

# ZUCCHINI FRIES

Old Saybrook Schools - 2018

Grades: 9-12

Yield: 25 or 50 servings

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Zucchini	3 lb 2 oz		6 lb 4 oz		<ol style="list-style-type: none"> <li>Sanitize work area with bleach &amp; water solution.</li> <li>Wash hands.</li> <li>Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>Wash and dry zucchini. Cut zucchini into ½ by 3 inch sticks.</li> <li>Toss zucchini sticks in oil.</li> <li>Toss sticks in breadcrumbs and parmesan mixture.</li> <li>Place coated zucchini sticks on sheet pan sprayed with pan spray in a single layer.</li> <li>Bake in a 350°F oven until tender 20 minutes, 145°F internal temperature.</li> </ol>
Canola oil		¼ cup		½ cup	
Whole wheat bread crumbs**		4.25 cups		8.5 cups	
Grated parmesan cheese		½ cup		1 cup	
<p><b>Serving Size:</b> 5/8 cup zucchini sticks (approximately 6)  <b>Meal Pattern Contribution:</b> ½ cup Other vegetable  <b>Allergens:</b> Wheat, Dairy  <b>Note:</b> **Whole Wheat Bread Crumbs must be whole grain-rich (WGR). They must contain at least 50% whole grain, any other grains must be enriched, and the combined weight of all non-creditable grains cannot exceed 3.99 grams per ounce equivalent. District meal planners must verify this information with a product formulation statement to count the breading in this recipe. Therefore, the breading for the zucchini (bread crumbs and Parmesan cheese) may not contribute adequate amount of the grains component.</p>					<p><b>HACCP / Serving Instructions:</b></p> <ol style="list-style-type: none"> <li>Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.</li> </ol>

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.

