

Fruited Jello (#68)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

1 $\frac{3}{4}$ cup gelatin dessert mix
7 cups canned fruit cocktail, in juice
1 gallon water

Directions

1. Bring $\frac{1}{2}$ gallon of water to a boil and mix in the jello.
2. Then pour $\frac{1}{2}$ gallon of cold water and combine.
3. Pour 2 oz of fruit cocktail into a 4 oz cup, and then add jello.
4. Refrigerate until firm.
5. Repeat for 25 servings.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	42	Calories from Fat	0
% Daily Value			
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	21 mg		1%
Total Carbohydrate	11 g		8%
Dietary Fiber	1 g		2%
Sugars	10 g		
Protein	0 g		
Vitamin A	22%	Calcium	1%
Vitamin C	2%	Iron	2%

Recommendations & Requirements

Note: This recipe may count towards the dessert component of the menu.



Baked Apple (#95)

Yield: 25 servings
Serving size: 1 apple

Ingredients

25 apples
1 cup apple juice (unsweetened), vitamin C enriched
1 ¼ cups orange juice
1 Tbsp cinnamon, ground

Directions

1. Preheat oven to 325°F.
2. Wash and core apples. Pare down about 1/4 from top of apple.
3. Place apples in shallow baking pan, pared side up.
4. Mix juices and cinnamon and pour over apples.
5. Bake until tender when tested with a pointed knife (approximately 45 minutes).
6. Baste occasionally while cooking to glaze.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	107	Calories from Fat	3
			% Daily Value
Total Fat	1 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	2 mg		0%
Total Carbohydrate	28 g		22%
Dietary Fiber	g		17%
Sugars	21 g		
Protein	1 g		
Vitamin A	14%	Calcium	2%
Vitamin C	22%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the desert component of the menu and is a good source of fiber.



Bread Pudding (#100)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

31 slices whole wheat bread
6 oz raisins, seedless
12 oz coconut cream
36 oz evaporated milk
Nonstick cooking spray
1 tsp cinnamon
1 liter water
3 Tbsp brown sugar
¼ tsp nutmeg

Directions

1. Preheat oven to 300°F.
2. Add all ingredients to a large pot (except the bread and raisins) stir well.
3. Break the bread up and place it in a mixer and add the wet mixture. Turn mixer on slow for about 40 seconds, do not over mix.
4. Place everything in a roasting pan sprayed with nonstick cooking spray. Bake for about 30-35 minutes.
5. Once it is done, let it sit out covered with aluminum foil for 45 minutes or until its cooled down.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	283	Calories from Fat	100
			% Daily Value
Total Fat	11 g		18%
Saturated Fat	7 g		31%
Trans Fat	0 g		
Cholesterol	19 mg		6%
Sodium	246 mg		16%
Total Carbohydrate	40 g		31%
Dietary Fiber	4 g		14%
Sugars	11 g		
Protein	9 g		
Vitamin A	12%	Calcium	11%
Vitamin C	1%	Iron	29%

Recommendations & Requirements

Note: This recipe may count towards the dessert component of the menu and is a good source of fiber.

