

ASSORTED VEGETABLE STICKS

Hartford Public Schools

Yield: 30 or 60 portions

Grade: K-12

INGREDIENTS (Choose 2 of the Following Vegetable Choices)	30 SERVINGS		60 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
<ul style="list-style-type: none"> ● Broccoli, fresh, florets, trimmed, ready- to use <ul style="list-style-type: none"> ○ 3 florets per ¼ cup ● Carrot sticks, 1/4" x 4", ready to use <ul style="list-style-type: none"> ○ 6 sticks per ¼ cup ● Celery sticks, 1/2" x 4", ready to use <ul style="list-style-type: none"> ○ 3 sticks per ¼ cup ● Cucumbers, fresh, whole, washed, pared <ul style="list-style-type: none"> ○ 1 cucumber = approximately 8.4 oz ○ 30 1/4" slices per cucumber ○ 6 slices per ¼ cup ● Grape tomatoes, washed <ul style="list-style-type: none"> ○ 1 pint = 12 ounces = 6 serv/pint ○ Approx 5 grape tomatoes per ¼ cup 	1.25 lbs	90 florets	2.5 lbs	180 florets	1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. Cooking Methods: 1. Choose ANY 2* vegetables using a ¼ cup of each for a total a ½ cup serving. 2. Place the 2 vegetable choices in 5.5 oz soufflé cup. 3. Place cups on colored tray. 4. Refrigerate until service. <i>*If only one vegetable available, must double the quantity to provide ½ cup serving.</i>
<ul style="list-style-type: none"> ● Grape tomatoes, washed <ul style="list-style-type: none"> ○ 1 pint = 12 ounces = 6 serv/pint ○ Approx 5 grape tomatoes per ¼ cup 	3.75 lbs	5 pints	7.5 lbs	10 pints	
Low Fat Ranch Dressing		30 each		60 each	
Serving Size: ½ Cup					
Meal Pattern Contribution: 1/2 cup Other Vegetable if no red/orange vegetable OR ¼ cup Red/Orange and ¼ cup Other Vegetable OR ½ cup red/orange					

Notes:

Broccoli Florets – 1# = 28 svg of ¼ cup – 3 florets/¼ cup (Dk Green)

Carrot Sticks (1/2"x4") – 1# = 46.2 sticks (Red/Orange)

Celery Sticks (1/2"x4") – 1# = 36 sticks (Other)

Cucumber Sticks (3/4"x3") – 1# = 31.5 sticks (Other)

Grape Tomatoes (whole) – 1# = 36.3 whole tomatoes (Red/Orange)

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.



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