



Snacks

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United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Peanut Butter and Cherry Sandwiches

Makes: 56 servings

56 Servings

Ingredients	Weight	Measure
Cherries, tart, canned or frozen	2 lb 8 oz	2 qt
Sugar, granulated	1 lb 2 oz	2 2/3 cups
Cornstarch	2 1/2 oz	1/2 cup
Bread, white	3 lb	112 slices
Peanut butter, smooth	3 lb 8 oz	1 3/4 qt

Directions

1. Thaw cherries, if frozen. Allow canned or frozen cherries to drain well.
2. Chop drained cherries in a food processor.
3. Combine sugar and cornstarch in a large saucepan. Stir in chopped cherries. Cook over medium heat until mixture comes to a boil. Boil and stir 1 minute until mixture is thick and clear. Cool, then refrigerate until ready to use. This mixture will keep refrigerated up to 3 days.
4. Spread half of the bread slice with 2 tablespoons peanut butter (1 ounce). Spread each of these with 2 tablespoons cherry mixture (1 1/2 ounces). Cover with second slice of bread. Slice in half diagonally to serve.

My Notes

Source: Cherry Marketing Institute

Nutrition Information

Nutrients	Amount
Calories	311
Total Fat	17 g
Saturated Fat	3 g
Cholesterol	N/A
Sodium	326 mg
Total Carbohydrate	32 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	10 g
Vitamin D	N/A
Calcium	57 mg
Iron	N/A
Potassium	N/A

N/A - data is not available



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"Molten Lava" Salsa

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Black beans, canned or cooked from dry		3 cups		12 cups
Mild salsa		2 cups		8 cups
Whole grain pita wedges, crackers for dipping		1/4 cup		1 cup
Vegetables for dipping		3/4 cup		3 cups

Directions

1. Purée beans with salsa.
2. Serve with whole grain pita wedges, whole grain crackers or vegetables for dipping.

Notes

Serving Tips:

Salsa is a healthy snack for any time of day. Salsa can also be a topper for potatoes, fish or chicken.

My Notes

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Delaware Team Nutrition

Nutrition Information

Nutrients	Amount
Calories	67
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	226 mg
Total Carbohydrate	12 g
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



Desserts

www.sub4health.com

Apple Cobbler

Fruit

Desserts

C-01

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	2 lb 4 oz	2 qt ½ cup	4 lb 8 oz	1 gal 1 cup	1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
Salt		2 tsp		1 Tbsp 1 tsp	
Shortening	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 10.
Water, cold		1 ½ cups		2 ¾ cups	
All of reserved apple juice (from draining apples) plus water, cold, as needed		2 qt		1 gal	
Cornstarch	4 oz	1 cup	8 oz	2 cups	3. For filling: Drain apples, reserving juice. Set apples aside for step 8.
Sugar	1 lb 8 oz	3 ½ cups	3 lb	1 qt 3 cups	4. Add water to apple juice.
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	5. Mix cornstarch with about ¼ of the liquid mixture.
Ground nutmeg		2 tsp		1 Tbsp 1 tsp	6. Bring remaining liquid mixture to boil. Add about ½ of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 7 and 8.
Canned unsweetened sliced apples, solid pack, drained	9 lb 12 oz	1 gal 1 ½ qt (2 No. 10 cans)	19 lb 8 oz	2 gal 3 qt (4 No. 10 cans)	7. Remove from heat. Blend remaining sugar, cinnamon, and nutmeg thoroughly into mixture.
					8. Add apples to thickened mixture. Stir lightly. Do not break up fruit.
					9. Pour 3 qt 1 cup thickened apple mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					10. Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use about 2 lb 1 oz of dough for each steamtable pan.
					11. Cover apples with pastry. Brush with pastry brush dipped in water. Cut dough 5 x 5 (25 pieces).
					12. Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 1 hour Convection Oven: 375° F for 40 minutes
					13. Cut each pan 5 x 5 (25 portions per pan).

Apple Cobbler

Fruit

Desserts

C-01

SERVING:

1 portion provides ½ cup of fruit.
For Enhanced Meal Pattern only: 1 piece also provides 1 serving grains/breads.

YIELD:

50 Servings: 15 lb 9 oz (unbaked)

100 Servings: 31 lb 2 oz (unbaked)

VOLUME:

50 Servings: 2 steamtable pans

100 Servings: 4 steamtable pans

Tested 2006

Variations:

A. Apple-Honey Cobbler

50 servings: Follow steps 1-3. In step 4, add enough water to apple juice to make 1 qt 3 ⅔ cups. Continue with step 5. In step 6, omit sugar. Add 14 ½ oz (1 ¼ cups) honey. In step 7, add 12 oz (1 ¾ cups) sugar. Continue with steps 8-13.

100 servings: Follow steps 1-3. In step 4, add enough water to apple juice to make 3 qt 3 ⅔ cups. Continue with step 5. In step 6, omit sugar. Add 1 lb 13 oz (2 ½ cups) honey. In step 7, add 1 lb 8 oz (3 ½ cups) sugar. Continue with steps 8-13.

B. Apple-Raisin Cobbler

50 and 100 servings: Follow steps 1-8. In step 9 sprinkle 4 oz (¾ cup 1 Tbsp) raisins over each pan. Continue with steps 10-13.

Apple Cobbler

Nutrients Per Serving					
Calories	299	Saturated Fat	2.96 g	Iron	1.27 mg
Protein	2.48 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	47.47 g	Vitamin A	52 IU	Sodium	96 mg
Total Fat	12.05 g	Vitamin C	0.3 mg	Dietary Fiber	3.5 g

Apple Crisp

Fruit

Desserts

C-02

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	14 oz	3 ¾ cups	1 lb 12 oz	1 qt 2 ½ cups	1. For topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine or butter. Mix until crumbly. Set aside for step 6.
Rolled oats OR Rolled wheat	9 oz OR 9 oz	3 cups 2 Tbsp OR 3 cups	1 lb 2 oz OR 1 lb 2 oz	1 qt 2 ¼ cups OR 1 qt 2 cups	
Brown sugar, packed	15 oz	2 cups	1 lb 14 oz	1 qt	
Ground cinnamon		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground nutmeg (optional)		1 Tbsp 1 ½ tsp		3 Tbsp	
Salt		½ tsp		1 tsp	
Margarine or butter	1 lb	2 cups	2 lb	1 qt	
Canned unsweetened sliced apples, solid packed, with juice	6 lb 4 oz	3 qt ¾ cup (1 No. 10 can)	11 lb 2 oz	1 gal 2 ½ qt (2 No. 10 cans)	2. For filling: Drain apples, reserving juice. For 50 servings, add enough water to juice to make 1 ½ cups liquid. For 100 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for step 5.
Water, as needed					
					3. Place 5 lb 9 oz (2 qt 3 ¾ cups) apples into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Sugar	10 ½ oz	1 ½ cups	1 lb 5 oz	3 cups	4. Sprinkle 10 ½ oz (1 ½ cups) sugar, 1 ½ tsp cinnamon, and ¼ cup lemon juice over apples in each pan. Stir to combine.
Ground cinnamon		1 ½ tsp		1 Tbsp	
Frozen lemon juice concentrate, reconstituted		¼ cup		½ cup	
					5. Pour 1 ½ cups liquid over apples in each pan.
					6. Sprinkle 3 lb 6 oz (approximately 2 qt 1 cup) topping evenly over apples in each steamtable pan.
					7. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes
					8. Cool. Cut each pan 5 x 10 (50 pieces per pan).

Apple Crisp

Fruit

Desserts

C-02

SERVING:

1 piece provides ¼ cup of fruit.
For Enhanced Meal Pattern only: 1 piece also provides ¾ serving grains/breads.

YIELD:

50 Servings: about 10 lb 6 oz

100 Servings: about 20 lb 12 oz

VOLUME:

50 Servings: 1 steamtable pan

100 Servings: 2 steamtable pans

Tested 2004

Nutrients Per Serving

Calories	200	Saturated Fat	1.59 g	Iron	0.99 mg
Protein	1.95 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	31.75 g	Vitamin A	350 IU	Sodium	113 mg
Total Fat	7.97 g	Vitamin C	0.5 mg	Dietary Fiber	2.3 g

Bottom Pastry Crust (Sheet Pans)

Desserts

C-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 12 oz	1 qt 2 ½ cups	3 lb 8 oz	3 qt 1 cup	<ol style="list-style-type: none"> For bottom crust: Combine flour and salt. Mix in shortening until size of small peas. Add water and mix just until dry ingredients are moistened. Roll out pastry dough into rectangle (about 18" x 26") on lightly floured surface. Use about 3 lb 5 oz dough for each sheet pan (18" x 26" x 1"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Line bottom and sides of pans with dough. Add desired filling, such as fruit or custard. Bake as directed in filling recipe. For Prebaked Crust: Prick crust well. Bake for 15 minutes at 400° F or until light brown. Cool. Add desired filling, such as chiffon or cooked filling. Cut each sheet pan 5 x 10 (50 pieces per pan).
Salt		1 ½ tsp		1 Tbsp	
Shortening	15 oz	2 ¼ cups	1 lb 14 oz	1 qt ½ cup	
Water, cold		1 ¼ cups		2 ½ cups	

SERVING:	YIELD:	VOLUME:
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1 piece.
For Enhanced Meal Pattern only: Sheet pan piece provides ¾ serving of grains/breads.

50 Servings: about 3 lb 5 oz (dough)

50 Servings: 1 sheet pan

100 Servings: about 6 lb 10 oz (dough)

100 Servings: 2 sheet pans

Tested 2004

Special Tip:
1 sheet pan will yield 4, 9" single bottom pie crusts.

Bottom Pastry Crust (Sheet Pans)

Desserts

C-12

Nutrients Per Serving					
Calories	133	Saturated Fat	2.15 g	Iron	0.74 mg
Protein	1.64 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	12.11 g	Vitamin A	0 IU	Sodium	70 mg
Total Fat	8.66 g	Vitamin C	0.0 mg	Dietary Fiber	0.4 g

Cherry Cobbler

Fruit

Desserts

C-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	2 lb 4 oz	2 qt ½ cup	4 lb 8 oz	1 gal 1 cup	1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
Salt		2 tsp		1 Tbsp 1 tsp	
Shortening	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 10.
Water, cold		1 ½ cups		2 ⅔ cups	
All of reserved cherry juice (from draining cherries) plus water, cold, as needed		1 qt 3 cups		3 qt 2 cups	3. For filling: Drain cherries, reserving juice. Set cherries aside for step 8.
Cornstarch	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup	4. Add water to cherry juice.
Sugar	2 lb 4 oz	1 qt 1 ½ cup	4 lb 8 oz	2 qt 2 ⅔ cups	5. Mix cornstarch with about ¼ of the liquid mixture.
Canned red tart cherries, pitted, drained	8 lb 12 oz	1 gal 2 cups (2 No. 10 cans)	17 lb 8 oz	2 gal 1 qt (4 No. 10 cans)	6. Bring remaining liquid mixture to boil. Add about ½ of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 7 and 8.
					7. Remove from heat. Blend remaining sugar thoroughly into mixture.
					8. Add cherries to thickened mixture. Stir lightly. Do not break up fruit.
					9. Pour ¾ qt thickened cherry mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					10. Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use about 2 lb 1 oz of dough for each pan.
					11. Cover cherries with pastry. Brush with pastry brush dipped in water. Cut dough 5 x 5 (25 pieces).
					12. Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 1 hour Convection oven: 375° F for 40 minutes
					13. Cut each pan 5 x 5 (25 portions per pan).

Cherry Cobbler

Fruit

Desserts

C-06

SERVING:

1 portion provides ½ cup of fruit.
For Enhanced Meal Pattern only: 1 piece also provides 1 serving grains/breads.

YIELD:

50 Servings: 17 lb 3 oz (unbaked)

100 Servings: 34 lb 6 oz (unbaked)

VOLUME:

50 Servings: 2 steamtable pans

100 Servings: 4 steamtable pans

Tested 2006

Variation:

A. Cherry Cobbler (Using Frozen Red Tart Pitted Cherries, Thawed)

50 servings: Follow steps 1 and 2. In step 3, use 17 lb (2 gal 1 qt) thawed cherries. Continue with steps 4 and 5. In steps 6 and 7, omit sugar. Continue with steps 8-13.

100 servings: Follow steps 1 and 2. In step 3, use 34 lb (4 gal 2 qt) thawed cherries. Continue with steps 4 and 5. In steps 6 and 7, omit sugar. Continue with steps 8-13.

Nutrients Per Serving

Calories	316	Saturated Fat	2.89 g	Iron	2.54 mg
Protein	3.00 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	51.28 g	Vitamin A	855 IU	Sodium	103 mg
Total Fat	11.66 g	Vitamin C	2.4 mg	Dietary Fiber	1.8 g

Cherry Crisp

Fruit

Desserts

C-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	13 ½ oz	3 cups 2 Tbsp	1 lb 11 oz	1 qt 2 ¼ cups	<ol style="list-style-type: none"> For topping: Combine flour, rolled oats or rolled wheat, brown sugar, cloves, salt, and margarine or butter. Mix until crumbly. Set aside for step 8. For filling: Drain cherries, reserving juice. For 50 servings, reserve 1 cup juice. For 100 servings, reserve 2 cups juice. Set juice aside for step 4. Place 5 lb 14 oz (3 qt) cherries into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Combine cherry juice with sugar and orange juice concentrate. Cook juice mixture over medium heat for 2 minutes. Combine cornstarch and water. Stir until smooth. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well. Pour 2 cups liquid mixture over cherries in each pan. Sprinkle 3 lb 5 oz (approximately 2 qt 2 cups) topping evenly over cherries in each pan. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes
Rolled oats OR Rolled wheat	9 oz OR 9 oz	3 cups 2 Tbsp OR 3 cups	1 lb 2 oz OR 1 lb 2 oz	1 qt 2 ¼ cups OR 1 qt 2 cups	
Brown sugar, packed	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	
Ground cloves		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	
Margarine or butter	1 lb	2 cups	2 lb	1 qt	
Canned red tart pitted cherries, with juice	8 lb 8 oz	1 gal (1 ¼ No. 10 cans)	17 lb	2 gal (2 ¾ No. 10 cans)	
Sugar	10 oz	1 ½ cups	1 lb 4 oz	3 cups	
Frozen orange juice concentrate		¼ cup		½ cup	
Cornstarch		¼ cup 2 Tbsp	3 ¼ oz	¾ cup	
Water, cold		¼ cup		½ cup	

Cherry Crisp

Fruit

Desserts

C-07

10. Cool. Cut each pan 5 x 10 (50 pieces per pan).

SERVING:

1 piece provides ¼ cup of fruit.
For Enhanced Meal Pattern only: 1 piece also provides ¾ serving grains/breads.

YIELD:

50 Servings: about 10 lb 2 oz

100 Servings: about 20 lb 4 oz

VOLUME:

50 Servings: 1 steamtable pan

100 Servings: 2 steamtable pans

Edited 2004

Variation:

A. Cherry Crisp (Using Frozen Red Tart Pitted Cherries, Thawed)

50 servings: Follow step 1. In step 2, use 8 lb 8 oz (3 qt 3 cups) thawed frozen red tart pitted cherries. Drain and reserve 1 cup juice for step 4. In step 3, place 6 lb (2 qt 1 cup) drained cherries into 1 steamtable pan. Continue with steps 4-10.

100 servings: Follow step 1. In step 2, use 17 lb (1 gal 3 ½ qt) thawed frozen red tart pitted cherries. Drain and reserve 2 cups juice for step 4. In step 3, place 6 lb (2 qt 1 cup) drained cherries into each of 2 steamtable pans. Continue with steps 4-10.

Nutrients Per Serving

Calories	196	Saturated Fat	1.57 g	Iron	1.67 mg
Protein	2.28 g	Cholesterol	0 mg	Calcium	22 mg
Carbohydrate	30.53 g	Vitamin A	822 IU	Sodium	117 mg
Total Fat	7.80 g	Vitamin C	3.4 mg	Dietary Fiber	1.5 g

Orange Glaze

Desserts

C-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Powdered sugar	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups	1. Combine powdered sugar, orange juice, water, and orange rind in mixer for 5 minutes on low speed until smooth. 2. Recipe for 50 servings glazes one half-sheet pan (13" x 18" x 1").
Frozen orange juice concentrate, thawed		¼ cup		½ cup	
Water		¼ cup		½ cup	
Orange rind, grated		1 Tbsp		2 Tbsp	

SERVING:	YIELD:	VOLUME:
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2 tsp.

50 Servings: about 1 lb 6 oz

50 Servings: about 3 cups

100 Servings: about 2 lb 12 oz

100 Servings: about 1 quart 2 cups

Edited 2006

Nutrients Per Serving					
Calories	33	Saturated Fat	0.00 g	Iron	0.01 mg
Protein	0.04 g	Cholesterol	0 mg	Calcium	1 mg
Carbohydrate	8.47 g	Vitamin A	4 IU	Sodium	0 mg
Total Fat	0.01 g	Vitamin C	2.1 mg	Dietary Fiber	0.0 g

Peach Cobbler

Fruit

Desserts

C-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	2 lb 4 oz	2 qt ½ cup	4 lb 8 oz	1 gal 1 cup	1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
Salt		2 tsp		1 Tbsp 1 tsp	
Shortening	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 10.
Water, cold		1 ½ cups		2 ¾ cups	
All of reserved peach liquid (from draining peaches) plus water, cold, as needed		1 qt 3 cups		3 qt 2 cups	3. For filling: Drain peaches, reserving syrup. Set aside for step 8.
Cornstarch	8 oz	2 cups	1 lb	1 qt	4. Add water to peach syrup.
Sugar	14 oz	2 cups	1 lb 12 oz	1 qt	5. Mix cornstarch with about ¼ of the liquid mixture.
Orange juice concentrate		¼ cup		½ cup	6. Bring remaining liquid mixture to boil. Add about ½ of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 7 and 8.
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	7. Remove from heat. Blend remaining sugar and orange juice concentrate, cinnamon, and nutmeg (optional) thoroughly into mixture.
Ground nutmeg (optional)		1 tsp		2 tsp	
Canned diced cling peaches, drained	9 lb 12 oz	1 gal 1 ½ cups (2 No. 10 cans)	19 lb 8 oz	2 gal 3 cups (4 No. 10 cans)	8. Add peaches to thickened mixture. Stir lightly. Do not break up fruit.
					9. Pour thickened peach mixture (3 qt) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					10. Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use about 2 lb 1 oz of dough for each pan.
					11. Cover peaches with pastry. Brush with pastry brush dipped in water. Cut dough 5 x 5 (25 pieces).
					12. Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 1 hour Convection oven: 375° F for 40 minutes

Peach Cobbler

Fruit

Desserts

C-13

13. Cut each pan 5 x 5 (25 portions per pan).

SERVING:

1 piece provides ½ cup of fruit.
For Enhanced Meal Pattern only: 1 portion also provides 1 serving grains/breads.

YIELD:

50 Servings: 16 lb 15 oz (unbaked)

100 Servings: 33 lb 14 oz (unbaked)

VOLUME:

50 Servings: 1 steamtable pan

100 Servings: 2 steamtable pans

Tested 2006

Variation:

A. Peach-Honey Cobbler

For 50 servings, follow steps 1-3. In step 4, add enough water to peach syrup to make 1 qt 2 ½ cups. Continue with step 5. In step 6, omit sugar. Add 9 ¾ oz (¾ cup 2 Tbsp) honey. In step 7, add 8 oz (1 cup 2 Tbsp) sugar. Continue with steps 8-13.

For 100 servings, follow steps 1-3. In step 4, add enough water to peach syrup to make 3 qt ¾ cup. Continue with step 5. In step 6, omit sugar. Add 1 lb 3 ½ oz (1 ¾ cups) honey. In step 7, add 1 lb (2 ¼ cups) sugar. Continue with steps 8-13.

Nutrients Per Serving

Calories	292	Saturated Fat	2.87 g	Iron	1.47 mg
Protein	2.72 g	Cholesterol	0 mg	Calcium	9 mg
Carbohydrate	46.41 g	Vitamin A	446 IU	Sodium	101 mg
Total Fat	11.59 g	Vitamin C	5.0 mg	Dietary Fiber	2.3 g

Top Pastry Crust (Steamtable Pans)

Desserts

C-12A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 2 oz	1 qt ¼ cup	2 lb 4 oz	2 qt ½ cup	1. For top crust: Combine flour and salt. Mix in shortening until size of small peas.
Salt		1 tsp		2 tsp	
Shortening	10 oz	1 ½ cups	1 lb 4 oz	3 cups	2. Add water and mix just until dry ingredients are moistened. 3. Roll out pastry dough into rectangle (about 12" x 20") on lightly floured surface. Use about 2 lb 1 oz dough for each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. 4. Place pastry crust over desired filling, such as fruit pie and cobbler filling. Bake as directed in filling recipe. 5. Cut each steamtable pan 5 x 10 (50 pieces per pan).
Water, cold		¾ cup		1 ½ cups	

SERVING:	YIELD:	VOLUME:
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1 piece.
For Enhanced Meal Pattern only: Steamtable pan piece provides ½ serving of grains/breads.

50 Servings: about 2 lb 1 oz (dough)

50 Servings: 1 steamtable pan

100 Servings: about 4 lb 2 oz (dough)

100 Servings: 2 steamtable pans

Tested 2004

Special Tip:
1 steamtable pan will yield 3, 9" single top pie crusts.

Top Pastry Crust (Steamtable Pans)

Desserts

C-12A

Nutrients Per Serving

Calories	87	Saturated Fat	1.43 g	Iron	0.47 mg
Protein	1.05 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	7.79 g	Vitamin A	0 IU	Sodium	46 mg
Total Fat	5.77 g	Vitamin C	0.0 mg	Dietary Fiber	0.3 g



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What's Cooking? USDA Mixing Bowl

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Maple Applesauce Topping

Makes: 25 or 50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned applesauce	3 lb 9 oz	1 qt 2 1/2 cups	7 lb 2 oz	3 qt 1 cup
Maple-flavored pancake syrup	6 oz	1/2 cup	12 oz	1 cup

Directions

1. In a bowl, whisk applesauce and syrup until blended.
2. Portion with No. 16 scoop (1/4 cup). No. CCP necessary.

Notes

Special Tip:

Use as topping for pancakes, waffles, French toast, or ice cream.

My Notes

Source: USDA Recipes for Child Care

Nutrition Information

Nutrients	Amount	Meal Components
Calories	67	Fruits 1/4 cup
Total Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Saturated Fat	0 g	
Cholesterol	0 mg	
Sodium	6 mg	
Total Carbohydrate	18 g	
Dietary Fiber	1 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	0 g	
Vitamin D	N/A	
Calcium	3 mg	
Iron	0 mg	
Potassium	N/A	
N/A - data is not available		