



# Egg, Spinach, Bacon Power Wrap

**Featured Item: Spinach**

Serving Size: 1 wrap • Yield 50

**HACCP Process #2:**

Same day service

**Child Nutrition Credit:**

1.75 oz. Meat/Meat Alternate  
1.75 oz. Whole Grain Rich Equivalent  
.5 Cups of Dark Green

## INGREDIENTS

- 3 gallons** Spinach, Raw, Local
- 1/2 cup** Olive Oil, EVO
- 50 count** Egg Patty
- 3 pounds** Mozzarella Cheese, shredded
- 50** Tortilla, 8 in. Ultra Grain
- 50 slices** Bacon



## DIRECTIONS

1. Preheat oven to 250° F.
2. Prepare Egg Patty: Place single layer of patties in full-size steamer pan sprayed with non-stock cooking spray.
3. Bake 8-10 minutes if thawed; 10-12 minutes if frozen.
4. Prepare bacon.
5. Prepare spinach: Roughly chop spinach. In large skillet, heat spinach for about 3 minutes or until it is wilted.
6. Place 6 tortillas on a flat surface. Cut egg patty in half and place lengthwise in center of tortilla. Top with 1 slice bacon. Place 1/4 cup spinach and top with 1 oz. cheese. Wrap and place in foil in warmer.

## NUTRITION FACTS

**Calories:** 326  
**Total Fat:** 18 g  
     Saturated Fat: 6 g  
     Trans Fat: 0 g  
**Cholesterol:** 102 mg  
**Sodium:** 556 mg  
**Total Carbohydrate:** 27 g  
     Dietary Fiber: 3 g  
     Total Sugars: 2 g  
**Protein:** 16 g



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# Spinach Strawberry Salad

**Featured Item: Spinach**

Serving Size: 1 1/2 cup • Yield 50

**HACCP Process #1:**

No cook

**Child Nutrition Credit:**

0.5 Cups of Dark Green  
0.5 Cups of Fruit

## INGREDIENTS

- 8 pounds** Spinach, Raw, Local
- 1/2 cup** Balsamic Vinegar
- 1/2 cup** Water
- 1/4 cup** Vegetable Oil
- 1/4 cup** Strawberry preserves, sugar free
- 3 quarts, 2 cups** Strawberries, sliced
- 3 quarts, 2 cups** Mandarin Oranges
- 1 1/2 tablespoon** Italian seasoning mix



## DIRECTIONS

1. Microwave strawberry preserves until warm and slightly runny. Mix preserves, italian seasoning mix, balsamic vinegar, and oil. Prepare dressing 1-2 days before service for maximum flavor.
2. Drain mandarin oranges.
3. Wash and slice fresh strawberries.
4. Lightly toss spinach, oranges, and strawberries.
5. Just before serving, toss salad with dressing.

## NUTRITION FACTS

**Calories:** 85  
**Total Fat:** 2 g  
 Saturated Fat: 0 g  
 Trans Fat: 0 g  
**Cholesterol:** 0 mg  
**Sodium:** 556 mg  
**Total Carbohydrate:** 17 g  
**Protein:** 3 g



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# Green Power Smoothie

**Featured Item: Spinach**

Serving Size: 8 ounces • Yield 50

**HACCP Process #1:**

No cook

**Child Nutrition Credit:**

- 0.5 Ounce Meat/Meat Alternate
- 0.5 Cups Fruit
- 0.25 Cups Dark Green
- 0.25 Cups Nonfat Unflavored Milk

## INGREDIENTS

- 1 gallon, 2/3 cup** Nonfat, Plain Yogurt
- 1 gallon, 2/3 cup** Fat-free Milk
- 1 gallon, 2/3 cup** Pineapple Chunks, with Juice
- 1 1/2 gallons** Spinach, Raw, Local
- 17** Bananas



## DIRECTIONS

1. Put all ingredients in a blender and mix.
2. Serve 8 ounces and enjoy, cold.
3. Any leftover smoothie can be put in the refrigerator for later or the next day.

## NUTRITION FACTS

**Calories:** 152  
**Total Fat:** 0 g  
 Saturated Fat: 0 g  
 Trans Fat: 0 g  
**Cholesterol:** 5 mg  
**Sodium:** 103 mg  
**Total Carbohydrate:** 32 g  
 Dietary Fiber: 2 g  
 Total Sugars: 24 g  
**Protein:** 7 g



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