



2008 National School Lunch Week—Menus & Recipes



**Pete
Pizza**

Pete's Presidential Pizza Platter

Item	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Preparation
Pizza	1 slice	2 ozs. meat/ meat alternate, 2 grains/breads, 1/8 cup fruit/ vegetable	1 slice	2 ozs. meat/ meat alternate, 3 grains/breads, 1/8 cup fruit/ vegetable	Above (USDA D-30**) or Prepackaged	Lowfat cheese, whole-grain crust
Broccoli Salad	1/4 cup	1/4 cup fruit/ vegetable	1/2 cup	1/2 cup cup fruit/ vegetable	USDA E-17**	Add fresh spinach
Canned Mandarin Oranges	1/2 cup	1/2 cup fruit/ vegetable	1/2 cup	1/2 cup fruit/ vegetable		Fat-free
Animal-shaped Cookies	1 oz.	3/4 grain/bread	1 oz.	3/4 grain/bread		No sat. fat
Milk, Skim	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk		Lowfat

Elementary Per Serving: 647 cal., 30.5 g pro., 94.6 g carb., 5.4 g fiber, 18.2 g fat, 4.8 g sat. fat, 24 mg chol., 1,209.3 mg sod., 2,731.1 IU vit. A, 64.1 mg vit. C, 650 mg ca., 4.6 mg iron

Secondary Per Serving: 870.6 cal., 36.6 g pro., 132 g carb., 8.7 g fiber, 24.4 g fat, 6 g sat. fat,

PETE'S PIZZA

YIELD: 50 servings (elementary and secondary)

PER SERVING ♦: 280 cal., 19.9 g pro., 31.4 g carb., 1.9 g fiber, 8.1 g fat, 4.2 g sat. fat, 19 mg chol., 497 mg sod., 624 IU vit. A, 7 mg vit. C, 430 mg ca., 2.2 mg iron

Recipe & Recipe analysis: U.S. Department of Agriculture**

INGREDIENTS

Pizza dough in pans (18x26x1-in. or 18x13x1-in.)—2 1/2 sheet pans
Chopped onions—3/4 cup, 2 Tbsps. or 5 ozs.
Granulated garlic—2 1/2 tsps.
Ground black or white pepper—1 tsp.
Canned tomato paste—3 cups, 2 Tbsps. or 1/4 #10 can or 1 lb., 12 ozs.
Water—1 qt., 3 cups
Salt—2 tsps.
Basil—2 tsps.
Oregano—2 tsps.
Marjoram—1/2 tsp.
Thyme—1/2 tsp.

Shredded, reduced-fat Mozzarella cheese—1 gal., 2 1/4 qts. or 6 lbs., 4 ozs.

DIRECTIONS

1. If creating your own pizza dough, use USDA pizza crust recipe B-14** or USDA "pourable" pizza crust recipe B-15.**
2. Combine the onions, granulated garlic, pepper, tomato paste, water, salt, basil, oregano, marjoram and thyme. Simmer for 15 minutes.
3. Sprinkle 3 cups (12 ozs.) of shredded cheese evenly over each full sheet pan. Sprinkle 1 1/2 cups (6 ozs.) of shredded cheese evenly over the half-sheet pan.
4. Spread 1 qt., 1/4 cup tomato mixture over the cheese in each full sheet pan. Spread 2 cups, 2 Tbsps. tomato mixture over the cheese in the half-sheet pan.
5. Sprinkle 1 qt., 3 cups (1 lb., 12 ozs.) of the remaining shredded cheese evenly over the tomato mixture in each full sheet pan. Sprinkle 3 1/2 cups (14 ozs.) of shredded cheese evenly over the tomato mixture in the half-sheet pan.
6. Bake the pizza in a conventional oven at 475°F for 15-18 minutes (if using a convection oven, 450°F for 15 minutes) until the crust is lightly browned.
7. **Critical Control Point:** Hold at 135°F or higher. Cut each full sheet pan 4x5 (20 pieces per pan). Cut the half-sheet pan 2x5 (10 pieces). Serve 1 piece per student customer.

♦ **Notes:** The nutrient analyses and meal patterns in SNA's official NSLW menu reflect prepackaged pizza, not this recipe. To add vegetables, use USDA recipe D-30A.**

30.8 mg chol., 1,247.9 mg sod., 3,345.9 IU vit. A, 93.5 mg vit. C, 730.7 mg ca., 5.9 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate (elementary or secondary), 2 3/4 grains/breads (elementary) or 3 3/4 grains/breads (secondary), 7/8 cup fruit/vegetable (elementary) or 1 1/8 cups fruit/vegetable (secondary), 1 milk

** You can find most USDA recipes at www.fns.usda.gov/tn/Resources/usda_recipes.html or www.nfsmi.org/Information/school_recipe_index_number.html. Or check with your state agency.

All menus and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your HACCP-based food-safety plan. But entrée choices still should reflect the entrée selections for the official Vote for School Lunch campaign. SNA has not tested any of its recipes or menus in a kitchen.