

Barbecued Beef or Pork on Roll (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-02

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	7 oz OR 1 ¼ oz	1 ¼ cups OR ½ cup 2 Tbsp	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	<p>1. Combine onions, celery, granulated garlic, catsup, tomato paste, vinegar, brown sugar, dry mustard, pepper, and cayenne. Bring to boil. Reduce heat and simmer, uncovered, for 10-15 minutes, stirring frequently.</p> <p>2. Remove fat from canned beef or pork, reserving juices. Add beef or pork, with juices, to sauce and stir. Bring to boil. Reduce heat. Simmer, uncovered, approximately 20-30 minutes. Stir occasionally.</p> <p>CCP: Heat to 140° F or higher.</p> <p>3. Pour meat mixture (approximately 1 gal 2 ½ qt) into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>4. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with level No. 8 scoop (½ cup) onto bottom half of each roll. Top with other half of roll.</p>
*Fresh celery, chopped	4 ¼ oz	1 cup 2 Tbsp	8 ½ oz	2 ¼ cups	
Granulated garlic		1 ½ tsp		1 Tbsp	
Catsup	2 lb 11 oz	1 qt ¼ cup	5 lb 6 oz	2 qt ½ cup (¾ No. 10 can)	
Canned tomato paste	12 oz	1 ⅓ cups	1 lb 8 oz	2 ⅓ cups	
White vinegar		1 cup		2 cups	
Brown sugar, packed		¼ cup		½ cup	
Dry mustard		3 Tbsp		¼ cup 2 Tbsp	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Cayenne		½ tsp		1 tsp	
Beef, canned with natural juices OR Pork, canned with natural juices	13 lb 2 oz OR 13 lb 2 oz	7 ¼ No. 2 ½ cans OR 7 ¼ No. 2 ½ cans	26 lb 4 oz OR 26 lb 4 oz	14 ½ No. 2 ½ cans OR 14 ½ No. 2 ½ cans	
Enriched hamburger rolls (at least 1.8 oz each)		50 each		100 each	

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Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	8 oz	1 lb
Celery	6 oz	12 oz
Chicken, whole, without neck and giblets OR	18 lb 1 oz OR	36 lb 2 oz OR
Turkey, whole, without neck and giblets	13 lb 14 oz	27 lb 12 oz

SERVING:

1 sandwich provides 2 oz equivalent meat/meat alternate, 1/8 cup of vegetable, and 2 servings of grains/breads.

YIELD:

50 Servings: 50 sandwiches

100 Servings: 100 sandwiches

VOLUME:

50 Servings: about 1 gallon 2 1/2 quarts (filling)

100 Servings: about 3 gallons 1 quart (filling)

Edited 2004

Variation

A. Barbecued Chicken or Turkey on Roll

50 servings: In step 1, add 1 qt chicken or turkey stock. In step 2, omit beef or pork. Use 6 lb 8 oz (1 gal 1 qt) *cooked chopped chicken or *cooked chopped turkey. Cover mixture while simmering. Continue with steps 3 and 4.

100 servings: In step 1, add 2 qt chicken or turkey stock. In step 2, omit beef or pork. Use 13 lb (2 gal 2 qt) *cooked chopped chicken or *cooked chopped turkey. Cover mixture while simmering. Continue with steps 3 and 4.

*See Marketing Guide

Barbecued Beef or Pork on Roll (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

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Nutrients Per Serving

Calories	276	Saturated Fat	2.33 g	Iron	3.40 mg
Protein	16.74 g	Cholesterol	39 mg	Calcium	87 mg
Carbohydrate	35.73 g	Vitamin A	427 IU	Sodium	789 mg
Total Fat	7.16 g	Vitamin C	8.0 mg	Dietary Fiber	2.1 g

Egg Salad Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs, hard-cooked, peeled, chilled		50 each		100 each	1. Finely chop eggs.
*Fresh onions, chopped	8 oz	1 ½ cups	1 lb	2 ¾ cups	2. Combine eggs, onions, celery, pepper, dry mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended. Spread 4 lb (approximately 2 qt ¼ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh celery, chilled, chopped	14 ½ oz	3 ½ cups	1 lb 13 oz	1 qt 3 cups	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dry mustard		1 ½ tsp		1 Tbsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	14 oz OR 14 oz	1 ¾ cups OR 1 ¾ cups	1 lb 12 oz OR 1 lb 12 oz	3 ½ cups OR 3 ½ cups	
Sweet pickle relish, undrained, chilled	8 ½ oz	1 cup	1 lb 1 oz	2 cups	3. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to use.
*Enriched bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices	
					4. Portion with No. 12 scoop (⅓ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	1 lb 2 oz	2 lb 4 oz
Bread, sliced	3 ¼ sandwich loaves (2 lb each)	6 ½ sandwich loaves (2 lb each)

Egg Salad Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-03

SERVING:

1 sandwich provides 2 oz equivalent meat/meat alternate and 2 servings of grains/breads.

YIELD:

50 Servings: about 8 lb (filling)
13 lb 10 oz

100 Servings: about 16 lb (filling)
27 lb 4 oz

VOLUME:

50 Servings: about 1 gallon ½ cup (filling)
50 sandwiches

100 Servings: about 2 gallons 1 cups (filling)
100 sandwiches

Tested 2004

Nutrients Per Serving

Calories	244	Saturated Fat	2.15 g	Iron	2.29 mg
Protein	10.69 g	Cholesterol	216 mg	Calcium	86 mg
Carbohydrate	30.05 g	Vitamin A	302 IU	Sodium	453 mg
Total Fat	8.69 g	Vitamin C	0.9 mg	Dietary Fiber	1.5 g

Pizzaburger on Roll

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-04

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	6 lb 6 oz		12 lb 12 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ⅓ cups OR 3 cups	2. Add onions, granulated garlic, salt, pepper, tomato paste, water, and seasonings. Mix. CCP: Heat to 155° F or higher for at least 15 seconds.
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		1 qt 3 ½ cups		3 qt 3 cups	
†Seasonings Dried basil Dried oregano Dried marjoram Dried thyme		3 Tbsp 3 Tbsp 2 Tbsp 1 ½ tsp 1 ½ tsp		¼ cup 2 Tbsp ¼ cup 2 Tbsp ¼ cup 1 Tbsp 1 Tbsp	
Enriched hamburger rolls (at least 1.8 oz each)		50 each		100 each	3. Place split rolls on sheet pan (18" x 26" x 1"), 25 halves per pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans.
					4. Portion meat mixture with No. 24 scoop (2 ⅔ Tbsp) onto 50 half rolls.
Lite mozzarella cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	5. Top all half rolls with ¼ oz (1 Tbsp) shredded cheese.
					6. Bake until heated through and cheese is melted: Conventional oven: 400° F for 8 minutes Convection oven: 350° F for 6 minutes
					7. CCP: Hold for hot service at 135° F or higher. Serve 2 open-faced halves (1 with meat and 1 with cheese) per serving or, if preferred serve as a closed face sandwich.

Pizzaburger on Roll

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-04

Comment:
*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Italian Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Italian Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz

SERVING:

1 sandwich (2 halves) provides 2 oz meat/meat alternate, ¼ cup of vegetable, and 2 servings of grains/breads.

YIELD:

50 Servings: about 11 lb (filling)
18 lb 3 oz

100 Servings: about 22 lb (filling)
36 lb 6 oz

VOLUME:

50 Servings: about 2 quarts ⅓ cup (filling)
100 halves

100 Servings: about 1 gallon ⅔ cup (filling)
200 halves

Tested 2004

Special Tip:

Can be served as 2 open faced half sandwiches.

Nutrients Per Serving

Calories	313	Saturated Fat	4.80 g	Iron	3.58 mg
Protein	20.54 g	Cholesterol	43 mg	Calcium	207 mg
Carbohydrate	30.69 g	Vitamin A	502 IU	Sodium	546 mg
Total Fat	11.66 g	Vitamin C	10.0 mg	Dietary Fiber	2.5 g

Sloppy Joe on Roll

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 10 oz		17 lb 4 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	10 oz OR 1 ¼ oz	1 ¾ cups OR ¾ cup 2 Tbsp	1 lb 4 oz OR 2 ½ oz	3 ½ cups OR 1 ¾ cups	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 Tbsp		2 Tbsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Catsup	1 lb 13 oz	3 cups (¼ No. 10 can)	3 lb 10 oz	1 qt 2 cups (½ No. 10 can)	
Water		2 cups		1 qt	
White vinegar		1 cup 2 Tbsp		2 ¼ cups	
Dry mustard		2 Tbsp		¼ cup	
Ground black or white pepper		1 tsp		2 tsp	
Brown sugar, packed	2 ¾ oz	¼ cup 2 Tbsp	5 ½ oz	¾ cup	
					3. Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Enriched hamburger rolls (at least 1.8 oz each)		50 each		100 each	4. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup) onto bottom half of each roll. Cover with top half of roll.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	12 oz	1 lb 8 oz

Sloppy Joe on Roll

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-05

SERVING:

1 sandwich provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 2 servings of grains/breads.

YIELD:

50 Servings: 10 lb 12 oz (filling)
about 15 lb 10 oz

100 Servings: 21 lb 8 oz (filling)
about 31 lb 4 oz

VOLUME:

50 Servings: about 1 gallon ¼ cup (filling)
50 sandwiches

100 Servings: about 2 gallons ½ cup (filling)
100 sandwiches

Tested 2004

Nutrients Per Serving

Calories	345	Saturated Fat	4.96 g	Iron	3.74 mg
Protein	20.95 g	Cholesterol	52 mg	Calcium	98 mg
Carbohydrate	35.93 g	Vitamin A	560 IU	Sodium	540 mg
Total Fat	12.77 g	Vitamin C	11.9 mg	Dietary Fiber	2.4 g

Stromboli

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tip)		2 Tbsp 1 ½ tsp	2 oz	¼ cup 1 Tbsp	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110° F)		3 cups		1 qt 2 cups	
Enriched all-purpose flour	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt	2. Place flour in mixer bowl. Make well in the center.
Vegetable oil		¼ cup		½ cup	3. Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp	2 oz	¼ cup	
					4. Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.
Dried basil		1 ¼ tsp		2 ½ tsp	5. Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for steps 7 and 8.
Dried oregano		1 tsp		2 tsp	
Dried marjoram		¼ tsp		½ tsp	
Dried thyme		⅛ tsp		¼ tsp	
					6. On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".
Lite mozzarella cheese, sliced	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 ¼ qt	7. Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding. For 24" x 16" rectangle use: 1st layer-10 oz cheese 2nd layer-approximately ½ tsp seasonings 3rd layer-17 oz turkey ham slices For 24" x 8" rectangle use: 1st layer-5 oz cheese 2nd layer-approximately ¼ tsp seasonings

Stromboli

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-06

<p>Cooked turkey ham, sliced (15% water added)</p>	<p>5 lb 5 oz</p>	<p>10 lb 10 oz</p>	<p>3rd layer-8 ½ oz turkey ham slices</p> <p>8. Fold top third of dough over cheese and turkey ham. Place another layer of cheese, seasonings, and turkey ham on top of folded dough as follows:</p> <p>For 24" x 16" rectangle use: 1st layer-10 oz cheese 2nd layer-approximately ½ tsp seasonings 3rd layer-17 oz turkey ham slices</p> <p>For 24" x 8" rectangle use: 1st layer-5 oz cheese 2nd layer approximately ¼ tsp seasonings 3rd layer-8 ½ oz turkey ham slices</p>
			<p>9. Fold bottom third of dough over the second layer of cheese and turkey ham. Pinch to seal end and top seams. (If desired, brush seams with egg wash.)</p>
			<p>10. Using a fork, pierce top of dough lengthwise from end to end, repeating 4 rows across.</p>
			<p>11. Place rolled dough on sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.</p>
			<p>12. Allow rolled stromboli to rise for 30 minutes.</p>
			<p>13. Bake until crust is lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 135° F or higher.</p>
			<p>14. Remove from oven. Let stand for 15 minutes before cutting, to prevent cheese from running. Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces). Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces)</p>
			<p>15. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion 1 piece.</p>

Stromboli

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-06

SERVING:

1 piece provides 2 oz equivalent meat/meat alternate and 1 ½ servings of grains/breads.

YIELD:

50 Servings: 2 ½ stromboli rolls
about 10 lb 2 oz

100 Servings: 5 stromboli rolls
about 20 lb 4 oz

VOLUME:

50 Servings: 50 pieces
2 pans

100 Servings: 100 pieces
3 pans

Tested 2004

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

Nutrients Per Serving

Calories	221	Saturated Fat	2.72 g	Iron	1.79 mg
Protein	18.33 g	Cholesterol	40 mg	Calcium	216 mg
Carbohydrate	21.32 g	Vitamin A	43 IU	Sodium	636 mg
Total Fat	6.34 g	Vitamin C	0.0 mg	Dietary Fiber	0.8 g

Stromboli with Tomato Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tip)		2 Tbsp 1 ½ tsp	2 oz	¼ cup 1 Tbsp	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110° F)		3 cups		1 qt 2 cups	
Enriched all-purpose flour	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt	2. Place flour in mixer bowl. Make well in the center.
Vegetable oil		¼ cup		½ cup	3. Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp	2 oz	¼ cup	
					4. Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.
Dried basil		1 ¼ tsp		2 ½ tsp	5. Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for steps 8 and 9.
Dried oregano		1 tsp		2 tsp	
Dried marjoram		¼ tsp		½ tsp	
Dried thyme		⅛ tsp		¼ tsp	
					6. On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".
Canned tomato paste	14 ¾ oz	1 ½ cups 2 Tbsp (⅓ No. 10 can and 1 Tbsp)	1 lb 13 ½ oz	3 ¼ cups (¼ No. 10 can and 2 Tbsp)	7. Combine tomato paste and water.
Water		1 cup		2 cups	
Lite mozzarella cheese, sliced	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 ¼ qt	8. Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding.
					For 24" x 16" rectangle use: 1st layer-10 oz cheese 2nd layer-½ cup tomato mixture 3rd layer-approximately ½ tsp seasonings

Stromboli with Tomato Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06A

			<p>4th layer-14 oz turkey ham slices</p> <p>For 24" x 8" rectangle use: 1st layer-5 oz cheese 2nd layer-¼ cup tomato mixture 3rd layer-approximately ¼ tsp seasonings 4th layer-7 oz turkey ham slices</p>
Cooked turkey ham, sliced (15% water added)	5 lb 5 oz	10 lb 10 oz	<p>9. Fold top third of dough over cheese, tomato mixture, and turkey ham. Place another layer of ingredients on top of folded dough as follows:</p> <p>For 24" x 16" rectangle use: 1st layer-10 oz cheese 2nd layer-½ cup tomato mixture 3rd layer-approximately ½ tsp seasonings 4th layer-14 oz turkey ham slices</p> <p>For 24" x 8" rectangle use: 1st layer-5 oz cheese 2nd layer-¼ cup tomato mixture 3rd layer-approximately ¼ tsp seasonings 4th layer-7 oz turkey ham slices</p>
			<p>10. Fold bottom third of dough over the second layer of cheese and turkey ham. Pinch to seal end and top seams. (If desired, brush seams with egg wash.)</p>
			<p>11. Using a fork, pierce top of dough lengthwise from end to end, repeating 4 rows across.</p>
			<p>12. Place rolled dough on sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.</p>
			<p>13. Allow rolled stromboli to rise for 30 minutes.</p>
			<p>14. Bake until crust is lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 135° F or higher.</p>
			<p>15. Remove from oven. Let stand for 15 minutes before cutting, to prevent cheese from running. Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces). Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces).</p>
			<p>16. CCP: Hold for hot service at 135° F or higher.</p>

Stromboli with Tomato Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06A

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz equivalent meat/meat alternate, 1/8 cup of vegetable, and 1 1/2 servings of grains/breads.	50 Servings: 2 1/2 stromboli rolls about 11 lb	50 Servings: 50 pieces 2 pans
	100 Servings: 5 stromboli rolls about 22 lb	100 Servings: 100 pieces 3 pans

Tested 2004

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

Nutrients Per Serving					
Calories	228	Saturated Fat	2.72 g	Iron	1.97 mg
Protein	18.62 g	Cholesterol	40 mg	Calcium	219 mg
Carbohydrate	23.02 g	Vitamin A	351 IU	Sodium	638 mg
Total Fat	6.37 g	Vitamin C	4.8 mg	Dietary Fiber	1.2 g

Vegetable Stromboli

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tip)		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110° F)		3 cups		1 qt 2 cups	
Enriched all-purpose flour	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt	2. Place flour in mixer bowl. Make well in the center.
Vegetable oil		¼ cup		½ cup	3. Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.
					4. Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp	2 oz	¼ cup	
Dried basil		2 Tbsp ¼ tsp		¼ cup ½ tsp	5. Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for step 9.
Dried oregano		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Dried marjoram		1 ½ tsp		1 Tbsp	
Dried thyme		¼ tsp		½ tsp	
*Fresh green or red bell peppers, chopped	1 lb 4 oz	3 ¾ cups 2 Tbsp	2 lb 8 oz	1 qt 3 ¾ cups	6. Mix peppers, carrots, mushrooms, onions, yellow squash, and zucchini into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Steam vegetable mixture for 3 minutes.
*Fresh carrots, shredded	7 ½ oz	1 ½ cups	15 oz	3 cups	
*Fresh mushrooms, sliced	7 ½ oz	¾ cup 3 Tbsp	15 oz	1 ¾ cups 2 Tbsp	
*Fresh red onions, chopped	6 ¼ oz	1 cup 1 Tbsp	12 ½ oz	2 cups 2 Tbsp	
*Fresh yellow squash, sliced	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups	
*Fresh zucchini, sliced	1 lb ¼ oz	3 ½ cups	2 lb ½ oz	1 qt 3 cups	
*Fresh tomatoes, chopped	1 lb 5 ¼ oz	¾ cup 3 Tbsp	2 lb 10 ½ oz	1 ¾ cups 2 Tbsp	7. Add tomatoes to vegetables and mix. Reserve for step 9.

Vegetable Stromboli

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

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					8. On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".
Lite mozzarella cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	9. Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding. For 24" x 16" rectangle use: 1st layer-5 oz cheese 2nd layer-1 Tbsp ½ tsp seasonings 3rd layer-1 lb 2 oz vegetable mixture For 24" x 8" rectangle use: 1st layer-2 ½ oz cheese 2nd layer-1 ¾ tsp seasonings 3rd layer-9 oz vegetable mixture
					10. Fold top third of dough over cheese and vegetable mixture. Place another layer of cheese, seasoning, and vegetable on top of folded dough as follows: For 24" x 16" rectangle use: 1st layer-5 oz cheese 2nd layer-1 Tbsp ½ tsp seasonings 3rd layer-1 lb 2 oz vegetable mixture For 24" x 8" rectangle use: 1st layer-2 ½ oz cheese 2nd layer-1 ¾ tsp seasoning 3rd layer-9 oz vegetable mixture
					11. Fold bottom third of dough over the second layer of cheese and vegetable. Pinch to seal end and top seams. (If desired, brush seams with egg wash)
					12. Place rolled dough on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.
					13. Allow rolled stromboli to rise for 30 minutes.
					14. Bake until crust is lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes
					15. Remove from oven. Let stand for 15 minutes before cutting.

Vegetable Stromboli

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06B

16. Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces).
Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces).

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

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Bell peppers	1 lb 9 oz	3 lb 2 oz
Carrots	9 oz	1 lb 2 oz
Mushrooms	8 oz	1 lb
Red onions	8 oz	1 lb
Yellow squash	14 oz	1 lb 12 oz
Zucchini	1 lb 2 oz	2 lb 4 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz

SERVING:

1 piece provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.

YIELD:

50 Servings: 2 ½ stromboli rolls
about 10 lb 4 oz

100 Servings: 5 stromboli rolls
about 20 lb 8 oz

Tested 2004

VOLUME:

50 Servings: 50 pieces
2 pans

100 Servings: 100 pieces
3 pans

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

Vegetable Stromboli

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06B

Nutrients Per Serving

Calories	145	Saturated Fat	1.19 g	Iron	1.65 mg
Protein	7.09 g	Cholesterol	5 mg	Calcium	123 mg
Carbohydrate	22.28 g	Vitamin A	1205 IU	Sodium	126 mg
Total Fat	3.01 g	Vitamin C	13.1 mg	Dietary Fiber	1.6 g

Toasted Cheese Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	6 oz	¾ cup	12 oz	1 ½ cups	<ol style="list-style-type: none"> Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5. Place 20 slices of bread on each sheet pan, 4 across and 5 down. For 50 servings, one pan will have only 10 slices. Top each slice of bread with 2 slices (2 oz) of cheese. Cover with remaining bread slices. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE CCP: Hold for hot service at 135° F or higher. <p>If desired, cut each sandwich diagonally in half.</p>
*Enriched bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices	
Cheese blend of American and skim milk cheeses, sliced	6 lb 4 oz	100 slices (1 oz each)	12 lb 8 oz	200 slices (1 oz each)	

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Bread, sliced	3 ¼ sandwich loaves (2 lb each)	6 ½ sandwich loaves (2 lb each)

SERVING:	YIELD:	VOLUME:
1 sandwich provides 2 oz equivalent meat/meat alternate and 2 servings of grains/breads.	50 Servings: about 11 lb 14 oz	50 Servings: 50 sandwiches
	100 Servings: about 23 lb 12 oz	100 Servings: 100 sandwiches

Edited 2004

Toasted Cheese Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

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	16.00 g	Vitamin A	641 IU	Sodium	982 mg
Total Fat	11.62 g	Vitamin C	0.0 mg	Dietary Fiber	0.6 g

Toasted Turkey Ham and Cheese Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	6 oz	¾ cup	12 oz	1 ½ cups	1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 5 pans. Reserve the remaining margarine or butter for step 5.
*Enriched bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices	
Cheese blend of American and skim milk cheeses, sliced	3 lb 2 oz	50 slices (1 oz each)	6 lb 4 oz	100 slices (1 oz each)	
Cooked turkey ham, sliced (15% water added)	5 lb 8 oz	50 slices (1 ¾ oz each)	11 lb	100 slices (1 ¾ oz each)	
					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. CCP: Heat to 135° F or higher.
					7. CCP: Hold for hot service at 135° F or higher. If desired, cut each sandwich diagonally in half.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Bread, sliced	3 ¼ sandwich loaves (2 lb each)	6 ½ sandwich loaves (2 lb each)

Toasted Turkey Ham and Cheese Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07A

SERVING:

1 sandwich provides 2 oz equivalent meat/meat alternate and 2 servings of grains/breads.

YIELD:

50 Servings: about 13 lb 7 oz

100 Servings: about 26 lb 14 oz

Edited 2004

VOLUME:

50 Servings: 50 sandwiches

100 Servings: 100 sandwiches

Nutrients Per Serving

Calories	319	Saturated Fat	4.48 g	Iron	2.39 mg
Protein	20.27 g	Cholesterol	48 mg	Calcium	272 mg
Carbohydrate	34.42 g	Vitamin A	408 IU	Sodium	1231 mg
Total Fat	11.00 g	Vitamin C	0.0 mg	Dietary Fiber	1.4 g

Tuna Salad Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned chunk style, water packed tuna, chilled	8 lb 5 oz	1 gal 2 qt (2 66 ½ oz cans)	16 lb 10 oz	3 gal (4 66 ½ oz cans)	1. Drain and flake tuna.
*Fresh onions, chopped	1 lb	2 ¾ cups	2 lb	1 qt 1 ⅓ cups	2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.
*Fresh celery, chilled, chopped	2 lb	1 qt 3 ½ cups	4 lb	3 qt 3 cups	
Sweet pickle relish, undrained	8 ¾ oz	1 cup	1 lb 1 ½ oz	2 cups	
Dry mustard		1 ½ tsp		1 Tbsp	
Fresh large eggs, hard cooked, peeled, chilled, chopped (optional)		8 each		16 each	
Reduced calorie salad dressing OR Lowfat mayonnaise	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 1/2 cups	5 lb 6 oz OR 5 lb 6 oz	2 qt 3 cups OR 2 qt 3 cups	
					3. CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.
*Enriched bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices	4. Portion with No. 8 scoop (½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Celery	2 lb 7 oz	4 lb 14 oz
Bread, sliced	3 ¼ sandwich loaves (2 lb each)	6 ½ sandwich loaves (2 lb each)

Tuna Salad Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-08

SERVING:	YIELD:	VOLUME:
1 sandwich provides 2 oz equivalent meat/meat alternate, 1/8 cup of vegetable, and 2 servings of grains/breads.	50 Servings: about 12 lb 6 oz (filling) 18 lb	50 Servings: about 1 gallon 2 quarts (filling) 50 sandwiches
	100 Servings: about 24 lb 12 oz (filling) 36 lb	100 Servings: about 3 gallons (filling) 100 sandwiches

Edited 2004

Nutrients Per Serving					
Calories	304	Saturated Fat	1.21 g	Iron	3.02 mg
Protein	23.94 g	Cholesterol	33 mg	Calcium	76 mg
Carbohydrate	34.41 g	Vitamin A	86 IU	Sodium	806 mg
Total Fat	7.19 g	Vitamin C	1.9 mg	Dietary Fiber	2.0 g

Vegetable Wraps

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched flour tortilla, 12" soft (at least 1.8 oz)		50 each		100 each	1. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
Ranch dressing (E-19)	50 oz	1 qt 2 ¼ cups	100 oz	3 qt ½ cup	2. For ranch dressing use Ranch Dressing recipe (see E-19) Spread 2 Tbsp ranch dressing down the center of each tortilla.
*Leaf lettuce	13 oz	1 qt 2 ¾ cups	1 lb 10 oz	3 qt 1 ½ cups	3. Place about ¼ oz lettuce on top of ranch dressing.
†Raw mixed vegetables					4. Combine raw vegetables: green peppers, onions, carrots, and cucumbers. Portion 2 oz vegetable mix with a No. 10 scoop (¾ cup) on top of lettuce leaf and dressing.
* Raw green peppers, chopped	1 lb 10 oz	1 qt ¾ cup	3 lb 4 oz	2 qt 1 ½ cups	
* Raw onions, chopped	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	
* Raw carrots, peeled and sliced	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	
* Raw cucumbers, peeled and diced	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	
Reduced fat Cheddar cheese, shredded	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 ¼ qt	5. Sprinkle 1 oz (¼ cup) cheese on top of vegetables.
					6. Fold the top and bottom of the tortilla into the center. Beginning at either side, roll the tortilla until all the contents cannot be seen.
					7. Cut diagonally in half.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 servings	100 servings
Leaf lettuce	1 lb 4 oz	2 lb 8 oz
Green peppers	2 lb 1 oz	4 lb 2 oz
Mature onions	2 lb 1 oz	4 lb 2 oz
Carrots	1 lb 10 oz	3 lb 4 oz
Cucumbers	1 lb 14 oz	3 lb 12 oz

Vegetable Wraps

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

SERVING:	YIELD:	VOLUME:
2 pieces provide 1 oz equivalent meat/meat alternate, $\frac{3}{8}$ cup of vegetable, and 2 servings of grains/breads.	50 Servings: about 19 lb	50 Servings: 1 gallon $\frac{7}{8}$ quarts (vegetable filling) 100 halves
	100 Servings: about 38 lb	100 Servings: 2 gallons 1 $\frac{3}{4}$ quarts (vegetable filling) 200 halves

Tested 2004

Nutrients Per Serving					
Calories	299	Saturated Fat	4.72 g	Iron	2.04 mg
Protein	13.80 g	Cholesterol	21 mg	Calcium	336 mg
Carbohydrate	36.52 g	Vitamin A	3707 IU	Sodium	636 mg
Total Fat	10.80 g	Vitamin C	16.5 mg	Dietary Fiber	2.9 g