

High School



California Ripe Olives

School Meal Recipes

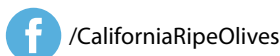


California Ripe Olives

They go with everything!

- California Ripe Olives are a fun and versatile ingredient that add texture, flavor and color to any dish while staying within nutritional guidelines.
- They're delicious as a topping for pizza, tacos and baked potatoes, as a tapenade for wraps, mixed into a salad or stacked into a sandwich, and of course, eaten right on their own with crunchy veggies and dip.
- Don't these ideas sound delicious? Well we've made it easy for you to put them into action. Just use our "Meals for your week" recipes to create a menu that that your students are sure to enjoy that's just as tasty as it is nutritious!
- California Ripe Olives truly go with everything and are a perfect addition to any school meal!
- California produces 95% of the ripe olives grown in the US. The industry consists of two family-owned canners and over 1,000 growers.

California olive brands available:



Meals For Your Week Featuring California Ripe Olives

High School

MONDAY	2.5 m/ma 2 whole grain ½ cup red veggie ½ cup other veggie 1 cup fruit 1 milk	<ul style="list-style-type: none"> • California Chicken & Pasta Puttanesca on a bed of whole grain penne pasta topped with shredded mozzarella • Fruit Cocktail • Diced Apricots • 1% White Milk 	Recipe: Cal: 469.4 Sat Fat: 7.34% Sodium: 638.64	Meal: Cal: 723.77 Sat Fat: 6.68% Sodium: 828.5
TUESDAY	2 m/ma 2 whole grain ¼ cup dark green veggie ¼ cup other veggie ½ cup orange veggies 1 cup fruit 1 milk Condiment	<ul style="list-style-type: none"> • Turkey Tapenade Wrap on whole grain flatbread with fresh baby spinach • Sweet Potato Fries • Strawberries • Fresh Blueberries • 9 g Natural Ketchup • 1% White Milk 	Recipe: Cal: 321.8 Sat Fat: 4.92% Sodium: 1075	Meal: Cal: 741.5 Sat Fat: 5.28% Sodium: 1399
WEDNESDAY	2.5 m/ma 2 whole grain-rich ¼ cup other veggie ½ cup dark green veggie ¼ cup red veggie 1 cup fruit 1 milk	<ul style="list-style-type: none"> • California Chopped Chicken Salad • Whole Grain Bread Stick • Raisins • Pears • 1% White Milk 	Recipe: Cal: 305.17 Sat Fat: 8.43% Sodium: 999.37	Meal: Cal: 744.16 Sat Fat: 7.66% Sodium: 1382.19
THURSDAY	2.5 m/ma 2 whole grain ¼ cup other veggie ¼ cup red veggie ½ cup legumes 1 cup fruit 1 milk	<ul style="list-style-type: none"> • California Taco Bowl • Refried beans • Fresh Apple Slices • Diced Peaches • 1% White Milk 	Recipe: Cal: 484.5 Sat Fat: 7.55% Sodium: 908.9	Meal: Cal: 802.38 Sat Fat: 7.00% Sodium: 1163.3
FRIDAY	2 m/ma 2 whole grain-rich ½ starchy veggie ¼ cup other veggie ¼ cup dark green veggie 1 cup fruit 1 milk	<ul style="list-style-type: none"> • California Frittata • Two whole grain mini cinni rolls • Fresh Kiwi • 100% Orange • Juice • 1% White Milk 	Recipe: Cal: 205.55 Sat Fat: 8.58% Sodium: 441.09	Meal: Cal: 749.06 Sat Fat: 7.26% Sodium: 862.14
WEEKLY TOTALS	11.5 m/ma 10 grain (6 whole grain, 4 whole grain-rich)	5 cups vegetables ½ cup starchy veggie ½ cup orange veggie ½ cup legumes 1 cup dark green veggie 1 cup red veggie 1 ½ cup other veggie	5 cups fruit 5 milk	Weekly Meal Average: Cal: 752.17 Sat Fat: 6.78% Sodium: 1127.03

California Chicken and Pasta Puttanesca



Yield: 100

12.17 ounces or 345.04 grams

Meal Equivalencies: 2.5 m/meat alternates, 2 whole grain, ½ cup red vegetable, ½ cup other vegetable

Ingredients

USDA #110080 (A494) Roasted Chicken, 8 piece	11 pounds, 1 ounce
USDA #100034 (A239) RS Tomato Sauce	12 quarts, 2 cups
California Ripe Olives, sliced	7 quarts, 3.25 cups
Pepper and Onion Slices, frozen	6 quarts, 1 cup
Dry Oregano	2 cups
Onion Powder	1 cup
Garlic Powder	1 cup
RF Mozzarella Shredded Cheese	3 quarts, 0.5 cup
Whole Grain Penne Pasta	12 pounds, 8 ounces

Directions Prior to Day of Service:

- Pre-Prep:**
 - Clean and sanitize prep area
 - Pull pasta from dry storage
 - Wash hands thoroughly
- Prep:**
 - Pull steamer pans or large stock pots of boiling pasta
- Cook:**
 - Cook the pasta for 2 minutes less than the time indicated on the package
 - Boiling method:
 - Bring water to boil and add pasta
 - Do not add oil to the water
 - Steamer method:
 - Place 2 pounds of dry pasta in shallow perforated hotel pans
 - Cover with water
 - Steam for 8 minutes or until just al dente
- CCP:** Cool hot cooked food from above 135°F to 70°F or lower within 2 hours, and then cool down to 41°F or lower within an additional 4 hours for a total cooling time of 6 hours using appropriate procedure
 - Place pasta flat on sheet trays or hotel pans
 - Cool in a blast chiller
 - Alternatively, cool it down in a walk-in cooler
 - Store in sealed plastic bags or sealed plastic container
- CCP:** Hold below 41°F
 - Refrigerate overnight
 - Wash hands thoroughly
- Prep:**
 - Pull pepper and onion slices from freezer
- CCP:** Hold below 41°F
 - Place in watertight container
 - Cover and date stamp
 - Place on shelf in cooler to thaw overnight
 - Wash hands thoroughly

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Directions Prior to Day of Service, cont'd:

- CCP:** Hold below 41°F
- Pull chicken from freezer
 - Place in watertight container
 - Cover and date stamp
 - Place on bottom shelf in cooler to thaw overnight
 - Wash hands thoroughly

Day of Service:

- Pre-prep:**
- Clean and sanitize prep area
 - Pull tomato sauce, olives and spices from dry storage
 - Wipe off lids
 - Open and discard lids carefully
 - Drain olives and rinse
 - Let drain
 - Wash hands thoroughly

- Prep:**
- In a large bowl, pour tomato sauce
- CCP:** Prepare foods at room temperature in two hours or less
- Add dry seasonings
 - Whisk well
 - Spray 4" deep hotel pans lightly
 - Pull chicken, peppers and onions, and cheese from cooler
 - Wash hands thoroughly and cover with gloves
 - Place roasted chicken pieces, by type, in a shingled layer in the hotel pans (about 20 servings per pan)
 - Top each pan with:
 - 2.5 quarts of tomato sauce
 - 5 cups of sliced olives
 - 5 cups of pepper and onion slices
 - Sprinkle 2.5 cups of cheese on top
 - Wash hands thoroughly

- Cook:**
- Bake in a preheated convection oven at 350°F for 30 minutes or until an internal temperature of 165°F is reached
- CCP:** Heat until an internal temperature of 165°F is reached for 15 seconds

- Hold:**
- CCP:** Hold above 135°F
- Hold in warming cart above 135°F
 - While chicken is cooking, pull pasta from cooler
 - Wash hands thoroughly

- Cook:**
- CCP:** Heat until an internal temperature of 140°F is reached for 15 seconds
- Place pasta in 2" steam table pans
 - Re-therm in steamer for 4 minutes or until pasta has reached an internal temperature of 140°F

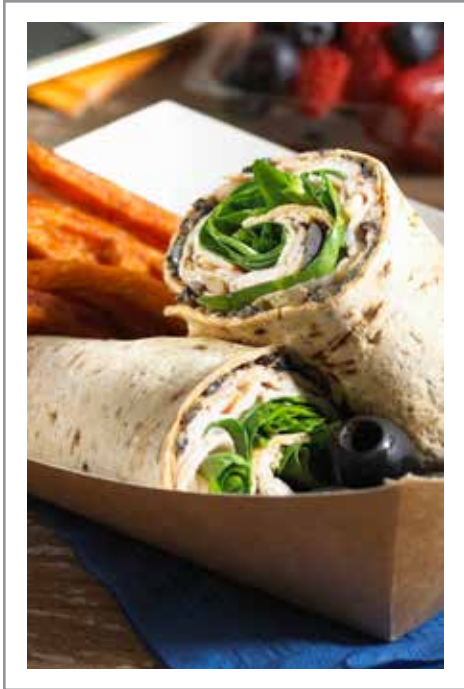
- Hold:**
- CCP:** Hold above 135°F
- Hold in warming cart above 135°F

- Serve:**
- CCP:** Hold above 135°F
- Serve 1 cup of pasta topped with 1 serving of chicken (one breast, one thigh and one wing or two drumsticks)
 - And 1 cup of vegetable tomato sauce

- For a complete high school meal:**
- Add 2 - ½ cup servings of fruit
 - Add 1 - 8-ounce 1% white milk

Note: May delete peppers and onions and serve ¾ cup tomato and olive sauce for K-8

California Tapenade Turkey Wrap



Yield: 100 (1 Wrap) **7.61 ounces or 215.75 grams**
Meal Equivalencies: 2m/meat alternates, 2 whole grain, ¼ cup other vegetable, ¼ cup dark green vegetable

Ingredients		
For Tapenade:	California Ripe Olives, sliced	6 Quarts, 1 Cups
	Fresh Onion	3 Quarts, ½ Cups
	Capers	½ Cup
	Diced Pimento	½ Cup
	Garlic Powder	1 Cup
	Lemon Juice	1 Cup
	Olive Oil	2 ½ Cups
For Wrap:	Whole Grain Wrap	100 Pieces
	Sliced Deli Turkey Breast	21 Pounds, 14 Ounces
	Fresh Baby Spinach	8 Pounds

Directions Prior to Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
 - Pull olives, pimentos, oil, and garlic power from dry storage
 - Pull onions, capers and lemon juice from cooler
 - Wipe off all lids, open cans and carefully discard lids

- Prep:**
- Wash hands thoroughly
 - Place all ingredients except olive oil in food processor and finely chop
 - Drizzle in oil and blend until smooth
 - Empty tapenade into watertight container
 - Cover and place date stamp on it

CCP: Hold below 41°F

- Place in cooler overnight
- Wash hands thoroughly

- Pull deli turkey from freezer
- Place in watertight container
- Cover and date stamp

CCP: Hold below 41°F

- Place on bottom shelf in cooler to thaw overnight

Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
 - Lay out sub bags or sandwich wrappers
 - Pull wraps from storage
 - Pull tapenade, turkey and spinach from cooler

- Prep:**
- Wash hands thoroughly and cover with gloves
 - Lay out wraps
 - Line up assembly line
 - Top each wrap with 3.5 ounces of sliced turkey breast (About 7 ½ ounce slices)
 - Top each with ¼ cup tapenade and ½ cup baby spinach
 - Roll tightly
 - Place in sub bag or sandwich wrap, add date stamp and place in pan
 - Refrigerate until service

CCP: Hold below 41°F

Serve:

- 1 wrap

CCP: Hold below 41°F

- For a complete high school meal:**
- Add ½ cup sweet potato fries
 - Add 2 - ½ cup servings of fruit
 - Add 1 - 8-ounce 1% white milk

California Chopped Chicken Salad



Yield: 100 (2 cups of salad with RF Ranch Dressing) **8.9905 ounces or 254.8750 grams**

Meal Equivalencies: 2.5 m/meat alternates, ¼ cup red vegetable, ¼ cup other vegetable, ½ cup dark green vegetable

Ingredients

California Ripe Olives, sliced	6 quarts, 1 cup
Diced Chicken (USDA A517)	12 pounds, 8 ounces
Fresh Diced Tomatoes, RTU	11 pounds, 8 ounces
Romaine Lettuce, chopped, RTU	8 pounds, 4 ounces
RF RS Shredded Cheddar Cheese	3 quarts, 0.5 cup
RF Ranch Dressing	6 quarts, 1 cup

Directions Prior to Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
- Prep:**
- Pull diced chicken from freezer
 - Wash hands thoroughly
 - Place chicken in an airtight container
 - Cover and date stamp
 - Wash hands thoroughly
 - Place chicken in cooler on bottom shelf
- CCP:** Hold below 41°F
- Wash hands thoroughly
- CCP:** Hold below 41°F
- Pull olives from dry storage
 - Wipe off lids
 - Place in cooler

Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
 - Pull serving utensils for all ingredients
- CCP:** Prepare foods at room temperature in two hours or less
- Prep:**
- Pull chicken, lettuce, olives, cheese and diced tomatoes from cooler
 - Wash hands thoroughly and cover with gloves
 - Place 1 cup chopped romaine in serving container
 - Top with 2 ounces of diced chicken
 - Add ¼ cup California Ripe Olives using a #16 scoop
 - Add ¼ cup tomatoes using a #16 scoop
 - Finish with one #30 scoop of shredded cheese (.5 ounces)
 - Cover tightly
 - Place date mark on cover
 - Refrigerate until service
- CCP:** Hold below 41°F
- Serve:**
- 2 cups salad with RF Ranch Dressing
- CCP:** Hold below 41°F
- For a complete high school meal:**
- Add 1 whole grain bread stick
 - Add 2 - ½ cups fruit
 - Add 1 - 8-ounce 1% white milk
- CCP:** Discard cold potentially hazardous foods after four hours if they have not been properly refrigerated

California Taco Bowl



Yield: 100 (2 cups) **16.765 ounces or 475.275 grams**
Meal Equivalencies: 2.5 m/meat alternates, 2 whole grain, ¼ cup other vegetable, ¼ cup red vegetable

Ingredients	
California Ripe Olives, sliced	6 quarts, 1 cup
RS Salsa	6 quarts, 1 cup
USDA #B537 Brown Rice	13 pounds, 14 ounces
Chicken Stock, RS	9 quarts
Turkey Taco Meat	18 pounds, 9 ounces
RF RS Shredded Cheese	3 quarts, 0.5 cup

Directions Prior to Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
 - Pull olives and salsa from dry storage
 - Wipe off lids
 - Place in cooler to pre-chill for service
- CCP:** Hold below 41°F
- Pull taco meat from freezer
 - Remove from case and place pouches on sheet pan with space between to thaw
 - Place pan on bottom shelf of cooler
 - Wash hands thoroughly

Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
- CCP:** Prepare foods at room temperature in two hours or less
- Pull olives and salsa from cooler
 - Wipe off lids
 - Open and discard lids carefully
 - Drain olives
 - Place in bowl
 - Place salsa in bowl
 - Cover and set aside
 - Pull brown rice from dry storage
 - Wash hands thoroughly
- Cook:**
- Place rice into 4 shallow steam table pans with inserts
- CCP:** Heat until an internal temperature of 165°F is reached for 15 seconds
- Cover each pan with 2 quarts plus 1 cup of stock
 - Place in steamer for 20-25 minutes
- Hold:**
- Place rice in holding cabinet
- CCP:** Hold above 135°F

Day of Service, cont'd:

- Cook:**
- Place unopened taco meat pouches in shallow steam table pan
- CCP:** Heat until an internal temperature of 165°F is reached for 15 seconds
- Place in pre-heated steamer for 30 minutes
 - Test the temperature by folding bag over thermometer
 - Remove when an internal temperature of 165°F is reached

- Hold:**
- CCP:** Hold above 135°F
- Hold unopened pouches in warming cart
 - Wash hands thoroughly
 - Pull all serving utensils

- Serve:**
- CCP:** Hold above 135°F
- CCP:** Hold below 41°F
- CCP:** Hold above 135°F
- Place hot food in steam table
 - Place cold items in cold service table
 - Using 2 - #8 scoops serve 1 cup of brown rice
 - Top with 1 - #12 scoop of taco meat
 - Add 1 - #16 scoop of salsa
 - Add 1 - #16 scoop of California Ripe Sliced Olives
 - Finish with 1 - #30 scoop of shredded cheese (.5 ounces)

- For a complete high school meal:**
- Add 2 - ½ cup servings of fruit
 - Add 1 - 8-ounce 1% white milk

California Frittata



Yield: 100

8.9125 ounces or 252.6646 grams

Meal Equivalencies: 2 m/meat alternates, ½ cup starchy vegetable, ¼ cup other vegetable, ¼ cup dark green vegetable

Ingredients

California Ripe Olives, sliced	6 quarts, 3 cups
Diced Broccoli	6 quarts, 3 cups
Sliced Potatoes, RTU	21 pounds, 4 ounces
Egg Mix	18 pounds, 9 ounces
Evaporated Milk, FF	1 quart, 1 cup
White Pepper	1 cup
Buttermist, spray	1 ounce

Directions Prior to Day of Service:

2 Days Prior to Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
 - Pull egg mix from freezer
 - Pull cartons from case
 - Spread on sheet pan with space between each to thaw
- CCP:** Hold below 41°F
- Refrigerate on bottom shelf until day of service
 - Wash hands thoroughly

1 Day Prior to Day of Service:

- Prep:**
- Pull broccoli from freezer
 - Place cartons or bags on sheet pan with space between each to thaw
- CCP:** Hold below 41°F
- Refrigerate until day of service
 - Wash hands thoroughly

Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
 - Pull olives and evaporated milk from dry storage
 - Wipe off lids
 - Open and discard lids carefully
 - Drain olives and rinse
 - Let drain
 - Wash hands thoroughly
- CCP:** Prepare foods at room temperature in two hours or less
- Pull egg mix, broccoli, and potatoes from cooler

- Prep:**
- Spray 4 - 4" deep hotel pans lightly
 - In large mixer, add egg mix, evaporated milk and white pepper
 - Mix well
 - In each hotel pan, layer 5 pounds of sliced potatoes
 - Top with 7 cups each of diced broccoli and sliced olives
 - Cover with 7 ½ cup egg mix
 - Wash hands thoroughly

Day of Service, cont'd:

CCP: Heat until an internal temperature of 165°F is reached for 15 seconds

CCP: Hold above 135°F

Serve:

CCP: Hold above 135°F

For a complete high school meal:

- Bake frittata in preheated convection oven at 325°F for 30 minutes or until an internal temperature of 165°F is reached

- Hold in warming cart above 135°F

- Serve 1 - 5x5 cut of frittata

- Add 2 whole grain mini cinnamon rolls

- Add 2 - ½ cup servings of fruit

- Add 1 - 8-ounce 1% white milk