

# Pizza Cup with Cheese - USDA Recipe D30 for Schools

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

D30

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	<ol style="list-style-type: none"> <li>Place 1 1/2 cups flour, yeast, sugar, salt, and 2 tsp oregano in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer.</li> </ol>
Enriched bread flour	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	
Active dry yeast	4 oz	1/2 cup	8 oz	1 cup	<ol style="list-style-type: none"> <li>Add water and oil. Mix well for 2 minutes on medium speed. Add remaining flour to dough. Consistency should be stiff and sticky.</li> </ol>
Sugar	4 oz	1/2 cup	8 oz	1 cup	
Salt		2 tsp		1 Tbsp 1 tsp	<ol style="list-style-type: none"> <li>Add peppers, onions, egg whites, and cheese</li> </ol>
Dried oregano		2 Tbsp 2 tsp		1/4 cup 1 Tbsp 1 tsp	
Water		3 cups		1 qt 2 cups	
Canola oil		1/4 cup		1/2 cup	
*Fresh red bell peppers	1 lb 8 oz	1 qt 1/2 cup	3 lb	2 qt 1 cup	

*Fresh onions, chopped	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 1/4 cups	
Egg whites	1 lb	2 cups	2 lb	1 qt	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	2 lb 4 oz	2 qt 3 cups	4 lb 8 oz	1 gal 1 qt 2 cups	
					<p>4. Cover dough in a large bowl and let rest for 10 minutes.</p> <p>5. Lightly coat a muffin pan (20 1/2" x 14") with pan release spray. Using a No. 30 scoop, portion 1/4 cup (about 2 oz) batter into each muffin cup.</p> <p>6. Bake until golden brown:</p> <p>7. Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>8. While cups are baking, begin making sauce.</p>
Canned no-salt-added tomato paste	1 lb	1 1/2 cups 3 Tbsp 1 tsp (approx. 1/8 No. 10 can)	2 lb	3 1/4 cups 2 Tbsp 2 tsp (approx. 1/4 No. 10 can)	<p>9. Combine tomato paste, tomato sauce, remaining oregano, garlic, basil, pepper, and marjoram in a large stock pot. Simmer uncovered over medium-high heat for 8-10 minutes. Stir occasionally.</p>
Canned no-salt-added tomato sauce	3 lb 8 oz	1 qt 2 1/4 cups 1 Tbsp 1 tsp (1/2 No. 10 can)	7 lb	3 qt 1/2 cup 2 Tbsp 2 tsp (1 No. 10 can)	

Dried basil	2 tsp	1 Tbsp 1 tsp
Ground black or white pepper	1 tsp	2 tsp
Marjoram	2 tsp	1 Tbsp 1 tsp

10. Critical Control Point: Heat to 135 °F.
11. Critical Control Point: Hold for hot service at 135 °F.
12. Set tomato sauce aside for step 14.
13. Remove pizza cups from oven. Set aside for step 15.
14. Using a No. 30 scoop, provide students with 2 Tbsp (about 1 1/3 oz) tomato sauce in an individual souffle cup.
15. Serve 2 pizza cups.

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: Two pizza cups provide 1 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: Two pizza cups provide 1 oz meat/meat alternate, 3/8 cup vegetable, and 2 servings grains/bread.

### Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Red bell peppers	1 lb 14 oz	3 lb 12 oz

Serving	Yield	Volume
See Notes	<b>50 Servings:</b> about 9 lb 14 oz <b>100 Servings:</b> about 19 lb 12 oz	<b>50 Servings:</b> about 1 gallon 3 3/4 cups / 100 muffins <b>100 Servings:</b> about 2 gallons 1 quart 3 1/2 cups / 200 muffins

**Nutrients Per Serving**

Calories	228	Saturated Fat	2 g	Iron	2 mg
Protein	12 g	Cholesterol	11 mg	Calcium	165 mg
Carbohydrate	33 g	Vitamin A	749 IU	Sodium	351 mg
Total Fat	6 g	Vitamin C	27 mg	Dietary Fiber	4 g