



California Ripe Olives

School Meal Recipes

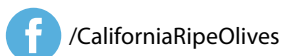


California Ripe Olives

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:

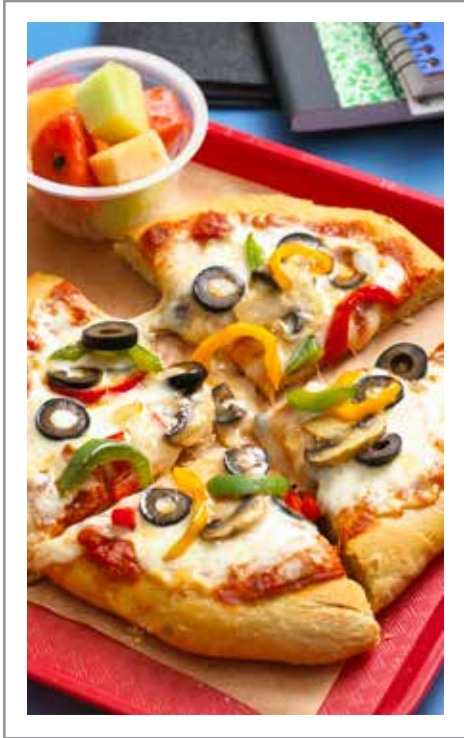


Meals For Your Week Featuring California Ripe Olives

Middle School

MONDAY	<p>1.5 eq. m/ma 2 eq. grain ½ cup dark green veggie ½ cup other veggie ½ cup fruit 1 milk condiment</p>	<ul style="list-style-type: none"> • Vegetable Flatbread • Salad • Sliced Strawberries • Ranch Dressing • 1% White Milk 	<p>Recipe: Cal: 349.44 Sat Fat: 5.7% Sodium: 613.24</p>	<p>Meal: Cal: 544 Sat Fat: 3.35% Sodium: 537</p>
TUESDAY	<p>2 eq. m/ma 2 eq. grain ⅓ cup red/orange veggie ⅓ cup other veggie ½ cup starchy veggie ½ cup fruit 1 milk</p>	<ul style="list-style-type: none"> • Spicy Baked Chicken and Brown Rice • Corn • Kiwi and Strawberries • 1% White Milk 	<p>Recipe: Cal: 284.24 Sat Fat: 2.81% Sodium: 146.19</p>	<p>Meal: Cal: 595 Sat Fat: 4.96% Sodium: 396.4</p>
WEDNESDAY	<p>2.5 eq. m/ma 1 eq. grain ⅓ cup red/orange veggie ⅓ cup other veggie ½ cup starchy veggie ¼ cup legume ½ cup fruit 1 milk</p>	<ul style="list-style-type: none"> • Southwestern Stuffed Baked Potato • Salsa • Black Beans • Turkey Taco Meat • Cheese • Ripe Olives • Fruit Cocktail • Whole Grain Dinner Roll • 1% White Milk 	<p>Recipe: Cal: 383.9 Sat Fat: 10.02% Sodium: 502.73</p>	<p>Meal: Cal: 631.5 Sat Fat: 5.6% Sodium: 768</p>
THURSDAY	<p>2 eq. m/ma 1.5 eq. grain ¼ cup red/orange veggie ⅔ cup other veggie ¼ cup dark green veggie ¼ legume ½ cup fruit 1 milk</p>	<ul style="list-style-type: none"> • Mediterranean Salad With Olives, Cucumber And Tomato Served With Ranch Yogurt Dip • Garbanzo Beans • Feta Cheese • Peaches • Whole Grain Pita Bread • 1% White Milk 	<p>Recipe: Cal: 328.48 Sat Fat: 7.45% Sodium: 924.79</p>	<p>Meal: Cal: 554 Sat Fat: 12.51% Sodium: 1183</p>
FRIDAY	<p>2 eq. m/ma 2 eq. grain ⅓ cup red/orange veggie ¼ cup other veggie ⅓ cup dark green veggie ½ cup starchy veggie ½ cup fruit 1 milk</p>	<ul style="list-style-type: none"> • Subs Your Way Day Smoked Turkey Breast Sandwich With Olives, Romaine And Tomato • Spicy Spiral French Fries • Orange Wedges • 1% White Milk 	<p>Recipe: Cal: 372.87 Sat Fat: 1.80% Sodium: 789.3</p>	<p>Meal: Cal: 670 Sat Fat: 3.32% Sodium: 1242</p>
WEEKLY TOTALS	<p>10 eq. m/ma 8.5 eq. grain 4 ⅞ cups vegetables ⅞ cup dark green veggie ⅓ cup red/orange veggie 1 ⅔ cup other veggie 1½ cup starchy veggie</p>	<p>½ cup legumes 2½ fruit 5 milk</p>		<p>Weekly Meal Average: Cal: 600 Sat Fat: 6% Sodium: 825.3</p>

Vegetable Flatbread



Yield: 100 (1 Flatbread)

6.4 ounces or 182 grams

Meal Equivalencies: 1.5 m/meat alternates, 2 whole grain rich, ¼ cup other vegetable, ¼ cup additional vegetable

Ingredients	
California Ripe Olives, Low Sodium, Sliced	3 quarts, ½ cup
Sliced Fresh Mushrooms, RTU	6 pounds, 2 ounces
Frozen Roasted Pepper and Onion Strips	13 pounds
Whole Grain Rich Flatbread (3 ounces)	100 pieces
Olive Oil	1 quart, 2 ¼ cups
Dried Oregano	⅛ cup
Dried Basil	⅛ cup
Onion Powder	⅛ cup
Garlic Powder	⅛ cup
Shredded RS RF Mozzarella Cheese	9 pounds, 6 ounces
Pan Spray	1 ounce

Directions Prior to Day of Service:

- Pre-Prep:**
- Pull roasted peppers and onions from freezer
 - Place unopened bags on a sheet pan
 - Date stamp
- CCP:** Hold below 41°F
- Place sheet pans in cooler to thaw
 - Wash hands thoroughly

Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
 - Pull olive oil from dry storage and place at work station
 - Pull spices and mix all together in small bowl, yielding ½ cup
 - Pull olives from dry storage
 - Wipe off lids, open cans and carefully discard lids
 - Drain olives and place at work station
 - Pull flatbreads; mushrooms, pepper and onion mix; and mozzarella cheese from cooler
 - Place at work station
 - Drain pepper and onion mix and place in a bowl
 - Pull sheet pans and place at work station
 - Set up ingredients for production line

Day of Service, cont'd:

Prep:

- Wash hands thoroughly
- Top each sheet pan with parchment paper
- Spray lightly with pan spray
- Line up assembly line

CCP: Prepare foods at room temperature in two hours or less

- Brush each flatbread generously with olive oil
- Sprinkle seasoning mix on flatbreads using ½ teaspoon per
- Top each flatbread with ⅓ cup of sliced olives using a #30 scoop
- Add ⅓ cup fresh mushroom slices using a 2 ounce spoodle
- Add ¼ cup pepper and onion mix using a #16 scoop
- Add 1 ½ ounce of shredded mozzarella cheese to each piece using a #10 scoop (⅔ cup)

Cook:

CCP: Heat until an internal temperature of 140°F is reached for 15 seconds

SOP: Batch cook as necessary to insure best end product and nutritional

- Bake in preheated 350°F convection oven for 15 minutes or until cheese is melted

Hold:

- Hold in warming cart above 135°F

CCP: Hold above 135°F

Serve:

- Serve one vegetarian flatbread

CCP: Hold above 135°F

Spicy Baked Chicken and Brown Rice



Yield: 100 (1 pc of baked chicken w/ 1 ¼ cup brown rice mix) **8.5 ounces or 242 grams**
Meal Equivalencies: 2 m/meat alternates, 2 whole grain, ⅛ cup other vegetable, ⅛ cup red/orange vegetable

Ingredients	
B/S Chicken Thighs (3 ½ ounce each, raw)	21 pounds, 14 ounces
California Ripe Olives, Low Sodium, Whole	3 quarts, 1 cup
Canned Diced Tomatoes, R/S, undrained	3 quarts, 1 cup
Brown Rice, long grain, regular, dry	12 pounds, 8 ounces
Cayenne or Red Pepper, ground	⅛ cup
White Pepper, ground	½ cup
Onion Powder	½ cup
Garlic Powder	½ cup
Ground Paprika	⅛ cup
Water	4 gallons
Pan Spray	1 ounce

Directions Prior to Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
 - Pull chicken thighs from freezer
 - Place in food storage container
 - Cover and date stamp
- CCP:** Hold below 41°F
- Place chicken on bottom shelf of cooler to thaw overnight
 - 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 brown rice and seasonings from dry storage and place at work station
 - Pull olives and diced tomatoes from dry storage
 - Wipe off lids and place at work station
 - Open cans and carefully discard lids
 - Drain olives well
 - Do not drain tomatoes
 - Pull 4 deep steam table pans and place at work station
 - Spray pans lightly with pan release
- Prep:**
- Wash hands thoroughly
 - Mix ¼ cup each of onion powder, garlic powder and white pepper

Day of Service, cont'd:

Prep:

- Place 3 pounds, 2 ounces of dry brown rice in pans
- Sprinkle each with seasoning mix
- Add in tomatoes and juice, using 3 ¼ cups per pan
- Add in olives using 3 ¼ cups per pan
- Add in 1 gallon hot water per pan
- Mix well
- Cover with foil and place in oven

Cook:

CCP: Heat until an internal temperature of 140°F is reached for 15 seconds

- Bake covered rice in a preheated 350°F convection oven for 40 minutes or until all liquids are absorbed
- Stir to fluff rice

Hold:

- Hold in warming cart above 135°F

CCP: Hold above 135°F

Prep:

- Clean and sanitize prep area
- Mix remaining seasonings together, yielding 1 cup mix
- Pull chicken thighs from cooler and place at work station
- Pull full sheet pans and place at work station
- Cover each pan with parchment paper
- Wash hands thoroughly and cover with gloves
- Tray chicken on sheet pans allowing for air space between each piece
- Wash hands thoroughly
- Sprinkle chicken with seasoning mix, using about ½ teaspoon per piece

Cook:

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

- Bake chicken in a preheated 350°F convection oven for 30 - 35 minutes or until an internal temperature of 165°F is reached

SOP: Batch cook as necessary to ensure best end product and nutritional

Hold:

- Hold in warming cart above 135°F

CCP: Hold above 135°F

Serve:

- Serve one piece of chicken and 1 ¼ cup brown rice pilaf using 2 5-ounce spoodles

CCP: Hold above 135°F

Southwestern Stuffed Baked Potato



Yield: 100 (1 Stuffed Potato) **12.2 ounces or 347 grams**
Meal Equivalencies: 2.5 m/meat alternates, 1/8 cup other vegetable, 1/8 cup red/orange vegetable, 1/4 cup legume, 1/2 cup starchy vegetable

Ingredients	
Turkey Taco Meat, CN	18 pounds, 9 ounces
Fresh Potatoes, white or russet, 120 count, approx. 6 ounces each	45 pounds
California Ripe Olives, Low Sodium, Sliced, Drained	3 quarts, 1/2 cup
Black Beans, Low Sodium, Canned, Drained	6 quarts, 1 cup
Salsa, Low Sodium	3 quarts, 1/2 cup
Shredded RF RS Cheddar Cheese	3 pounds, 2 ounces
Pan Spray	1 ounce

Directions Prior to Day of Service:

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| <p>Pre-Prep:</p> <ul style="list-style-type: none"> • Clean and sanitize prep area • Pull turkey taco meat from freezer and place unopened on sheet pans <p>CCP: Hold below 41°F</p> <ul style="list-style-type: none"> • Place taco meat in cooler on bottom shelf to thaw overnight • Date stamp • Wash hands thoroughly • Pull 100 potatoes from dry storage and place at produce wash station • Wash potatoes thoroughly and let dry overnight <p>Prep:</p> <ul style="list-style-type: none"> • Wash hands thoroughly • Pull 300 – 3 ounce soufflés and 100 – 4 ounce soufflés and place at work station • Pull olives, black beans and salsa from dry storage • Wipe off lids, open and carefully discard lids • Drain olives and black beans well and place in bowls at work station • Place salsa in bowl at work station <p>Prep:</p> <ul style="list-style-type: none"> • Wash hands thoroughly and cover with gloves <p>SOP: Never handle ready-to-eat foods with bare hands</p> <ul style="list-style-type: none"> • Using a #30 scoop place 1/8 cup of olives in soufflé and cover • Place olives 3 deep in steam table pan and date stamp <p>CCP: Hold below 41°F</p> <ul style="list-style-type: none"> • Place in cooler overnight | <p>Prep:</p> <ul style="list-style-type: none"> • Wash hands thoroughly and cover with gloves • Using a #16 scoop place 1/4 cup of black beans in 4 ounce soufflé and cover • Place beans 2 deep in steam table pan and date stamp • Place in cooler overnight <p>CCP: Hold below 41°F</p> <ul style="list-style-type: none"> • Clean and sanitize prep area • Pull shredded cheese from cooler and place at work station • Wash hands thoroughly and cover with gloves • Using a #30 scoop place 1/8 cup or 1/2 ounce of shredded cheese in soufflé and cover • Place cheese 3 deep in steam table pan and date stamp • Place in cooler overnight <p>SOP: Never handle ready-to-eat foods with bare hands</p> <ul style="list-style-type: none"> • Using a #30 scoop place 1/8 cup or 1/2 ounce of shredded cheese in soufflé and cover • Place cheese 3 deep in steam table pan and date stamp <p>CCP: Hold below 41°F</p> <ul style="list-style-type: none"> • Place in cooler overnight |
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Day of Service:

Pre-prep:

- Clean and sanitize prep area
- Pull baking potatoes from produce station

Prep:

- Place potatoes on sheet pans with air space between each to allow for uniform baking

Cook:

CCP: Heat until an internal temperature of 140°F is reached for 15 seconds

- Bake in a preheated 350°F convection oven for 35 minutes or until an internal temperature of 140°F is reached and potatoes are soft

Hold:

CCP: Hold above 135°F

- Hold in warming cart above 135°F

Prep:

- Pull taco meat from cooler and place at work station
- Place unopened pouches of taco meat in steamer pans, single layer

Cook:

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

- Steam on high for 30 minutes or until an internal temperature of 165°F is reached

Hold:

CCP: Hold above 135°F

- Hold in warming cart above 135°F

Prep:

- Pull portioned olives, salsa, black beans and cheese from cooler and place on serving line in cold table

CCP: Hold above 135°F

- Pull potatoes and place in hot serving well
- Slice open potatoes as needed and squeeze gently with tongs to open slightly
- Pull taco meat as needed, open carefully and place in hot serving well

CCP: Hold above 135°F

Serve:

- Place taco meat on open potato using a #12 scoop
- Serve with one soufflé each of olives, salsa, black beans and cheese

Mediterranean Salad



Yield: 100 Salads (1 ½ cup)

10.26 ounces or 291 grams

Meal Equivalencies: 2 m/meat alternates, ¼ cup other vegetable, ¼ cup red/orange vegetable, ¼ cup dark green vegetable, ¼ cup legume

Ingredients	
California Ripe Olives, Low Sodium, Whole	3 quarts, ½ cup
Garbanzo Beans, Low Sodium	6 quarts, 1 cup
Plain Fat Free Yogurt	6 quarts, 1 cup
Mayonnaise, Reduced Sodium, RF	3 quarts, ½ cup
Ranch Dressing Mix, Dry, Original	10 ounces
Romaine Lettuce, RTU	8 pounds
Fresh Cucumber, Raw, Unpared	4 pounds, 8 ounces
Fresh Diced Tomatoes, RTU	11 pounds, 8 ounces
Feta Cheese Crumbles	9 pounds, 6 ounces

Directions Prior to Day of Service:

Pre-Prep:

SOP: Pre-chill ingredients for foods served cold (sandwiches and salads) below 41°F before combining

- Clean and sanitize prep area
- Pull olives and garbanzo beans from dry storage

- Using a 3-ounce ladle, place dip into 4-ounce soufflés; cover
- Place soufflés in deep pan, 3 deep; date stamp
- Place in cooler overnight

CCP: Hold below 41°F

CCP: Hold below 41°F

CCP: Prepare foods at room temperature in two hours or less

- Wipe off all lids and place in cooler overnight
- Pull mayonnaise and ranch dressing mix from dry storage and place at work station
- Pull large mixing bowl and whisk and place at work station
- Pull yogurt from cooler and place at work station

Prep:

SOP: Never handle ready-to-eat foods with bare hands

- Wash hands thoroughly and cover with gloves
- Empty yogurt into mixing bowl
- Whisk in the dry ranch seasoning mix
- Whisk in mayonnaise
- Mix well

Day of Service:

Pre-Prep:

- Clean and sanitize prep area
- Pull 100 entrée salad bowls and place at work station
- Pull cucumber from cooler and place at produce sink
- Wash cucumbers thoroughly and shake well to dry
- Place cucumbers at work station
- Wash hands thoroughly and cover with gloves
- Cut cucumber lengthwise into ¼" strips
- Dice cucumber strips and place in food container
- Date stamp
- Refrigerate until time for salad assembly

SOP: Never handle ready-to-eat foods with bare hands

CCP: Hold below 41°F

Day of Service, cont'd:

- Prep:**
- Pull olives, tomatoes, garbanzo beans, cucumber, romaine and feta from cooler and place at work station
 - Wipe off olive lids and open, carefully discarding lids
 - Drain well and place in food storage container
 - Wipe off garbanzo bean lids and open, carefully discarding lids
 - Drain well and place in food storage container
 - Set up ingredients and utensils for assembly line

SOP: Never handle ready-to-eat foods with bare hands

- Wash hands thoroughly and cover with gloves
- Using a 4-ounce spoodle, place ½ cup of romaine in bowl
- Using 2-ounce spoodle, place ¼ cup of garbanzo beans on top
- Using a 1-ounce spoodle, place ⅛ cup of diced cucumber on top
- Using a 2-ounce spoodle, place ¼ cup of diced tomato on top
- Using a #10 scoop, add 1 ½ -ounce of feta crumbles

- Add 4 large or 6 medium whole olives
- Cover and date stamp
- Place in cooler until service

CCP: Hold below 41°F

Prep:

CCP: Hold below 41°F

- When time for service, pull the anticipated salads needed and place on service line in a cold well
- Pull ranch yogurt dressing and place on service line in cold well

CCP: Hold below 41°F

Serve:

CCP: Hold below 41°F

- Serve one salad and 1 ranch yogurt dressing

Subs Your Way Day



Yield: 100 Turkey Sub Sandwiches

8.6 ounces or 243 grams

Meal Equivalencies: 2 m/meat alternates, 2 whole grain rich, ¼ cup other vegetable, ⅛ red/orange vegetable, ⅓ cup dark green vegetable

Ingredients

California Ripe Olives, Low Sodium, Sliced	3 quarts, ½ cup
Sliced Turkey, Frozen, .5 ounce slices (3 oz. = 2 m/ma)	18 pounds, 12 ounces
Romaine Lettuce, RTU	3 pounds, 4 ounces
Fresh Cucumbers	4 pounds, 2 ounces
Fresh Sliced Tomatoes, RTU	5 pounds, 11 ounces
Whole Grain Rich Sub Rolls (3 ounces = 2 wgr)	100 pieces

Directions Prior to Day of Service:

Pre-Prep:

- Clean and sanitize prep area
- Pull olives from dry storage

SOP: Pre-chill ingredients for foods served cold (sandwiches and salads) below 41°F before combining

- Wipe off all lids, open cans and carefully discard lids
- Empty olives into food safe container
- Date stamp

CCP: Hold below 41°F

- Place in cooler and refrigerate overnight
- Pull sliced turkey from freezer and place unopened on sheet pans
- Do not stack packages
- Date stamp

CCP: Hold below 41°F

- Place turkey in cooler on bottom shelf to thaw overnight
- Wash hands thoroughly

Day of Service:

Pre-Prep:

- Clean and sanitize prep area
- Wash hands thoroughly
- Pull sub rolls from bakery dry storage and place at work station
- Pull cucumbers from cooler and place at produce sink
- Wash thoroughly and let drain well

CCP: Prepare foods at room temperature in two hours or less

SOP: Never handle ready-to-eat foods with bare hands

- Wash hands thoroughly and cover with gloves

Day of Service, cont'd:

Pre-Prep:

- Do not peel cucumbers. Slice cucumbers into circles and place in food storage container
- Date stamp

CCP: Hold below 41°F

- Refrigerate until sub assembly time
- Pull sub bags and all utensils and place at work station

Prep:

- Pull turkey, tomatoes, olives, romaine and cucumbers from cooler
- Place all ingredients at work station and line up for assembly
- Wash hands thoroughly and cover with gloves
- Place 6 pieces (.5 ounces each) of turkey shingled onto bottom of sub roll
- Top each with ¼ cup romaine lettuce, using a 2 ounce spoodle
- Shingle 4 tomato slices on top
- Shingle 4 slices of cucumber on top
- Add ⅛ cup sliced olives using a #30 scoop
- Press sub together and place in sub bag
- Date stamp

SOP: Never handle ready-to-eat foods with bare hands

Hold:

- Refrigerate until service

CCP: Hold below 41°F

Serve:

- Serve turkey sub sandwich

CCP: Hold below 41°F