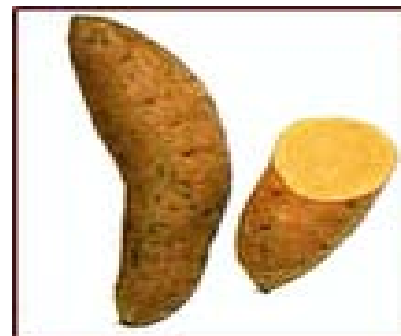




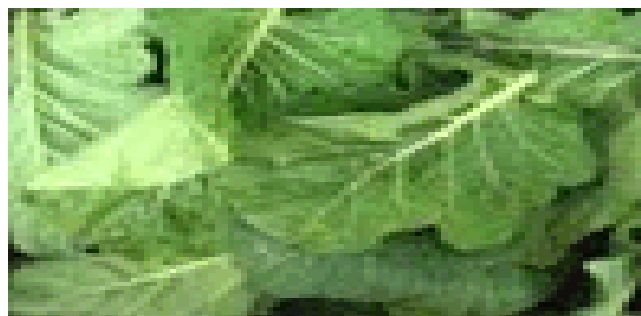
Fresh Vegetables Caesar Salad



Sweet Potato Sticks Collard Greens

Fresh Doesn't Have to Be Hard

Part II





Caesar Salad

Caesar Salad can be served as a side-salad or add meat and make an entrée.



OPELIKA CITY SCHOOLS

000635 - CAESAR SALAD :	Attributes
HACCP Process: #1 No Cook Number of Portions: 40 Size of Portion: 1/2 cup Alternate Recipe Name: Romaine Caesar Salad	

Ingredients	Measures	Instructions
900311 LETTUCE,ROMAINE,CHOPPED....	1 Each Bag	CCP: Process 1: No Cook:Prepared Cold.Serve Cold SOP: Prepare cold at 41*f and hold at 41°F for minimum of 15 min. SOP:Record temp. every 2 hrs. SOP: If out of temp for 4hrs....discard.
169161 CHEESE,PARMESAN,GRATED....	1/4 cup	
004623 OIL,VEG,TYPE A-COMMOD.....	1/4 cup	
002020 GARLIC POWDER.....	1/4 cup	

Calories.....	20	Iron.....	0.32 mg	Protein.....	0.62 g	Protein.....	12.45g
Cholesterol..	0 mg	Calcium....	18.22 mg	Carbohydrates	1.16 g	Carbohydrates	23.52g
Sodium.....	11 mg	Vitamin A..	603.8 IU	Total Fat....	1.52 g	Total Fat.....	69.11g
Dietary Fiber	0.35 g	Vitamin A..	120.8 RE	Saturated Fat	0.28 g	Saturated Fat.	12.56g
		Vitamin C..	5.8 mg	Trans Fat....	0.00* g	Trans Fat.....	0.00g

* - Denotes Missing Nutrient Values

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Sweet Potato Sticks

Sweet Potato Sticks can be prepared sweet with orange juice and sugar or add your favorite seasonings and they are a totally different offering. Use your imagination!

Sticks are also great raw. Students call these the big carrot sticks.



OPELIKA CITY SCHOOLS

000649 - SWEET POTATO STICKS :	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 40 Size of Portion: 1/2 cup Alternate Recipe Name: Sweet Potato Sticks	

Ingredients	Measures	Instructions
900381 SWEET POTATO STICKS,FRESH..... 019334 SUGARS,BROWN..... 430068 Juice,Orange,Frozen,4 oz,Mr J 2040....	1 Bag/5# 1/2 CUP (packed) 2 Each	1. Place sweet potatoes in 2 in.steamtable pan. 2. Pour all ingredients over potatoes. 3. Steam for 7-10 min. Serve immediately. CCP: Heat to 145° F or higher for at least 15 Seconds
		CCP: SOP: Cook to 140°F. for minimum of 15 Seconds. Record time and temp. SOP: Hold at 135°F. .Record temp every 2 hrs. SOP: Reheat to 140°F. if more than 2 hrs out of temp. SOP: 4hrs. below 135°F....discard/

Calories.....	26	Iron.....	0.20 mg	Protein.....	0.50 g	Protein.....	7.88g
Cholesterol..	0 mg	Calcium....	22.99 mg	Carbohydrates	6.35 g	Carbohydrates.	99.37g
Sodium.....	13 mg	Vitamin A..	450.0 IU	Total Fat....	0.00 g	Total Fat.....	0.00g
Dietary Fiber	0.50 g	Vitamin A..	90.0 RE	Saturated Fat	0.00 g	Saturated Fat.	0.00g
		Vitamin C..	16.3 mg	Trans Fat....	0.00* g	Trans Fat.....	0.00g

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Fresh Country Cut



NNFC
FL, GA, AL, MS.

2.5 LBS
5 LBS

SWEET POTATO
STICKS





Steamed





02/24/2010

MANUAL GAS
LIVE BEHIND
PANEL

02/24/2010



Oven Cooked



02/24/2010



Oven or Steam

- Sweet Potato Sticks cooked in the oven are dry, more like an oven fry.
- Students often call them Orange French Fries.
- If you steam or fry, the key is to never cook too long. You want sticks to have a firm bite!



Fresh Collard Greens



OPELIKA CITY SCHOOLS

000413 - COLLARDS, Fresh : 00413	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 48 Size of Portion: 1/2 cup Alternate Recipe Name: FRESH COLLARDS	

Ingredients	Measures	Instructions
900305 COLLARDS,FRESH.....	4 Each Bag	
002030 PEPPER,BLACK.....	1/4 cup	
169057 BAKING SODA.....	1 Tbsp	
990010 BASE,HAM.....	2 ozs	
019335 SUGARS,GRANULATED...	1 Tbsp	

Calories.....	30		Iron.....	15.39 mg		Protein.....	2.31 g		Protein.....	31.07%
Cholesterol..	0 mg		Calcium....	1589.9 mg		Carbohydrates	6.01 g		Carbohydrates.	80.83%
Sodium.....	125 mg		Vitamin A..	1.6 IU		Total Fat....	0.33 g		Total Fat.....	9.98%
Dietary Fiber	2.26 g		Vitamin A..	0.1 RE		Saturated Fat	0.05 g		Saturated Fat.	1.56%
			Vitamin C..	20.1 mg		Trans Fat....	0.00* g		Trans Fat.....	0.00%

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COLLARDS









Collards can be steamed and served from the same pan.



Why Collards?

- They give you another choice with green, leafy vegetables.
- They are high in fiber.
- They add great flavor that your students will learn to like

