

# YOGURT AND SANDWICH COMBO

## MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, ½ cup fruit,  
1/8 cup dark green vegetable

**NUMBER OF PORTIONS:** 26 **SIZE OF PORTION:** 1 combo plate

**RECIPE HACCP PROCESS:** #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : FRUITS :  
VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 26 SERVINGS)
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	1 pound + 4 ounces
Apples, Granny Smith, Whole, Fresh, #4201	2 pounds
Cantaloupe Melons, Raw, #4204	2 pounds , (as purchased)
Honeydew Melons, Fresh, #4207	2 pounds
Kiwi Fruit, Fresh, Whole, #4208	12 each
Strawberries, Fresh, Whole, #4214	3 pints
Eggs, Whole, Hard Cooked, #1323	4 eggs
Chicken, Diced, Cooked, IQF, #1019	2 pounds + 3 1/2 ounces
Celery, Fresh, Diced, #4005	1 1/4 cups + 1/2 tablespoon
Pickles, Relish, Sweet, #2816	4 ounces
Pepper, Black, Ground, #2718	1/2 teaspoons
Mustard, Powder, Dry, #2712	1 1/8 teaspoons
Mayonnaise, Reduced Calorie, Bulk, #2249	3/4 cup
Cheese, American, Grated/Shredded, #1306	13 1/2 ounces
Mayonnaise, Reduced Calorie, Bulk, #2249	1/2 cup
Pimentos, Diced, Canned, #2817	3 tablespoons + 1/4 teaspoon
Bread, Pullman, WGR, #1225	52 slices
Yogurt, Strawberry, #1324	13 containers
Yogurt, Strawberry Banana, #1326	13 containers

## DIRECTIONS

- Using green leaf lettuce, separate leaves, rinse the leaves well, under cool, running water, and drain thoroughly. Cover and refrigerate until ready for assembly.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for assembly.

## 2. FRUIT:

- Rinse the fruit under cool, running water and drain it thoroughly.
- Dice the apples into ½-inch pieces. If needed, use lemon juice, a mix of lemon juice and pineapple juice or other product to keep apple slices from turning brown.
- Peel the melons and cut them into bite size pieces.
- Slice each kiwifruit into six slices.
- Starting at the more narrow end of each strawberry, cut vertically towards the stem until you are about ¼-inch from the stem. Gently press the stem to make the strawberry slices fan out from the base.
- Mix the melons and apples together.

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## DIRECTIONS

### 3. TO ASSEMBLE CHICKEN SALAD SANDWICH:

- Chop the eggs.
- Combine the eggs, chicken, celery, pickle relish, pepper, dry mustard, and  $\frac{3}{4}$  cup of mayonnaise. Mix the ingredients lightly until well blended.
- Portion the chicken salad with a 4 ounce spoodle or #8 scoop ( $\frac{1}{2}$  cup serving) on 1 slice of bread.
- Top the sandwich with a second slice of bread.
- Cut each sandwich into quarters (four equal pieces).

Cover and place the sandwiches under refrigeration until ready for combo assembly and service.

See MRS recipe 606 (Chicken Salad) for more detailed instructions and pictures.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for combo assembly.

### 4. TO ASSEMBLE PIMENTO CHEESE SANDWICH:

- Combine the shredded cheese,  $\frac{1}{2}$  cup of mayonnaise, and pimento.
- Mix the ingredients lightly until well they are blended.
- Portion the pimento cheese with a #12 scoop ( $\frac{1}{3}$  cup) on 1 slice of bread.
- Top the sandwich with a second slice of bread.
- Cut each sandwich into quarters (four equal pieces).

Cover and place the sandwiches under refrigeration until ready for combo assembly and service.

See MRS recipe 785 (Pimento Cheese Sandwich) for more detailed instructions.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for combo assembly.

### 5. Line each 9" x 5" salad tray with 2 leaves of prewashed green leaf lettuce.

### 6. Portion $\frac{1}{2}$ cup fruit mix in the center of the tray.

Place 2 kiwifruit slices and a fanned strawberry on top of the fruit mixture for garnish.

### 7. Place 2 quarters of a pimento cheese sandwich and 2 quarters of a chicken salad sandwich crust side down on the right side of the salad tray.

### 8. In the opposite corner, add one 4-ounce cup yogurt.

Serve immediately, or cover and place under refrigeration until ready for service.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

### 9. Portion 1 yogurt and sandwich combo for each serving. Each portion provides 3 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, $\frac{1}{2}$ cup fruit, and $\frac{1}{8}$ cup dark green vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

## PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different ingredients are used.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for sandwiches.

## MISCELLANEOUS NOTES

Mayonnaise is listed twice as an ingredient because it is used in different amounts in the two different sandwiches.

## NUTRIENTS PER SERVING

Calories	446	Dietary Fiber	4.92 g	Sodium	739.00 mg	Sat. Fat	4.22 g
Carbohydrates	63.87 g	Protein	22.66 g	Total Fat	12.97 g	Trans Fat	0.00 g