



# California Ripe Olives

School Meal Recipes

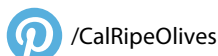
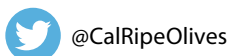
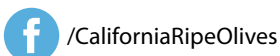


# California Ripe Olives

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

## Elementary School

<b>MONDAY</b>	1.5 eq. m/ma 2 eq. grain 1/8 cup red/orange veggie 1/8 cup other veggie 1/4 cup dark green veggie 1/2 cup fruit 1/4 cup starchy veggie 1 milk condiment	<ul style="list-style-type: none"> <li>• Vegetable Flatbread With Olives, Marinara And Cheese</li> <li>• Salad</li> <li>• Sliced Strawberries</li> <li>• Ranch Dressing</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 228.45 Sat Fat: 14.19% Sodium: 723	<b>Meal:</b> Cal: 569.5 Sat Fat: 7.72% Sodium: 905
<b>TUESDAY</b>	2 eq. m/ma 1 eq. grain 3/8 cup red/orange veggie 1/8 cup other veggie 1/2 cup legume 1/2 cup fruit 1 milk	<ul style="list-style-type: none"> <li>• Olive Blossoms on Carrot Sticks Served With Baked BBQ Chicken</li> <li>• Baked Beans</li> <li>• Kiwi and Strawberries</li> <li>• Whole Grain Roll</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 43.76 Sat Fat: 0.38% Sodium: 156.57	<b>Meal:</b> Cal: 535.8 Sat Fat: 5.24% Sodium: 689
<b>WEDNESDAY</b>	2 eq. m/ma 1.5 eq. grain 3/8 cup red/orange veggie 1/8 cup other veggie 1/2 cup fruit 1/2 cup starchy veggie 1 milk condiment	<ul style="list-style-type: none"> <li>• Shredded Carrots Nest With Olive Eggs Served With A Mini Cheeseburger</li> <li>• Potato Wedges</li> <li>• Fruit Cocktail</li> <li>• Ketchup</li> <li>• Ranch Dip</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 41.91 Sat Fat: 0.35% Sodium: 153.46	<b>Meal:</b> Cal: 586 Sat Fat: 8.83% Sodium: 813
<b>THURSDAY</b>	1.5 eq. m/ma 2 eq. grain 3/8 cup red/orange veggie 1/8 cup other veggie 1/4 cup dark green veggie 1/2 cup fruit 1 milk condiment	<ul style="list-style-type: none"> <li>• Olives, Carrot Coins, Tomatoes And Broccoli Served With Ranch Yogurt Dip</li> <li>• Mozzarella Cheese Stick</li> <li>• Peaches</li> <li>• Whole Grain Bread Sticks</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 106.06 Sat Fat: 20.62% Sodium: 337.28	<b>Meal:</b> Cal: 536 Sat Fat: 6.89% Sodium: 957
<b>FRIDAY</b>	1.5 eq. m/ma 2 eq. grain 1/8 cup red/orange veggie 1/8 cup other veggie 1/2 cup fruit 1/2 cup starchy veggie 1 milk condiment	<ul style="list-style-type: none"> <li>• Cheese and Salsa Tostada With Olive Smile</li> <li>• Seasoned Brown Rice</li> <li>• Corn</li> <li>• Orange Wedges</li> <li>• 1% White Milk</li> </ul>	<b>Recipe:</b> Cal: 244.67 Sat Fat: 15.12% Sodium: 788	<b>Meal:</b> Cal: 585 Sat Fat: 7.05% Sodium: 950
<b>WEEKLY TOTALS</b>	8.5 eq. m/ma 8.5 eq. grain 4 1/4 cup vegetables 1/2 cup dark green veggie 1 3/8 cup red/orange veggie 5/8 cup starchy veggie 1/2 cup legumes	1 milk condiment		<b>Weekly Meal Average:</b> Cal: 562.46 Sat Fat: 7% Sodium: 862.8

# Vegetable Flatbread



**Yield: 100** (1 Flat Bread) **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	⅓ cup
Dried Basil	⅓ cup
Onion Powder	⅓ cup
Garlic Powder	⅓ cup
Shredded RS Lite 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 ⅓ cup
  - Pull olives from dry storage
  - Wipe off lids, open cans and carefully discard lids
  - Drain olives and place at work station
  - Pull wraps; 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
- Brush each flatbread generously with olive oil
- Sprinkle seasoning mix on flatbreads using ½ teaspoon per
- Top each flatbread with 1/8 cup of sliced olives using a #30 scoop
- Add 1/8 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 (3/8 cup)

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

**Cook:**

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

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

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

**Hold:**

**CCP:** Hold above 135°F

- Hold in warming cart above 135°F

**Serve:**

**CCP:** Hold above 135°F

- Serve one vegetarian flatbread

# Olive Blossoms



**Yield:** 100 (½ cup vegetable)

**2.2 ounces or 61.75 grams**

**Meal Equivalencies:** ¾ cup red/orange vegetable, ⅛ cup other vegetable

Ingredients	
California Ripe Olives, Low Sodium, Whole, Large	3 quarts, ½ cup
Carrot Sticks (4 – ½” by 4”)	9 pounds, 12 ounces

## Directions Prior to Day of Service:

**Pre-Prep:**

- Pull olives from dry storage

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

**CCP:** Hold below 41°F

- Wipe off all lids and place in cooler overnight
- Wash hands thoroughly

## Day of Service:

**Prep:**

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

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

**CCP:** Hold below 41°F

- Clean and sanitize prep area
- Pull olives from cooler and wipe off lids
- Open olives, drain well and place at work station
- Pull RTU carrot sticks from cooler, and place at work station
- Pull 100 small boats and place at work station
- Wash hands thoroughly and cover with gloves
- Place 4 carrot sticks into each container
- Gently press olive onto top of carrot stick
- Cover and date stamp
- Place in cooler until service

**Serve:**

**CCP:** Hold below 41°F

- Serve one “bunch” of carrot blossoms

# Shredded Carrots Nest



**Yield:** 100 (½ cup vegetable) **2.02 ounces or 57.25 grams**  
**Meal Equivalencies:** ¾ cup red/orange vegetable, ⅛ cup other vegetable

## Ingredients

California Ripe Olives, Low Sodium, Whole, Large	3 quarts, ½ cup
Fresh, Shredded Carrots, RTU, Raw	7 pounds, 9 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

**CCP:** Hold below 41°F

- Pull olives from dry storage
- Wipe off all lids and place in cooler overnight
- Wash hands thoroughly

## Day of Service:

**Prep:**

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

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

**CCP:** Hold below 41°F

**Serve:**

**CCP:** Hold below 41°F

- Clean and sanitize prep area
- Open cans and carefully discard lids
- Drain olives well and place at work station
- Pull RTU shredded carrots from cooler and place at work station
- Wash hands thoroughly and cover with gloves
- Place ¾ cup of shredded carrots into each container using a #10 scoop
- Press 4 large olives onto carrot nest
- Cover and date stamp
- Place in cooler until service
- Serve one "nest" of carrot and olives

# Dipping Delights



**Yield: 100 Dipping Plates**

**4.5 ounces or 127.35 grams**

**Meal Equivalencies:** 1.5 m/meat alternates, 1/8 cup other vegetable, 3/8 cup red/orange vegetable, 1/4 cup dark green vegetable

## Ingredients

California Ripe Olives, Low Sodium, Sliced	3 quarts, 1/2 cup
Plain Fat Free Yogurt	6 quarts, 1 cup
Mayonnaise, Reduced Sodium, RF	3 quarts, 1/2 cup
Ranch Dressing Mix, dry, original	10 ounces
Fresh Carrot Chips (sliced), RTU	4 pounds
Fresh Broccoli Florets, RTU	3 pounds, 8 ounces
Fresh Grape Tomatoes	8 pounds, 6 ounces
Mozzarella Cheese Sticks (1 oz., IW)	6 pounds, 4 ounces

## Directions Prior to Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
- SOP:** Pre-chill ingredients for foods served cold (sandwiches and salads) below 41°F before combining
- CCP:** Hold below 41°F
- Pull olives from dry storage
  - Wipe off all lids and place in cooler overnight
- Prep:**
- 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:**
- CCP:** Prepare foods at room temperature in two hours or less
- Wash hands thoroughly and cover with gloves
  - Empty yogurt into mixing bowl
  - Whisk in the dry ranch seasoning mix; whisk in mayonnaise; mix well
  - Using a 3 ounce ladle, place dip into 4 ounce soufflés
  - Cover; place cups in deep pan, 3 deep and date stamp
  - Place in cooler overnight
- CCP:** Hold below 41°F

## Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area
  - Pull 100 boats or plates and place at work station
  - Pull olives, tomatoes, carrots and broccoli from cooler and place at work station
  - Wipe off olive lids and open, carefully discarding lids
  - Drain olives well
  - Wash hands thoroughly and cover with gloves
- SOP:** Never handle ready-to-eat-foods with bare hands
- Prep:**
- Using a 1 ounce spoodle, place 1/8 cup of olives on plate
  - Using a 1 ounce spoodle, place 1/8 cup of carrot coins on plate
  - Using a 2 ounce spoodle, place 1/4 cup of grape tomatoes on plate
  - Using a 2 ounce spoodle, place 1/4 cup broccoli florets on plate
  - Cover and date stamp
  - Place in cooler until service
- CCP:** Hold below 41°F



## Day of Service, cont'd:

**Prep:**

**CCP:** Hold below 41°F

**CCP:** Hold below 41°F

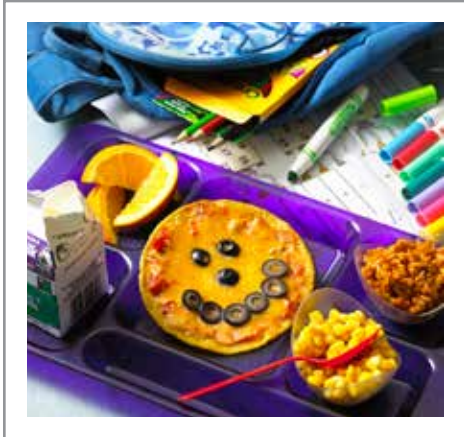
- When time for service, pull the anticipated plates needed and place on service line in a cold well
- Pull cheese sticks and yogurt dip and place on service line in cold wells

**Serve:**

**CCP:** Hold above 135°F

- Serve one dipping plate containing  $\frac{3}{4}$  cup vegetable, 1 cheese stick and 1 yogurt dip

# Tostada Smiles



**Yield: 100** (1 Tostada) **4.7 ounces or 132.78 grams**  
**Meal Equivalencies:** 1.5 m/meat alternates, 2 whole grain rich, 1/8 cup other vegetable, 1/8 cup red/orange vegetable

Ingredients	
California Ripe Olives, Low Sodium, Sliced	3 quarts, 1/2 cup
Salsa, Reduced Sodium	3 quarts, 1/2 cup
Shredded RS RF Cheddar Cheese	9 pounds, 6 ounces
Tostada, Pre-baked	100 pieces
Pan spray	1 ounce

## Directions Day of Service:

- |   |  |
|---|--|
| <p><b>Pre-Prep:</b></p> <ul style="list-style-type: none"> <li>• Clean and sanitize prep area</li> <li>• Pull olives and salsa from dry storage and carefully discard lids</li> <li>• Drain olives well</li> <li>• Place salsa and olives at work station</li> <li>• Pull tostadas from dry storage and place at work station</li> <li>• Pull shredded cheddar cheese from cooler and place at work station</li> <li>• Pull sheet pans and place at work station</li> </ul> <p><b>Prep:</b></p> <ul style="list-style-type: none"> <li>• Wash hands thoroughly</li> <li>• Set up ingredients for production line</li> </ul> <p><b>Prep:</b></p> <p><b>CCP:</b> Prepare foods at room temperature in two hours or less</p> <ul style="list-style-type: none"> <li>• Wash hands thoroughly</li> <li>• Top each sheet pan with parchment paper</li> <li>• Spray lightly with pan spray</li> <li>• Line up assembly line</li> <li>• Lay out the tostadas on the sheet pans</li> <li>• Top each tostada with 1/8 cup salsa using a #30 scoop</li> <li>• Add 1 1/2 ounce shredded cheddar cheese using a #10 scoop (3/8 cup)</li> <li>• Top each tostada with 1/8 cup of sliced olives forming a smiley face (1 #30 scoop)</li> </ul> | <p><b>Cook:</b></p> <p><b>CCP:</b> Heat until an internal temperature of 140°F is reached for 15 seconds</p> <p><b>Hold:</b></p> <p><b>CCP:</b> Hold above 135°F</p> <p><b>Serve:</b></p> <p><b>CCP:</b> Hold above 135°F</p> <ul style="list-style-type: none"> <li>• Bake in preheated 350°F convection oven for 15 minutes or until cheese is melted</li> <li>• Hold in warming cart above 135°F</li> <li>• Serve one smiley tostada</li> </ul> |
|---|--|