

ZUCCHINI PARMESAN

Old Saybrook Schools - 2018

Grades: 9-12

Yield: 25 or 50 servings

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Zucchini	3lb 6 oz		6 lb 12 oz		<ol style="list-style-type: none"> 1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> 1. Wash zucchini. Cut zucchini into ¼ inch rounds. 2. Beat eggs. 3. Blend parmesan cheese into bread crumbs. 4. Dip zucchini into egg and then coat with bread crumb mixture. Place on sheet pans with liner in single layer. 5. Bake in a 350°F oven until tender 20 minutes, 165°F internal temperature. 6. Divide baked zucchini slices into ½ cup (4 oz) portions on the sheet pans and top each with 2 oz hot marinara sauce and 2 oz mozzarella cheese. 7. Return to oven. Bake 350°F for five minutes until cheese melts. 8. Use a spatula to serve each portion.
Large eggs - beaten		3 large eggs		5 large eggs 8.5 cups**	
Whole wheat bread crumbs**		4.25 cups**		2 cups	
Grated parmesan cheese		1 cup		12.5 cups*	
Marinara sauce, USDA spaghetti sauce, meatless		6.25 cups			
Shredded part skim mozzarella cheese	3 lb 2 oz		6 lbs 4 oz		
<p>Serving Size: ½ cup Zucchini Squash, 2 oz Marinara Sauce, 2 oz. Shredded Mozzarella</p> <p>Meal Pattern Contribution: ½ cup Other vegetable, ¼ cup Red/Orange vegetable, 2 oz equivalent of meat/meat alternate</p> <p>Allergens: Dairy, Wheat, Eggs</p> <p>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</p>					<p>HACCP / Serving Instructions:</p> <ol style="list-style-type: none"> 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.

must verify this information with a product formulation statement to count the breadings in this recipe.

Therefore, the breadings for the zucchini (bread crumbs and Parmesan cheese) may not contribute adequate amount of the grains component.

*Marinara Sauce product formulation sheet may vary by brand. If using a brand other than the USDA Spaghetti Sauce, Meatless, check your brand's product formulation sheet for the correct contribution to the meal pattern.

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.

