### ZUCCHINI FRIES

**Old Saybrook Schools - 2018**

**Grades:** 9-12  
**Yield:** 25 or 50 servings

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th><strong>25 SERVINGS</strong></th>
<th><strong>50 SERVINGS</strong></th>
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<tbody>
<tr>
<td>Zucchini</td>
<td>3 lb 2 oz</td>
<td>6 lb 4 oz</td>
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<tr>
<td>Canola oil</td>
<td>¼ cup</td>
<td>½ cup</td>
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<tr>
<td>Whole wheat bread crumbs**</td>
<td>4.25 cups</td>
<td>8.5 cups</td>
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<tr>
<td>Grated parmesan cheese</td>
<td>½ cup</td>
<td>1 cup</td>
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**DIRECTIONS**

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

**Cooking Methods:**

1. Wash and dry zucchini. Cut zucchini into ½ by 3 inch sticks.  
2. Toss zucchini sticks in oil.  
3. Toss sticks in breadcrumbs and parmesan mixture.  
4. Place coated zucchini sticks on sheet pan sprayed with pan spray in a single layer.  
5. Bake in a 350°F oven until tender 20 minutes, 145°F internal temperature.

**Serving Size:** 5/8 cup zucchini sticks (approximately 6)  
**Meal Pattern Contribution:** ½ cup Other vegetable  
**Allergens:** Wheat, Dairy  
**Note:** "Whole Wheat Bread Crumbs must be whole grain-rich (WGR). They must contain at least 50% whole grain, any other grains must be enriched, and the combined weight of all non-creditable grains cannot exceed 3.99 grams per ounce equivalent. District meal planners must verify this information with a product formulation statement to count the breading in this recipe. Therefore, the breading for the zucchini (bread crumbs and Parmesan cheese) may not contribute adequate an amount of the grains component.

**HACCP / Serving Instructions:**

1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.

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.