



# 2008 National School Lunch Week—Menus & Recipes



**Petunia Pita Pocket**

## Petunia's Patriotic Pita Pocket

### PETUNIA'S PITA POCKET

**YIELD:** 50 servings (elementary and secondary)  
**PER SERVING ELEMENTARY:** 286.3 cal., 21.7 g pro., 38.4 g carb., 3.9 g fiber, 4.7 g fat, 2.1 g sat. fat, 33.1 mg chol., 897.5 mg sod., 153.6 IU vit. A, 22.2 mg vit. C, 201 mg ca., 1.8 mg iron  
**PER SERVING SECONDARY:** 316.6 cal., 26.7 g pro., 38.9 g carb., 3.9 g fiber, 5.5 g fat, 2.3 g sat. fat, 45.8 mg chol., 1,115.2 mg sod., 153.6 IU vit. A, 22.2 mg vit. C, 201 mg ca., 1.8 mg iron  
**Recipe & Recipe analysis:** SNA, WEB-SMARTT, powered by WinSNAP v.2.5

### INGREDIENTS

Whole-wheat, 2.3-oz., pita bread pockets—50 pockets  
 Cooked, chilled, shaved turkey breast—6 lbs., 4 ozs. (elementary)  
 9 lbs., 6 ozs. (secondary)  
 Broccoli slaw—3 lbs., 2 ozs.  
 Shredded, lowfat Cheddar cheese—1 lb., 9 ozs.  
 Fat-free Ranch dressing—1 lb., 8 ozs.

### DIRECTIONS

**1. Critical Control Points:** Ensure all ingredients are 41°F or below before preparation; pre-chill all utensils; assemble both ingredients and utensils. Defrost the pita pockets and cut each one in half.

2. Mix the turkey, slaw, cheese and dressing.  
 3. Fill each pita half with a #10 scoop or 3 ozs. (elementary) or a #8 scoop or 4 ozs. (secondary) of this mixture.  
**4. Critical Control Points:** Quickly cool this mixture to 41° or less; refrigerate until service; serve at 41°F or less. Serve two sandwich halves per student customer.

### CHERRY RED APPLES

**YIELD:** 50 servings (elementary), 25 servings (secondary)  
**PER SERVING:** 148.7 cal., 2.3 g pro., 36.2 g carb., 1.9 g fiber, 0.3 g fat, 0 g sat. fat, 0 mg chol., 132.1 mg sod., 36.6 IU vit. A, 3.9 mg vit. C, 5.7 mg ca., 0.2 mg iron (elementary; double for secondary)

### INGREDIENTS

Apples—25 apples  
 Dry red gelatin mix—3 lbs., 2 ozs.

### DIRECTIONS

1. Wash apples and cut in halves.  
 2. Pour the dry red gelatin mix into a shallow pan.  
 3. Dip the cut side of the apples into the mix and set them cut-side up.  
**4. Critical Control Points:** Quickly chill the apples to 41°F or lower; refrigerate until service; and serve at 41°F or lower. Serve one apple half (elementary) or two apple halves (secondary) per student customer.

**Recipe & Recipe analysis:** SNA, WEBSMARTT, powered by WinSNAP v.2.5

Item	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Preparation
Turkey Pita Sandwich	1 sandwich	2 ozs. meat/meat alternate, 2 grains/breads, 1/8 cup fruit/vegetable	1 sandwich	3 ozs. meat/meat alternate, 2 grains/breads, 1/8 cup fruit/vegetable	Above or SNA*	Whole-wheat pita, slaw-cut broccoli, fat-free dressing
Baked Beans	1/2 cup	3/8 cup fruit/vegetable	1/2 cup	3/8 cup fruit/vegetable	USDA I-06**	Lowfat, Offers fiber
Cherry Red Apples	1 half	1/2 cup fruit/vegetable	2 halves	1 cup fruit/vegetable	Right or SNA*	Lowfat
Milk, 1%, Flavored	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk		Lowfat

**Elementary Per Serving:** 750 cal., 38.7 g pro., 136.4 g carb., 13.8 g fiber, 8.1 g fat, 3.8 g sat. fat, 40.4 mg chol., 1,703.7 mg sod., 1,042.5 IU vit. A, 36.6 mg vit. C, 579.4 mg ca., 3.4 mg iron

**Secondary Per Serving:** 929.1 cal., 46.1 g pro., 173 g carb., 15.7 g fiber, 9.1 g fat, 4.1 g sat. fat, 53 mg chol., 2,053.5 mg sod., 1,079.1 IU vit. A,

40.5 mg vit. C, 585.1 mg ca., 3.6 mg iron

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

\* See the SNA Recipe Database, [www.schoolnutrition.org](http://www.schoolnutrition.org)

\*\* You can find most USDA recipes at [www.fns.usda.gov/tn/Resources/usda\\_recipes.html](http://www.fns.usda.gov/tn/Resources/usda_recipes.html) or [www.nfsmi.org/Information/school\\_recipe\\_index\\_number.html](http://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.