

STANDARDIZED RECIPE

Walpole School Nutrition Program

Cranberry–Apple Kale Salad with Roasted Vegetables & Parmesan Crisps

50 Servings

Meal Pattern Crediting (Per Serving)

Without Chicken (Vegetarian Option)

- **Dark Green Vegetable:** ½ cup (kale + Brussels sprouts)
- **Red/Orange Vegetable:** ¼ cup (carrots)
- **Other Vegetable:** ⅛ cup (Brussels sprouts additional portion)
- **Fruit:** ½ cup (apples + cranberries)
- **Meat/Meat Alternate:**
 - 1 oz shredded Parmesan → **0.5 oz M/MA** (Parmesan crisp)

➔ **Total: 1¾ cups Vegetables + ½ cup Fruit + 1 oz M/MA**

With Optional Chicken

- **Meat/Meat Alternate:**
 - 2 oz diced chicken → **2 oz M/MA**
 - Parmesan crisp → **0.5 oz M/MA****Total M/MA = 2.5 oz**

➔ **Total: 1¾ cups Vegetables + ½ cup Fruit + 2.5 oz M/MA**

Grain Component (Side)

- **Good Crust Focaccia Bread (1 portion)**
= **1 oz eq Grain** (based on typical USDA crediting; can adjust if your serving size differs)

Meal Pattern Summary (Per Tray)

Vegetarian Tray:

- **Vegetable:** 1¾ cups
- **Fruit:** ½ cup
- **Grain:** 1 oz eq
- **M/MA:** 1 oz

With Chicken Tray:

- **Vegetable:** 1¾ cups
 - **Fruit:** ½ cup
 - **Grain:** 1 oz eq
 - **M/MA:** 2.5 oz
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INGREDIENTS & PREPARATION

Ingredients & Measurements (50 Servings)

Ingredient	Weight	Measure
Brussels sprouts, fresh	12 lb 8 oz	—
Carrots, fresh	12 lb 8 oz	—
Olive oil (for roasting)	—	2–3 cups
Sodium-free seasoning	—	As needed
Baby kale	—	100 cups (6.25 gallons)
Apples, fresh, sliced	12 lb 8 oz	25 medium
Dried cranberries	3 lb 2 oz	50 oz
Parmesan cheese, shredde	3 lb 2oz	50 oz
Olive oil (for massaging kale)	—	½–1 cup
Optional: Diced chicken	6 lb 4 oz	100 oz
Focaccia bread (The Good Crust)	—	50 portions
Honey mustard dressing	—	50 portions

Preparation Steps

1. Prepare and Roast Vegetables

1. Preheat oven to **400°F**.
 2. Wash, trim, and halve Brussels sprouts.
 3. Peel and diagonally slice carrots.
 4. Toss vegetables with olive oil and seasoning.
 5. Spread over **6–8 full sheet pans**.
 6. Roast **20–25 minutes** until browned and tender.
 7. CCP: Heat to **135°F**. Hold hot for service.
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2. Prepare Parmesan Crisps

1. Line sheet pans with parchment.
 2. Place **1 oz** shredded Parmesan in **3-inch circles** (50 total).
 3. Bake **5–7 minutes** at **400°F**.
 4. Cool completely and store dry.
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3. Prepare Kale

1. Place kale in mixing tub.
 2. Drizzle lightly with olive oil.
 3. Massage **30–60 seconds** until softened.
 4. CCP: Keep $\leq 41^{\circ}\text{F}$.
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4. Assemble Each Salad

1. Portion **2 cups kale** onto plate.
 2. Add roasted Brussels sprouts & carrots (approx. $\frac{1}{2}$ cup).
 3. Add sliced apples & **1 oz dried cranberries**.
 4. Top with **one Parmesan crisp**.
 5. Optional: add **2 oz diced chicken**.
 6. Serve with **focaccia bread** and **honey mustard dressing**.
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Critical Control Points (CCP)

- Heat vegetables to **135°F**.
 - Hold hot foods $\geq 135^{\circ}\text{F}$; cold foods $\leq 41^{\circ}\text{F}$.
 - Use gloves with ready-to-eat items.
 - Serve immediately or maintain safe holding temps.
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