

PANCAKE PARFAIT WITH TART CHERRIES



YIELD: 100 SERVINGS HACCP: NO COOK

MEAL COMPONENTS: 1/2 CUP FRUIT, 1 OZ. EQ. WHOLE GRAIN-RICH GRAIN, 1 OZ. EQ. MEAT/MEAT ALTERNATIVE

MONTMORENCY TART CHERRIES™

Pancakes just got portable with this terrific new concept combining whole grain-rich pancakes, frozen tart cherries and vanilla yogurt. The parfaits are ideal for expanding school breakfast programs. They can be prepared and held for 24 to 48 hours while maintaining texture and flavor. The colorful breakfast parfaits will appeal to K-12 customers' eyes and their taste buds. In testing, some teens said they would be happy to eat one every day!

INGREDIENTS

17 lbs. + 10 oz. Individually Quick Frozen (IQF) tart cherries (USDA #100237)

100 whole grain-rich pancakes (USDA #100937)

25 lbs. vanilla yogurt, skim

SEE REVERSE SIDE FOR DIRECTIONS

PRIOR TO DAY OF SERVICE

PRE-PREP

Clean and sanitize workstation.

Pull 100 12-oz. clear cups and flat lids, or 8-oz. flat lid clear hinged containers for elementary service, and place at workstation.

Pull tart cherries and pancakes from freezer and place at workstation.

Pull yogurt from cooler and place at workstation.

Set up assembly line.

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

PREP

Wash hands thoroughly and put on gloves.

Pull 100 pancakes and place 1 pancake on top of each parfait cup.

Then go back to the first parfait cup and press pancake down to bottom of each cup.

Using a 4 oz. spoodle add 4 oz. of yogurt on top of pancake in each cup.

Using a 4 oz. spoodle add ½ cup or 2.82 oz. frozen tart cherries in each cup.

Cover with flat lid and date stamp.

CCP: Never handle ready to eat foods with bare hands.

HOLD

Place in cooler overnight.

CCP: Hold below 41°F.

DAY OF SERVICE

SERVE

Serve 1 Pancake Parfait with Tart Cherries, weighing 225 g or 7.97 oz.

CCP: Hold below 41°F.



NUTRIENTS PER SERVING (1 PARFAIT WEIGHING 225 G OR 7.97 OZ.)

Calories	212
Protein	7 g
Carbohydrates	38 g
Total Fat	3 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	9 mg
Vitamin A	744 IU
Vitamin C	2 mg
Iron	0 mg
Calcium	224 mg
Sodium	205 mg
Fiber	2 g
Sugars	27 g

ALLERGENS: Milk, Wheat

TART CHERRY PANCAKE BAR



YIELD: 100 SERVINGS HACCP: COMPLEX FOOD PREPARATION
MEAL COMPONENTS: 1/2 CUP FRUIT, 2 OZ. EQ. WHOLE GRAIN

MONTMORENCY TART CHERRIES™

This super-simple, speed-scratch recipe is deliciously moist and Breakfast in the Classroom-friendly. No sticky syrup on top. These pancake bars have the syrup (100 percent maple for best flavor) and fruit built right into the bar. All it takes is 1 bowl, 1 whisk, 1 pan, 4 ingredients and about 5 minutes to prep. Easily made with pancake mix, the bars are best made the day before and refrigerated overnight. When necessary, they can be held up to 48 hours.

INGREDIENTS

8 lbs. + 8 oz. dried tart cherries (USDA #100299)
2 5-lbs. boxes whole grain complete pancake mix
1 quart + 2 cups maple syrup
1 gallon water
2 oz. pan spray

PRIOR TO DAY OF SERVICE

PRE-PREP

Clean and sanitize workstation.
Pull 4 full sheet pans and place at workstation.
Coat thoroughly with pan spray.
Pull pancake mix and maple syrup from dry storage and place at workstation.
Pull dried tart cherries from cooler and place at workstation.
Get 1 gallon of water and place at workstation.
Preheat convection oven to 325°F.

SEE REVERSE SIDE FOR CONTINUED DIRECTIONS

PRIOR TO DAY OF SERVICE (CONTINUED)

PREP

For ease of preparation, and distribution of cherries, prepare the batter for one full sheet pan at a time.

Wash hands thoroughly.

In large mixing bowl, add 1 quart of cool water (approximately 72°F) and 1½ cup pure maple syrup.

Add in ½ of 1 box of whole grain pancake mix and whisk until batter is blended and smooth.

Do not over-mix.

Fold in 2 lbs. 2 oz. (34 oz.) dried tart cherries.

Pour cherry pancake batter into sheet pan.

Use spatula to evenly distribute cherries and batter.

Repeat for 3 more batches.

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

COOK

Place 4 pans of pancake bars into oven and bake at 325°F convection oven for 18-20 minutes or until a knife comes out clean and they are a very light golden brown.

COOL

Cool at room temperature for 30 minutes.

PREP

Wash hands thoroughly and put on gloves.

Cut each pan into a 5 x 5 cut, yielding 25 pieces approximately 3-¼" x 5" each.

Place in shallow 4" x 6" container or serving bag.

Place flat on sheet pans and place in cooler overnight to chill.

CCP: Never handle ready to eat foods with bare hands.

CCP: Hold below 41°F.

DAY OF SERVICE

SERVE

Serve 1 Cherry Pancake Bar, weighing 138.4 g or 4.88 oz.

CCP: Hold below 41°F.



NUTRIENTS PER SERVING (1 BAR WEIGHING 138.4 G OR 4.88 OZ.)

Calories	342
Protein	5 g
Carbohydrates	72 g
Total Fat	3 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	4 mg
Vitamin A	1091 IU
Vitamin C	7 mg
Iron	1 mg
Calcium	68 mg
Sodium	515 mg
Fiber	3 g
Sugars	41 g

ALLERGENS: Milk, Eggs, Wheat, Soybeans

TART CHERRY CHICKEN SALAD

YIELD: 100 SERVINGS HACCP: NO COOK
MEAL COMPONENTS: 1/4 CUP FRUIT, 2 OZ. EQ. MEAT/MEAT ALTERNATIVE, 1/8 CUP OTHER VEGETABLE

MONTMORENCY TART CHERRIES™

Entrée salads with protein and fruit are a trendy combination, and this tasty and colorful version with chicken and tart cherries is sure to please students of all ages. Serve the chicken salad as a wrap or make a sandwich using whole grain-rich bread, sub roll or croissant. Since dried tart cherries naturally absorb liquid, wraps and sandwiches can be premade 24 hours before serving without getting soggy. Looking for a star to menu at the center of a salad plate? Top baby spinach or mixed greens with Tart Cherry Chicken Salad.

INGREDIENTS

4 lbs. + 4 oz. dried tart cherries (USDA #100299)
15 lbs. + 10 oz. chicken strips, unseasoned, (USDA #110462)
4 lbs. celery, fresh
2 quarts mayonnaise
½ cup lemon juice, reconstituted
1½ tsp salt
1 Tbsp ground black pepper
1 Tbsp garlic powder

SEE REVERSE SIDE FOR DIRECTIONS

PRIOR TO DAY OF SERVICE

PRE-PREP

Pull chicken from freezer.

Place pouches in a single layer on sheet pans.

Date stamp and place in cooler on lowest shelf.

CCP: Hold below 41°F.

DAY OF SERVICE

PRE-PREP

Clean and sanitize prep area.

Wash hands thoroughly.

Pull celery from cooler and place at produce sink.

Wash celery thoroughly and drain well.

Wash hands thoroughly and put on gloves.

Using a vegetable chopper or knives, chop celery into small diced pieces, to yield 3 quarts plus ½ cup.

Place in food storage container, cover and set aside.

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

PREP

Pull tart cherries, chicken, mayo and lemon juice from cooler and place at workstation.

Pull salt, pepper and garlic powder and place at workstation.

Wash hands thoroughly and put on gloves.

In 1 gallon container, mix mayo, lemon juice, salt, pepper and garlic powder with a whisk.

In large food storage container add chicken, dried cherries and celery.

Mix well, breaking up any clumps of cherries or chicken.

Add dressing and fold to coat well.

Cover and date stamp.

Place in cooler and hold for service.

CCP: Never handle ready to eat foods with bare hands.

CCP: Hold below 41°F.

SERVE

Serve 4.15 oz. or 117.69 g with a #8 disher.

CCP: Hold below 41°F.



NUTRIENTS PER SERVING (1 SERVING WEIGHING 117.69 G OR 4.15 OZ.)

Calories	243
Protein	12 g
Carbohydrates	16 g
Total Fat	14 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	52 mg
Vitamin A	611 IU
Vitamin C	4 mg
Iron	0 mg
Calcium	13 mg
Sodium	311 mg
Fiber	0 g
Sugars	13 g

ALLERGENS: Eggs, Soybeans

CHERRY-Q DIPPING SAUCE



YIELD: 1 GALLON HACCP: COMPLEX FOOD PREPERATION
MEAL COMPONENTS: CONDIMENT

MONTMORENCY TART CHERRIES™

Children love to dip food into ketchup and other sauces – and BBQ flavors are increasingly popular in schools. Unfortunately, most commercial condiments are high in sodium and need to be limited to meet sodium targets in school meals. Frozen tart cherries to the rescue! Simply blend IQF cherries with a commercial BBQ sauce – or prepare this simple scratch sauce – to slash the sodium and bolster the taste. Cherry-Q Dipping Sauce can be used with chicken fingers or nuggets – and as a BBQ sauce for pork, turkey or chicken dishes.

INGREDIENTS

5 lbs. Individually Quick Frozen (IQF) tart cherries (USDA #100237)

- 1 cup canola oil
- 1 Tbsp + 1½ tsp salt
- 2 Tbsp ground black pepper
- 2 Tbsp garlic powder
- 2 Tbsp crushed red pepper flakes
- 2 Tbsp chili powder
- 2 Tbsp paprika
- 1 cup dehydrated onion flakes
- 1 quart apple cider vinegar
- 2 cups packed brown sugar
- ½ cup pure molasses
- 2 cups tomato paste, low sodium (USDA #100327)
- 2 cups water

SEE REVERSE SIDE FOR DIRECTIONS

PRIOR TO DAY OF SERVICE

PRE-PREP

Clean and sanitize workstation.

Pull oil and seasonings: salt, pepper, garlic powder, crushed red pepper, chili powder, paprika and dehydrated onions and place at workstation.

Pull cider vinegar, brown sugar, tomato paste, molasses and water, place at workstation.

Pull tart cherries from freezer and place at workstation.

COOK

Place a 5-gallon stockpot on stove and turn on to medium-low heat.

Add oil and add: salt, pepper, garlic powder, crushed red pepper, chili powder, paprika and onions to the oil.

Stir frequently to toast seasoning and allow the flavors to bloom in the oil, about 5 minutes.

Add cider vinegar, brown sugar, tomato paste, molasses and water.

Whisk to blend well.

Simmer 20 minutes while frequently whisking.

Add the frozen tart cherries to the pot.

Stir to blend.

Bring to a low boil, then turn down heat and simmer over medium-low heat for 1 hour, stirring frequently.

PREP

Pull cherry dipping sauce off the stove and let cool at room temperature for 30 minutes.

Using an immersion blender, carefully blend cherry sauce for 5 minutes or until sauce is smooth.

Empty sauce into food storage container.

Cover, date stamp and place in cooler until service.

CCP: Hold below 41°F.

DAY OF SERVICE

SERVE

Add 1 oz. of sauce to a cup for dipping.

CCP: Hold below 41°F.



NUTRIENTS PER SERVING (1 SERVING WEIGHING 1 OZ.)

Calories	49
Protein	0 mg
Carbohydrates	7 g
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Vitamin A	335 IU
Vitamin C	1 mg
Iron	0 mg
Calcium	12 mg
Sodium	91 mg
Fiber	0 g
Sugars	5 g

ALLERGENS: No Listed Allergens