



 **MUSHROOMS**
IN SCHOOLS

Layers of Flavors

Culinary Training Course



MushroomsInSchools.com



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Culinary Training Course

Mushrooms In Schools: Layers of Flavors

Program Description

From their unique umami flavors, nutritional benefits, and year-round availability, to their environmentally-friendly growing practices and ease of preparation, mushrooms are an excellent addition to any diet, and especially beneficial in school meals.

However, mushrooms can be unfamiliar to consumers as well as school nutrition operators. If menu planners and food service staff are unsure of how to prepare mushrooms and use them to create delicious meals, they're less likely to advocate for them in the school cafe.

This training aims to increase participants' familiarity with mushrooms, as well as provide ideas and education for how to incorporate more mushrooms into meals while keeping student acceptance, food cost, and waste in mind.

Learning Objectives

By the end of this course, participants will be able to:

- Identify the unique benefits mushrooms provide when served in school meals
- Explain the steps to properly store and prepare mushrooms for maximum freshness and appeal
- Plan a menu that features mushrooms frequently and in a variety of recipes

Professional Standard Learning Objectives:

- Learning Topic: 2000 Operations; 2100 Food Production
- 2110- Understand and effectively prepare food using a standardized recipe.
- 2130- Develop culinary skills necessary for school meal preparation.

Approved for 1 CEU by the School Nutrition Association.



Content Outline

This 1 hour 12 minute course is broken into three sections consisting of ten, 6-8 minute videos. Each video is led by school nutrition Chef Robert Rusan, where he covers the necessary knowledge and skills for serving mushrooms in school meals. Participants have access to recipes and handouts for reference throughout the course. The course outline is as follows:

Section 1: Mushroom Basics

- Video 1: Mushrooms and School Meals - The Perfect Pair!
- Video 2: Sourcing, Selecting, Cleaning, and Storing Fresh Mushrooms
- Video 3: Knife Skills Part 1: Knife Types and Cuts
- Video 4: Knife Skills Part 2: Tips for Quantity Production

Section 2: Preparation Techniques

- Video 1: Mushrooms Served Raw: Salads and Marinating
- Video 2: Mushrooms in the Oven: Roasting
- Video 3: Mushrooms on the Stovetop: Sauteed, Sauces, Gravies, Blending, Trinity

Section 3: Mushrooms on the Menu

- Video 1: Featured Recipe: Vegetarian Pizza
- Video 2: Featured Recipe: Spinach and Mushroom Omelet
- Video 3: Menu Planning with Mushrooms

Course Videos

All course videos can be viewed at:

<https://www.mushroomcouncil.org/school-nutrition/layers-of-flavors-culinary-training/>

How to Receive Continuing Education Unit (CEU) Credits

This course is approved for SNA Continuing Education Units (CEUs). To receive CEUs for taking this course, complete the following:

- Watch the 10 training videos (available at the link above)
- Complete the self-study quiz (included within this document)
- Complete the course evaluation by clicking here <http://bit.ly/LayersofFlavors>
- Fill in your Certificate of Participation (included at the end of this document)

We hope you enjoy the course!





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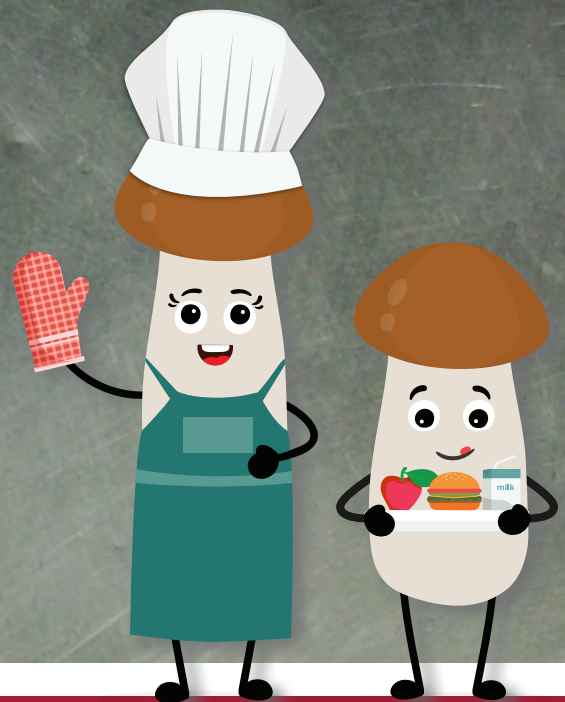
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Speaker & Content Creator Biographies

46. Speaker & Content Creator Biographies

- Chef Robert Rusan, District Chef
- Whitney Bateson, MPH RD, Content Development & Graphic Design
- Malissa Marsden, Culinary Training & Recipe Creation





Mushroom Kitchen Handling

Fresh mushrooms are a great addition to meals kids love like pizza, hamburgers, spaghetti, sloppy joes, tacos, salads and more!

Mushroom Useability



Salad Bar Ready
1-5 days



Sautee or Blend
6-10 days



Toss
Longer than 10 days

Mushroom Storage and Handling

Temperature Refrigerate immediately between 34-38°F (0°C).

Moisture Do not sprinkle mushrooms with water as this will cause mushrooms to darken, mildew or deteriorate.

Handling Store in original container. Do not stack other produce items on top of mushrooms as they bruise easily.

Shelf Life 10 days, under optimum conditions.

Preparation Rinse mushrooms quickly in cool water - do not soak! Do not rinse until ready to use.



Find recipes, resources and inspiration
at MushroomsInSchools.com!

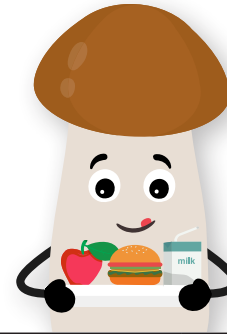
Looking for samples or support with mushroom promotions in your district? We can help!

Contact us at SchoolMeals@mushroomcouncil.org

Get social!



One-Month Sample Menu



Week 1

Week 2

Week 3

Week 4

Mmm... Monday	Tuesday Your Way!	Wednesday Favorites	Thursday Throwback	Friday Featured Pizza
Very Veggie Flatbread	Build Your Own Ramen Noodle Bar	Anti-Pasta Salad	Roasted Chicken with Italian Mushroom Salad	Deluxe Pepperoni Pizza
Meatballs and Penne with Caesar Salad	Build your Own Burger Bar	Breakfast for Lunch: Assorted Quiches	Turkey Tetrazzini	Fresh Mushroom, Pepper & Onion Pizza
Mushroom and Avocado Quesadilla	Build your Own Omelet Bar	BBQ Cowboy Burger & Campfire Potato Wedges	Smothered Pot Roast with Mushroom Gravy over Mashed Potatoes	Broccoli & Cheddar Hand Pie
Crispy Chicken Tenders with Peppy Pasta Salad	Build your Own Pasta Bar	Chicken Marsala Over Brown Rice Pilaf	Teriyaki Chicken with Fresh Veggie Lo Mein	Mushroom Margherita Pizza

Anti-Pasta Salad

Recipe:	R-3791	HACCP Process:	Complex Food Preparation		
# of Servings:	100.00	Serving Size:	2 1/2 Cup	Source:	Mushroom Council
Grams Per Serving:	275.89	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
USDA Whole Grain Rotini, Cooked, Material #100434	6 LB + 4 OZ	1. Ingredients:
Diced Turkey Ham, 1/2", 3.01 = 2	10 LB	
California Ripe Olives, Sliced	1 #10 CAN, DRAINED	
Fresh Diced Bell Peppers, Mixed, RTU	5 LB	
Fresh Sliced Mushrooms, RTU	3 LB	
Dried Oregano	1/4 CUP GROUND	
Dried Basil	1/4 CUP GROUND	
Crushed Red Pepper Flakes	1/2 CUP	
Italian Dressing, R/F, R/S	1 GALLON	
Romaine Lettuce	6 GALLON SHREDDED + 1 QUART SHREDDED	
Fresh Diced Tomatoes, RTU	10 LB	
Fresh Diced Tomatoes, RTU		
		2. Directions: One day prior to service. Cook pasta according to your standard recipe minus one minute to keep pasta firm to soak up flavors. CCP: Hold below 41°F CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.
		3. Prep: mix cooled pasta, diced turkey ham, sliced olives and slice mushrooms. Add dry seasoning to Italian dressing and whisk well. Toss dressing with the pasta, peppers, mushrooms and ham. Cover and refrigerate overnight. CCP: Never handle ready to eat foods with bare hands
		4. Prep: Day of service Set up assembly line for salads In large salad entree bowl place 1 cup of chopped romaine using 1 8 oz. spoodle. Top with 1 cup of dressed pasta salad Add ¼ cup diced tomatoes to each using a 2 oz. spoodle. Add 1 oz. of shredded cheese to each using a 2 oz. spoodle. Cover and date stamp and hold in cooler for service. CCP: Hold below 41°F
USDA Lite Mozzarella Cheese, Material #100034	6 LB + 4 OZ	(No Directions)

Notes:

Production Notes: Notes: all meal components are calculated using the FBG and or product formulation statements. Note some of the pound measures are rounded up to the commercial package size.

Serving Notes:

Asian Spinach Salad

Recipe:	R-1585	HACCP Process:	No Cook		
# of Servings:	100.00	Serving Size:	1 1/4 Cup	Source:	Mushroom Council
Grams Per Serving:	174.67	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Spinach, raw	16 LB	1. Ingredients:
Fresh Sliced Mushrooms, RTU	3 QUART PIECES + 1/2 CUP PIECES	
Roland's Mandarin Oranges	3 QUART + 1/2 CUP	
Nuts, almonds, dry roasted, without salt added	6 LB + 4 OZ	
Lite Asian Sesame Dressing	3 QUART + 1/2 CUP	
		2. Prep: clean and sanitize workstation. Pull mandarin oranges from cooler and wipe off lid. Open 1 can and carefully discard lid. Drain well. Pull almonds from cooler, wipe off lid. Wash hands thoroughly. CCP: Never handle ready to eat foods with bare hands CCP: Prepare foods at room temperature in two hours or less CCP: Total time of food at room temperature shall not exceed four hours.
		3. Prep: set up assembly line In entree salad bowl place 1 cup of spinach Top with 1/8 cup fresh sliced mushrooms using a 2 oz. spoodle. Add 1/8 cup mandarin oranges using 2 oz. spoodle Add 1 oz. of sliced almonds on top using a #30 disher Serve with a 2 oz. souffle of lite Asian Sesame dressing CCP: Never handle ready to eat foods with bare hands CCP: Prepare foods at room temperature in two hours or less. CCP: Hold below 41°F

Notes:

Production Notes:

Serving Notes: Leftovers: bag leftover salad in quart bags.
Place on cleared serving line to take and donate.

Nutrients Per Serving:		(per 1 1/4 Cup)			
Calories	279.799	Trans Fat (gm)	0.000*	Iron (mg)	3.187
Protein (gm)	9.567	Chol (mg)	0.000	Calc (mg)	152.806
Carb (gm)	21.929	Vit A (IU)	6880.621	Sodium (mg)	453.623
Tot Fat (gm)	19.069	Vit C (mg)	28.228	Fiber (gm)	5.024
Sat Fat (gm)	1.693			Sugars (gm)	11.673*
Note: * means nutrient data is missing or not available.					

Meal Components:

(per 1 1/4 Cup)

Fruit (Cups)		Dark Green		Red/Orange		Beans/Peas		Starchy		Other	
0.125		0.5		0							0.125
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)		1.000		Fluid Milk (Cups)			

Nutrients Per Serving:		(per 2 1/2 Cup)			
Calories	218.984	Trans Fat (gm)	0.000	Iron (mg)	2.015
Protein (gm)	18.172	Chol (mg)	43.498	Calc (mg)	234.112
Carb (gm)	16.395	Vit A (IU)	4763.255	Sodium (mg)	580.712
Tot Fat (gm)	10.166	Vit C (mg)	27.258	Fiber (gm)	3.861
Sat Fat (gm)	2.989			Sugars (gm)	2.764*
Note: * means nutrient data is missing or not available.					

Meal Components:		(per 2 1/2 Cup)							
		----- Vegetables (Cups) -----							
Fruit (Cups)		Dark Green	0.5	Red/Orange	0.250	Beans/Peas		Starchy	Other 0.250
Whole Grain- Rich (Oz. Eq.)	1.000	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)		2	Fluid Milk (Cups)		

Allergens:

Milk, Wheat, Soybeans



CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.



Italian Mushrooms Salad

Recipe:	R-3795	HACCP Process:	No Cook		
# of Servings:	100.00	Serving Size:	1/2 Cup	Source:	Mushroom Council
Grams Per Serving:	42.02	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Fresh Mushrooms	6 LB	1. Ingredients: 2. Pre-Prep: Rinse mushrooms, wipe off any dirt with a wet cloth. Do not to soak the mushrooms in water. Wash hands and put on gloves. Cut each mushroom into quarters (if using medium mushrooms) Place in food storage container. 3. Prep: Pull remaining chilled ingredients and place at workstation. Whisk together dressing, crushed red peppers and chopped fresh basil. Pour dressing over mushrooms and toss to coat lightly. Cover, date stamp and place in cooler. 4. Hold: Chill marinated mushrooms overnight. 5. Serve: day of service place marinated mushrooms on the salad bar or tray up and offer as a cold side vegetable. ½ cup provides ½ cup serving of other vegetable.
Italian Salad Dressing	2 QUARTS	
Crushed Red Pepper Flakes	1/2 CUP	
Fresh Basil	1/2 CUP CHOPPED	

Notes:

Production Notes: Note: order medium mushrooms to get a consistent size for ease of preparation and presentation at service. Can also use local mushrooms.

Serving Notes: Each ½ cup provides ½ cup other vegetable.
A great side option for all your pasta and pizza entrees

Nutrients Per Serving:		(per 1/2 Cup)			
Calories	47.102	Trans Fat (gm)	0.000*	Iron (mg)	0.232
Protein (gm)	0.902	Chol (mg)	0.000	Calc (mg)	2.179
Carb (gm)	2.365	Vit A (IU)	116.103	Sodium (mg)	145.029
Tot Fat (gm)	4.098	Vit C (mg)	0.610	Fiber (gm)	0.275
Sat Fat (gm)	0.645			Sugars (gm)	0.540*
Note: * means nutrient data is missing or not available.					

Meal Components:		(per 1/2 Cup)				
		----- Vegetables (Cups) -----				
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	0.500
Whole Grain- Rich (Oz. Eq.)	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	Fluid Milk (Cups)		

Allergens:

No Listed Allergens

Peppy Pasta Salad

Recipe:	R-2760	HACCP Process:	Complex Food Preparation	
# of Servings:	100.00	Serving Size:	1 Cup	Source: USDA Foods Pre-Con
Grams Per Serving:	215.44	Ounces per Serving	7.6	Meal Components: ½ cup cooked pasta, ¼ dark green vegetables and 1/8 cup other vegetables and 1/8 cup red/orange vegetables.

Ingredients	Measurements	Directions
USDA WGR Rotini, Material #110504	6 LB. + 4 OUNCES	<p>1. Ingredients:</p> <p>2. One Day Prior to Service: Pre-prep: Clean and sanitize work station. Pull pasta from dry storage and cook according to your recipe, reduce cooking time by one minute for salads. Cool pasta immediately to stop cooking process. CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p>3. Prep: pull broccoli and mushrooms from freezer. Place broccoli in perforated steam pans. Cover with wrap. Cook: Steam broccoli for 12 minutes or until broccoli is bright green and still crisp. Pull from steamer and cool immediately in an ice bath to stop cooking. CCP: Heat until an internal temperature is reached of 140°F for 15 seconds</p> <p>4. Prep: place mushrooms on a sheet pan lined with parchment paper. Cook: Roast mushrooms in a 400° F pre-heated convection oven for 15 minutes. Pull mushrooms out and toss to mix mushrooms. Place back into the oven for an additional 15 minutes. Pull from oven and let rest at room temperature for 15 minutes. Drain well and add to pasta.</p> <p>5. Prep: Pull Italian salad dressing and crushed red pepper flakes. Whisk together. CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p>6. Prep: Pull fresh basil and tomatoes from cooler and place at work station. Wash hands thoroughly and put on gloves. Chopped basil's lightly by rolling leaves into "cigars" and then slicing to avoid bruising. Add diced tomatoes and basil to the pasta mix. Add cooled broccoli florets to the pasta mixture. Fold all together without mashing the pasta. Add seasoned salad dressing and fold into pasta mixture. Cover and date stamp and place in cooler.</p>
USDA Broccoli Florets, IQF, Material #110473	14 LB.	
USDA IQF Mushrooms, Diced, Frozen, Material #110421	4 LB. + 2 OZ	
Fresh Diced Tomatoes, RTU	8 LB. + 12 OZ	
Italian Salad Dressing	3 QUART + 1/2 CUP	
Crushed Red Pepper Flakes	1/2 CUP	
Fresh Basil	1 CUP CHOPPED	
Tap Water	9 LB. + 4 OZ	

CCP: Prepare foods at room temperature in two hours or less.
CCP: Never handle ready to eat foods with bare hands

7. **Cool:** Refrigerate overnight to allow flavors to mingle and merge.

CCP: Hold below 41°F

8. **Serve:** Serve one cup of pasta as a tasty part of your meal. Each one cup serving by volume provides ½ cup cooked pasta, ¼ dark green vegetables and 1/8 cup other vegetables and 1/8 cup red/orange vegetables.

CCP: Hold below 41°F

Notes:

Production Notes: Nutritional information is based on Material Information Sheets for USDA Foods and the Food Buying Guide

Serving Notes: Serve: Serve one cup of pasta as a tasty part of your meal.
Each one cup serving by volume provides ½ cup cooked pasta, ¼ dark green vegetables and 3/8 cup other vegetables and 1/8 cup red/orange vegetables.
Each one cup serving weighs 215.44 grams or 7.6 ounces.

Nutrients Per Serving:		(per 1 Cup)			
Calories	200.583	Trans Fat (gm)	0.000*	Iron (mg)	0.541*
Protein (gm)	6.132	Chol (mg)	0.000	Calc (mg)	18.457*
Carb (gm)	29.198	Vit A (IU)	875.012*	Sodium (mg)	246.843
Tot Fat (gm)	7.497	Vit C (mg)	23.300*	Fiber (gm)	4.765
Sat Fat (gm)	1.021			Sugars (gm)	3.117*
Note: * means nutrient data is missing or not available.					

Meal Components:		(per 1 Cup)							
		-----Vegetables (Cups)-----							
Fruit (Cups)	Dark Green	0.250	Red/Orange	0.125	Beans/Peas	Starchy	Other	0.125	
Whole Grain- Rich (Oz. Eq.)	1.000	Enriched Grain (Oz. Eq.)			Meat/Alt (Oz. Eq.)		Fluid Milk (Cups)		

Allergens:

Wheat

Shaved Mushroom Salad

Recipe:	R-2747	HACCP Process:	No Cook		
# of Servings:	100.00	Serving Size:	1/2 cup	Source:	Chef Sharon Schaefer
Grams Per Serving:	146.48	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Fresh Sliced Mushrooms, RTU	12 GALLON PIECES OR SLICES + 2 QUART PIECES OR SLICES	1. Ingredients:
Olive Oil	3/4 CUP	
Lemon Juice, Reconstituted	1/4 CUP	
Salt	1 TBSP	
Black Pepper	1 TBSP GROUND	
Parmesan Cheese, grated	3/4 TSP	
Fresh Parsley	1/2 CUP	
Red Bell Peppers, Fresh	1 QUART SLICED	
		2. Directions: Pre-Prep: Clean and sanitize work station. Pull ingredients and place at station.
		3. Prep: in measuring cup, whisk together liquids. Whisk in seasonings. Pour over mushrooms in food save storage container. With gloves on toss mushrooms and dressing. Then toss with parmesan cheese. Toss in parsley and red bell peppers.
		4. Hold: Refrigerate overnight.
		5. Serve: serve ½ cup on line or offer on your salad bar

Notes:

Production Notes: Note: my preferred commercial product is a thin sliced mushroom that is distributed in a bucket.
The FBG requires 9.35 pounds of fresh RTU mushrooms for 100 - ½ servings.
I use 2 - 5# buckets for this recipe.
Ready to use and perfect for this salad by Chef Sharon Shafer.

Serving Notes:

Nutrients Per Serving:		(per 1/2 cup)			
Calories	46.739	Trans Fat (gm)	0.000*	Iron (mg)	0.753
Protein (gm)	4.386	Chol (mg)	0.014	Calc (mg)	5.484
Carb (gm)	4.890	Vit A (IU)	141.433	Sodium (mg)	78.463
Tot Fat (gm)	2.117	Vit C (mg)	8.194	Fiber (gm)	1.506
Sat Fat (gm)	0.299			Sugars (gm)	2.945*
Note: * means nutrient data is missing or not available.					

Meal Components:		(per 1/2 cup)				
Fruit (Cups)		Vegetables (Cups)				
	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	0.500
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	Fluid Milk (Cups)		

Allergens:

Milk



Mushroom Avocado Quesadilla

Brought to you by Loudoun County Public Schools, Virginia

Yield: 6 portions

Serving Size: 1 quesadilla

Ingredients:

2 lbs fresh white button mushrooms, sliced
2 tbs olive oil
1 tsp salt
6 tortilla wraps
2 cups shredded cheese
2 ripe avocados, peeled, pitted and thinly sliced
1/2 cup cilantro, washed and removed from stems



Directions:

1. Heat olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Add salt, flip mushrooms and cook about 5 minutes more, until other side is same color.
2. While mushrooms cook, assemble quesadillas; distribute half the cheeses and all avocado slices on left half of six tortillas. When mushrooms are done, distribute mushrooms and cilantro leaves, if desired, among tortillas and top with remaining cheese. Fold tortilla in half and grill or warm in skillet until cheese begins to melt, then flip to cook other side. Transfer to cutting board, cut into wedges and serve with favorite toppings.

For more recipes and mushroom facts and tips, visit
MushroomsInSchools.com!

Vegetable Flatbread

Recipe:	R-1706	HACCP Process:	Same Day Service		
# of Servings:	96.00	Serving Size:	1 Flatbread	Source:	LOCAL
Grams Per Serving:	248.45	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Fresh Sliced Mushrooms, RTU	6 LB	<p>1. Ingredients:</p> <p>2. Pre-Prep: one day prior to service Pull peppers and onions from freezer Place unopened bags on a sheet pan Date stamp Place sheet pans in cooler to thaw Wash hands thoroughly CCP: Hold below 41°F</p> <p>3. Day of Service: Prep: • Clean and sanitize prep area Pull olive oil from dry storage and place at work station Pull spices and mix all together in small bowl, yielding ½ cup Pull olives from dry storage Wipe off lids, open cans and carefully discard lids Drain olives and place at work station Pull flatbreads, mushrooms, pepper & onion mix, tomatoes and mozzarella cheese from cooler Place at work station Drain pepper and onion mix and place in a bowl Pull sheet pans and place at work station Set up ingredients for production line</p> <p>4. Prep: Wash hands thoroughly Top each sheet pan with parchment paper Spray lightly with pan spray Line up assembly line Brush each flat bread generously with olive oil Sprinkle seasoning mix on flat breads using ½ teaspoon per Top each flat bread with 1/8 cup of sliced olives using a #30 scoop Add 1/8 cup fresh mushroom slices using a 2-ounce spoodle. Add ¼ cup pepper and onion mix using a #16 scoop Add 2 ounce of shredded mozzarella cheese to each piece using a 2 oz. spoodle.</p> <p>5. Cook: Bake in preheated 350°F convection oven for 15 minutes or until cheese is melted CCP: Heat until an internal temperature is reached of 155°F for 15 seconds</p> <p>6. Serve: serve one whole flatbread.</p>
California Ripe Olives, Sliced	1 #10 CAN, DRAINED	
USDA Pepper & Onion Mix, Material #110724	6 LB + 8 OZ	
Fresh Diced Tomatoes, RTU	10 LB	
Olive Oil	1 QUART	
Dried Oregano	2 TBSP GROUND	
Dried Basil	2 TBSP GROUND	
Onion Powder	2 TBSP	
Garlic Powder	2 TBSP	
USDA Lite Mozzarella Cheese, Material #100034	12 LB	
Pan Spray	1 OZ	
Whole Grain Rich Oven Fired Flatbread	96 FLATBREADS	(No Directions)

Notes:

Production Notes: All meal equivalencies are based on the FBG and the USDA product fact sheets.

Serving Notes: Each serving of one veggie flatbread provides 2 oz. eq. meat/meat alternative, 2 oz. wgr grains, 1/8 cup red/orange and 3/8 cup other vegetables.

Nutrients Per Serving: (per 1 Flatbread)

Calories	399.829	Trans Fat (gm)	0.000	Iron (mg)	1.210
Protein (gm)	20.688	Chol (mg)	19.753	Calc (mg)	426.593
Carb (gm)	34.600	Vit A (IU)	697.853	Sodium (mg)	751.310
Tot Fat (gm)	20.429	Vit C (mg)	21.233	Fiber (gm)	4.420
Sat Fat (gm)	5.910			Sugars (gm)	5.354

Note: * means nutrient data is missing or not available.

Meal Components: (per 1 Flatbread)

Fruit (Cups)		----- Vegetables (Cups) -----					
	Dark Green	Red/Orange	0.125	Beans/Peas	Starchy	Other	0.375
Whole Grain- Rich (Oz. Eq.)	2.000	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	2.000	Fluid Milk (Cups)	

Allergens:

Milk, Wheat, Soybeans

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.

Broccoli Mushroom Cheddar Hand Pie

*Overnight Instructions

NEW TR



Portion: 1

yield: 24 servings

Ingredients	Serving	Ordering
Bonami raw bagel dough	24 ea.	Primero #1207
Salt	1 tsp	Primero #5809 (Sysco #6040760)
Pepper	½ tsp	Primero #5824 (Sysco #9806415)
Olive Oil	2 tbsp	Primero #3602 (Sysco #5846714)
Broccoli, florets	2 #	Primero #6025 (Daylight #BROPI)
Mushroom	1 #	Primero #6072 (Daylight)
Cheddar, shredded	3 #	Primero #2601 (Sysco #0557074)

Procedure

1. The day before pull out dough from freezer and place it in a lined sheet pan into the walk in to defrost.
2. Preheat oven steam at 212 F
3. Place broccoli florets onto perforated sheet pans and steam for 4 minutes.
4. When done place into the Blast chiller.
5. Preheat oven to 400 F
6. Lightly toss mushrooms with 1 tbsp olive oil, salt and pepper. Place on sheet pan, and oven roast for 5 minutes at 400°.
7. When done place into the Blast chiller.
8. Stretch thawed bagel dough into 5” round.
9. Place 2 oz. broccoli florets onto top half of bagel dough. Top with 2 Tbsp. roasted mushroom. Top with 2 oz. cheese.
10. Fold bagel dough over, and pinch edge to seal.
11. Place finished pies onto sheet pan and bake at 375° for 8 minutes until golden brown when done lightly brush with 1 tbsp of olive oil.
12. Place into hotel pan and place in warmer till service.

Mushroom Omelets

Recipe:	R-3787	HACCP Process:	Same Day Service	
# of Servings:	100.00	Serving Size:	1 Omelet	Source: Mushroom Council
Grams Per Serving:	130.40	Fat Change %:	0.00	Moisture Change %:

Ingredients	Measurements	Directions
Cheddar Cheese Omelet	100 CHEDDAR CHEESE OMELET	<p>1. One Day Prior to Service: Clean and sanitize workstation. Pull omelets from freezer and place at workstation. Wash hands thoroughly. Place omelets on parchment paper lined sheetpans which have been sprayed lightly with pan spray. Cover with parchment paper to avoid drying out and place in covered rolling rack in cooler to thaw overnight.</p> <p>CCP: Hold below 41°F</p>
		<p>3. Directions: Pre-Prep: Prepare the workstation by cleaning and sanitizing all areas. Gather all ingredients for preparation. Preheat convection oven to 300 degrees.</p> <p>CCP: Hold below 41°F CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p>
Fresh Sliced Mushrooms, RTU	6 LB	<p>4.</p> <p>CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p>
Sliced Peppers and Onions, Fajita Blend	7 LB	
Fajita Seasoning	1/2 CUP	
USDA Shredded Cheddar Cheese, R/F, Material #100012	3 LB + 2 OZ	
Pan Spray	1 OZ	
		<p>5.</p> <p>CCP: Prepare foods at room temperature in two hours or less CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p>
		<p>6. Wash hands thoroughly. Wash hands thoroughly. Prep: mix fajita seasoning with peppers and onions. Lay out 4 slices of mushrooms in omelet. Using a #20 disher place seasoned peppers and onions on the inside of the omelet by gently folding back the top and adding the vegetables. Fold down top and repeat.</p>
		<p>7. Cook: Place omelets in oven and bake for 15 minutes. Product must reach an internal temperature of 165°F for 15 seconds.</p>
		<p>8.</p> <p>CCP: Hold above 135°F</p>
		<p>9. Prep: Place omelets in 2-inch hotel pans, not shingled. Sprinkle each omelet with ½ oz. of shredded cheese using 1# 30 disher. Cover and place in warmers.</p> <p>CCP: Hold above 135°F</p>

Notes:

- Production Notes:** Batch cook as the holding time and heat retention is low for this type of product.
The meal component information on omelets can be provided as a Product Formulation Statement or CN label.
The meal component information used for the vegetable blend are provided by the FBG or USDA Product Information Statements
- Serving Notes:** Each Veggie Fajita Stuffed Omelet weighs 130.40 grams or 4.6 oz. before cooking.
Serve with salsa for an extra kick and red/orange vegetables.

Nutrients Per Serving:		(per 1 Omelet)			
Calories	184.432	Trans Fat (gm)	0.000	Iron (mg)	1.221*
Protein (gm)	11.255	Chol (mg)	177.904	Calc (mg)	172.576*
Carb (gm)	4.385	Vit A (IU)	327.593*	Sodium (mg)	389.796
Tot Fat (gm)	13.957	Vit C (mg)	11.440*	Fiber (gm)	0.272
Sat Fat (gm)	5.471			Sugars (gm)	1.745
Note: * means nutrient data is missing or not available.					

Meal Components:		(per 1 Omelet)					
Fruit (Cups)		Vegetables (Cups)					
		Dark Green	Red/Orange	Beans/Peas	Starchy	Other	0.250
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	2.500	Fluid Milk (Cups)	

Allergens:

Milk, Eggs



CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.

Veggie Quiche

Recipe:	R-3796	HACCP Process:	Same Day Service	
# of Servings:	96.00	Serving Size:	1 Piece	Source: Mushroom Council
Grams Per Serving:	205.80	Fat Change %:	0.00	Moisture Change %: 0.00

Ingredients	Measurements	Directions
EGG, LIQUID WHOLE	10 LB	1. 5 Days prior to day of service: Pull liquid eggs from freezer and place in cooler to thaw, Place in food safe container, allow space between cartons to assist in thawing. CCP: Hold below 41°F
1% White Milk	1 GALLON + 1 QUART	2. Day of Service: Clean and sanitize workstation. Pull remaining ingredients and eggs from cooler and place at workstation. CCP: Prepare foods at room temperature in two hours or less
Fresh Sliced Mushrooms, RTU	6 LB	
USDA Pepper & Onion Mix, Material #110724	7 LB	
FLOUR, PLAIN, All Purpose	1 QUART + 2 CUP + 1/2 CUP	
BAKING POWDER	1 TSP	
Onion Powder	2 TBSP	
Garlic Powder	2 TBSP	
Black Pepper	1 TBSP GROUND	
Sriracha Hot Chili Sauce	1/4 CUP	
USDA Shredded Cheddar Cheese, R/F, Material #100012	6 LB + 4 OZ	
Pan Spray	1 OZ	
		3. Prep: Wash hands thoroughly. In small bowl, whisk together flour and baking powder. In 4-gallon pitcher or large bowl add thawed liquid eggs and milk. Whisk together. Add garlic powder, salt, pepper, Sriracha Cha and flour/baking powder mixture. Mix with a wire whisk until well blended. You will have to keep blending when pouring into pans.
		4. Prep: line 4-inch steamtable pans with parchment paper or pan liner. Spray generously with pan spray. Lay out mushrooms in single layer across the bottom of each, using 1.5 pounds per pan. Sprinkle thawed peppers and onions on top of mushrooms, using 1.75 pounds per pan. Sprinkle shredded cheese on top of veggies, using 6 ½ cups per pan. Pat down with spatula. Whisk egg mixtures and add 2½ quarts per pan. Shake lightly to settle the eggs into the veggies.
		5. Cook: Cook at 350°F convection oven for 40 minutes or until it is solid and has reached 165°F for at least 15 seconds. CCP: Heat until an internal temperature is reached of 165°F for 15 seconds CCP: Batch cook as necessary to insure best end product and nutritional.
		6. Hold: Hold in warmer above 135°F CCP: Hold above 135°F

7. Serve:
 Cut each pan into 24 pieces, 6 by 4.
 Serve one slice of very veggie quiche.
 Each quiche provides 2 oz. eq. meat/meat alternate and ¼ other vegetables.

Notes:

Production Notes:

Note: thaw the eggs completely.
 Thaw the pepper and onions and drain completely.
 You can prepare these quiches using an 8-ounce paper baking cup, use a 4 oz. ladle per cup. This will likely reduce your cooking time by 10 minutes
 This a great option for breakfast for lunch.

Serving Notes:

Each quiche provides 2 oz. eq. meat/meat alternate and ¼ other vegetables.
 Each quiche weighs 205.80 grams or 7.26 ounces prior to baking.

Nutrients Per Serving:		(per 1 Piece)			
Calories	247.204	Trans Fat (gm)	0.000*	Iron (mg)	1.101*
Protein (gm)	18.175	Chol (mg)	221.825	Calc (mg)	331.039*
Carb (gm)	19.156	Vit A (IU)	656.726*	Sodium (mg)	305.656
Tot Fat (gm)	11.568*	Vit C (mg)	15.767*	Fiber (gm)	1.209
Sat Fat (gm)	5.923*			Sugars (gm)	5.513

Note: * means nutrient data is missing or not available.

Meal Components: (per 1 Piece)

Fruit (Cups)		Vegetables (Cups)					
	Dark Green	Red/Orange	Beans/Peas	Starchy	Other		0.250
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	2.000	Fluid Milk (Cups)		

Allergens:

Milk



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Product not used within 4 hours from when it was removed from the oven will be discarded.

Food and Nutrition Services

Recipe Instructions

E 0373L Bowl, Beef Pot Roast

Served by Site	Servings	Serving Size	Portion Size	Scoop
	100 Portions	All	1 Bowl	
	100 Portions	Adults/Employees	1 Bowl	

Steps and Instructions

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions	
16.42%	Beef, Diced Sous Vide 6/5lb	40 lb	40 lb	Step 1:	Defrosting Beef
0.21%	Seasoning, Rosemary Garlic 20 oz	8.064 oz	1 cup + 8 tbsp	Instructions:	<p>Notes:</p> <ul style="list-style-type: none"> * Thaw product 3 to 4 days in advance under refrigeration at 41f and below. *Once cooked, reserve cooked beef liquid from bag to help retain moisture of the beef and for making the beef gravy. <p>2. Place beef in 2 inch perforated hotel pan and steam at 212f for 35 to 40 minutes until beef reaches 165f.</p> <p>3. Drain liquid from beef by placing a full hotel pan under perforated pan. Open bag of beef allowing liquid to drain. Reserve hot liquid in another pan at 145F in warmer and, place beef inside a 2 inch hotel pan. For every 25 servings or 5# bag of beef, add 6 oz of reserved liquid to keep beef moist along with the rosemary seasoning. Cover and place in warmer. Save remaining liquid to add to gravy.</p>
				CCP:	<p>*Holding hot foods</p> <p>Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>

E 0373L Bowl, Beef Pot Roast

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions	
3.28%	Peppers, Red Whole 25# (#3920)	8 lb	8 lb	Step 2:	Roasted Vegetables
3.28%	Onions, Red Whole 25# (#3655)	8 lb	8 lb	Instructions:	<p>NOTE: Vegetables (excluding carrots and butternut squash) could be washed and cut 1 to 2 days in advance and stored in a hotel pan covered under refrigeration at 41f and below.</p> <p>(Carrots and butternut squash can be held separately with same directions)</p> <p>1. Wash all vegetables. Cut peppers, onions, into 1/2 inch dice, chop garlic and cut carrots in half.</p> <p>2. Place cut carrots and butternut squash into perforated hotel pan and steam for 7 minutes at 212F (to blanch them).</p> <p>3. After steaming carrots and squash, place in a bowl and add other vegetables, oil, and seasonings. Toss together and place on lined sheet tray. Roast in convection oven at 370F for 16 to 22 minutes or until it reaches 145F.</p> <p>4. Remove and place vegetables in 4 inch hotel pan, wrap and place in warmer and hold covered at 145f until ready to use.</p>
0.62%	Garlic, Raw Peeled 1/ 5 lb Jar	1 lb 8 oz	1 lb + 8 oz		
3.28%	Carrots, Baby mini peeled 20# (#2675)	8 lb	8 lb		
3.28%	Squash, butternut 3/4" diced (#4491)	8 lb	8 lb		
1.23%	Oil, Olive Blend 3/1 gal	3 lb	3 lb		
0.27%	Sugar, Granulated	10.582 oz	1 cup + 8 tbsp		
0.02%	Cinnamon, Ground	.734 oz	2 2/3 tbsp		
0.17%	Spice, Pepper Black 16 oz	6.772 oz	1 cup		
0.10%	Seasoning, Vegetable Garden Salt Free, 19 oz	3.810 oz	1 cup + 8 tbsp		
0.26%	Salt, Iodized 18/2.25 lb	10.159 oz	1 cup		
0.21%	Seasoning, Rosemary Garlic 20 oz	8.064 oz	1 cup + 8 tbsp		
				CCP:	<p>*Holding hot foods</p> <p>Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>

E 0373L Bowl, Beef Pot Roast

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions	
0.82%	Margarine, Block 30/ 1lb	2 lb	2 lb	Step 3:	Mashed Potatos
5.13%	Potato, Mashed Idahoan 12/25.2oz =480 / .5cup ser	12 lb 8 oz	12 lb + 8 oz	Instructions:	1. Mix 1 bag of instant mashed potatoes in mixing bowl add seasonings, 1 gallon of hot water, 4 oz of margarine, and mix together.
26.27%	Water, Tap, Municipal	64 lb	64 lb		
0.14%	Spice, Onion Granulated, 20 oz	5.418 oz	1 cup		2. After mixing thoroughly, empty potatoes into half 4 inch hotel pan cover with parchment paper and plastic wrap then place in steamer at 212F for 14-18 until temperature reaches 145f. Hold in warmer.
0.17%	Spice, Pepper Black 16 oz	6.772 oz	1 cup		
0.26%	Spice, Garlic Granulated 24 oz	10.159 oz	1 cup + 8 tbsp		(NOTES FOR REFERENCE: One bag of potatoes will yield 40/4 oz portions)
				CCP:	*Holding hot foods Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.

E 0373L Bowl, Beef Pot Roast

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions	
6.57%	Mushroom, medium whole	16 lb	16 lb	Step 4:	Brown Mushroom Gravy
0.82%	Garlic, Raw Peeled 1/ 5 lb Jar	2 lb	2 lb	Instructions:	1. Wash and slice mushrooms into 1/4 inch slices, chop fresh garlic then place on lined sheet tray. Add oil, salt, pepper, rosemary seasoning, mix together and roast at 370F in convection oven for 10 minutes or until 145F. Place in warmer.
0.82%	Oil, Olive Blend 3/1 gal	2 lb	2 lb		
0.13%	Salt, Iodized 18/2.25 lb	5.079 oz	0 cup + 8 tbsp		
0.26%	Spice, Pepper Black 16 oz	10.159 oz	1 cup + 8 tbsp		
0.21%	Seasoning, Rosemary Garlic 20 oz	8.064 oz	1 cup + 8 tbsp		Gravy instructions per 10oz gravy packet: 2. In mixing bowl add 1 pack of gravy mix with 13 cups of hot water then add 2 cups and 4 ounces of liquid reserved from beef (20 ounces). Add 2 lbs. roasted mushrooms and stir thoroughly. 3. Empty gravy into 6 inch half hotel pan add margarine and fresh chopped parsley, cover then steam at 212F for 16-20 minutes or until product reaches 145F, then hold at 145F for serving. (Note for every 25 portions: 20 oz of liquid should be reserved from each package of beef and added with water for each pack of gravy.)
2.05%	Mix, Gravy Brown Low Sodium	5 lb	5 lb		
22.28%	Water, Tap, Municipal	54 lb 4.684 oz	6 1/2 gal		
0.62%	Parsley, Curley Fresh 25 lb/ 60 ct	1 lb 8 oz	1 lb + 8 oz		
0.82%	Margarine, Block 30/ 1lb	2 lb	2 lb	CCP:	*Holding hot foods Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.

E 0373L Bowl, Beef Pot Roast

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions	
				Step 5:	ASSEMBLE/ HACCP
				Instructions:	<p>Assemble: Using 12 oz bowl portion:</p> <ul style="list-style-type: none"> * 4 oz of mashed potato in bowl using a 4 oz spoodle or # 8 scoop. * portion 4 oz of Roasted Vegetables over the top of potatoes using 4 oz spoodle. *portion 3 oz of beef on top of roasted vegetables using a 3 oz spoodle. *Top beef with 2 oz of mushroom gravy using a 2 oz ladle. *garnish with fresh chopped parsley (optional). <p>Cover with lid and place in warmer holding at 145F and above.</p> <p>Potentially Hazardous foods. Food Safety Standards: 1.Do no mix old product with new product. 2. Do not reheat, discard after service. 3. Gravies must be discarded the same day.</p>
				CCP:	<p>Contribution: 2 oz eq. M/MA, 1c. Vegetable (2 Components)</p> <p>*Holding hot foods Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>
Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions	
				Step 6:	
				CCP:	<p>*Holding hot foods Hold at a minimum internal temperature of 140°F(60°C). The temperature must be checked every 4 hours or else labeled with a discard time.</p>

E 0373L Bowl, Beef Pot Roast

Production Notes:

Weigh spices in advance.
Wash and process veggies at least day in advance.

Serving Notes:

Reserve beef liquid for gravy and to help moisten the meat.
If meal is served with dinner roll(s) it is a complete meal.

Recipe Prep Sheet

Tullahoma City Schools



990288 - Cowboy Burger

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 1

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
990409	Beef Patty COMM#69050 OR IWC#5214	1 Each	No Instructions Assigned
990604	BBQ Sauce IWC# 6933	2 tsp	
990410	American Cheese Slices COMM# 100018 OR IWC#215	1 Each	
990456	Hamburger Bun	1 Bun	
			<p>Cook hamburger patties to MS/Box specifications.</p> <p>Must layer burger from bottom to top</p> <p>Bottom bun,burger patty,sliced cheese,sliced mushrooms,grilled onions,BBQ sauce drizzle over,top bun. Or use ind. bbq sauce cups on side.</p> <p>Put in a boat,leave the top off to the side in the boat so they can add more toppings if they choose.</p>
990585	Mushrooms, Fresh IWC# 9977 or DOD	2 oz	Combine all ingredients in a 2 inch steamtable pan. Place in steamer and cook for 5 minutes. Check to make sure the mushrooms are tender,if not cook for 3-4 minutes more.
990555	Onions, Fresh IWC# 6723	2 oz	

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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Recipe Prep Sheet

Tulahoma City Schools

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	511.273 kcal	Total Fat	19.871 g	Total Dietary Fiber	5.779 g	Vitamin C	4.597 mg	34.980% Calories from Total Fat
Saturated Fat ¹	7.531 g	Trans Fat ²	1.000 g	Protein	24.187 g	Iron	3.738 mg	13.257% Calories from Sat Fat
Sodium ¹	1401.751 mg	Cholesterol	47.656 mg	Vitamin A	251.873 IU	Water	*N/A* g	1.760% Calories from Trans Fat
Sugars	27.214 g	Carbohydrate	61.266 g	Calcium	331.261 mg	Ash	*N/A* g	47.932% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.923% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	3 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.5 cup	Milk	cup
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Allergens

Milk	Soy	Wheat						
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LO MEIN NOODLES (G6)

HACCP Process:	Pasta/Rice		
Allergens:	Contains Chicken, Corn/Corn Products, Gluten, Sesame, Soy, Wheat;		
Meal Contribution:	1 WGR		
Number of Servings:	100.00	Serving Size:	1 no. 8 scoop
Moisture gain/loss%:	0.0000	Yield:	16 Pound, 8 5/8 Ounce
Waste gain/loss%:	0.0000	Fat gain/loss% :	0.0000
Total Recipe Cost:	\$14.8119	Cost Per Serving:	\$0.1481

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1				4.1043	SAUCE, LO MEIN, 1/2 GALLON FPC-HF502	1 Bag
2	53432	PASTA, SPAGHETTI, WG (DAKOTA GROWERS) , As Purchased	6 Pound	4.3380	WG SPAGHETTI LI100203	6 Pound
3				6.3695	FPC LO MEIN, VEGETABLES FPC-IN100	1 Bag

Pre-Preparation Instructions

- Preheat oven to 350° F.
Preheat steamer.

Preparation Instructions

- Traditional:
Bring water to a boil in a large stock pot; once boiling, add 6 lbs pasta and cook 5-7 minutes.
Place the seasoning liquid in a 4 inch steam table pan, place sauce in oven while pasta is cooking and cook until correct internal temperature is reached.
When pasta is cooked, place vegetables in water with pasta, stir about 1 minute, then drain.
As soon as water has been strained from pasta and vegetables, remove pan of sauce from the oven.
Combine pasta, vegetables, and sauce in a steam table pan and mix well.
*This is a quick process. The sauce can go into the oven as the pasta is dropped in the water. The recipe can be split in two pans. Use 1 quart of sauce, 3 lbs uncooked noodles, and 2 lbs vegetables.

Steamer:
Place 6 lbs of pasta in a 2 inch full size pan and cover with water.
Cook uncovered for 20 minutes or until fork tender. Drain water.
Place seasoning liquid and vegetables in a 2 inch steam table pan and cover with a lid.
Cook for 10 minutes or until correct internal temperature is reached.
Combine pasta, vegetables, and sauce in a steam table pan and mix well.

Serving Instructions

- Use a #8 scoop to serve.
If using tongs, place a #8 scoop sample in a boat on the line.

CCP Name	CCP Description	Critical Temperature (F)	Corrective Action
Prepare - 140	Prepare - 140° F	140.00	Place product in the oven until it reaches 140 ° F.
Hot hold	Hot holding	135.00	Bring product back to oven to re-heat to 165° F. Discard product if it can not be determined how long the food temperature was below 135° F.
Hot service	Hot service	135.00	Bring product back to oven until it reaches 165° F.

CCP Name	CCP Description	Critical Temperature (F)	Corrective Action
Receive Refrig	Receive refrigerated	41.00	Bring temperature back to 41° F within 1 hour. Inform supervisor if temperature is above 45° F.
Store - Refrig	Store - Refrigerated	41.00	Bring temperature back to 41 °F. Discard product if stored at > 45° F and it can not be determined how long the food temperature was higher than 41 ° F.

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	3.82	0.46	86.94	9.69	16.317

Nutrients per 100 g

Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
241.867	1.025	0.123	0(M)	0	133.097	52.572	2.629(M)	9.866(M)	5.862	0.587	22.36	1124.72	10.857	29.279 (M)	1.044(M)

Nutrients per serving (75.013 g)

Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
181.432	0.769	0.092	0(M)	0	99.84	39.436	1.972(M)	7.401(M)	4.397	0.44	16.773	843.687	8.144	21.963 (M)	0.783(M)

(M) Indicates missing nutrient values.

Fresh Mushroom Pizza - Fresh Sliced Mushroom & Cheese Pizza

Recipe:	R-1456	HACCP Process:	Same Day Service		
# of Servings:	96.00	Serving Size:	1	Slice	Source: Mushroom Council
Grams Per Serving:	230.82	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
16" Whole Grain Sheeted Pizza Dough, 2.25 oz. eq.	12 16" PIZZA	1. Ingredients:
RED GOLD® Nutritionally Enhanced Fully Prepared Pizza Sauce	3 QUART	
USDA Lite Mozzarella Cheese, Material #100034	12 LB	
Fresh Sliced Mushrooms, RTU	8 LB	
USDA Pepper & Onion Mix, Material #110724	8 LB	
Dried Oregano	2 TBSP GROUND	
Pan Spray	1 OZ	
		2. Prior to Day of Service: Clean and sanitize prep area. Wash hands thoroughly. Prep: Pull 3 full sheet pans and spray generously with pan spray. Pull 1 case of pizza crusts from freezer and place at workstation. Wash hands thoroughly. Remove 12 pieces of dough from the case. Lay 1 pre-sheeted piece of dough on each well-oiled sheet pan. Spray dough and top with the parchment paper from between each piece of dough. Spray parchment paper. Repeat to stack each pan 4 high. Spray plastic wrap and cover pizza stacks completely. Sheeted doughs can be stacked 4 high when separated with oiled paper. It is VERY important to cover the pan of dough with oiled plastic to prevent dough from drying out during thawing.
		3. Hold: Place the covered dough in the cooler to thaw 24 hours or overnight. Dough can stay in the cooler up to 3 days. CCP: Hold below 41°F
		4. Day of Service: Clean and sanitize workstation. Wash hand thoroughly. Prep: Pull dough from cooler and place on rolling rack. Allow dough to temper for 2 3 hours, depending on room temperature. It is IMPORTANT to allow the covered thawed dough to age (temper) at room temperature 2 3 hours until it is light and fluffy. Tempering produces a tender, flavorful crust for your pizza.
		6. Prep: Pull pizza sauce from storage. Wipe off lids, open and carefully discard lids. Pull pepper and onion mix from freezer and place at workstation. Pull mushrooms and cheese from cooler and place at workstation. Pull dried oregano. Wash hands thoroughly. Open mushrooms. Place frozen peppers and onions in food storage container. Put cheese in food storage container. Put sauce into a food storage container. Set up assembly line.

	CCP: Prepare foods at room temperature in two hours or less
	7. Prep: Pull 12 sheet pans and spray thoroughly. Wash hands thoroughly. Place each piece of pizza dough carefully onto well-greased sheet pans. Top each pizza dough with 1- 6 oz. spoodle of pizza sauce, using the bottom to spread out the sauce evenly, starting from the center and working outward leaving ½" of the dough without sauce. Add 16 oz. or 1 quart of shredded mozzarella cheese starting from the outside and working into the center of the pizza. Sprinkle 1 cup of sliced fresh mushrooms on each pizza using 1- 8 oz. spoodle. Sprinkle 1 cup of frozen sliced peppers and onions on each pizza using 1- 8 oz. spoodle.
	8. Cook: Bake in convection oven at 375° F for 13 - 15 minutes. Bake until dough is crisp and cheese is melted and golden. CCP: Heat until an internal temperature is reached of 140°F for 15 seconds CCP: Batch cook as necessary to insure best end product and nutritional.
	9. Hold: Hold pizzas in warmers above 135°F CCP: Hold above 135°F CCP: Batch cook as necessary to insure best end product and nutritional.
	10 Serve: 1 Slice, 1/8 of each pizza. Each serving provides 2.00 oz. eq. meat/meat alternative, 2.25 oz. eq. wgr, ¼ cup other vegetable. CCP: Hold above 135°F

Notes:

Production Notes: Allow pizza to set for 1- 2 minutes before cutting and serving.
Cut each 16" pizza into 8 equal pieces.
If available, use 1/8 cup of fresh oregano per pizza.
All crediting is based on the USDA Product Fact Sheet, the Food Buying Guide and Manufacturer Product Information Sheets
The Food Buying Guide credits IQF mushrooms to have a cooked yield of 6 ¼ cup servings per pound

Serving Notes: Each serving provides 2.00 oz. eq. meat/meat alternative, 2.25 oz. eq. wgr, ¼ cup other vegetable.
Each serving weighs 193 grams or 6.8 oz.

Nutrients Per Serving:		(per 1 Slice)			
Calories	337.448	Trans Fat (gm)	0.000*	Iron (mg)	1.620
Protein (gm)	23.146	Chol (mg)	19.753	Calc (mg)	421.249
Carb (gm)	43.488	Vit A (IU)	577.581	Sodium (mg)	627.851
Tot Fat (gm)	8.310	Vit C (mg)	21.095	Fiber (gm)	5.337
Sat Fat (gm)	3.972			Sugars (gm)	6.670*

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1 Slice)					
		-----Vegetables (Cups)-----					
Fruit (Cups)		Dark Green	Red/Orange	0	Beans/Peas	Starchy	Other 0.25
Whole Grain- Rich	(Oz. Eq.) 2.25	Enriched Grain (Oz. Eq.)			Meat/Alt (Oz. Eq.) 2	Fluid Milk (Cups)	

Allergens:

Milk, Wheat, Soybeans

Omelet Bar

Recipe #: 883 (LOCAL)



Omelet Bar	
Breakfast Entree	
Ingredients	Quantity
Egg, whole, raw, frozen, pasteurized	5 lb.
Cheese, Cheddar, White, Shredded [100002]	4 oz.
Cheese, feta	1 c. crumbled
Cheese, mozzarella, low moisture, part-skim, shredded	1 1/2 c.
Tomatoes, red, ripe, raw, year round average	1 c. chopped or sliced
Mushrooms, white, raw	2 c. pieces or slices
Spinach, raw	2 c.
Peppers, sweet, green, raw	1 c. sliced
Onions, sweet, raw	4 oz.
Sausage Links, Breakfast, Reduced Fat, FC, 6/5#, 358/1.34oz, JTM 5641CE (2/.67oz=1M)	4 link
Ham, 97% Fat Free, Water-Added, Cooked, Diced, Frozen [100188]	4 oz.
Peppers, jalapeno, canned, solids and liquids	1/4 c. chopped
Peppers, hot pickled, canned	1/4 c. drained
Oil, industrial, canola for salads, woks and light frying	1/4 c.
Preparation Instructions	
HACCP Process: #3 - Complex Food Preparation	
Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.	
Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.	
CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.	
Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.	
Chop all filling ingredients before beginning to cook and assemble omelets.	
Heat skillet, spray lightly with oil.	
Add 2 oz ladle of liquid egg to hot pan. Add desired filling ingredients (except cheese) to separate pan to saute until hot. Add hot ingredients to egg pan once egg is set. Fold egg over ingredients. Garnish with cheese.	
CCP: Heat to 165° F or higher for at least 15 seconds	
Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.	
CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.	

Omelet Bar
Serving Size: 1.00 Omelet
Yield: 50.00
Nutrition Facts
Serving Size 1 Omelet
Serving Weight 71.084 gm
Amounts Per Serving
Calories 109.571 kcal
Total Fat 7.835 gm
Saturated Fat 2.990 gm*
Trans Fat 0.066 gm*
Cholesterol 177.343 mg
Sodium 164.247 mg
Potassium 98.606 mg*
Carbohydrates 1.555 gm
Fiber 0.225 gm
Sugars 0.698 gm
Protein 7.955 gm
Iron 0.950 mg*
Calcium 64.906 mg*
Vitamin A (IU) 460.613 iu*
Vitamin C 2.629 mg*
Vitamin D 1.207 mcg*
Saturated Fat % of Calories 24.56%*
* = Indicates missing Nutrient Information.
^ = Indicates user added nutrient.
WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.
Meal Components
2 Oz Of Meat/Meat Alternates
Allergens
Eggs, Milk
Attributes
Contains Pork
Made from Scratch

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

STANDARDIZED RECIPE

Recipe Name: Roasted Mushrooms

Recipe No: Fall 2019

Ingredients	For 40	Servings	For	Servings	Directions
	Weight	Measure	Weight	Measure	
Mushrooms, fresh GFS 285188	9#	3 Boxes			1. Preheat oven to 375°.
Pepper, ground black		2 tsp.			2. Rinse, wipe off any dirt with a wet cloth. Try not to soak the mushrooms in water.
Salt, kosher		1 Tsp.			3. Cut any very large mushrooms in half or in quarters.
Olive Oil		¾ C			4. Toss mushrooms with olive oil, salt and pepper. Other seasoning such as granulated garlic may be added.
					5. Place mushrooms in a single layer on a parchment lined sheet pan. Do not crowd the mushrooms as this will cause them to steam. 6. Bake until mushrooms are lightly browned and tender, approx. 15 min. CCP: Hold for hot service at 140° or higher.

Serving Size for Grades: K-8 is: ½ C (unit: cup, fl oz, each) Serving Utensil: 4 oz spoodle

Serving Size for Grades: _____ is: _____ (unit: cup, fl oz, each) Serving Utensil: _____

Total Yield for _____ (number) _____ (unit: lbs, gal, OR # pans and # servings/pan)

Meal Pattern Contribution:	Grades	Meat/Meat Alternate	Grains/Breads	Fruit/Vegetable
			oz = _____ g/b serving(s)	½ C Cup
			oz = _____ g/b serving(s)	_____ Cup

Mushroom Gravy

Recipe:	R-3793	HACCP Process:	Same Day Service	
# of Servings:	100.00	Serving Size:	1/2 Cup	Source: Mushroom Council
Grams Per Serving:	65.10	Fat Change %:	0.00	Moisture Change %: 0.00

Ingredients	Measurements	Directions
Gravy Mix, Brown Low Sodium, Trio 385727	1 PACKAGE, 16OZ	1. Ingredients: 2. Prep: In large stockpot OPEN pouch. POUR the full package of Low Sodium Brown Gravy Mix into 1 gallon of boiling water (212°F). Add in 2.5 pounds thin sliced mushrooms into gravy. CCP: Heat until an internal temperature is reached of 165°F for 15 seconds 3. Cook: STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand 10 minutes, then STIR briskly with wire whisk. 4. Note yield after adding mushrooms. 1 package (16 oz) Gravy Mix + 1-gallon boiling water = yields 1 gallon + 1 cup Low Sodium Brown Gravy 5. Serve ½ cup mushroom gravy over your students' favorite meat
Fresh Sliced Mushrooms, RTU	5 LB	
Tap Water	1 GALLON	

Notes:

Production Notes:

Serving Notes:

Nutrients Per Serving:		(per 1/2 Cup)			
Calories	21.190	Trans Fat (gm)	0.000	Iron (mg)	0.839
Protein (gm)	1.349	Chol (mg)	0.000	Calc (mg)	23.687
Carb (gm)	3.979	Vit A (IU)	201.310	Sodium (mg)	92.989
Tot Fat (gm)	0.401	Vit C (mg)	0.742	Fiber (gm)	0.227
Sat Fat (gm)	0.011			Sugars (gm)	0.449
Note: * means nutrient data is missing or not available.					

Meal Components: (per 1/2 Cup)

Fruit (Cups)		Vegetables (Cups)			
	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)		Fluid Milk (Cups)

Allergens:

No Listed Allergens

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.

Asian Marinated Mushrooms

Recipe:	R-3794	HACCP Process:	No Cook		
# of Servings:	100.00	Serving Size:	1/2 Cup	Source:	Mushroom Council
Grams Per Serving:	44.05	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Fresh Mushrooms	6 LB	1. Ingredients:
Lite Asian Sesame Dressing	2 QUARTS	
Sriracha Hot Chili Sauce	1/2 CUP	
Lime juice, canned or bottled, unsweetened	1/2 CUP	
		2. Pre-Prep: Rinse mushrooms, wipe off any dirt with a wet cloth. Do not to soak the mushrooms in water. Wash hands and put on gloves. Cut each mushroom into quarters (if using medium mushrooms) Place in food storage container.
		3. Prep: Pull remaining chilled ingredients and place at workstation. Whisk together dressing, sriracha and lime juice. Pour dressing over mushrooms and toss to coat lightly. Cover, date stamp and place in cooler.
		4. Hold: Chill marinated mushrooms overnight.
		5. Serve: day of service place marinated mushrooms on the salad bar or tray up and offer as a cold side vegetable. ½ cup provides ½ cup serving of other vegetable

Notes:

Production Notes: Note: order medium white mushrooms to get a consistent size for ease of preparation and presentation at service. Can also use local mushrooms.

Serving Notes: Each ½ cup provides ½ cup other vegetable. A great side option for all the popular Asian entrees.

Nutrients Per Serving:		(per 1/2 Cup)			
Calories	39.857	Trans Fat (gm)	0.000*	Iron (mg)	0.139*
Protein (gm)	1.324	Chol (mg)	0.000	Calc (mg)	0.964*
Carb (gm)	4.811	Vit A (IU)	0.197*	Sodium (mg)	189.007
Tot Fat (gm)	2.016	Vit C (mg)	1.803*	Fiber (gm)	0.277
Sat Fat (gm)	0.254			Sugars (gm)	3.901*
Note: * means nutrient data is missing or not available.					

Meal Components:		(per 1/2 Cup)					
		----- Vegetables (Cups) -----					
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	0.500	
Whole Grain- Rich (Oz. Eq.)	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)		Fluid Milk (Cups)		

Allergens:

Wheat, Soybeans

Recipe Instruction Report

Recipe Name: Veggies on Fire

Recipe Code: REC46452

Number of Servings: 50

Recipe's Ingredients (** = A CN Database Serving Type)			
Ingredient Name	Code	Primary Measure	Secondary Measure
MUSHROOMS, DICED, FROZEN	11260	5 Pound	
CORN, WHOLE KERNAL, CANNED	0298	1/2 Can #10, Drained	
PEPPER, RED, SLICED	2379	1 Pound	
SQUASH, ITALIAN	11832	2 1/2 Pound	
BROCCOLI, BUDS 1", FRESH	0800	1 1/2 Pound	
CAULIFLOWER, FLORETS	0801	7/8 Pound	
CARROTS, RAW, SHREDDED	0399	1 Pound	
OIL, OLIVE	16554	1/8 Cup	
SAUCE, TERIYAKI, BAGS	33587	3/8 Cup	
SEASONING, BBQ SPICE BLEND	33592	2 Teaspoon	

Recipe Instructions
Preparation Description
<p>A. GENERAL PREPARATION ON THE DAY BEFORE SERVICE..</p> <ul style="list-style-type: none"> When possible, do your <i>mis en place</i> for next day production. Store fresh-cut produce between 33 to 41°F to maintain quality. <p>B. INGREDIENT COMBINATION AND HEATING ON THE DAY OF SERVICE.</p> <ol style="list-style-type: none"> Line bun pans with parchment paper. Apply spray release to paper. Place USDA IQF frozen mushrooms on bun pans. Arrange mushrooms in single layer batches. Manually take apart any clusters of frozen mushrooms. <p>Convection oven method for roasting mushrooms: Roast mushrooms in a preheated oven at 425°F for 20 minutes or until product is evenly caramelized.</p> <p><i>While mushrooms are cooking, perform the following tasks.</i></p> <ol style="list-style-type: none"> Open cans of corn, then transfer to a colander. Allow corn to drain off any excess liquid while preparing the rest of the ingredients. Using a colander, wash whole red peppers, trim top caps off, cut in half and remove seeds and veins. Cut red peppers into short Julianne strips. Using a large mixing bowl, mix peppers, zucchini, broccoli (cut bite size) cauliflower (cut bite size) carrots, corn, olive oil, teriyaki sauce, roasted mushrooms and spice seasoning. Toss all ingredients together until mixed thoroughly. Line bun pans with parchment paper. Apply spray release to parchment paper. Transfer ingredients from mixing bowl to the bun pans. Fill bun pans with the veggie blend forming single layer batches. <p>Convection oven method for vegetable blend: Bake in preheated oven at for 12- 15 minutes or until very lightly charred.</p> <p>Transfer vegetables into 2" hotel pans for steam table service.</p> <p>D. STUDENT MEAL SERVICE.</p> <ul style="list-style-type: none"> Hold until and during service at a minimum internal temperature of 135°F. Serve students meal portions according to menus. Process #2: Same day service.

Recipe Instruction Report

HACCP Information

- Inspect cans before opening for swollen ends, rust, or dents.
- Label food for storage with ingredient list and date of preparation.
- Hold cold foods at an internal temperature of 41 degrees F or lower.
- Prepare raw foods separately from ready to eat foods.
- Sanitize work surface, equipment, and utensils.
- Rotate products to ensure that the oldest inventory is used first.
- Wash and sanitize work surface, equipment and utensils.
- Wash hands before and after preparing food.
- Wear gloves when preparing food and change as needed.
- Thaw food in the refrigerator at 41 degrees Fahrenheit
- Discard food held in the temperature danger zone for longer than four hours.
- Remove from the refrigerator only as much product as can be prepared at one time.
- Wear a hair net when working in the production area.

Allergens

Soy, Wheat

Local Serving Details

Serving Size	Serving Type	Weight (g)	Proj. Num.Of Servings	Serving Description
1	Serving (#8 = 1/2 cup)	139.898	50	#8 scoop= 1/2 cup



Layers of Flavors Culinary Training Quiz

Directions: Choose the answer that best fits for the following multiple choice questions. The answers are available at the end of the quiz.

1. Mushrooms are good for us and for the planet! What are some of the reasons we consider mushrooms to be a sustainable food source?

- A. Mushrooms require less water, energy, land, and raw materials for their production
- B. They can reduce and replace the use of more energy-intensive animal proteins in recipes
- C. Mushrooms are often locally grown, which can reduce the resources needed to get them from the producer to your kitchen
- D. All of the above

2. Mushrooms are a great source of all of the following EXCEPT:

- A. Selenium
- B. Vitamin D
- C. Protein
- D. Antioxidants

3. Mushrooms are a perfect match for school meals not only due to their _____ (they can be used in multiple ways!), but also because they can add lots of flavor without added salt or _____.

- A. Cost, nutrients
- B. Versatility, fat
- C. Shelf life, flavor
- D. Flavor, plate coverage

4. True or False: When receiving fresh mushroom deliveries, the mushroom caps should be slightly damp with a dark, shiny coloring.

5. The following are ideal storage methods for fresh mushrooms EXCEPT:

- A. Store in the original box or packaging from the produce distributor
- B. Place in a brown paper bag and fold over the top
- C. Seal in an airtight plastic container
- D. Store in a well ventilated location in your walk-in refrigerator



6. When your mushrooms have been in storage for 6-10 days, and have slightly browned or bruised, what should you do with them?

- A. Throw them out
- B. Roast them or use them in cooked dishes
- C. Return them to the distributor
- D. Use them on the salad bar

7. Which size of mushroom is going to be the best fit for most school meal operations?

- A. Medium Fancy
- B. Foodservice
- C. Jumbo
- D. Button

8. Mushrooms are often used as an animal protein replacement or enhancement, to provide a savory, hearty flavor to dishes. Why is that?

- 1. Mushrooms have a meaty texture that blends well with (or acts as a vegetarian substitute for) animal-based proteins
- 2. Mushrooms provide umami - a rich, meaty flavor present in mushrooms due to specific amino acids and nucleotides
- 3. Mushrooms are a versatile ingredient that can be prepared in many ways (fresh, roasted, grilled, sauteed), making it an easy ingredient to pair with animal proteins

- A. 1, 2
- B. 2, 3
- C. 1, 3
- D. All of the above

9. Remember this mantra, a _____ knife is a _____ knife!

- A. Dull, safe
- B. Sharp, unsafe
- C. Sharp, safe
- D. None of the above



10. It's Thursday and you just received your fresh produce delivery with 2 cases of brown mushrooms. What are some methods you're going to use to menu these mushrooms for maximum quality and minimal waste?

1. Focus on using them in fresh applications first, like the salad bar
2. Use them only on the daily salad bar, then throw them away when they've lost quality
3. Look at cooked dishes the following week and how they can be incorporated, such as on a burger or omelet bar
4. Utilize them in marinated salads early the following week

- A. 1, 2, 3
B. 1, 3, 4
C. 2, 3, 4
D. All of the above

Answers

1. D; 2. C; 3. B; 4. False; 5. C; 6. B; 7. A; 8. D; 9. C; 10. B



Certificate of Participation

Proof of Attendance

Participant's Name: _____

SNA Member ID: _____ Date of Completion: _____

Activity Title: Mushrooms in Schools: Layers of Flavors Culinary Training

Key Area(s): 2000 Topic or Subtopic Code(s): 2110, 2130

CEU(s) Earned: 1.0

Presented by: **Mushrooms in Schools
Mushroom Council
303 Twin Dolphin Dr. Ste 600
Redwood Shores, CA 94065**

This Certificate is documentation of your training. Do not discard.

The School Nutrition Association has approved this training/education program for SNA Continuing Education Unit(s) for three (3) years.

This approval expires on 8.7.2023.

After this date a renewal submission is required.



Speaker and Content Developer Biographies

Chef Robert Rusan

District Chef

Chef Robert Rusan is literally a school lunch hero, receiving the School Nutrition Association's School Nutrition Hero Award in 2015 for his work at Maplewood Richmond Heights School District. As the District Chef, Chef Robert championed the district's Farm to School program, partnering with local farmers to purchase fresh produce and select meats.

He developed recipes that utilized farm-fresh products and ingredients from the school district's own on-campus gardens, and lead a student culinary apprenticeship program.

Chef Robert now operates a catering and consulting business, where he supports school nutrition initiatives for organizations nationally, including Mushrooms in Schools.

Whitney Bateson, MPH RD

Content Development & Graphic Design

Whitney Bateson, MPH RD is Owner of Whitney Bateson Digital Strategy and has spent nearly a decade in the child nutrition industry, developing menus, training, and marketing programs for districts across the country in her previous role as Director of Nutrition and Wellness at Chartwells K12.

She currently provides marketing and program support services to the nutrition industry. She holds a Bachelor of Science in Nutrition from the University of Delaware, a Master of Public Health from George Washington University, and is a Registered Dietitian.

Malissa Marsden

Culinary Training & Recipe Creation

Malissa Marsden, SNS has spent over 25 years in the school nutrition industry and is currently a Consultant to two Agriculture Marketing Boards and a national speaker. Malissa provides culinary training and assistance in creating recipes, meals and menus that utilize available Commercial and USDA Foods for Child Nutrition.

Malissa focuses on speed scratch, simple recipes and menus that operators can utilize in their operations and that the kids will eat. Malissa has a BA and AA from Purdue University and is SNS credentialed, a member of SNA and ACDA, and is active in all school nutrition USDA efforts.

