesterol	41 mg	Calcium	51 mg
Carbohydrate	16.47 g	Vitamin A	266 IU	Sodium	310 mg
Total Fat	9.24 g	Vitamin C	5.5 mg	Dietary Fiber	1.1 g

Toasted Cheese and Tomato Sandwich

Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white bread, sliced (at least 0.9 oz each) OR Enriched wheat bread, sliced (at least 0.9 oz each)		24 slices		48 slices	1. On half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, place half the bread slices 6 per pan. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
		OR 24 slices		OR 48 slices	
Reduced fat processed American cheese, sliced, 1 oz slices	1 lb 8 oz	24 slices (1 oz each)	3 lb	48 slices (1 oz each)	2. Top each slice of bread with 1 oz (1 slice) of cheese, 1 ½ oz (1 slice) of tomato, and another 1 oz (1 slice) of cheese. Cover with remaining bread slices.
*Fresh tomatoes, 1 ¾ oz slices	1 lb 5 oz	12 slices (1 ¾ oz each)	2 lb 10 oz	24 slices (1 ¾ oz each)	
					3. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes CCP: Hold for hot service at 135° F or higher.
					4. Cut each sandwich in half diagonally. Serve immediately.
					5. Portion is ½ sandwich.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Tomatoes	1 lb 9 oz	3 lb 2 oz

SERVING:	YIELD:	VOLUME:
½ sandwich provides 1 oz of cheese, ⅛ cup of vegetable, and 1 slice of bread.	24 Servings: 24 half sandwiches	24 Servings:
	48 Servings: 48 half sandwiches	48 Servings:

Edited 2004

Toasted Cheese and Tomato Sandwich

Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

Special Tip:
Sandwiches may be garnished with fresh apple slices, carrot chips, cucumber slices, or broccoli florets.

Nutrients Per Serving					
Calories	195	Saturated Fat	5.76 g	Iron	1.17 mg
Protein	9.04 g	Cholesterol	27 mg	Calcium	210 mg
Carbohydrate	17.03 g	Vitamin A	498 IU	Sodium	575 mg
Total Fat	10.08 g	Vitamin C	4.7 mg	Dietary Fiber	1.0 g

Egg Salad Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs, hard-cooked, peeled, chilled		25 each		50 each	1. Finely chop eggs.
*Fresh onions, chopped OR Dehydrated onions	4 oz	$\frac{3}{8}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	8 oz	1 $\frac{1}{3}$ cups OR $\frac{3}{4}$ cup	2. Combine eggs, onions, celery, pepper, mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended.
*Fresh celery, chopped	7 oz	1 $\frac{2}{3}$ cups	14 oz	3 $\frac{1}{3}$ cups	
Ground black or white pepper		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dry mustard		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	7 oz OR 7 oz	$\frac{3}{4}$ cup 2 Tbsp OR $\frac{3}{4}$ cup 2 Tbsp	14 oz OR 14 oz	1 $\frac{3}{4}$ cups OR 1 $\frac{3}{4}$ cups	
Sweet pickle relish, undrained	4 $\frac{1}{4}$ oz	$\frac{1}{2}$ cup	8 $\frac{1}{2}$ oz	1 cup	
					3. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to use.
Enriched white bread (at least 0.9 oz per slice)		50 slices		100 slices	4. Spread No. 12 scoop ($\frac{1}{2}$ cup) of egg salad onto 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve. Portion is 1 sandwich (2 halves).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz
Celery	9 oz	1 lb 2 oz

Egg Salad Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-10

SERVING:	YIELD:	VOLUME:
1 sandwich provides 1 large egg or the equivalent of 2 oz cooked lean meat and 2 slices of bread.	25 Servings: 4 lb (filling) 7 lb 13 oz 50 Servings: 8 lb (filling) 13 lb 10 oz	25 Servings: 2 quarts ¼ cup (filling) 25 sandwiches 50 Servings: 1 gallon ½ cup (filling) 50 sandwiches

Tested 2004

Nutrients Per Serving					
Calories	242	Saturated Fat	2.15 g	Iron	2.26 mg
Protein	10.60 g	Cholesterol	216 mg	Calcium	84 mg
Carbohydrate	29.53 g	Vitamin A	302 IU	Sodium	447 mg
Total Fat	8.66 g	Vitamin C	0.9 mg	Dietary Fiber	1.5 g

Tuna Salad Sandwich

Meat-Grains/Breads

Sandwiches

F-11

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tuna, water-packed, chunk	4 lb 2 ½ oz	1 can 66 ½ oz	8 lb 5 oz	2 cans 66 ½ oz	1. Drain and flake tuna.
*Fresh onions, chopped OR Dehydrated onions	5 oz	¾ cup 2 Tbsp OR ¼ cup 3 Tbsp	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp	2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.
*Fresh celery, chopped	1 lb	3 ¾ cups 2 Tbsp	2 lb	1 qt 3 ¾ cups	
Sweet pickle relish, undrained	4 ½ oz	½ cup ½ tsp	9 oz	1 cup 1 tsp	
Dry mustard		¾ tsp		1 ½ tsp	
Fresh large eggs, hard-cooked, peeled, chopped (optional)	7 oz	4 each	14 oz	8 each	
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 6 oz OR 1 lb 6 oz	2 ¾ cups OR 2 ¾ cups	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 ½ cups	
					3. CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.
Enriched white bread (at least 0.9 oz per slice)		48 slices		96 slices	4. Spread No. 8 scoop (½ cup) of tuna salad on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.
					5. Portion is 1 sandwich (2 halves).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Mature onions	6 oz	12 oz
Celery	1 lb 4 oz	2 lb 8 oz

Tuna Salad Sandwich

Meat-Grains/Breads

Sandwiches

F-11

SERVING:

1 sandwich (2 halves) provides 2 oz cooked fish, 1/8 cup of vegetable, and 2 slices of bread.

YIELD:

24 Servings: 6 lb 3 oz (filling)
8 lb 14 oz

48 Servings: 12 lb 6 oz (filling)
17 lb 12 oz

VOLUME:

24 Servings: 3 quarts (filling)
24 sandwiches

48 Servings: 1 gallon 2 quarts (filling)
48 sandwiches

Tested 2004

Nutrients Per Serving

Calories	297	Saturated Fat	1.20 g	Iron	2.95 mg
Protein	23.74 g	Cholesterol	33 mg	Calcium	73 mg
Carbohydrate	33.18 g	Vitamin A	87 IU	Sodium	797 mg
Total Fat	7.11 g	Vitamin C	1.7 mg	Dietary Fiber	1.9 g

Sloppy Joe

Meat-Vegetable-Grains/Breads

Sandwiches

F-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	4 lb 5 oz		8 lb 10 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	5 oz	¾ cup 2 Tbsp OR ¼ cup 3 Tbsp	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp	2. Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Catsup	15 oz	1 ½ cups (¾ 20 oz bottle)	1 lb 14 oz	3 cups (1 ½ 20 oz bottles)	
Water		1 cup		2 cups	
White vinegar		½ cup 1 Tbsp		1 cup 2 Tbsp	
Dry mustard		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Brown sugar, packed		3 Tbsp	2 ¾ oz	¼ cup 2 Tbsp	
					3. Pour 5 lb 6 oz (2 qt 2 Tbsp) ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Enriched hamburger rolls (at least 1.8 oz each)		25 each		50 each	4. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup) onto bottom half of each hamburger roll. Cover with top half of roll.
					5. Portion is 1 sandwich.

Sloppy Joe

Meat-Vegetable-Grains/Breads

Sandwiches

F-12

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	6 oz	12 oz

SERVING:

1 sandwich provides 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.

YIELD:

25 Servings: 8 lb 3 oz
5 lb 6 oz (filling)

50 Servings: 16 lb 6 oz
10 lb 12 oz (filling)

VOLUME:

25 Servings: 25 each
2 quarts ¼ cup (filling)

50 Servings: 50 each
1 gallon ½ cup (filling)

Tested 2004

Nutrients Per Serving

Calories	322	Saturated Fat	4.86 g	Iron	3.48 mg
Protein	20.26 g	Cholesterol	51 mg	Calcium	87 mg
Carbohydrate	32.05 g	Vitamin A	566 IU	Sodium	502 mg
Total Fat	12.35 g	Vitamin C	12.0 mg	Dietary Fiber	2.2 g

Toasted Cheese Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.
Enriched white bread (at least 0.9 oz per slice)		50 slices		100 slices	2. Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.
Reduced fat processed American cheese, 2 oz slice	3 lb 2 oz	25 slices (2 oz each)	6 lb 4 oz	50 slices (2 oz each)	3. Top each slice of bread with 2 oz (1 slice) of cheese.
					4. Cover with remaining bread slices.
					5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
					6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE.
					7. If desired, cut each sandwich diagonally in half. Serve immediately. CCP: Hold for hot service at 135° F or higher.
					8. Portion is 1 sandwich.

SERVING:	YIELD:	VOLUME:
1 sandwich provides 2 oz of cheese and 2 slices of bread.	25 Servings: 25 sandwiches	25 Servings: 25 sandwiches
	50 Servings: 50 sandwiches	50 Servings: 50 sandwiches

Edited 2004

Toasted Cheese Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-13

Nutrients Per Serving					
Calories	229	Saturated Fat	6.68 g	Iron	0.73 mg
Protein	16.01 g	Cholesterol	30 mg	Calcium	427 mg
Carbohydrate	16.99 g	Vitamin A	641 IU	Sodium	982 mg
Total Fat	11.62 g	Vitamin C	0 mg	Dietary Fiber	0.6 g