

February Elementary Salad Bar Schematics

Harvest of the Month: Broccoli

Farmer of the Month: Naumann Ranch in Oxnard

Place salad bar cards on the salad bar above the correct item.

Salad bar should be seasonally decorated.

Farmer of the Month-flyer should be displayed.

Cut fruit and vegetables into manageable pieces, of uniform size.

Do not order pre-cut fruits or vegetables, unless schematic indicates.

- Serve Ranch and Italian dressing daily (serve from pourable dispensers)
- Dispensers are to be labeled and on ice sheets.
- Wash all fruits and vegetables.
- Follow the Salad Leaf Mix recipe (000581) which includes whole red leaf, green leaf, romaine etc (lettuce based on farmer's availability) with spinach or Ventura mix.
- **Do not use the 4 – Way mix.**
- Refer to pan sizes on your schematics. If you are using half size pans, the bar is mirrored on both sides unless indicated on the schematics (i.e. there is another product listed for the other side half-pan). Please use 2/ 6x10 inch pans on both sides of the salad bar, or 1 long 6x20 inch pan that extends across the salad bar.
- Order salsa from the Berryman.
- For Buy local day, there is regular salad mix and green leaf lettuce.
- Be sure to blanch broccoli.
- Rinse carrots with cold water.
- Use sectionizer for Fruit wedges. (apples, oranges, etc)
- Drain and rinse all beans.
- Place sunflower seeds, Chow Mein noodles and croutons in covered containers on specified days and place near salad dressing on small table/cart.
- Be sure to check your recipes as croutons are NOT on the salad bar every day.

February 1- Bean & Cheese Burritos

WEDNESDAY

February 15 – Chicken Taquitos

February 22- Beef Tacos

<u>Lettuce Mixture</u>	<u>Jicama</u>	<u>Pinto Beans</u>	<u>Shredded Cheese</u>	<u>Salsa</u>	<u>Tangerines</u>	<u>Apples</u>
Shredded Lettuce (ok to buy shredded) 1/ 600 pan	5# of Jicama (sticks or diced) fill 2/ 6x10 inch pans	2/ #10 cans drained and rinsed fill 2/ 6x10 inch pans	5# of Shredded Cheese fill 2/ 6x10 inch pans	1 gallon of Salsa fill 2/ 6x10 inch pans	10# of Tangerines fill 1/ 400 pan	10# of wedged Apples fill 1/ 400 pan

February 2- Buy Local Day

THURSDAY

February 16-

<u>Lettuce Mixture</u>	<u>Carrots</u>	<u>Jicama Sticks</u>	<u>Broccoli</u>	<u>Tomato</u>	<u>Kidney Beans</u>	<u>Garbanzo Beans</u>	<u>Cottage Cheese</u>
Salad, Leaf Mix Recipe (000581) 1/ 600 pan	5# of Carrots (whole, sliced or diced) fill 2/ 6x10 inch pans	5# of Jicama (sticks or diced) fill 2/ 6x10 inch pans	5# of blanched Broccoli fill 2/ 6x10 inch pans	10 whole Tomatoes sliced fill 2/ 6x10 inch pans. Do Not order pre-sliced	2/ #10 cans drained & rinsed fill 2/ 6x10 inch pans	2/ #10 cans drained & rinsed fill 2/ 6x10 inch pans	5# Cottage Cheese fill 2/ 6x10 inch pans
<u>Edamame</u>	<u>Pickle Chips</u>	<u>Wheat dinner rolls</u>	<u>Turkey</u>	<u>Tuna Salad</u>	<u>Grapes</u>	<u>Oranges</u>	
2/ 2# bag Edamame fill 2/ 6x10 inch pans	5# pouch of Pickle Chips fill 2/ 6x10 inch pans	4 dz. Rolls fill 1/ 200 pan	10# diced Turkey fill 2/ 6x10 inch pans	25 servings of Tuna salad fill 2/ 6X10 inch pans	10# of Grapes fill 1/ 400 pan	10# of wedged Oranges fill 1/ 400 pan	

February 3 – Beef and Bean Chili
February 10- Macaroni Italiano
February 24- Fish Sticks

FRIDAY

<u>Lettuce Mixture</u>	<u>Broccoli</u>	<u>Carrots</u>	<u>Garbanzo Beans</u>	<u>Green Beans</u>	<u>Bananas</u>	<u>Oranges</u>
Salad, Leaf Mix Recipe (000581) 1/ 600 pan	5# of blanched Broccoli fill 2/ 6x10 inch pans	5# of Carrots (whole, sliced or diced) fill 2/ 6x10 inch pans	2/ #10 cans drained & rinsed fill 2/ 6x10 inch pans	2/ #10 cans drained Green Beans fill 2/ 6x10 inch pans	50 petite Bananas fill 1/ 400 pan	10# of Oranges wedged fill 1/ 400 pan

February 6 – Teriyaki Chicken
February 13 – Asian Chicken
February 27- Teriyaki Chicken

MONDAY

<u>Lettuce Mixture</u>	<u>Green Beans</u>	<u>Carrots</u>	<u>Edamame</u>	<u>Broccoli</u>	<u>Mandarin Oranges</u>	<u>Apples</u>
Salad, Leaf Mix Recipe (000581) 1/ 600 pan	2/ #10 cans drained Green Beans fill 2/ 6x10 inch pans	5# of Carrots (whole, sliced or diced) fill 2/ 6x10 inch pans	2/ 2# bag Edamame fill 2/ 6x10 inch pans	5# of blanched Broccoli fill 2/ 6x10 inch pans	2/ # 10 cans drained Mandarin Oranges fill 1 – 200 pan	10# of wedged Apples fill 1/ 400 pan

February 7 - Pizza**TUESDAY**

<u>Lettuce Mixture</u>	<u>Carrots</u>	<u>Broccoli</u>	<u>Kidney Beans</u>	<u>Sliced Olives</u>	<u>Pineapple</u>	<u>Apples</u>
Salad, Leaf Mix Recipe (000581) 1/ 600 pan	5# of Carrots (whole, sliced or diced) fill 2/ 6x10 inch pans	5# of blanched Broccoli fill 2/ 6x10 inch pans	2/ #10 cans drained & rinsed fill 2/ 6x10 inch pans	2/ #10 cans drained & rinsed fill 2/ 6x10 inch pans	2/ #10 cans drained fill 2/ 6x10 inch pans	10# of wedged Apples fill 1/ 400 pan

February 8 - Turkey Burger**WEDNESDAY****February 14 - Sloppy Joes****TUESDAY****February 21 - BBQ Chicken****February 28 - Hamburgers**

<u>Lettuce</u>	<u>Carrots</u>	<u>Cucumber</u>	<u>Pickle Chips</u>	<u>Shredded Cheese</u>	<u>Tangerines</u>	<u>Apples</u>
Salad, Leaf Mix Recipe (000581) 1/ 600 pan	5# of Carrots (whole, sliced or diced) fill 2/ 6x10 inch pans	10 whole Cucumbers sliced fill 2/ 6x10 inch pans	5# pouch of Pickle Chips fill 2/ 6x10 inch pans	5# of Shredded Cheese fill 2/ 6x10 inch pans	10# of Tangerines fill 1/ 400 pan	10# of wedged Apples fill 1/ 400 pan

February 9 - Meatball Sub**THURSDAY****February 23 - Baked Cheese Rotini****February 29 - Spaghetti****WEDNESDAY**

<u>Lettuce Mixture</u>	<u>Corn</u>	<u>Edamame</u>	<u>Carrots</u>	<u>Cottage Cheese</u>	<u>Bananas</u>	<u>Oranges</u>
Salad, Leaf Mix Recipe (000581) 1/ 600 pan	2/ #10 cans drained fill 2/ 6x10 inch pans	2/ 2# bag Edamame fill 2/ 6x10 inch pans	5# of Carrots (whole, sliced or diced) fill 2/ 6x10 inch pans	5# Cottage Cheese fill 2/ 6x10 inch pans	50 petite Bananas fill 1/ 400 pan	10# of Oranges wedged fill 1/ 400 pan

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Recipe

Jan 10, 2012

Recipe: 001181 Salad Bar - Buy Local
 Recipe Source: VUSD
 Recipe Group: ENTREES
 Alternate Recipe Name: Farm Fresh Salad Bar
 Buy Local Day
 Number of Portions: 100
 Size of Portion: servings

Recipe HACCP Process: #2 Same Day Service

R000561 Salad, Leaf Mix	100 (1/2 cup)	Prepare Salad Leaf Mix Recipe (000561)
011124 CARROTS, RAW	5 LB	Rinse Carrots in cold water.
000064 JICAMA	5 LB	Peel and cut Jicama into bite size pieces.
105909 BROCCOLI FLORETS IQF	5 LB	Blanche Broccoli.
011529 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE...	5 LB	Core and cut Tomatoes into bite size pieces.
990245 BEANS, KIDNEY, RED MATURE, CND, DRND	2 #10 can	Drain and rinse Kidney Beans
000601 BEANS GARBANZO CANNED	2 #10 CAN	Drain and rinse Garbanzo Beans
011452 SOYBEANS, MATURE SEEDS, SPROUTED, RAW	5 LB	Thaw Soybeans (Edamame).
900155 Pickle Chips, Hamburger, Dill	1 (1 bag)	Drain Pickle Chips
900053 Roll, Dinner, Wheat, 2oz	48 each	
900259 Turkey, Hickry Smkd Brst, White	10 LB	Thaw meat & slice two days prior. Dice meat into small bite size pieces.
R000621 Tuna Salad	1 (3 OZ servings)	Prepare Tuna Recipe (000621)
001016 CHEESE COTTAGE, LOWFAT 1% MILKFAT	1 QT	
009131 GRAPES, AMERICAN TYPE (SLIP SKN), RAW	10 LB	
050359 ORANGES, ASSORTED VARIETIES, RAW	10 LB	Using sectionizer cut Oranges into wedges.
900315 Sunflower Kernals, Oil Rstd & Salt, Sysco	1 Bag	Sunflower Seeds to be in covered container.
020113 NOODLES, CHINESE, CHOW MEIN	12 CUP	Chinese Noodles to be in covered container.
R000081 Dressing, Ranch, Lite, Scratch	75 Tbsp	
900330 Dressing, Golden Italian, SYSCO	10 serving	Dressings are to be labeled and on ice sheets.
		Be sure all items (except rolls, corn, seeds, and chow mein noodles) are stored at 40 or below for service
		Please use salad bar schematics for any pan or setup instructions.

*Nutrients are based upon 1 Portion Size (servings)

Calories	*422* kcal	Cholesterol	*20.61* mg	Protein	*22.58* g	Calcium	*100.96* mg	*26.90%*	Calories from Total Fat
Total Fat	*12.61* g	Sodium	*1281.40* mg	Vitamin A	*708.12* RE	Iron	*3.15* mg	*4.88%*	Calories from Saturated Fat
Saturated Fat	*2.29* g	Carbohydrates	*49.40* g	Vitamin A	*4304.30* IU	Water ¹	*34.11* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	*11.25* g	Vitamin C	*48.10* mg	Ash ¹	*1.93* g	*46.85%*	Calories from Carbohydrates
								21.42%	Calories from Protein

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Recipe

Jan 10, 2012

Recipe: 001357 Salad Bar, Fiesta
 Recipe Source: VUSD
 Recipe Group: VEGETABLES

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name: Fiesta Salad Bar

Number of Portions: 100
 Size of Portion: students

R000581 Salad, Leaf Mix	1 lb	Prepare Salad Leaf Mix Recipe (000581)
000064 JICAMA	5 LB	Pee and cut Jicama into bite size pieces.
050472 BEANS, PINTO, CANNED, SOLIDS AND LIQUIDS, WIT...	2 #10 can	Drain and rinse Pinto Beans.
900166 Cheese, Shredded, Land O Lakes, Cheddar	5 LB	
R001296 Salsa Fresca (The Berryman)	16 Cups	
903523 TANGERINE,SATSUMA	10 LB	
009003 APPLES,RAW,WITH SKIN	10 LB	Using sectionizer or apple slicer-out apples into wedges.
900315 Sunflower Kernals, Oil Rstd & Salt- Sysco	1/2 LB	Sunflower Seeds to be in covered container.
900329 Croutons, Seasoned cubes, SYSCO	1 LB	Croutons to be in covered container.
R000081 Dressing, Ranch, Lite, Scratch	6 cup	
900330 Dressing, Golden Italian, SYSCO	4 OZ	Dressings are to be labeled and on Ice Sheets

*Nutrients are based upon 1 Portion Size (students)

Calories	*262*	kcal	Cholesterol	*3.39*	mg	Protein	*12.16*	g	Calcium	*250.02*	mg	*38.79%*	Calories from Total Fat
Total Fat	*11.28*	g	Sodium	*692.54*	mg	Vitamin A	*122.99*	RE	Iron	*1.75*	mg	*3.15%*	Calories from Saturated Fat
Saturated Fat	*0.92*	g	Carbohydrates	*31.89*	g	Vitamin A	*906.99*	IU	Water ¹	*119.57*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	Dietary Fiber	*5.86*	g	Vitamin C	*22.88*	mg	Ash ¹	*0.64*	g	*48.74%*	Calories from Carbohydrates
												18.58%	Calories from Protein

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

¹ - denotes optional nutrient values

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Recipe

Jan 10, 2012

Recipe: 000581 Salad, Leaf Mix
 Recipe Source: VUSD
 Recipe Group: SALADS

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 8oz servings

011253 LETTUCE,GRN LEAF,RAW.....	3 head	Properly rinse all lettuces
902912 LETTUCE,RED LEAF,RAW.....	3 head (5" dia)	Use whole red leaf, green leaf, romaine, (based on supply from farmer).
900243 Mixed Baby Greens.....	1 GAL	Chop lettuce into bite size pieces.
011457 SPINACH,RAW.....	1 GAL, chopped	Add 1 gallon Ventura mix and 1 gallon spinach.
011251 LETTUCE,COS OR ROMAINE,RAW.....	2 head	Store salad mix in a refrigerator at a temperature of 41° or less. Hold at 41° or less for service.
Recipe yields 100 8oz servings of lettuce mix.		

*Nutrients are based upon 1 Portion Size (8oz servings)

Calories	8 kcal	Cholesterol	0.00 mg	Protein	0.78 g	Calcium	23.40 mg	11.71%	Calories from Total Fat
Total Fat	0.10 g	Sodium	16.95 mg	Vitamin A	206.03 RE	Iron	0.81 mg	1.66%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	1.47 g	Vitamin A	3332.35 IU	Water*	34.98 g	*N/A**%	Calories from Trans Fat
Trans Fat*	*N/A* g	Dietary Fiber	0.81 g	Vitamin C	10.05 mg	Ash*	0.32 g	76.78%	Calories from Carbohydrates
								40.98%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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! - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz			? - Milk
Grain/Bread.....	srv			? - Egg
FA/J.....	cup			? - Peanut
Milk.....	fl. oz.			? - Tree Nut
Moisture & Fat Change				? - Fish
Moisture Change.....	0%			? - Shellfish
Fat Change.....	0%			? - Soy
Type of Fat.....				? - Wheat

Production Specification

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