

Egg and Spinach Power Wrap

Featured Item: Spinach
Serving Size: 1 wrap • Yield 50

HACCP Process #2:
Same day service

Child Nutrition Credit:
1.5 oz. Meat/Meat Alternate
1 oz. Whole Grain Rich Equivalent
0.25 Cups of Dark Green

INGREDIENTS

7 gallons, 3 quarts, 1 cup Spinach, Raw, Local
1/2 cup, 1 teaspoon Olive Oil, EVO
50 count Egg Patty
1 pound, 9 ounces Mozzarella Cheese, shredded
50 Tortilla, 6 in.



DIRECTIONS

1. Prepare egg patty. CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.
2. Roughly chop spinach
3. In a skillet heat oil over medium/high heat. Add spinach and saute 2-3 minutes or until wilted.
5. Place tortilla on flat surface. Cut an egg patty in half and place lengthwise in center of tortilla. Top with 2 T of sauteed spinach and 1/2 oz cheese. Wrap tortilla and place in foil in warmer.

NUTRITION FACTS

Calories: 232
Total Fat: 12 g
Saturated Fat: 4 g
Trans Fat: 0 g
Cholesterol: 102 mg
Sodium: 429 mg
Total Carbohydrate: 18 g
Dietary Fiber: 3 g
Total Sugars: 1 g
Protein: 11 g



Scan the code to learn more about Harvest of the Month.

Spinach Strawberry Salad with Poppy Seed Dressing

Featured Item: Spinach
Serving Size: 1/2 cup • Yield 50

HACCP Process #1:
No cook

Child Nutrition Credit:
0.25 Cups of Dark Green

INGREDIENTS

1 pound, 9 ounces	Baby Spinach, Raw, Local
50 medium sized	Strawberries
1 cup, 2 teaspoons	Sunflower seeds, hulls
1 pint, 1 cup, 2 tablespoons	Poppyseed dressing



DIRECTIONS

Prepare salad with 1/2 cup spinach, top with 1 sliced strawberry, 1 teaspoon sunflower seeds and serve with 1 tablespoon dressing.

NUTRITION FACTS

Calories: 78
Total Fat: 5 g
 Saturated Fat: 0.7 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 91 mg
Total Carbohydrate: 7 g
Protein: 1 g



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Green Machine Smoothie

Featured Item: Spinach
Serving Size: 8 ounces • Yield 50

HACCP Process #1:
No cook

Child Nutrition Credit:
1 oz Meat/Meat Alternate
0.5 juice

INGREDIENTS

12 pounds, 8 ounces	Nonfat, Vanilla Yogurt
6 pounds, 11 ounces	Pineapple Chunks, with Juice
7 ½ ounces	Spinach, Raw, Local
9 pounds, 12 ¼ ounces	Bananas
200 count, ¾ fluid ounces	Ice cubes



DIRECTIONS

1. Place yogurt, frozen pineapple, fresh bananas, ice cubes and spinach in a 5-gallon bucket. Blend using an immersion blender until pureed and smooth.

Note: A 5-gallon bucket can hold 56 servings.

2. Pour 8-ounce smoothies into 9-ounce cups evenly and top with a lid.

TIPS

One pound EP bananas = 1 pound 9 ounces AP bananas or approximately 4 bananas or 2 cups puree.

One serving provides 1 ounce meat/meat alternate and 1/2 cup fruit.

One pound 1.2 ounces frozen pineapple = 2 cups puree.

Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients.

32 ice cubes = 1 cup.

Pair with one more item to credit as a reimbursable breakfast meal!

NUTRITION FACTS

Calories: 195
Total Fat: 1 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 3 mg
Sodium: 73.5 mg
Total Carbohydrate: 43 g
 Dietary Fiber: 3 g
 Total Sugars: 26 g
Protein: 5 g



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Egg and Spinach Power Wrap

Featured Item: Spinach
Serving Size: 1 wrap • Yield 6

HACCP Process #2:
Same day service

Child Nutrition Credit:
1.5 oz. Meat/Meat Alternate
1 oz. Whole Grain Rich Equivalent
0.25 Cups of Dark Green

INGREDIENTS

3 quarts, 1 pint, 1 cup Spinach, Raw, Local
1 tablespoon Olive Oil, EVO
6 count Egg Patty
3 ounces Mozzarella Cheese, shredded
6 Tortilla, 6 in.



DIRECTIONS

1. Prepare egg patty. CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.
2. Roughly chop spinach
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5. Place tortilla on flat surface. Cut an egg patty in half and place lengthwise in center of tortilla. Top with 2 T of sauteed spinach and 1/2 oz cheese. Wrap tortilla and place in foil in warmer.

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Cholesterol: 102 mg
Sodium: 429 mg
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Dietary Fiber: 3 g
Total Sugars: 1 g
Protein: 11 g



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Spinach Strawberry Salad with Poppy Seed Dressing

Featured Item: Spinach
 Serving Size: 1/2 cup • Yield 6

HACCP Process #1:
 No cook

Child Nutrition Credit:
 0.25 Cups of Dark Green

INGREDIENTS

3 ounces Baby Spinach, Raw, Local
6 medium sized Strawberries
2 tablespoons Sunflower seeds, hulls
1/3 cup, 2 teaspoons Poppyseed dressing



DIRECTIONS

Prepare salad with 1/2 cup spinach, top with 1 sliced strawberry, 1 teaspoon sunflower seeds and serve with 1 tablespoon dressing.

NUTRITION FACTS

Calories: 78
Total Fat: 5 g
 Saturated Fat: 0.7 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 91 mg
Total Carbohydrate: 7 g
Protein: 1 g



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Green Machine Smoothie

Featured Item: Spinach
Serving Size: 8 ounces • Yield 8

HACCP Process #1:
No cook

Child Nutrition Credit:
1 Ounce Meat/Meat Alternate
0.5 juice

INGREDIENTS

2 pounds	Nonfat, Vanilla Yogurt
1 pound, 1 ¼ ounces	Pineapple Chunks, with Juice
1 1/4 ounces	Spinach, Raw, Local
1 pounds 9 ounces	Bananas
32 count, ¾ fluid ounces	Ice cubes



DIRECTIONS

1. Place yogurt, frozen pineapple, fresh bananas, ice cubes and spinach in a 5-gallon bucket. Blend using an immersion blender until pureed and smooth.

Note: A 5-gallon bucket can hold 56 servings.

2. Pour 8-ounce smoothies into 9-ounce cups evenly and top with a lid.

TIPS

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