### Assorted Vegetable Sticks

**Hartford Public Schools**

**Yield:** 30 or 60 portions

**Grade:** K-12

#### Ingredients

(Choose 2 of the Following Vegetable Choices)

<table>
<thead>
<tr>
<th>Item</th>
<th>30 Servings</th>
<th>60 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, fresh, florets, trimmed, ready-to-use</td>
<td>1.25 lbs 90 florets</td>
<td>2.5 lbs 180 florets</td>
</tr>
<tr>
<td>Carrot sticks, 1/4” x 4”, ready to use</td>
<td>2 lbs 180 sticks</td>
<td>4 lbs 360 sticks</td>
</tr>
<tr>
<td>Celery sticks, ½” x 4”, ready to use</td>
<td>2.5 lbs 90 sticks</td>
<td>5 lbs 180 sticks</td>
</tr>
<tr>
<td>Cucumbers, fresh, whole, washed, pared</td>
<td>3 lbs 180 slices</td>
<td>6 lbs 360 slices</td>
</tr>
<tr>
<td>Grape tomatoes, washed</td>
<td>3.75 lbs 5 pints</td>
<td>7.5 lbs 10 pints</td>
</tr>
</tbody>
</table>

#### Directions

1. Sanitize work area with bleach & water solution.
2. Wash hands.
3. Put on food service gloves.

**Cooking Methods:**

1. Choose ANY 2* vegetables using a ¼ cup of each for a total a ½ cup serving.
2. Place the 2 vegetable choices in 5.5 oz soufflé cup.
3. Place cups on colored tray.
4. Refrigerate until service.

*If only one vegetable available, must double the quantity to provide ½ cup serving.

**Low Fat Ranch Dressing**

**Serving Size:** ½ Cup

**Meal Pattern Contribution:** 1/2 cup Other Vegetable if no red/orange vegetable OR ¼ cup Red/Orange and ¼ cup Other Vegetable OR ½ cup red/orange

---

*HACCP/ Serving Instructions:*  
1. Place colored tray on line for self service. Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.
Notes:
Broccoli Florets – 1# = 28 svg of ¼ cup – 3 florets/1/4 cup (Dk Green)
Carrot Sticks (1/2"x4") – 1# = 46.2 sticks (Red/Orange)
Celery Sticks (1/2"x4") – 1# = 36 sticks (Other)
Cucumber Sticks (3/4"x3") – 1# = 31.5 sticks (Other)
Grape Tomatoes (whole) – 1# = 36.3 whole tomatoes (Red/Orange)

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.