



## Staunton City School Nutrition Program Menus

<b>RECIPE: K-12</b> GREEN EGG & HAM POP					<b>RECIPE#</b> SCS - EgP				
Grade Group: K-12					HACCP Process <b>#1 No cook</b> #2 Cook and Serve Same Day #3 Includes cooling Step				
Number of Portions: 24									
Portion Size: 1 each									
Serving Utensils: paper cake pop stick 15cmx3.5mm									
Servings Per pan									
INGREDIENTS			WEIGHT	MEASURE	PROCEDURE				
Pre-cooked/peeled hardboiled egg			1 Med		1. Lay out pan liner paper on full sized baking sheet 2. Take one peeled boiled egg and place on just top end of cake stick (do not pierce through) 3. Take one slice of ham roll in single spiral and fold in half, add to stick under the egg 4. Take leaf lettuce remove any hard spine, fold to create ruffling and slide on stick 5. Add Cucumber round, finish with Cherry Tomato for the base. Hold in refrigeration @40 DegF				
Sliced Deli Ham (USDA) 100187			1.22 oz						
Green Curly Leaf Lettuce			1 whole leaf						
Cherry Tomatoes			1 med						
Seedless cucumber, peeled in stripes, sliced in rounds			1 .25" thick						
<b>Total yield:</b> 24 individual portions			<b>Number of pans:</b>		* <b>Spec Notes:</b> Stain eggs with turmeric bath for added color 2 cups water, 1 Tbsp. ground turmeric, 1 Tbsp. vinegar 1 tsp salt. Simmer water and Turmeric for 30min, cool, strain, add salt & vinegar then place peeled eggs in dye 1 hour (light shade of yellow). * Peel cucumber in stripes-see pic below * Serve with Seuss Boss Sauce- see recipe #SCS- SeBS				
<b>Weight:</b>			<b>Pan Size:</b>						
Meal Component Contribution Based on Portion Size					Nutrient Analysis Based on Portion Size				
Meat/Meat Alternate		2 mma			Calories: 102				
Vegetable Subgroups		D/G	B/P	R/O	S	O	Saturated Fat: 2.4		
						1/4 c			
Fruits					Sodium: 290mg				
Grains					Protein: 10.5g				

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other



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K-5 Na < 1230 Cal < 550-650 Sat Fat <10

6-8 Na < 1360 Cal 6-8 600-700 Sat fat <10

9-12 < 1420 Cal 9-12 750-850 Sat fat <10



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