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B-02: Cooking Macaroni, Noodles, and Spaghetti
B-03: Cooking Rice (Oven or Steamer)
B-04: Baking Powder Biscuits
B-05: Banana Bread Squares
B-06: Bread Stuffing
B-06A: Cornbread Stuffing
B-07: Brown Bread
B-08: Cinnamon Rolls
B-09: Cornbread
B-10: Fried Rice
B-11: Italian Bread
B-12: Muffin Squares
B-13: Pancakes
B-14: Pizza Crust
B-15: Pourable Pizza Crust
B-16: Rolls (Yeast)
B-17: Spanish Rice
B-18: Sweet Potato-Plum Bread Squares
B-19: White Bread
B-20: Oatmeal Muffin Squares
B-21: Orange Rice Pilaf
B-22: Brown Rice Pilaf
B-23: Rice-Vegetable Casserole

Desserts

C-01: Apple Cobbler
C-02: Apple Crisp
C-02A: Apple-Honey Crisp
C-03: Applesauce Cake
C-04: Brownies
C-05: Carrot Cake
C-06: Cherry Cobbler
C-07: Cherry Crisp
C-08: Chocolate Cake
C-09: Chocolate Chip Cookies
C-10: Oatmeal Cookies
C-11: Orange-Pineapple Gelatin
C-12: Bottom Pastry Crust (Sheet Pans)
C-12A: Top Pastry Crust (Steamtable Pans)
C-13: Peach Cobbler
C-14: Peanut Butter Cookies
C-15: Rice Pudding
C-16: Spice Cake
C-17: Sweet Potato Pie
C-18: Vanilla Cream Frosting
C-19: Whipped Topping
C-20: Yellow Cake
C-21: Royal Brownies
C-22: Brownie Icing
C-23: Gingerbread
C-24: Orange Glaze

C-25: New Oatmeal Raisin Cookies
C-26: Peanut Butter Bars
C-27: Peanut Butter Glaze
C-28: New Spice Cake
C-29: Spice Icing
C-30: Whole Wheat Sugar Cookies
C-31: Chocoleana Cake
C-32: Chocolate Glaze
C-33: Orange Rice Pudding

Main Dishes

D-11: Barbecued Chicken
D-12: Beef or Pork Burrito
D-12A: Bean Burrito
D-12B: Beef or Pork Burrito (Using Canned Meats)
D-13: Beef or Pork Taco
D-13A: Bean Taco
D-13B: Beef or Pork Taco (Using Canned Meats)
D-13C: Chicken or Turkey Taco
D-14: Beef Stew
D-15: Beef Tamale Pie
D-15A: Beef and Bean Tamale Pie
D-15B: Chicken or Turkey Tamale Pie
D-16: Chicken or Turkey a la King

D-17: Chicken or Turkey and Noodles
D-18: Chicken or Turkey Chop Suey
D-19: Chicken or Turkey Pot Pie
D-20: Chili con Carne with Beans
D-21: Country Fried Steak
D-22: Ground Beef and Macaroni (With Mexican Seasoning)
D-23: Ground Beef and Spanish Rice
D-24: Ground Beef Stroganoff
D-25: Lasagna with Ground Beef
D-25A: Lasagna with Ground Pork and Ground Beef
D-26: Macaroni and Cheese
D-27: Meat Loaf
D-27A: Meat Balls
D-28: Nachos with Ground Beef
D-29: Oven Fried Chicken
D-30: Pizza with Cheese Topping
D-30A: Vegetable Pizza
D-31: Pizza with Ground Beef Topping

D-31A: Pizza with Ground Pork Topping
D-32: Quiche with Self-Forming Crust
D-33: Salisbury Steak
D-34: Scrambled Eggs
D-35: Spaghetti and Meat Sauce
D-35A: Spaghetti and Meat Sauce (Ground Beef and Ground Pork)
D-36: Sweet and Sour Pork
D-37: Tuna and Noodles
D-38: Turkey and Dressing Supreme
D-39: Chicken Stir-Fry
D-39A: Beef Stir-Fry
D-39B: Pork Stir-Fry
D-40: Chicken Fajitas
D-41: Chicken Tomato Bake
D-42: Chicken Tetrazzini
D-43: Beef Shepherds Pie
D-44: Honey-Lemon Chicken
D-45: Beef Taco Pie
D-45A: Taco Pie with Salad Topping
D-45B: Taco Pie with Beans
D-46: Baked Cajun Fish
D-47: Baked Fish Scandia

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continued

D-48: Arroz con Queso
(Rice with Cheese)
D-49: Vegetable Chili
D-50: Vegetable Lasagna
D-51: New Macaroni and
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D-52: Vegetable
Quesadilla

Salads and Salad Dressing

E-04: Carrot-Raisin Salad
E-05: Chicken or Turkey
Salad
E-06: Creamy Cole Slaw
E-07: Macaroni Salad
E-08: Pasta Salad
E-09: Potato Salad
E-10: Taco Salad
E-11: Three Bean Salad
E-12: Waldorf Fruit Salad
E-13: Creamy Dip for
Fresh Vegetables
E-14: French Dressing
E-15: Italian Dressing
E-16: Thousand Island
Dressing
E-17: Broccoli Salad
E-18: Clear Dressing
E-19: Ranch Dressing
E-20: Honey Dressing
E-21: Marinated Black
Bean Salad

E-22: New Italian
Dressing
E-23: Tabouleh
(tah-BUHL-lee)
E-24: Hummus

Sandwiches

F-02: Barbecued Beef
or Pork on Roll (Using
Canned Meats)
F-03: Egg Salad Sandwich
F-04: Pizzaburger on Roll
F-05: Sloppy Joe on Roll
F-06: Stromboli
F-06A: Stromboli with
Tomato Sauce
F-06B: Vegetable
Stromboli
F-07: Toasted Cheese
Sandwich
F-07A: Toasted Turkey
Ham and Cheese
Sandwich
F-08: Tuna Salad
Sandwich
F-09: Vegetable Wraps

Sauces, Gravies, and Seasoning Mixes

G-01: Italian Seasoning
Mix
G-01A: Mexican
Seasoning Mix
G-02: Barbeque Sauce

G-03: Brown Gravy
G-03A: Chicken or
Turkey Gravy
G-03B: Cream Gravy
G-04: Nacho Cheese
Sauce
G-05: Sweet and Sour
Sauce
G-06: Tartar Sauce
G-07: Tomato Sauce
(Meatless)
G-08: White Sauce
G-08A: Cheese Sauce
G-09: Spiced Apple
Topping
G-10: Honey Barbecue
Sauce
G-11: Stir-Fry Sauce
G-12: Teriyaki Sauce
G-13: Cucumber Sauce

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H-01: Bean Soup
H-02: Chicken or Turkey
Noodle Soup
H-02A: Chicken or Turkey
Rice Soup
H-03: Cream of Vegetable
Soup
H-04: Vegetable Soup
H-04A: Beef Vegetable
Soup
H-04B: Chicken or Turkey
Vegetable Soup

H-05: Thick Vegetable
Soup
H-06: Cream of Chicken
Soup
H-07: Minestrone

Vegetables

I-05: Preparing Instant
Mashed Potatoes
I-06: Baked Beans
(Using Canned
Vegetarian Beans)
I-07: Baked Sweet
Potatoes and Apples
I-08: Broccoli, Cheese,
and Rice Casserole
I-09: Chinese Style
Vegetables
I-10: Corn Pudding
I-11: Green Beans in
Cheese Sauce
I-12: Mexicali Corn
I-13: Orange Glazed
Sweet Potatoes
I-13A: Orange Glazed
Carrots
I-14: Potatoes Au Gratin
(Using Dehydrated Sliced
Potatoes)
I-15: Refried Beans
I-16: Scalloped Potatoes
(Using Dehydrated Sliced
Potatoes)

I-16A: Scalloped Potatoes
(Using Fresh Potatoes)
I-17: Quick Baked
Potatoes
I-18: Herbed Broccoli and
Cauliflower Polonaise
I-19: Corn and Green
Bean Casserole

Breakfast

J-01: Granola
J-02: Breakfast Burrito
with Salsa
J-03: Baked French
Toast Strips



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