

High School



# California Ripe Olives

School Meal Recipes

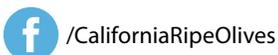


# California Ripe Olives

## 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

<b>MONDAY</b>	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"> <li>• California Chicken &amp; Pasta Puttanesca on a bed of whole grain penne pasta topped with shredded mozzarella</li> <li>• Fruit Cocktail</li> <li>• Diced Apricots</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 469.4 Sat Fat: 7.34% Sodium: 638.64	<b>Meal:</b> Cal: 723.77 Sat Fat: 6.68% Sodium: 828.5
<b>TUESDAY</b>	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"> <li>• Turkey Tapenade Wrap on whole grain flatbread with fresh baby spinach</li> <li>• Sweet Potato Fries</li> <li>• Strawberries</li> <li>• Fresh Blueberries</li> <li>• 9 g Natural Ketchup</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 321.8 Sat Fat: 4.92% Sodium: 1075	<b>Meal:</b> Cal: 741.5 Sat Fat: 5.28% Sodium: 1399
<b>WEDNESDAY</b>	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"> <li>• California Chopped Chicken Salad</li> <li>• Whole Grain Bread Stick</li> <li>• Raisins</li> <li>• Pears</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 305.17 Sat Fat: 8.43% Sodium: 999.37	<b>Meal:</b> Cal: 744.16 Sat Fat: 7.66% Sodium: 1382.19
<b>THURSDAY</b>	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"> <li>• California Taco Bowl</li> <li>• Refried beans</li> <li>• Fresh Apple Slices</li> <li>• Diced Peaches</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 484.5 Sat Fat: 7.55% Sodium: 908.9	<b>Meal:</b> Cal: 802.38 Sat Fat: 7.00% Sodium: 1163.3
<b>FRIDAY</b>	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"> <li>• California Frittata</li> <li>• Two whole grain mini cinni rolls</li> <li>• Fresh Kiwi</li> <li>• 100% Orange</li> <li>• Juice</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 205.55 Sat Fat: 8.58% Sodium: 441.09	<b>Meal:</b> Cal: 749.06 Sat Fat: 7.26% Sodium: 862.14
<b>WEEKLY TOTALS</b>	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	<b>Weekly Meal Average:</b> 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

(Continued on next page)

## 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
- CCP:** Hold below 41°F
- Refrigerate until service

**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