

Recipe Prep Sheet

Eastern Carver County ISD 112

990626 - Rice, Brown (Non parboiled)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 86

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
020040	Rice, Brown #381542	3 qt	No Instructions Assigned
014429	Water, Municipal	6 qt	
			Preheat combi oven 425 degrees gentle fan
			Place rice in a deep hotel pan. Add 6qt water from hot water dispenser to rice and stir
			Cover pan with two layers plastic wrap sealing tightly around the edge
			Cover plastic wrap with tin foil
			Set timer for 45 minutes. place rice in oven and cook until timer goes off
			When timer goes off remove rice and let sit covered for 15 minutes
			Carefully remove foil and plastic wrap (Steam will come out so be careful not to burn yourself) Fluff rice with a spatula Serve

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	95.972 kcal	Total Fat	0.711 g	Total Dietary Fiber	0.901 g	Vitamin C	0.000 mg	6.663% Calories from Total Fat
Saturated Fat ¹	0.142 g	Trans Fat ²	*0.000* g	Protein	1.988 g	Iron	0.477 mg	1.333% Calories from Sat Fat
Sodium ¹	3.045 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	69.353 g	*0.000%* Calories from Trans Fat
Total Sugars	*0.000* g	Carbohydrate	20.194 g	Calcium	10.733 mg	Ash	0.403 g	84.166% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.015			8.286% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990661 - Rice, Brown (Non parboiled Steamer)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 86

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
020040	Rice, Brown #381542	3 qt	No Instructions Assigned
014429	Water, Municipal	6 qt	
			Preheat combi oven 425 degrees gentle fan
			Place rice in a deep hotel pan. Add 6qt water from hot water dispenser to rice and stir
			Cover pan with two layers plastic wrap sealing tightly around the edge
			Cover plastic wrap with tin foil
			Set timer for 50 minutes. place rice in steamer and cook until timer goes off
			When timer goes off remove rice and let sit covered for 15 minutes
			Carefully remove foil and plastic wrap (Steam will come out so be careful not to burn yourself) Fluff rice with a spatula Serve

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	95.972 kcal	Total Fat	0.711 g	Total Dietary Fiber	0.901 g	Vitamin C	0.000 mg	6.663% Calories from Total Fat
Saturated Fat ¹	0.142 g	Trans Fat ²	*0.000* g	Protein	1.988 g	Iron	0.477 mg	1.333% Calories from Sat Fat
Sodium ¹	3.045 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	69.353 g	*0.000%* Calories from Trans Fat
Total Sugars	*0.000* g	Carbohydrate	20.194 g	Calcium	10.733 mg	Ash	0.403 g	84.166% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.015			8.286% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990631 - Rice,Brown (Parboiled)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 100

Portion Size: 1/2 Cup

Ingredient #	Ingredient Name	Measurements	Instructions
051426	RICE, BROWN, LONG GRAIN,PARBOILED, DRY	4 qt	No Instructions Assigned
014429	Water, Municipal	8 qt	
			Combine rice and hot water in a hotel pan
			Cover with two layers of plastic and one layer of aluminum foil
			Place in 400 degree oven low fan Cook for 30 min
			Remove from oven Take off aluminum foil and plastic Fluff rice and serve

*Nutrients are based upon 1 Portion Size (1/2 Cup)

Calories ¹	103.040 kcal	Total Fat	0.915 g	Total Dietary Fiber	1.217 g	Vitamin C	0.000 mg	7.994% Calories from Total Fat
Saturated Fat ¹	0.000 g	Trans Fat ²	0.000 g	Protein	2.881 g	Iron	0.462 mg	0.000% Calories from Sat Fat
Sodium ¹	2.275 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	*75.764* g	0.000% Calories from Trans Fat
Total Sugars	*0.000* g	Carbohydrate	21.120 g	Calcium	2.275 mg	Ash	*N/A* g	81.988% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.184% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990667 - Rice,Brown (Parboiled Steamer)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 100

Portion Size: 1/2 Cup

Ingredient #	Ingredient Name	Measurements	Instructions
051426	RICE, BROWN, LONG GRAIN,PARBOILED, DRY	4 qt	No Instructions Assigned
014429	Water, Municipal	8 qt	
			Combine rice and hot water in a hotel pan
			Cover with two layers of plastic and one layer of aluminum foil
			Place in Steamer Cook for 45 min
			Remove from oven Take off aluminum foil and plastic Fluff rice and serve

*Nutrients are based upon 1 Portion Size (1/2 Cup)

Calories ¹	103.040 kcal	Total Fat	0.915 g	Total Dietary Fiber	1.217 g	Vitamin C	0.000 mg	7.994% Calories from Total Fat
Saturated Fat ¹	0.000 g	Trans Fat ²	0.000 g	Protein	2.881 g	Iron	0.462 mg	0.000% Calories from Sat Fat
Sodium ¹	2.275 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	*75.764* g	0.000% Calories from Trans Fat
Total Sugars	*0.000* g	Carbohydrate	21.120 g	Calcium	2.275 mg	Ash	*N/A* g	81.988% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			11.184% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990642 - Rice,Cilantro (Non Parboiled)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 86

Portion Size: 1/2

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
020040	Rice, Brown #381542	3 qt	No Instructions Assigned
014429	Water, Municipal	6 qt	
799986	SALT, KOSHER	3 tbsp	
901507	LIME JUICE	1 cup	
903352	Oil, Canola Olive #267741	2 TBSP	
902256	Cilantro, raw	2 CUP	
			Preheat oven to 400 degrees gentle fan Place rice in hotel pan Combine rice with water and salt. Cover with two layers plastic wrap and one layer of aluminum foil.
			Place rice in oven and cook for 45 minutes
			While rice is cooking chop cilantro Combine oil and lemon juice
			When rice is finished remove from oven and let rest covered for 15 min. After 15 min remove cover and fluff rice Gently mix rice with chopped cilantro and lime juice/oil mixture Serve

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2)

Calories ¹	115.361 kcal	Total Fat	1.026 g	Total Dietary Fiber	0.911 g	Vitamin C	10.802 mg	8.007% Calories from Total Fat
Saturated Fat ¹	0.186 g	Trans Fat ²	*0.000* g	Protein	2.220 g	Iron	0.837 mg	1.447% Calories from Sat Fat
Sodium ¹	185.375 mg	Cholesterol	0.000 mg	Vitamin A	25.116 IU	Water	*120.925* g	*0.000%* Calories from Trans Fat
Total Sugars	*0.000* g	Carbohydrate	24.115 g	Calcium	17.211 mg	Ash	*N/A* g	83.615% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.020			7.698% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990657 - Rice,Cilantro (Non Parboiled Steamer)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 86

Portion Size: 1/2

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
020040	Rice, Brown #381542	3 qt	No Instructions Assigned
014429	Water, Municipal	6 qt	
799986	SALT, KOSHER	3 tbsp	
901507	LIME JUICE	1 cup	
903352	Oil, Canola Olive #267741	2 TBSP	
902256	Cilantro, raw	2 CUP	
			Preheat oven to 400 degrees gentle fan Place rice in hotel pan Combine rice with water and salt. Cover with two layers plastic wrap and one layer of aluminum foil.
			Place rice in steamer and cook for 50 minutes
			While rice is cooking chop cilantro Combine oil and lemon juice
			When rice is finished remove from oven and let rest covered for 15 min. After 15 min remove cover and fluff rice Gently mix rice with chopped cilantro and lime juice/oil mixture Serve

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2)

Calories ¹	115.361 kcal	Total Fat	1.026 g	Total Dietary Fiber	0.911 g	Vitamin C	10.802 mg	8.007% Calories from Total Fat
Saturated Fat ¹	0.186 g	Trans Fat ²	*0.000* g	Protein	2.220 g	Iron	0.837 mg	1.447% Calories from Sat Fat
Sodium ¹	185.375 mg	Cholesterol	0.000 mg	Vitamin A	25.116 IU	Water	*120.925* g	*0.000%* Calories from Trans Fat
Total Sugars	*0.000* g	Carbohydrate	24.115 g	Calcium	17.211 mg	Ash	*N/A* g	83.615% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.020			7.698% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990663 - Rice,Cilantro (Parboiled Steamer)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 100

Portion Size: 1/2

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
051426	RICE, BROWN, LONG GRAIN, PARBOILED, DRY	4 qt	No Instructions Assigned
014429	Water, Municipal	8 qt	
799986	SALT, KOSHER	3 tbsp	
901507	LIME JUICE	1 cup	
903352	Oil, Canola Olive #267741	2 TBSP	
902256	Cilantro, raw	2 CUP	
			Place rice in hotel pan Combine rice with water and salt. Cover with two layers plastic wrap and one layer of aluminum foil.
			Place rice in steamer and cook for 45 minutes
			While rice is cooking chop cilantro Combine oil and lemon juice
			When rice is finished remove from oven . Remove cover and fluff rice Gently mix rice with chopped cilantro and lime juice/oil mixture Serve

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2)

Calories ¹	119.715 kcal	Total Fat	1.187 g	Total Dietary Fiber	1.225 g	Vitamin C	9.290 mg	8.922% Calories from Total Fat
Saturated Fat ¹	0.037 g	Trans Fat ²	*0.000* g	Protein	3.080 g	Iron	0.771 mg	0.281% Calories from Sat Fat
Sodium ¹	159.079 mg	Cholesterol	0.000 mg	Vitamin A	21.600 IU	Water	*120.116* g	*0.000%* Calories from Trans Fat
Total Sugars	*0.000* g	Carbohydrate	24.492 g	Calcium	7.846 mg	Ash	*N/A* g	81.834% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.004			10.291% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990627 - Rice,Fiesta (Non parboiled)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 86

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
020040	Rice, Brown #381542	3 qt	No Instructions Assigned
014429	Water, Municipal	6 qt	
902194	Salsa, Thick & Chunky #291997	2 qt	
903432	Seasoning, Taco #16423	1 1/4 cup	
			Preheat oven to 400 degrees low fan
			Combine salsa, water and taco seasoning Add to 4" hotel pan Add Rice and stir
			Cover with two layers plastic wrap Cover plastic with one layer aluminum foil
			Cook for 1.25 hr Remove from oven let sit covered for 15min Uncover being careful not to burn yourself when the steam escapes Fluff and serve

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	108.158 kcal	Total Fat	0.843 g	Total Dietary Fiber	1.910 g	Vitamin C	0.291 mg	7.014% Calories from Total Fat
Saturated Fat ¹	0.158 g	Trans Fat ²	*0.000* g	Protein	2.188 g	Iron	1.038 mg	1.311% Calories from Sat Fat
Sodium ¹	265.012 mg	Cholesterol	0.001 mg	Vitamin A	476.324 IU	Water	*69.459* g	*0.000%* Calories from Trans Fat
Total Sugars	*1.609* g	Carbohydrate	23.337 g	Calcium	14.735 mg	Ash	*N/A* g	86.309% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.136			8.092% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990633 - Rice,Fiesta (Parboiled)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 100

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
051426	RICE, BROWN, LONG GRAIN,PARBOILED, DRY	4 qt	No Instructions Assigned
014429	Water, Municipal	8 qt	
902194	Salsa, Thick & Chunky #291997	2 qt	
903432	Seasoning, Taco #16423	1 1/4 cup	
			Preheat oven to 400 degrees low fan
			Combine salsa, water and taco seasoning Add to 4" hotel pan Add Rice and stir
			Cover with two layers plastic wrap Cover plastice with one layer aluminum foil
			Cook for 45 min Uncover being careful not to burn yourself when the stem escapes Fluff and serve

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	113.520 kcal	Total Fat	1.029 g	Total Dietary Fiber	2.084 g	Vitamin C	0.250 mg	8.159% Calories from Total Fat
Saturated Fat ¹	0.013 g	Trans Fat ²	0.000 g	Protein	3.052 g	Iron	0.944 mg	0.105% Calories from Sat Fat
Sodium ¹	227.567 mg	Cholesterol	0.001 mg	Vitamin A	409.639 IU	Water	*75.856* g	0.000% Calories from Trans Fat
Total Sugars	*1.383* g	Carbohydrate	23.823 g	Calcium	5.717 mg	Ash	*N/A* g	83.944% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.104			10.754% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990643 - Rice,Fried (Non Parboiled)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 86

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
020040	Rice, Brown #381542	3 qt	No Instructions Assigned
014429	Water, Municipal	6 qt	
799917	SAUCE,SOY SAUCE	2 cup	
990136	Sugar, Granulated #340164 or #350158	1/3 CUP	
002048	Vinegar Apple Cider#289037	2 TBSP	
002021	Ginger, Ground #298802	2 TBSP	
014429	Water, Municipal	3 CUP	
903119	Garlic, Minced Fresh #430439	1/4 cup	
903352	Oil, Canola Olive #267741	1/2 cup	
122249	FZ PEAS	1 lb	
123150	30# Frozen Carrots Diced	1 lb	
			Preheat oven to 400 degrees gentle fan Combine Water and rice in hotel pan Cover with two layers plastic wrap and one layer aluminum foil
			Place in 400 degree oven low fan Cook for 45 min

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
			Take rice out of oven and let sit 15 min While rice is resting combine all ingredients except the peas and carrots
			Uncover rice and pour soy sauce mixture and vegetables over hot rice Gently fluff and stir rice Serve

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	119.261 kcal	Total Fat	1.977 g	Total Dietary Fiber	1.314 g	Vitamin C	*0.168* mg	14.919% Calories from Total Fat
Saturated Fat ¹	0.319 g	Trans Fat ²	*0.000* g	Protein	2.565 g	Iron	0.717 mg	2.410% Calories from Sat Fat
Sodium ¹	389.821 mg	Cholesterol	0.000 mg	Vitamin A	*0.038* IU	Water	*82.711* g	*0.000%* Calories from Trans Fat
Total Sugars	*1.229* g	Carbohydrate	22.668 g	Calcium	16.597 mg	Ash	*N/A* g	76.028% Calories from Carbohydrates
Added Sugars	*0.000* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.032			8.603% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990659 - Rice,Fried (Non Parboiled Steamer)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 86

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
020040	Rice, Brown #381542	3 qt	No Instructions Assigned
014429	Water, Municipal	6 qt	
799917	SAUCE,SOY SAUCE	2 cup	
990136	Sugar, Granulated #340164 or #350158	1/3 CUP	
002048	Vinegar Apple Cider#289037	2 TBSP	
002021	Ginger, Ground #298802	2 TBSP	
014429	Water, Municipal	3 CUP	
903119	Garlic, Minced Fresh #430439	1/4 cup	
903352	Oil, Canola Olive #267741	1/2 cup	
122249	FZ PEAS	1 lb	
123150	30# Frozen Carrots Diced	1 lb	
			Preheat oven to 400 degrees gentle fan Combine Water and rice in hotel pan Cover with two layers plastic wrap and one layer aluminum foil
			Place in Steamer Cook for 50 min

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
			Take rice out of oven and let sit 15 min While rice is resting combine all ingredients except the peas and carrots
			Uncover rice and pour soy sauce mixture and vegetables over hot rice Gently fluff and stir rice Serve

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	119.261 kcal	Total Fat	1.977 g	Total Dietary Fiber	1.314 g	Vitamin C	*0.168* mg	14.919% Calories from Total Fat
Saturated Fat ¹	0.319 g	Trans Fat ²	*0.000* g	Protein	2.565 g	Iron	0.717 mg	2.410% Calories from Sat Fat
Sodium ¹	389.821 mg	Cholesterol	0.000 mg	Vitamin A	*0.038* IU	Water	*82.711* g	*0.000%* Calories from Trans Fat
Total Sugars	*1.229* g	Carbohydrate	22.668 g	Calcium	16.597 mg	Ash	*N/A* g	76.028% Calories from Carbohydrates
Added Sugars	*0.000* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.032			8.603% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990641 - Rice,Fried (Parboiled)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 100

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
051426	RICE, BROWN, LONG GRAIN,PARBOILED, DRY	4 qt	No Instructions Assigned
014429	Water, Municipal	8 qt	
799917	SAUCE,SOY SAUCE	2 cup	
990136	Sugar, Granulated #340164 or #350158	1/3 CUP	
002048	Vinegar Apple Cider#289037	2 TBSP	
002021	Ginger, Ground #298802	2 TBSP	
014429	Water, Municipal	3 CUP	
903119	Garlic, Minced Fresh #430439	1/4 cup	
903352	Oil, Canola Olive #267741	1/2 cup	
122249	FZ PEAS	1 lb	
123150	30# Frozen Carrots Diced	1 lb	
			Preheat oven to 400 degrees gentle fan Combine Water and rice in hotel pan Cover with two layers plastic wrap and one layer aluminum foil
			Place in oven Cook for 30 min

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
			Take rice out of oven and let sit 15 min While rice is resting combine all ingredients except the peas and carrots
			Uncover rice and pour soy sauce mixture and vegetables over hot rice Gently fluff and stir rice Serve

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	123.069 kcal	Total Fat	2.004 g	Total Dietary Fiber	1.571 g	Vitamin C	*0.145* mg	14.658% Calories from Total Fat
Saturated Fat ¹	0.153 g	Trans Fat ²	*0.000* g	Protein	3.377 g	Iron	0.668 mg	1.115% Calories from Sat Fat
Sodium ¹	334.903 mg	Cholesterol	0.000 mg	Vitamin A	*0.032* IU	Water	*87.252* g	*0.000%* Calories from Trans Fat
Total Sugars	*1.057* g	Carbohydrate	23.248 g	Calcium	7.319 mg	Ash	*N/A* g	75.560% Calories from Carbohydrates
Added Sugars	*0.000* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.014			10.976% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990637 - Rice,Pineapple (Non parboiled)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 86

Portion Size: 1/2 cup

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
020040	Rice, Brown #381542	3 qt	No Instructions Assigned
014429	Water, Municipal	6 qt	
002026	Onion Powder #299081	1/2 cup	
002015	CURRY POWDER	1 cup	
990136	Sugar, Granulated #340164 or #350158	1 CUP	
799986	SALT, KOSHER	4 tbsp	
799917	SAUCE,SOY SAUCE	1 TBSP	
990812	Scallion	4 Bunch	
903154	Pineapple Tidbit #178459	1 #10 Can	
			Place rice in hotel pan
			Combine Water with all ingredients except the pineapple and scallions Combine Rice and water mixture
			Cover rice with two layers plastic wrap and one layer aluminum foil Place in oven at 425 for 60 min Remove from oven and let sit for 15 min Remove foil and plastic wrap and fluff rice
			Drain Pineapple Slice scallions thin Combine both with fluffed rice

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	131.648 kcal	Total Fat	0.934 g	Total Dietary Fiber	*1.864* g	Vitamin C	*2.681* mg	6.384% Calories from Total Fat
Saturated Fat ¹	*0.165* g	Trans Fat ²	*0.000* g	Protein	2.516 g	Iron	0.991 mg	*1.131%* Calories from Sat Fat
Sodium ¹	235.506 mg	Cholesterol	*0.000* mg	Vitamin A	*13.068* IU	Water	*69.637* g	*0.000%* Calories from Trans Fat
Total Sugars	*2.399* g	Carbohydrate	28.908 g	Calcium	30.742 mg	Ash	*N/A* g	87.835% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.094			7.645% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990660 - Rice,Pineapple (Non Parboiled Steamer)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 86

Portion Size: 1/2 cup

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
020040	Rice, Brown #381542	3 qt	No Instructions Assigned
014429	Water, Municipal	6 qt	
002026	Onion Powder #299081	1/2 cup	
002015	CURRY POWDER	1 cup	
990136	Sugar, Granulated #340164 or #350158	1 CUP	
799986	SALT, KOSHER	4 tbsp	
799917	SAUCE,SOY SAUCE	1 TBSP	
990812	Scallion	4 Bunch	
903154	Pineapple Tidbit #178459	1 #10 Can	
			Place rice in hotel pan
			Combine Water with all ingredients except the pineapple and scallions Combine Rice and water mixture
			Cover rice with two layers plastic wrap and one layer aluminum foil Place in Steamer for 1.5hr Remove from oven and let sit for 15 min Remove foil and plastic wrap and fluff rice
			Drain Pineapple Slice scallions thin Combine both with fluffed rice

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	131.648 kcal	Total Fat	0.934 g	Total Dietary Fiber	*1.864* g	Vitamin C	*2.681* mg	6.384% Calories from Total Fat
Saturated Fat ¹	*0.165* g	Trans Fat ²	*0.000* g	Protein	2.516 g	Iron	0.991 mg	*1.131%* Calories from Sat Fat
Sodium ¹	235.506 mg	Cholesterol	*0.000* mg	Vitamin A	*13.068* IU	Water	*69.637* g	*0.000%* Calories from Trans Fat
Total Sugars	*2.399* g	Carbohydrate	28.908 g	Calcium	30.742 mg	Ash	*N/A* g	87.835% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.094			7.645% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990638 - Rice,Pineapple (Parboiled)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 100

Portion Size: 1/2 cup

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
051426	RICE, BROWN, LONG GRAIN, PARBOILED, DRY	4 qt	No Instructions Assigned
014429	Water, Municipal	8 qt	
002026	Onion Powder #299081	1/2 cup	
002015	CURRY POWDER	1 cup	
990136	Sugar, Granulated #340164 or #350158	1 CUP	
799986	SALT, KOSHER	4 tbsp	
990812	Scallion	4 Bunch	
903154	Pineapple Tidbit #178459	1 #10 Can	
799917	SAUCE, SOY SAUCE	1 TBSP	
			Preheat oven to 400 degrees gentle/low fan Put rice in deep hotel pan
			Combine hot water with all ingredients except scallions and pineapple Combine water and spice mixture with rice Cover pan with two layers of plastic wrap and a layer of aluminum foil.
			Place rice in preheated oven and cook for 30 min
			Remove rice and let sit covered for 15 min Slice scallions and drain pineapple reserving the pineapple chunks Uncover rice and gently fluff cooked rice
			Combine pineapple and scallions with fluffed rice Serve

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	133.722 kcal	Total Fat	1.107 g	Total Dietary Fiber	*2.045* g	Vitamin C	*2.306* mg	7.452% Calories from Total Fat
Saturated Fat ¹	*0.020* g	Trans Fat ²	*0.000* g	Protein	3.334 g	Iron	0.904 mg	*0.135%* Calories from Sat Fat
Sodium ¹	202.192 mg	Cholesterol	*0.000* mg	Vitamin A	*11.239* IU	Water	*76.008* g	*0.000%* Calories from Trans Fat
Total Sugars	*2.063* g	Carbohydrate	28.614 g	Calcium	19.483 mg	Ash	*N/A* g	85.593% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.068			9.973% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

990666 - Rice,Pineapple (Parboiled Steamer)

Recipe HACCP Process:

Source: Chef Lucas

Number of Portions: 100

Portion Size: 1/2 cup

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

Ingredient #	Ingredient Name	Measurements	Instructions
051426	RICE, BROWN, LONG GRAIN, PARBOILED, DRY	4 qt	No Instructions Assigned
014429	Water, Municipal	8 qt	
002026	Onion Powder #299081	1/2 cup	
002015	CURRY POWDER	1 cup	
990136	Sugar, Granulated #340164 or #350158	1 CUP	
799986	SALT, KOSHER	4 tbsp	
990812	Scallion	4 Bunch	
903154	Pineapple Tidbit #178459	1 #10 Can	
799917	SAUCE, SOY SAUCE	1 TBSP	
			Put rice in deep hotel pan
			Combine hot water with all ingredients except scallions and pineapple Combine water and spice mixture with rice Cover pan with two layers of plastic wrap and a layer of aluminum foil.
			Place rice in steamer and cook for 60 min
			Slice scallions and drain pineapple reserving the pineapple chunks Uncover rice and gently fluff cooked rice
			Combine pineapple and scallions with fluffed rice Serve

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Eastern Carver County ISD 112

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	133.722 kcal	Total Fat	1.107 g	Total Dietary Fiber	*2.045* g	Vitamin C	*2.306* mg	7.452% Calories from Total Fat
Saturated Fat ¹	*0.020* g	Trans Fat ²	*0.000* g	Protein	3.334 g	Iron	0.904 mg	*0.135%* Calories from Sat Fat
Sodium ¹	202.192 mg	Cholesterol	*0.000* mg	Vitamin A	*11.239* IU	Water	*76.008* g	*0.000%* Calories from Trans Fat
Total Sugars	*2.063* g	Carbohydrate	28.614 g	Calcium	19.483 mg	Ash	*N/A* g	85.593% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.068			9.973% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

St Timothy's School

990180 - Sausage, Egg, & Cheese Breakfast Burrito

Recipe HACCP Process: #2 Same Day Service

Source: St. Tim's

Number of Portions: 96

Portion Size: 1 burrito

Ingredient #	Ingredient Name	Measurements	Instructions
990533	Pork, Breakfast Sausage, Crumble, Fully Cooked	1/2 Case	Mix sausage, egg & cheese.
990392	Cheese, Cheddar, Reduced Fat, Shredded	3 LB	Divide mixture among three (3), sprayed hotel pans.
990522	Eggs, liquid, whole	3 Bag (2 lb)	Bake in convection oven, low fan, 350 degrees for 25-30 minutes or until knife inserted near center comes out clean. CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold at 135° F or higher.
990541	Tortilla, Whole Wheat, 9 inch	96 (1 tortilla)	Cut each pan into 32 sticks. Wrap each egg stick in a whole grain tortilla. Hot hold for service or wrap in foil and freeze. CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1 burrito)

Calories ¹	318.478 kcal	Total Fat	16.433 g	Total Dietary Fiber	4.000 g	Vitamin C	*0.000* mg	46.440% Calories from Total Fat
Saturated Fat ¹	6.963 g	Trans Fat ²	0.000 g	Protein	15.627 g	Iron	0.834 mg	19.676% Calories from Sat Fat
Sodium ¹	581.936 mg	Cholesterol	133.041 mg	Vitamin A	*30.374* IU	Water	*N/A* g	0.000% Calories from Trans Fat
Total Sugars	1.417 g	Carbohydrate	25.923 g	Calcium	130.145 mg	Ash	*N/A* g	32.558% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.746			19.627% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup
---------------	---------	-------	---------	-------	-----	-----------	-----

Allergens

Milk	Egg	Wheat
------	-----	-------

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Honey Sesame Chicken

INGREDIENTS

	QUANTITY
Yangs BBQ Teriyaki Chicken	7-8 oz (about ½ retail pack)
Yang's Teriyaki Sauce	1 – 2.5oz sauce pack
Toasted Sesame Oil	2 tsp
Honey	2 tsp
Rice Vinegar	1 tsp

PREP INSTRUCTIONS

1. Preheat oven to 325° convection.
2. In hotel pans, combine all ingredients.
3. Bake, covered, 30 minutes if chicken and sauce are frozen, 20 minutes if thawed.
4. Stir well to coat chicken.
5. Uncover pans and continue baking until chicken is glazed and sauce has thickened.

Serving Size: 2.4 oz

Serve over Yang's Chow Mein noodles and garnish with sesame seeds and chopped green onion.

Serve over brown rice with steamed garlic broccoli.

Serve as whole grain wrap with Napa cabbage slaw.



This recipe uses the following Yangs product:

BBQ Teriyaki Chicken

Tender barbecued chicken, tossed with our authentic Teriyaki Sauce. Fully Cooked.

Product Code: 8-52724-15554-8

Pack size: 6 - 5 lb. Chicken | 6 – 32 oz. Sauce

Pineapple Garlic Chicken

INGREDIENTS

	QUANTITY
Yangs BBQ Teriyaki Chicken	1 case (6 – 5# bags)
Yang's Teriyaki Sauce	6 – 32 oz packs
Pineapple Chunks	9#
Minced Garlic	16 oz

240 servings

PREP INSTRUCTIONS

1. In hotel pans, place chicken, sauce, pineapple, and garlic.
2. Stir to combine.
3. Bake at 350 degrees convection for 30-40 minutes, or until bubbling.
4. If desired, uncover and continue baking till sauce has reduced.
5. Serve over rice, Yang's Chow Mein, as a lettuce wrap, as part of an Asian pizza.



This recipe uses the following Yangs product:

BBQ Teriyaki Chicken

Tender barbecued chicken, tossed with our authentic Teriyaki Sauce. Fully Cooked.

Product Code: 8-52724-15554-8

Pack size: 6 - 5 lb. Chicken |
6 – 32 oz. Sauce

Sriracha BBQ Teriyaki Chicken

INGREDIENTS

	QUANTITY (40 servings)
Yangs BBQ Teriyaki Chicken	1 – 5lb bag
Yangs Teriyaki Sauce	1 pkg (36 oz)
Sriracha	2-4 oz

PREP INSTRUCTIONS

Depending on the level of heat you would like, add 2, 3, or 4 ounces of Sriracha Sauce to one bag of our Teriyaki Sauce.

ENJOY!



This recipe uses the following Yangs product:

BBQ Teriyaki Chicken

Tender barbecued chicken, tossed with our authentic Teriyaki Sauce. Fully Cooked.

Product Code: 8-52724-15554-8

Pack size: 6 - 5 lb. Chicken | 6 – 32 oz. Sauce

NUTRITION INFORMATION per serving

	CALORIES	TOTAL FAT	CHOLESTEROL	SODIUM	SUGAR	PROTEIN
Yangs BBQ Teriyaki Chicken + 2 oz Sriracha	115	3.5 g	70 mg	353 mg	6 g	15 g
Yangs BBQ Teriyaki Chicken + 3 oz Sriracha	115	3.5	70 mg	365 mg	6 g	15 g
Yangs BBQ Teriyaki Chicken + 4 oz Sriracha	115	3.5	70 mg	377 mg	7 g	15 g

The above nutritional panels are for Yangs BBQ Teriyaki Chicken #15554-8 with Sriracha Sauce added in the quantities noted above to one 36 oz. bag of Yangs Teriyaki Sauce.



Teriyaki Tropical Chicken

INGREDIENTS

	QUANTITY (40 servings)	QUANTITY (240 servings)
Yangs BBQ Teriyaki Chicken	1 – 5# bag	1 case (6 - 5lb bags)
Yangs Teriyaki Sauce	1 – 32oz pack	6 – 32 oz packs
Mixed Frozen Bell Peppers	15 Cups	90 Cups
Frozen Onion	5 Cups	30 Cups
Pineapple Chunks, drained	12 ½ Cups	75 Cups

PREP INSTRUCTIONS

1. Preheat oven to 350°
2. Combine all ingredients in hotel pans
3. Bake, covered, for 45 minutes or until chicken reaches an internal temperature of 155-160.
4. Stir.
5. Uncover and bake 8-10 minutes more.
6. Serve with brown rice, in a pita with shredded lettuce, on a WG Hawaiian roll as a sandwich, over Yang's Chow Mein noodles.



This recipe uses the following Yangs product:

BBQ Teriyaki Chicken

Tender barbecued chicken, tossed with our authentic Teriyaki Sauce. Fully Cooked.

Product Code: 8-52724-15554-8

Pack size: 6 - 5 lb. Chicken | 6 - 32 oz. Sauce

NUTRITION INFORMATION per serving

INGREDIENTS	CALORIES	TOTAL FAT	CHOLESTEROL	SODIUM	SUGAR	PROTEIN
2.4 oz Yang's BBQ Teriyaki Chicken with sauce	115	3.5 g	70 mg	330 mg	6 g	15 g
1.5 oz Mixed Frozen Bell Peppers	13.5	.15 g	0	0	1.35 g	.45 g
Frozen Onions	20	0	0	10 mg	3 g	.5 g
Pineapple Chunks	62.4	.1 g	0	1.1 mg	13.8 g	.3 g
TOTAL	210.9	3.75 g	70 mg	341.1 mg	24.15 g	16.25 g



Broccoli Salad with Cranberries

General Information

ACTIVE

Recipe #	Category	Source
1323515	Dark Green Vegetables 🌿	Local

Ingredients

Name	Quantity	Quantity 2
Salad dressing, mayonnaise, light	1 qt.	
Sugar, Extra Fine, Cane, 1/50#, C&H Pure Cane Sugar, 404736	1 c.	
Vinegar, distilled	1/4 c.	
Milk, Skim, 1/2 Pint, 50 Count, Prairie Farms	1/2 carton	
Broccoli, raw	4 lbs.	
Onions, red, 3/8" diced, 2/5#, US Foods, 536914	1 c. diced	
Cranberries, Dried, commodity, 100301 INACTIVE	1 pt.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

- For dressing: Combine mayo or salad dressing, sugar, vinegar and milk. Mix well using a wire whisk.
- Cut broccoli into bite size pieces. Remove any damaged or bruised areas. Add dressing.
- Add crasins and onions to broccoli mixture. Stir to coat all pieces with dressing. Spread 9 lb 2 oz (approximately 6 quart plus 1 cup) in each shallow pan (12"x20"x4"). For 50 servings use 1 pan and for 100 servings use 2 pans.
- CCP: Cool to 41°F or lower within 4 hours.
- Cover and refrigerate until service. Portion using 4oz spoodle.

My School Menus

SHOW

In Use as a Sub Recipe

Menus Using this Recipe

Dates

Last Updated	Created
04-13-2023	02-06-2023



Broccoli Salad with Cranberries

Serving Size	Yield
1/2 cup	50.00

Nutrition Facts

Serving Size 1/2 cup (68 gm)

Amount Per Serving

Calories **83.186**

% Daily Value*

Total Fat 4.401 gm **6.77** %

Saturated Fat 0.703 gm **3.515** %

Trans Fat 0.011 gm

Cholesterol 3.122 mg **1.041** %

Sodium 172.155 mg **7.173** %

Total Carbohydrate 10.483 gm **3.494** %

Dietary Fiber 1.142 gm **4.57** %

Total Sugars 7.264 gm

Includes 3.996* of Added Sugars

Protein 1.194 gm **2.388** %

Vitamin A 247.010* iu **4.94** %

Vitamin C 32.368* mg **53.947** %

Vitamin D 0.020* mcg **0.1** %

Calcium 20.778* mg **2.078** %

Iron 0.292* mg **1.623** %

Potassium 127.323* mg **2.709** %

Saturated Fat % of Calories **6.327** %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Dark Green	0.500 cups

Allergens

Eggs

Milk

Attributes

Made from Scratch

Buffalo Cauliflower, Sweet Baby Rays Sauce 1/2 c other

GENERAL INFORMATION

Recipe #	Category	Source	ACTIVE
1319317	Other Vegetables	Local	

INGREDIENTS

Name	Quantity	+	Quantity 2
Buffalo sauce, Sweet Baby Rays (ULF# 274967)	1 c.		
Cauliflower, raw	11 lbs., 8 oz.		
Butter, without salt	½ c.		
Lemon juice from concentrate, canned or bottled	¼ c.		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

Cooking Instructions

1. Preheat oven to 400°F
2. Prepare cauliflower by cutting into small florets(bite sized)
3. Whisk the melted butter, hot sauce and lemon juice together until blended.
4. Toss cauliflower in hot sauce mixture until coated.
5. Spread on parchment lined sheet pans and roast until brown and tender for about 20 minutes. Rotate pans during roasting if needed.

CCP: Heat to 135° F or higher for at least 15 seconds

CCP: Record time and internal temperature of completed recipe on daily log.

MY SCHOOL MENUS

SHOW

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated	Created
05-23-2023	01-25-2023



Roasted Buffalo Cauliflower

Serving Size	Yield
1/2 cup	50.00

Nutrition Facts

Serving Size 1/2 cup (113 gm)

Amount Per Serving

Calories 45.765

% Daily Value*

Total Fat 2.454 gm 3.776 %

Saturated Fat 1.282 gm 6.41 %

Trans Fat 0.000* gm

Cholesterol 4.881 mg 1.627 %

Sodium 182.240 mg 7.593 %

Total 5.575 gm1.858 %

Carbohydrate

Dietary Fiber 2.095 gm 8.38 %

Total Sugars 2.013 gm

Includes N/A* of Added Sugars

Protein 2.028 gm 4.056 %

Vitamin A 57.130* iu 1.143 %

Vitamin C 50.460* mg 84.1 %

Vitamin D 0.000* mcg

Calcium 23.619* mg 2.362 %

Iron 0.439* mg 2.441 %

Potassium 313.810 mg 6.677 %

Saturated Fat % of Calories 25.213%

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
-----------	-------------

Other Vegetables

0.500 cups

Allergens

Milk

Soy

Cheesy Confetti Corn, pepper and onion mix

General Information

ACTIVE

Recipe #
1174289

Category
Starchy Vegetables 🌽

Source
Local

Ingredients

Name	Quantity	Quantity 2
Corn Sweet, Pepper, Onions	7 lbs., 8 oz.	
Ultimate Creamy White Cheese Sauce, 39.75#, 6/106 oz Pouches, 1M, Land O' Lakes, 39947	½ pouch	
Tajin, Clasico Seasoning	1 tbsp.	
Coriander (cilantro) leaves, raw	½ c.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

Remove frozen product from freezer using oldest pack date first.

PREPARATION

1. Combine Ultimate White Cheese Sauce and seasoning in 4-inch-deep full steam table pan.
2. Fold corn blend into sauce. Cover.
3. Heat in steamer or bake in 350°F convection oven until heated through to 165°F for 15 seconds. CCP: Record time and internal temperature of completed recipe on daily log.
4. Sprinkle with cilantro. Garnish with additional seasoning, if desired.
5. Place product into warmer and ensure product is held at 140°F or above. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.
6. Serving size is 4 ounces or 1/2 cup, use #8 scoop.



Cheesy Confetti Corn

Serving Size	Yield
4 Ounces	38.00

Nutrition Facts

Serving Size 4 Ounces (130 gm)	
Amount Per Serving	
Calories	137.549
% Daily Value*	
Total Fat 6.045 gm	9.3 %
Saturated Fat 2.870 gm	14.349 %
Trans Fat 0.000 gm	
Cholesterol 12.755 mg	4.252 %
Sodium 507.310 mg	21.138 %
Total Carbohydrate 14.975 gm	4.992 %
Dietary Fiber 3.166 gm	12.662 %
Total Sugars 6.321 gm	
Includes 0.000* of Added Sugars	
Protein 5.937 gm	11.875 %
Vitamin A 14.206* iu	0.284 %
Vitamin C 0.057 mg	0.095 %
Vitamin D 0.000 mcg	
Calcium 129.294 mg	12.929 %
Iron 0.383 mg	2.127 %
Potassium 581.711 mg	12.377 %
Saturated Fat % of Calories	25.829%

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

My School Menus

SHOW

In Use as a Sub Recipe

Menus Using this Recipe

Dates

Last Updated
05-23-2023

Created
01-14-2022

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Meat/Meat Alternates	0.250 oz
Starchy	0.500 cups

Allergens

Milk

Chicken Caesar Wrap



Lay out tortillas on a clean, sanitized and dry prep table



Spread a 1 oz spoodle of Marie's Caesar dressing onto wrap



Use a 4 oz spoodle to measure out tyson chicken strips



Spread chicken evenly over wrap



Using a 1 oz spoodle, measure out 1 oz of fancy parmesan cheese



Sprinkle a 1 oz spoodle of fancy parmesan cheese over chicken/dressing



Measure out an 8 oz spoodle of shredded romaine lettuce



Spread romaine lettuce over wrap



Fold insides of wrap into middle



Roll



Put rolled wrap into container



Close container and put Chicken Caesar Wrap Label

Greek Chicken Gyro (SR1432) - (Greek Chicken Gyros)

Marketing Description: Greek seasoned grilled chicken served with a whole wheat pita flatbread. Top your gyro with tzatziki, cucumber, onions, tomatoes and lettuce however you'd like!

Allergens: Contains Gluten, Milk, Soy, Wheat; May contain Sesame;

Meal Contribution: 2 Meat/MA, 2 WGR

Number of Servings: 100.00 Serving Size: 1 Each

Moisture gain/loss%: 0.0000 Yield: 30 Pound, 4 7/8 Ounce

Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000

Total Recipe Cost: \$96.6527 Cost Per Serving: \$0.9665

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Cost Source	Ingredient	Quantity
1	DST1273	Flatbread WG Oven Fired 6x6 192/2.2oz , As Purchased	100 Each	21.5990	SSP IGH Shared	Flatbread WG Oven Fired 6x6 SI100732	100 Each
2	DST1116	Grilled Chicken Strips 10# , As Purchased	16 Pound	72.6880	SSP IGH Shared	Chicken Strip Grilled Breast 10# 22-23 LI100468	16 Pound
3				2.0637		Greek Seasoning Mix LR1318	1 1/4 Cup
4	221550	Juice Lemon 8/48oz , As Purchased	4 Ounce	0.3020	SSP IGH Shared	Juice Lemon 4/48oz LI100306	4 Ounce

Preparation Instructions

- 1. Steam the chicken strips for about 8-10 minutes or until about 100°F.
- 2. Remove from steamer and toss with seasoning and lemon juice. Leave juices from the chicken in the pan as this helps keep the chicken moist while being held hot.
- 3. Return the chicknen to the steamer and cook until internal temp reaches 165°F.
- 4. Heat the flatbread in a warmer & keep warm until service.

For service, each student gets 1 flatbread + 2.5 oz meat
Serve with tzatziki sauce, cucumber slices, onion slices, tomato slices and lettuce

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	22.46	4.50	41.42	34.74	2.838

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
208.226	5.196	1.042	0(M)	37.248 (M)	532.047 (M)	21.561	2.271(M)	1.478(M)	0.727(M)	18.085	1.662(M)	35.387 (M)	2.832(M)	0.178(M)	0.364(M)	87.87(M)	0(M)	0.001(M)

Nutrients per serving (137.458 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
286.224	7.142	1.432	0(M)	51.2(M)	731.343 (M)	29.637	3.121(M)	2.031(M)	1(M)	24.86	2.285(M)	48.643 (M)	3.893(M)	0.244(M)	0.5(M)	120.785 (M)	0(M)	0.001(M)

(M) Indicates missing nutrient values.

Creamy Chicken Tikka Masala, 2 M/MA

GENERAL INFORMATION

Recipe #	Category	Source	ACTIVE
1173993	Lunch Entree 	Local	

INGREDIENTS

Name	Quantity	+	Quantity 2
Cheese Sauce, Ultimate Cheddar Pouch, Lower NA, Land O' Lakes, 39945	1 pouch		
Chicken, Diced, 1/2", Breast Meat,100% Natural, LS, FC, 2/5#, 47/2.7oz, Tyson, 10241600928	4 lbs., 13 oz.		
Spices, curry powder	3 tbsp.		
Spices, garlic powder	2 tbsp.		
Spices, paprika	2 tsp.		
Spices, garam masala	2 tsp.		
Onions, dehydrated flakes	2 tbsp.		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

Preparation:

1. Add all ingredients to deep half hotel pan. Combine thoroughly; cover. Product may be mixed the day or Friday before service.

2. Heat until mixture reaches 165°F for 15 seconds. Hold hot until service.

CCP: Record time and internal temperature of completed recipe on daily log.

3. Place product into warmer or serving line hot well and ensure product is held at 140°F or above. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

4. Scoop 1 cup of rice in paper boat and portion 5 ounces of Tikka Masala over rice using a #8 scoop, portion a rounded scoop.

5. Left overs that were not on the serving line may be cooled and frozen until next cycle.



Chicken Tikka Masala

Serving Size	Yield
5.3 ounce	35.00

Nutrition Facts

Serving Size
5.3 ounce (150 gm)

Amount Per Serving

Calories 245.851

% Daily Value*

Total Fat 13.683 gm 21.05 %

Saturated Fat 7.573 gm 37.865 %

Trans Fat 0.000* gm

Cholesterol 82.553* mg 27.518 %

Sodium 525.388 mg 21.891 %

Total 6.365 gm2.122 %

Carbohydrate

Dietary Fiber 0.437 gm 1.749 %

Total Sugars 0.150 gm

Includes N/A* of Added Sugars

Protein 21.892* gm 43.783 %

Vitamin A 64.903* iu 1.298 %

Vitamin C 0.241 mg 0.401 %

Vitamin D 0.000* mcg

Calcium 254.151 mg 25.415 %

Iron 1.100 mg 6.109 %

Potassium 656.561* mg 13.969 %

Saturated Fat % of Calories 27.723%

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MY SCHOOL MENUS

SHOW

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated	Created
05-23-2023	01-13-2022

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Meat/Meat Alternates	2.000 oz

Allergens

Milk

Creamy Cucumber Slices

Recipe #: 16983 (LOCAL)



Creamy Cucumber Slices, 1/2 c other

Other Vegetables

Ingredients	Quantity
Salad dressing, mayonnaise, light	2 qt.
Sour Cream, Daisy, 5#	5 lb.
Vinegar, Distilled, 1 gal, Kraft Heinz, 00754	1 1/2 c.
Sugars, granulated	1 qt.
Spices, dill weed, dried	3 Tbsp.
Onion, Dehydrated, Chopped, 1/3#, US Foods, 2004055	1/2 c.
Cucumber, with peel, raw	30 lb.

Preparation Instructions

HACCP Process: #1 - No Cook

Remove product from refrigerator using oldest pack date first.

Prepare cucumbers by:

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. * Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Dressing instructions:

In a large container blend mayo, sour cream, sugar, vinegar, dill weed, salt and day onion.

Blend cucumber slices into dressing. Marinate overnight or for at least 2 hours. CCP: Ensure cold food is held at a temperature below 41°F.

Serving size is 1/2 cup.



Creamy Cucumber Slices

Serving Size: 1/2 cup

Yield: 184.00

Nutrition Facts

Serving Size 1/2 cup

Serving Weight 103.276 gm

Amounts Per Serving

Calories 77.770 kcal

Total Fat 4.456 gm

Saturated Fat 1.825 gm

Trans Fat 0.006 gm*

Cholesterol 9.887 mg

Sodium 94.087 mg

Potassium 113.742 mg*

Carbohydrates 8.436 gm

Fiber 0.377 gm

Sugars 6.359 gm*

Protein 0.941 gm

Iron 0.249 mg*

Calcium 21.622 mg*

Vitamin A (IU) 170.087 iu*

Vitamin C 2.096 mg*

Vitamin D 0.000 mcg*

Saturated Fat % of Calories
21.12%

* = Indicates missing Nutrient Information.

^ = Indicates user added nutrient.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

0.5 Cups Of Other
Allergens
Eggs, Milk
Attributes
Made from Scratch Vegetarian

Crunchy Fajita Wrap



Lay out tortillas on a clean, sanitized and dry prep table



Spread a 1 oz spoodle of Chipotle Ranch dressing onto wrap



Use a 4 oz spoodle to measure out fajita seasoned tyson chicken strips



Using a 2 oz spoodle, measure out pepperjack cheese



Measure out an 8 oz spoodle of shredded romaine lettuce



Spread romaine lettuce over wrap



Top lettuce with a 1 oz spoodle of tortilla strips



Fold insides of wrap into middle



Roll



Put rolled wrap into container



Close container and put Crunchy Fajita Wrap

Fiesta Chicken Wrap

GENERAL INFORMATION

Recipe #	Category	Source	ACTIVE
1287919	Lunch Entree	Local	

INGREDIENTS

Name	Quantity	+	Quantity 2
Chicken, Diced, Cooked, Frozen [100101]	3 lbs.		
Corn, golden or yellow, whole kernel, cooked from frozen, drained, without salt [100348, A130]	1 pt., 1 c., 2 tbsp.		
Black Beans, Low Sodium, 6/108oz, Bush's Best Beans, 01885	1 pt., 1 c., 2 tbsp.		
Salsa, Low-sodium, Pouch	1 ½ c., 1 tbsp.		
NSLP 140 Taco Seasoning, 6.8 lb "F" containers, Karlsburger 16465	3 ½ oz.		
Ranch Dressing, Hidden Valley, 4/1 Gal, bulk	1 pt., 1 c., 2 tbsp.		
Spices, cumin, ground	¼ c., ½ tsp. ground		
Shredded Mild Cheddar Cheese INACTIVE	1 lbs., 9 oz.		
Tomatoes, red, ripe, raw, year round average	25 slice, thin/small		
Lettuce, cos or romaine, raw	25 leaf outer		
Tortilla Flour 9" Smart Whole Wheat- Catallia	25 Tortilla		

PREPARATION INSTRUCTIONS

HACCP Process: #1 - No Cook

Pre wrap assembly

- Let corn and diced chicken thaw in refrigerator over night.
- In a bowl add ranch, salsa, taco seasoning (3.5 ounces is about 3/4 cup) and cumin. Mix well and set aside.

Assemble wrap. The following instructions are for 1 wrap

- Take tortilla and spread 2 tablespoon of Fiesta dressing evenly on one side
- Add leaf lettuce (2), tomato slices (2), black beans (1/4 cup), shredded cheddar (1/4 cup) corn (1/4 cup) and chicken (2 ounces)
- Roll up the tortilla and contents tightly. Cut in half

CCP: Ensure cold food is held at a temperature below 41° F.

CCP: Record time and internal temperature of completed recipe on daily log.

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated	Created
06-20-2023	10-21-2022



Fiesta Chicken Wrap

Serving Size	Yield
1 wrap	25.00

Nutrition Facts

Serving Size 1 wrap (285 gm)			
Amount Per Serving			
Calories		497.217	
		% Daily Value*	
Total Fat	25.473 gm	39.189 %	
Saturated Fat	9.021 gm	45.104 %	
Trans Fat	0.000* gm		
Cholesterol	78.960 mg	26.32 %	
Sodium	987.837 mg	41.16 %	
Total Carbohydrate	39.144 gm	13.048 %	
Dietary Fiber	7.164 gm	28.658 %	
Total Sugars	3.508* gm		
Includes 0.000* of Added Sugars			
Protein	27.178 gm	54.356 %	
Vitamin A	2,747.280* iu	54.946 %	
Vitamin C	8.173* mg	13.622 %	
Vitamin D	0.000* mcg		
Calcium	316.570* mg	31.657 %	
Iron	2.273* mg	12.628 %	
Potassium	285.868* mg	6.082 %	
Saturated Fat % of Calories		16.328%	

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

SHOW

Meal Components	
Component	Measurement
Meat/Meat	2.000 oz
Alternates	
Whole Grain-Rich	2.000 oz

Greek Seasoning Mix (LR1318)

Number of Servings:1.00

Moisture gain/loss%:0.0000

Waste gain/loss%:0.0000

Total Recipe Cost:\$1.6510

Serving Size:1 Cup

Yield:4 Ounce

Fat gain/loss% :0.0000

Cost Per Serving:\$1.6510

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Cost Source	Ingredient	Quantity
1	DST1060	Spice Salt 25# , As Purchased	1 tablespoon, 2 teaspoon	0.0285	SSP IGH Shared	Spice Salt 25# 22-23 LI100146	1 tablespoon, 2 teaspoon
2	DST1058	Spice Garlic Powder 5.25# , As Purchased	1/8 Cup, 1 tablespoon	0.4812	SSP IGH Shared	Spice Garlic Powder 5.25# LI100158	1/8 Cup, 1 tablespoon
3	DST1059	Spice Black Pepper 5# , As Purchased	2 teaspoon	0.1189	SSP IGH Shared	Spice Black Pepper 5# LI100165	2 teaspoon
4	DST1313	Paprika 1# , As Purchased	1/2 teaspoon	0.0294	SSP IGH Shared	Spice Paprika 1# LI100150	1/2 teaspoon
5	DST1187	Oregano, Ground 12 oz , As Purchased	1 tablespoon, 2 teaspoon	0.2581	SSP IGH Shared	Spice Oregano Ground 12oz 22-23 LI100151	1 tablespoon, 2 teaspoon
6	299311	Spice Parsley Flakes 10oz , As Purchased	1 tablespoon, 2 teaspoon	0.2100	SSP IGH Shared	Spice Parsley Flakes 10oz LI100149	1 tablespoon, 2 teaspoon
7	DST1185	Thyme, Whole Leaves 5.5 oz , As Purchased	2 teaspoon	0.0000	SSP IGH Shared	Spice Thyme 5.5oz LI100145	2 teaspoon
8	DST1125	Spice Cinnamon Ground , As Purchased	1/2 teaspoon	0.0238	SSP IGH Shared	Cinnamon SI100588	1/2 teaspoon
9	DST1314	Nutmeg, Ground 1/1# , As Purchased	1/2 teaspoon	0.0525	SSP IGH Shared	Spice Nutmeg Ground 1# LI100153	1/2 teaspoon
10	DST1260	Onion Powder, 1/20oz , As Purchased	1/8 Cup	0.4488	SSP IGH Shared	Spice Onion Powder 20oz LI100152	1/8 Cup

Preparation Instructions

◦

Mix all spices together. Recipe makes 1 cup seasoning.

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	2.18	1.08	79.67	8.71	1.752

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
263.204	0.638	0.316	0(M)	0(M)	10011.4 (M)	52.421	8.18(M)	1.153(M)	0(M)	5.728	5.122(M)	114.346 (M)	282.469 (M)	4.519(M)	0(M)	67.808 (M)	0(M)	0(M)

Nutrients per serving (110.259 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
290.205	0.703	0.348	0(M)	0(M)	11038.5 (M)	57.799	9.019(M)	1.271(M)	0(M)	6.316	5.647(M)	126.077 (M)	311.447 (M)	4.983(M)	0(M)	74.764 (M)	0(M)	0(M)

(M) Indicates missing nutrient values.



R9086 Homemade Cheeseburger Pizza

Category: Main Entrée

Serves: 8 (slice)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Beef, Milk, Sesame Seeds, Soy, Wheat	None	None

#	INGREDIENTS	INSTRUCTIONS
1	1 x full crust of Pizza Crust 16" Parbaked #2972895	Place par baked round pizza crust on sheet pan. Use a pizza screen or perforated sheet pan if available. If using regular sheet pan, line with parchment paper.
2	8 x Ounce of Ultimate Cheddar Yellow Cheese Sauce #7196024	Spread cheese sauce evenly over the pizza crust.
3	9 1/4 x Ounce of Beef Crumbles COMM 1/4 x Cup of Onions Diced #6191712 1 x Tablespoon of Mustard Bulk #4006797 1 x Teaspoon of Black Pepper #5935689 2 x Teaspoons of Dill Weed #5228770	Combine thawed beef crumbles, thawed diced onions, mustard, black pepper, and dill weed. Layer on top of pizza crust and cheese sauce.
4	12 x Ounce of Mozzarella Cheese Shreds COMM	Sprinkle 12 oz of mozzarella cheese evenly over the pizza.
5	20 x pickle chip of Pickle Chips #4368264	Strain off juices from pickle chips and arrange evenly over the cheese.
6	1/4 x Cup of Ketchup Pouch Bulk #8382129 1/4 x Cup of Mustard Bulk #4006797	Bake at 350 degrees F in convection mode for approximately 10 minutes, rotating as needed. Drizzle ketchup and mustard over the pizza. Cut each pizza into 8 equal wedge slices. Control Measures: Heat to 165F, Hold Above 140

NOTES

8 oz cheese sauce = 2.666 MA/pizza
12 oz mozz cheese = 12 MA/pizza
8 oz beef crumbles = 6.956 MA/pizza

2.7 M/MA per slice

NUTRIENT	SLICE
Calories	421.8698 kcals
Saturated Fat	12.1323 g
Sodium	1181.74 mg
Total Carbohydrate	34.4793 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
slice	2.700 oz Meats/Meat Alternates, 2.000 oz Grains, 2.000 oz Whole Grain-Rich (Grains)



392 Pickle Chips #4368264

Category: Condiments
Serves: 20 (pickle chip)
HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

NUTRIENT	PICKLE CHIP
Calories	5 kcal
Saturated Fat	0 g
Sodium	390 mg
Total Carbohydrate	1 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
pickle chip	



R9051 Homemade Cheesy Chicken Alfredo Pizza

Category: Main Entrée

Serves: 8 (slice)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Chicken, Milk, Sesame Seeds, Soy, Wheat	None	None

#	INGREDIENTS	INSTRUCTIONS
1	1 x full crust of Pizza Crust 16" Parbaked #2972895	Place par baked round pizza crust on sheet pan. Use a pizza screen or perforated sheet pan if available. If using regular sheet pan, line with parchment paper.
2	6 x Ounce of Alfredo Sauce #5500509	Evenly spread 3/4 cup of alfredo sauce over crust.
3	8 x Ounce of Chicken Diced COMM 1/2 x Teaspoon of Garlic Powder #5239611 1/2 x Teaspoon of Black Pepper #5935689	Toss thawed diced chicken with garlic powder and black pepper. Arrange evenly over pizza crust (8 oz per crust).
4	1 x Cup of SPINACH,RAW 8 x Ounce of Mozzarella Cheese Shreds COMM 8 x Ounce of Cheddar Cheese Reduced COMM	Layer fresh spinach over crust, and top with mozzarella and cheddar cheese blend.
5		Bake at 350 degrees F in convection mode for approximately 10 minutes, rotating as needed. Cut each pizza into 8 equal wedge slices. Control Measures: Heat to 165F, Hold Above 140

NUTRIENT	SLICE
Calories	401.4171 kcals
Saturated Fat	10.9316 g
Sodium	777.5346 mg
Total Carbohydrate	28.9129 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
slice	3.000 oz Meats/Meat Alternates, 2.000 oz Grains, 2.000 oz Whole Grain-Rich (Grains)



R9053 **Homemade Chicken Bacon Ranch Pizza

Category: Main Entrée

Serves: 8 (slice)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Chicken, Contains Pork, Egg, Milk, Sesame Seeds, Soy, Wheat	None	None

#	INGREDIENTS	INSTRUCTIONS
1	1 x full crust of Pizza Crust 16" Parbaked #2972895	Place par baked round pizza crust on sheet pan. Use a pizza screen or perforated sheet pan if available. If using regular sheet pan, line with parchment paper.
2	6 x Ounce of Ranch Dressing Jug #5590948	Evenly spread 3/4 cup of ranch dressing over crust.
3	8 x Ounce of Chicken Diced COMM	Toss thawed diced chicken with garlic powder and black pepper (no salt garlic pepper blend can be used). Sprinkle evenly over pizza crust (8 oz per crust).
4	3 x Ounce of Bacon Bits #5237187	Sprinkle bacon bits evenly over pizza (4 oz per crust).
5	2 x Ounce of Cheddar Cheese Reduced COMM 14 x Ounce of Mozzarella Cheese Shreds COMM	Blend mozzarella and cheddar cheese, evenly sprinkle cheese over crust (double amount for 2 crusts).
6		Bake at 350 degrees F in convection mode for approximately 10 minutes, rotating as needed. Cut each pizza into 8 equal wedge slices. Control Measures: Heat to 165F, Hold Above 140

NUTRIENT	SLICE
Calories	502.633 kcals
Saturated Fat	12.99 g
Sodium	1046.1007 mg
Total Carbohydrate	28.7573 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
slice	3.000 oz Meats/Meat Alternates, 2.000 oz Grains, 2.000 oz Whole Grain-Rich (Grains)



R9052 **Homemade Mac and Cheese Pizza

Category: Main Entrée

Serves: 8 (slice)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Contains Pork, Egg, Milk, Sesame Seeds, Soy, Wheat	None	None

#	INGREDIENTS	INSTRUCTIONS
1	1 x full crust of Pizza Crust 16" Parbaked #2972895	Place par baked round pizza crust on sheet pan. Use a pizza screen or perforated sheet pan if available. If using regular sheet pan, line with parchment paper.
2	2 x Cups of Cheesy Macaroni and Cheese #8725063	Evenly spread 2 cup of macaroni and cheese over crust.
3	12 x Ounce of Mozzarella Cheese Shreds COMM	Sprinkle 12 oz of mozzarella cheese evenly over the mac and cheese
4	3 x Ounce of Bacon Bits #5237187	Sprinkle 3oz of bacon bits evenly over the pizza
5		Bake at 350 degrees F in convection mode for approximately 10 minutes, rotating as needed. Cut each pizza into 8 equal wedge slices. Control Measures: Heat to 165F, Hold Above 140

NUTRIENT	SLICE
Calories	457.16 kcals
Saturated Fat	11.912 g
Sodium	1113.879 mg
Total Carbohydrate	39.2726 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
slice	2.000 oz Meats/Meat Alternates, 2.000 oz Grains, 2.000 oz Whole Grain-Rich (Grains)



R9054 **Homemade Sausage, Egg & Bacon Breakfast Pizza

Category: Main Entrée

Serves: 8 (slice)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Contains Pork, Egg, Milk, Sesame Seeds, Soy, Wheat	None	None

#	INGREDIENTS	INSTRUCTIONS
1	1 x full crust of Pizza Crust 16" Parbaked #2972895	Place par baked round pizza crust on sheet pan. Use a pizza screen or perforated sheet pan if available. If using regular sheet pan, line with parchment paper.
2	8 x Ounce of Ultimate Cheddar Yellow Cheese Sauce #7196024	Evenly spread 1 cup of cheese sauce on the crust.
3	8 x Ounce of Mozzarella Cheese Shreds COMM	Add shredded mozzarella cheese on top of the cheese sauce.
4	12 x Ounce of Egg Scramble #5476629 4 x Ounce of Sausage Crumbles #2368785 2 x Ounce of Bacon Bits #5237187	Top with precooked scrambled eggs, sausage, and bacon bits.
5		Bake at 350 degrees F in convection mode for approximately 10 minutes, rotating as needed. Cut each pizza into 8 equal wedge slices. Control Measures: Heat to 165F, Hold Above 140

NOTES
1 pizza: 10.6 MA of Egg + 8 MA of Mozz + 2.6 MA of Cheese sauce + 4 M of Sausage = 25.25 M/MA's / 8 slices = 3.15 M/MA per slice

NUTRIENT	SLICE
Calories	446.3514 kals
Saturated Fat	11.6134 g
Sodium	967.8674 mg
Total Carbohydrate	29.6922 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
slice	3.000 oz Meats/Meat Alternates, 2.000 oz Grains, 2.000 oz Whole Grain-Rich (Grains)

Recipe Prep Sheet

Rochester Public Schools 535

990826 - RPS JAMBALAYA FINAL 11-2023 1 C

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: 1 CUPS

Ingredient #	Ingredient Name	Measurements	Instructions
990520	RPS CHICKEN BREAST GRILLED STRIPS UNBREADED	15 LB	Day Prior to Service: CCP: Thaw chicken,sausage,and pepper and onion blend in refrigerated storage at 41 degrees F or lower.
991118	RPS SAUSAGE SMOKED BIAS CUT	6 1/2 lb	
990760	RPS VEG BLEND FAJITA PEPPERS ONIONS FZN GOVT	3 1/2 LB	
991074	RPS RICE BROWN PARBLD	6 1/2 LB	<ul style="list-style-type: none"> Place 1-1/2 qrts of rice into each 4-inch-deep full-sized steamtable pan with 3 qrts of water. Steam 20-30 minutes. CCP: Hold for hot service at 135° F or higher. If below 135° F, reheat to 165° F for 15 seconds, only once. Prepare seasoning by adding spices to bowl and mix until well blended. *Spice blend can be made ahead of time in bulk and stored in an airtight container for 4 weeks in dry storage* Place pepper/onion mix in tilt skillet or kettle and sauté over medium heat 4-6 minutes or until soft and onions translucent. Add diced tomatoes, tomato sauce, chicken base, water, spice blend, and chicken. Mix until well blended. Simmer 15-20 minutes. CCP: Heat to 165 °F for at least 15 seconds. CCP: Hold for service at 135 °F or higher. Place sausage in separate steam table pan, cover and bake at 350F for 20-25 minutes. CCP: Heat to 165 °F for at least 15 seconds. CCP: Hold for service at 135 °F or higher. Just prior to each run, add 6 qrts of sauce to each pan of cooked rice. Add Sausage to pans desired not to be pork free. CCP: Hold for service at 135 °F or higher.
990772	RPS SPICE PAPRIKA	6 tbsp	
990934	RPS SPICE CAYENNE	1 7/8 TSP	
990744	RPS ONION POWDER	3 tbsp	
990667	RPS SPICE GARLIC POWDER	3 tbsp	
990912	RPS SPICE SALT KOSHER	2 TSP	
990384	RPS SPICE CHILI POWDER	4 TSP	
901561	RPS SPICE THYME LEAF DRIED	4 tsp, leaves	
901071	RPS SPICE OREGANO LEAVES, DRIED	4 tsp, leaves	
990696	RPS SPICE PEPPER BLACK GROUND	4 tsp, ground	
990740	RPS SPICE MUSTARD DRY	1 tsp	
990739	RPS SPICE CELERY SEED	3 tbsp	
902410	RPS TOMATOES, CANNED, DICED	1 gal + 1 1/2 CUP	
990504	RPS SAUCE TOMATO	3 qt + 1 3/4 cup	**Cook's Note: Have a pot of simmering water on hand and add a slight amount if Jambalaya appears to get dry during service.
990599	RPS BASE CHICKEN-CHEF'S ELITE BRAND	7 1/2 tsp	
990706	RPS WATER TAP DRINKING	1 qt + 3 1/2 cup	
990663	RPS ONION GREEN	3 CUP, sliced	Just prior to service, garnish each pan with 1-1/2 cups sliced green onions per 4" pan. For service: Place one 8oz spoodles or dishers (level, and not packed) in bowl or directly on tray.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

Rochester Public Schools 535

*Nutrients are based upon 1 Portion Size (1 CUPS)

Calories ¹	341.262 kcal	Total Fat	14.275 g	Total Dietary Fiber	2.708 g	Vitamin C	33.235 mg	37.647% Calories from Total Fat
Saturated Fat ¹	2.630 g	Trans Fat ²	*0.000* g	Protein	22.867 g	Iron	17.494 mg	6.937% Calories from Sat Fat
Sodium ¹	821.142 mg	Cholesterol	61.592 mg	Vitamin A	924.999 IU	Water	*73.723* g	*0.000%* Calories from Trans Fat
Total Sugars	*4.111* g	Carbohydrate	32.966 g	Calcium	210.715 mg	Ash	*N/A* g	38.640% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.001			26.803% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	-------	-------	-------	-------	-----	-----------	-----	------	-----

Allergens

Soy								
-----	--	--	--	--	--	--	--	--

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Korean – Style Chicken

INGREDIENTS

	QUANTITY (40 servings)
Yangs Chicken Nuggets	1 – 5lb bag
Yangs Mandarin Orange Sauce	1 pkg (36 oz)
Gochujang	4.5 oz
Garlic, minced	1.8 oz
Garnish suggestions: Sesame seeds, green onion, cilantro	To taste

PREP INSTRUCTIONS

1. Cook Yangs Chicken Nuggets according to package directions
2. Mix Mandarin Orange Sauce with Gochujang & garlic.
3. Heat mixture gently in microwave or on stove.
4. Mix with cooked, hot chicken.
5. Serve as part of rice or noodle bowl and garnish as desired.

Nutrition

Ingredient	Calories	Total Fat	Cholesterol	Sodium	Sugar	Protein
Yangs Mandarin Orange Chicken	150	3g	40mg	280mg	10g	11g
Gochujang	5	0	0	62.5mg	1g	0
Garlic	1.4	0	0	.2mg	0	0
TOTALS	156.4	3g	40mg	342.7mg	11g	11g



This recipe uses the following Yangs product:

Mandarin Orange Chicken

Crispy, juicy chicken battered and glazed with Mandarin Orange Sauce. Fully Cooked.

Product Code: 8-52724-15552-4

Pack Size: 6 - 5 lb. Chicken |
6 - 36 oz. Sauce

Sriracha Orange Chicken

INGREDIENTS

	QUANTITY (40 servings)
Yangs Mandarin Orange Chicken	1 – 5lb bag
Yangs Mandarin Orange Sauce	1 pkg (36 oz)
Sriracha	2-4 oz

PREP INSTRUCTIONS

Depending on the level of heat you would like, add 2, 3, or 4 ounces of Sriracha Sauce to one bag of our Mandarin Orange Chicken Sauce.

ENJOY!



This recipe uses the following Yangs product:

Mandarin Orange Chicken

Crispy, juicy chicken battered and glazed with Mandarin Orange Sauce. Fully Cooked.

Product Code: 8-52724-15552-4

Pack Size: 6 - 5 lb. Chicken | 6 - 36 oz. Sauce

NUTRITION INFORMATION per serving

	CALORIES	TOTAL FAT	CHOLESTEROL	SODIUM	SUGAR	PROTEIN
Yangs Mandarin Orange Chicken + 2 oz Sriracha	152	3 g	40 mg	308 mg	10 g	11 g
Yangs Mandarin Orange Chicken + 3 oz Sriracha	153	3 g	40 mg	323 mg	11 g	11 g
Yangs Mandarin Orange Chicken + 4 oz Sriracha	154	3 g	40 mg	337 mg	11 g	11 g

The above nutritional panels are for Yangs Mandarin Orange Chicken #15552-4 or Mandarin Orange Chicken Jr #15555-5 with Sriracha Sauce added in the quantities noted above to one 36 oz. bag of Yangs Mandarin Orange Sauce.



Recipe Prep Sheet

Shakopee Public Schools

990280 - Panini, Turkey Pesto

Recipe HACCP Process: #1 No Cook

Source: Shakopee

Number of Portions: 2

Portion Size: .5 sandwich

Ingredient #	Ingredient Name	Measurements	Instructions
990243	Panini Bread Wheat	2 (1 Panini round)	No Instructions Assigned
903170	Turkey, sliced .7 oz	6 (1 slice)	
990231	Provolone Smoked	3 slice	
R-990279	Pesto Mayo	1 .5 oz	
			<p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>Lay one panini round down and add 6 slices of turkey,3 slices provolone cheese, Spread .5 oz pesto mayo on the other panini round and place onto of filled panini round.</p> <p>Cook,slice in half and serve one half to student.</p> <p>CCP: Hold at 135° F or higher.</p>

*Nutrients are based upon 1 Portion Size (.5 sandwich)

Calories ¹	498.656 kcal	Total Fat	25.097 g	Total Dietary Fiber	6.030 g	Vitamin C	0.176 mg	45.295% Calories from Total Fat
Saturated Fat ¹	6.513 g	Trans Fat ²	0.000 g	Protein	29.235 g	Iron	4.297 mg	11.755% Calories from Sat Fat
Sodium ¹	1466.208 mg	Cholesterol	50.889 mg	Vitamin A	6.439 IU	Water	*0.000* g	0.000% Calories from Trans Fat
Sugars	1.009 g	Carbohydrate	51.099 g	Calcium	30.939 mg	Ash	*N/A* g	40.989% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			23.451% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	3.5 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
---------------	---------	-------	-----------	-------	-----	-----------	-----	------	-----

Allergens

Milk	Egg	Wheat						
------	-----	-------	--	--	--	--	--	--

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data


¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Parmesan Roasted Broccoli, 1/2 c dark green

GENERAL INFORMATION

Recipe #	Category	Source
1331608	Dark Green Vegetables 	Local

ACTIVE

INGREDIENTS

Name	Quantity	+	Quantity 2
Oil, Canola, 3/1gal, 23.04#, Chef's Pride, 58501CHP	1 qt.		
Broccoli, raw	17 lbs., 8 oz.		
Parmesan cheese, grated, bulk, Belgioioso, 1/5# bag (ULF# 209234)	1 pt., 1 ½ c.		
California Garlic Pepper, salt-free, Karlsburger	1 tbsp., 1 tsp.		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

Cooking instructions:

1. Preheat oven to 375°F
2. Mix oil and seasoning in bowl or liquid measure cup.
3. Add broccoli in large bowl. Pour the oil and spice blend over the top of the broccoli. Toss the broccoli until coated.
4. Evenly spread the broccoli mixture onto a parchment paper lined full size sheet pan.
5. Roast in oven for 8-10 minutes. Stir broccoli half way through the roasting process.CCP: Heat to 135°F or higher for at least 15 seconds. CCP: Record time and internal temperature of completed recipe on daily log.
6. Transfer each sheet pan to a 2" deep full size or half size steam table pan. Toss 1/2 cup parmesan cheese (ULF# 209234) on top of each 10 lb of broccoli.

Portion 1/2 cup of broccoli using a 4 oz spoodle

MY SCHOOL MENUS

SHOW

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated	Created
08-18-2023	03-02-2023



Parmesan Roasted Broccoli

Serving Size	Yield
1/2 cup	100.00

Nutrition Facts

Serving Size 1/2 cup (91 gm)		
Amount Per Serving		
Calories		112.932
% Daily Value*		
Total Fat	9.574 gm	14.729 %
Saturated Fat	1.273 gm	6.367 %
Trans Fat	0.000 gm	
Cholesterol	2.240 mg	0.747 %
Sodium	51.395 mg	2.141 %
Total	5.271 gm	1.757 %
Carbohydrate		
Dietary Fiber	2.064 gm	8.255 %
Total Sugars	1.349 gm	
Includes N/A* of Added Sugars		
Protein	3.358 gm	6.717 %
Vitamin A	494.529* iu	9.891 %
Vitamin C	70.806* mg	118.01 %
Vitamin D	0.000* mcg	
Calcium	65.468 mg	6.547 %
Iron	0.579 mg	3.219 %
Potassium	256.437 mg	5.456 %
Saturated Fat % of Calories		10.148%

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components	
Component	Measurement
Dark Green	0.500 cups
Allergens	
Milk	
Attributes	
Vegetarian	

Pupusa with Curtido

Curtido is a cabbage relish typical in Salvadoran cuisine.

INGREDIENTS

Per serving

Del Real Pupusa, prepared	1 each
Cabbage, raw	1 ¼ oz
Carrots, raw	¼ oz
Onions – scallions, raw	1/4 oz
Vinegar, distilled	¼ cup ¼ ounce
Jalapeno peppers, raw	¼ pepper
Salt	¼ tsp

Portion:

Del Real Pupusa – 1 each

Curtido – 4 ¼ oz

PREP INSTRUCTIONS

Place the cabbage and carrots in a large heat-proof container. Pour the 2 gallons of boiling water into the container to cover the cabbage and carrots.

Set aside for about 5-10 minutes.

Drain in a colander, pressing out as much liquid as as possible.

Move cabbage and carrots into a bowl and toss with the remaining ingredients. Let set at room temperature for up to a couple hours if you like, then chill and serve as an accompaniment to pupusas or as a side dish.

Cook's note – Serrano chili may be substituted for jalapeno if desired.

CCP: Ensure cold food is held at a temperature below 41° F.



This recipe uses the following Del Real product:

Your Choice of Del Real Pupusas

#705 – Bean & Cheese Pupusas

2 M/MA

2 eq Bread/Grain

#609 – Birria & Cheese Pupusas

1 M/MA

1.5 eq Bread/Grain

PRINCETON PUBLIC SCHOOLS
Recipe Name: Wrap, Buffalo Chicken

Category: Entrée

Meal Pattern Contribution: 1 Wrap = 2 oz. M/MA, 3 oz. Grain & ¼ C Veg

Serving Size: 1 Wrap

Recipe Number: E - 49

HACCP Process: 1 – No Cook

Yield: 1 Each (Pull product for amount needed)

Ingredients	1 Serving				For _____ Servings	Directions (1/2018, 1/2023)
	Weight	Measure	Weight	Measure		
Tortilla, Soft Shell, 12", Whole Grain, Catallia		1 Each				1. Remove all Refrigerated items from cold storage (41 degrees F. or colder.)
Lettuce, Fresh, Romaine, Shredded	2 oz.	2 Each				2. Place tortilla shells in warmer for 30 minutes to make them pliable to work with.
Celery, Fresh, Diced	1 oz.					3. Wash hands and wear gloves for prep of all RTE foods.
Cheese, Shredded, Cheddar, Commodity	1 oz.					4. Dressing: Mix all ingredients well.
Chicken, Tyson, Buffalo Chicken Tenders, Cooked & Chilled (follow all food safety standards)						5. Gather all ingredients and assemble wraps. For Express line service, wrap in aluminum foil wrap, label and date.
Dressing (Makes 36 oz.)	1 oz. – spread on wrap	4 Cups .5 Cups				6. CCP: Cool to 41 degrees F. or lower within 4 hours.
Ranch Dressing Hot Sauce						7. Refrigerate until ready to use, do not rely on display cooler to cool product. Use walk in coolers.
						8. CCP: Serve at 41 degrees F. or lower.

PRINCETON PUBLIC SCHOOLS
Recipe Name: Wrap, Chicken BLT

Category: Entrée

**Meal Pattern Contribution: 1 Wrap = 3 oz. M/MA & 2.5 oz. Grain &
 ¼ Cup Veg**

Recipe Number: E - 50

HACCP Process: 1 – No Cook

Serving Size: 1 Wrap

Yield: 1 Each (Pull product for amount needed)

Ingredients	1 Serving				For _____ Servings	Directions (1/2018, 1/2023)
	Weight	Measure	Weight	Measure		
Tortilla, Soft Shell, 12", Whole Grain, Catallia		1 Each				1. Remove all Refrigerated items from cold storage (41 degrees F. or colder.)
Lettuce, Fresh, Romaine, Shredded	2 oz.					2. Place tortilla shells in warmer for 30 minutes to make them pliable to work with.
Tomato, Fresh, Diced	2 oz.					3. Wash hands and wear gloves for prep of all RTE foods.
Bacon, Real, Cooked, Diced	1 oz.					4. Gather all ingredients and assemble wraps. For Express line service, wrap in aluminum foil wrap, label and date.
Chicken, Cooked, Diced	2 oz.					5. CCP: Cool to 41 degrees F. or lower within 4 hours.
Mayonnaise, Gold Medal	1 oz. – spread on wrap					6. Refrigerate until ready to use, do not rely on display cooler to cool product. Use walk in coolers.
						7. CCP: Serve at 41 degrees F. or lower.

PRINCETON PUBLIC SCHOOLS
Recipe Name: Wrap, Chicken Caesar

Category: Entrée

**Meal Pattern Contribution: 1 Wrap = 2 oz. M/MA, 2.5 oz. Grain &
 ¼ Cup Veg**

Recipe Number: E - 51

HACCP Process: 1 – No Cook

Serving Size: 1 Wrap

Yield: 1 Each (Pull product for amount needed)

Ingredients	1 Serving				For _____ Servings	Directions (1/2018, 1/2023)
	Weight	Measure	Weight	Measure		
Tortilla, Soft Shell, 12", Whole Grain, Catallia		1 Each				1. Remove all Refrigerated items from cold storage (41 degrees F. or colder.)
Lettuce, Fresh, Romaine, Shredded	2 oz.					2. Place tortilla shells in warmer for 30 minutes to make them pliable to work with.
Onion, Red, Fresh, Sliced	1 oz.					3. Wash hands and wear gloves for prep of all RTE foods.
Olive, Black, Sliced, Canned	1 oz.					4. Gather all ingredients and assemble wraps. For Express line service, wrap in aluminum foil wrap, label and date.
Chicken, Cooked, Diced	2 oz.					5. CCP: Cool to 41 degrees F. or lower within 4 hours.
Dressing, Caesar	1 oz. – spread on wrap					6. Refrigerate until ready to use, do not rely on display cooler to cool product. Use walk in coolers.
						7. CCP: Serve at 41 degrees F. or lower.

PRINCETON PUBLIC SCHOOLS
Recipe Name: Wrap, Popcorn Chicken

Category: Entrée

Meal Pattern Contribution: 1 Wrap = 2 oz. M/MA, 3 oz. Grain & ¼ C Veg

Serving Size: 1 Wrap

Recipe Number: E - 52

HACCP Process: 1 – No Cook

Yield: 1 Each (Pull product for amount needed)

Ingredients	1 Serving				For _____ Servings	Directions (1/2018, 1/2023)
	Weight	Measure	Weight	Measure		
Tortilla, Soft Shell, 12", Whole Grain, Catallia		1 Each				1. Remove all Refrigerated items from cold storage (41 degrees F. or colder.)
Lettuce, Fresh Romaine, Shredded	2 oz.	10 Each				2. Place tortilla shells in warmer for 30 minutes to make them pliable to work with.
Tomato, Fresh, Diced	2 oz.					3. Wash hands and wear gloves for prep of all RTE foods.
Cheese, Shredded, Cheddar, Commodity	1 oz.					4. Gather all ingredients and assemble wraps. For Express line service, wrap in aluminum foil wrap, label and date.
Chicken, Tyson, Chicken Popcorn, Cooked & Chilled (follow all food safety standards)						5. CCP: Cool to 41 degrees F. or lower within 4 hours.
Dressing, Ranch	1 oz.					6. Refrigerate until ready to use, do not rely on display cooler to cool product. Use walk in coolers.
						7. CCP: Serve at 41 degrees F. or lower.

PRINCETON PUBLIC SCHOOLS
Recipe Name: Wrap, Oriental Chicken

Category: Entrée

**Meal Pattern Contribution: 1 Wrap = 2 oz. M/MA, 2.5 oz. Grain &
 ¼ Cup Veg**

Recipe Number: E - 53

HACCP Process: 1 – No Cook

Serving Size: 1 Wrap

Yield: 1 Each (Pull product for amount needed)

Ingredients	1 Serving				For _____ Servings	Directions (1/2018, 1/2023)
	Weight	Measure	Weight	Measure		
Tortilla, Soft Shell, 12", Whole Grain, Catallia		1 Each				1. Remove all Refrigerated items from cold storage (41 degrees F. or colder.)
Chicken, Cooked, Diced	2 oz.					2. Place tortilla shells in warmer for 30 minutes to make them pliable to work with.
Cole Slaw Mix, Fresh, Shredded	2 oz.					3. Wash hands and wear gloves for prep of all RTE foods.
Mandarin Oranges, Canned	1 oz.					4. Gather all ingredients and assemble wraps. For Express line service, wrap in aluminum foil wrap, label and date.
Dressing, Sesame, Classic Gourmet	1 oz. – drizzled on veggies					5. CCP: Cool to 41 degrees F. or lower within 4 hours.
						6. Refrigerate until ready to use, do not rely on display cooler to cool product. Use walk in coolers.
						7. CCP: Serve at 41 degrees F. or lower.

PRINCETON PUBLIC SCHOOLS

Recipe Name: Wrap, Philly Steak

Category: Entrée

Meal Pattern Contribution: 1 Wrap = 2 oz. M/MA & 2 oz. Grain &
½ Cup Veg

Recipe Number: E - 54

HACCP Process: 1 – No Cook

Serving Size: 1 Wrap

Yield: 1 Each (Pull product for amount needed)

Ingredients	1 Serving				For _____ Servings	Directions (1/2018, 1/2023)
	Weight	Measure	Weight	Measure		
Tortilla, Soft Shell, 12”, Whole Grain, Catallia		1 Each				1. Remove all Refrigerated items from cold storage (41 degrees F. or colder.)
Peppers, Red & Green, Fresh, Roasted, Diced	1 oz.	2 Slices				2. Place tortilla shells in warmer for 30 minutes to make them pliable to work with.
Onions, Fresh, Roasted, Diced	1 oz.					3. Wash hands and wear gloves for prep of all RTE foods.
Cheese, Swiss, Loaf						4. Gather all ingredients and assemble wraps. For Express line service, wrap in aluminum foil wrap, label and date.
Beef, Shaved Steak, AdvancePierre, Cooked & Cooled	2 oz.					5. CCP: Cool to 41 degrees F. or lower within 4 hours.
						6. Refrigerate until ready to use, do not rely on display cooler to cool product. Use walk in coolers.
						7. CCP: Serve at 41 degrees F. or lower.

						<p>8. CCP: Serve at 41 degrees F. or lower.</p> <p>9. OR CCP: Internal temperature needs to be 165 degrees or higher for 15 seconds.</p> <p>10. CCP: Serve at 135 degrees or higher.</p>
--	--	--	--	--	--	---

PRINCETON PUBLIC SCHOOLS
Recipe Name: Wrap, Southwest Chicken

Category: Entrée

**Meal Pattern Contribution: 1 Wrap = 3 oz. M/MA & 2 oz. Grain &
 ½ Cup Veg**

Recipe Number: E - 55

HACCP Process: 1 – No Cook

Serving Size: 1 Wrap

Yield: 1 Each (Pull product for amount needed)

Ingredients	1 Serving				For _____ Servings	Directions (1/2018, 1/2023)
	Weight	Measure	Weight	Measure		
Tortilla, Soft Shell, 12”, Whole Grain, Catallia		1 Each				1. Remove all Refrigerated items from cold storage (41 degrees F. or colder.)
Lettuce, Fresh, Romaine, Shredded	2 oz.					2. Place tortilla shells in warmer for 30 minutes to make them pliable to work with.
Tomato, Fresh, Diced	.5 oz.					3. Wash hands and wear gloves for prep of all RTE foods.
Corn, Frozen, Thawed	.5 oz.					4. Gather all ingredients and assemble wraps. For Express line service, wrap in aluminum foil wrap, label and date.
Salsa	1 oz.					5. CCP: Cool to 41 degrees F. or lower within 4 hours.
Cheese, Cheddar, Shredded, Commodity	1 oz.					6. Refrigerate until ready to use, do not rely on display cooler to cool product. Use walk in coolers.
Chicken, Fajita, Cooked & Cooled, Commodity	2 oz.					7. CCP: Serve at 41 degrees F. or lower.

PRINCETON PUBLIC SCHOOLS
Recipe Name: Wrap, Teriyaki Chicken

Category: Entrée

Meal Pattern Contribution: 1 Wrap = 2 oz. M/MA, 2 oz. Grain & ¼ C Veg

Serving Size: 1 Wrap; 3 Bites = 2 oz. M/MA

Recipe Number: E - 71

HACCP Process: 1 – No Cook

Yield: 1 Each (Pull product for amount needed)

Ingredients	1 Serving				For _____ Servings	Directions (4/2019, 1/2023)
	Weight	Measure	Weight	Measure		
Tortilla, Soft Shell, 12”, Whole Grain		1 Each				1. Remove all Refrigerated items from cold storage (41 degrees F. or colder.)
Lettuce, Fresh, Romaine, Shredded	2 oz.	3 Each				2. Place tortilla shells in warmer for 30 minutes to make them pliable to work with.
Tomato, Fresh, Diced	1 oz.					3. Wash hands and wear gloves for prep of all RTE foods.
Chicken, Teriyaki Bites, AdvancePierre, Cooked & Chilled (follow all food safety standards) 133 servings/case						4. Dressing: Mix all ingredients well.
Chow Mein Noodles, LaChoy	1 oz.					5. Gather all ingredients and assemble wraps. For Express line service, wrap in aluminum foil wrap, label and date.
Dressing, Sesame Ginger, Classic Gourmet	1 oz.					6. CCP: Cool to 41 degrees F. or lower within 4 hours.
						7. Refrigerate until ready to use, do not rely on display cooler to cool product. Use walk in coolers.
						8. CCP: Serve at 41 degrees F. or lower.

Salad Gyro To Go - Entree



Marketing Description: Green salad containing greek veggies, chicken, feta, tzatziki sauce, greek dressing and whole wheat flatbreads.

HACCP Process: Process 1: No Cook

Allergens: Contains Milk, Wheat; May contain Soy;

Meal Contribution: 2 Meat/MA, 2 WGR, 1/2 Veg-DG, 1/4 Veg-RO, 1/4 Veg-O

Number of Servings: 1.00 Serving Size: 1 salad

Moisture gain/loss%: 0.0000 Yield: 1 Pound, 1 1/4 Ounce

Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000

Total Recipe Cost: \$2.0259 Cost Per Serving: \$2.0259

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Cost Source	Ingredient	Quantity
1	12830	Lettuce LCR/Romaine 4/5# , As Purchased	1 Pint, 1/2 Cup	0.5074	SSP IGH Shared	Lettuce LCR/Romaine 5# LI100299	1 Pint, 1/2 Cup
2	15U07	DOD Tomato Grape 1/5# CS , As Purchased	3 Each	0.0059	SSP IGH Shared	DOD Tomato Grape 1/5# CS LI100373	3 Each
3	6703	Pepper Green Whole Medium 5# , As Purchased	1/2 Ounce	0.0981	SSP IGH Shared	Pepper Green Whole 5# LI100240	1/2 Ounce
4	5023	Cucumbers , As Purchased	4 Slice	0.1290	SSP IGH Shared	Cucumbers 5# LI100431	4 Slice
5	211457	Cheese Feta Crumbles 2.5# , As Purchased	1 Ounce	0.0057	SSP IGH Shared	Cheese Feta Crumbles 2.5# 22-23 LI100078	1 Ounce
6				0.7000		WW Flatbread - C2 SR1376	2 Each
7	673194	Chicken Diced Mixed W&D 10# , As Purchased	2 Ounce	0.1019	SSP IGH Shared		
8				0.0344		Greek Seasoning Mix LR1318	1 teaspoon
9	292524	Sauce Tzatziki 1 /3.75# , As Purchased	2 Ounce	0.2563	SSP IGH Shared		
10	16Z50	DOD Onion, Red, Fresh, 5# CS , As Purchased	1/4 Each	0.0642	SSP IGH Shared	DOD Onion Red Fresh 5# CS LI100393	1/4 Each
11				0.1230		Dressing, Greek SR1392	2 Ounce

Pre-Preparation Instructions

- Set out salad containers

Preparation Instructions

- Place 2.5 cups of Lettuce into container
Add: tomatoes, cucumbers, bell pepper, red onion, feta cheese.
Mix the diced chicken with greek seasoning mix and add to salad.
Add 2 oz container of tzitziki sauce to box and a 2 ounce container of greek dressing
Top with 2 flatbreads (bagged or wrapped to keep from getting soggy)
- Sliced

Serving Instructions

- 1 salad

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	59.23	10.65	34.17	10.17	7.892

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
97.312	6.404	1.152	0(M)	3.125(M)	243.469(M)	8.313	1.349(M)	1.92(M)	0.206(M)	2.474	0.579(M)	32.227(M)	296.306(M)	5.351(M)	0.082(M)	23.335(M)	0(M)	0(M)

Nutrients per serving (485.972 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
472.909	31.122	5.598	0(M)	15.188(M)	1183.19(M)	40.4	6.557(M)	9.33(M)	1(M)	12.022	2.813(M)	156.614(M)	1439.97(M)	26.004(M)	0.4(M)	113.4(M)	0(M)	0.001(M)

(M) Indicates missing nutrient values.

Tamale with Black Bean Salad

INGREDIENTS

Per serving

Del Real Tamale	1 each
Mango, canned in light syrup, sliced	2/3 oz
Black beans, canned	3 Tbsp ¼ tsp
Sweet Red Peppers, raw	¼ oz
Jalapeno Peppers, raw	1/3 oz
Onions, raw	1/3 oz
Cilantro leaves, raw	1 Tbsp ¼ tsp
Lime juice	1 Tbsp ¼ tsp
Ground cumin	1/3 tsp
Oil (corn and canola)	1 Tbsp ¼ tsp

Portion:

Del Real Tamale – 1 each

Black Bean Salad – 4 ¼ oz

PREP INSTRUCTIONS

Combine lime juice and cumin. Slowly whisk in the oil until incorporated. Set aside. Drain mango and dice into pieces.

Core, seed and wash red pepper; dice. Core, seed and wash jalapeno; mince. Peel onions and dice.

Drain and rinse black beans.

Wash cilantro, discard stems and chop.

Mix mango, pepper, beans, jalapeno and onion together. Drizzle the dressing over the ingredients and to toss to combine.

You may adjust cumin and jalapeno for local tastes. Cover and refrigerate until service.

CCP: Ensure cold food is held at a temperature below 41° F.



This recipe uses the following Del Real product:

Your Choice of Del Real Tamales

#767 – Chicken Tamales in Red Sauce

1.25 M/MA

2 eq Bread/Grain

#124 – Chicken Tamales in Green Sauce

1 M/MA

2 eq Bread/Grain

#783 – Chicken Tamales in Green Sauce

2 M/MA

2 eq Bread/Grain

Expressway Wrap Recipes at a Glance

<p>Buffalo Chicken Wrap <i>Assemble in the following order</i></p> <ul style="list-style-type: none"> • 1- 12" WW Tortilla • 1 oz spoodle Marie's ranch dressing • 4 oz spoodle chopped buffalo bites • 2 oz spoodle mozzarella cheese • 8 oz spoodle shredded Romaine Lettuce • Roll, Put in Container, & Label 	<p>Caesar Chicken Wrap <i>Assemble in the following order</i></p> <ul style="list-style-type: none"> • 1- 12" WW Tortilla • 1 oz spoodle Marie's Caesar Dressing • 4 oz spoodle grilled tyson strips • 2 oz spoodle fancy Parm Cheese • 8 oz spoodle shredded Romaine Lettuce • Roll, Put in Container, & Label
<p>Chipotle Veggie Wrap <i>Assemble in the following order</i></p> <ul style="list-style-type: none"> • 1- 12" WW Tortilla • 2 oz spoodle Chipotle hummus • 2 oz spoodle shredded carrots • 4 sliced cucumbers • 1 oz spoodle diced tomatoes • 2 oz spoodle mozzarella cheese • 8 oz spoodle shredded Romaine Lettuce • Roll, Put in Container, & Label 	<p>Crispy Chicken Wrap <i>Assemble in the following order</i></p> <ul style="list-style-type: none"> • 1- 12" WW Tortilla • 1 oz spoodle Wayzata Gold sauce • 4 oz spoodle chopped crispy chicken • 2 oz spoodle cheddar/mozzarella cheese • 8 oz spoodle shredded Romaine Lettuce • Roll, Put in Container, & Label
<p>Crunchy Fajita Wrap <i>Assemble in the following order</i></p> <ul style="list-style-type: none"> • 1- 12" WW Tortilla • 1 oz spoodle Chipotle Ranch Dressing • 4 oz spoodle mexican seasoned grilled tyson strips • 2 oz spoodle Pepper Jack Cheese • 1 oz spoodle tortilla strips • 8 oz spoodle shredded Romaine Lettuce • Roll, Put in Container, & Label 	<p>California Chicken Club Wrap <i>Assemble in the following order</i></p> <ul style="list-style-type: none"> • 1- 12" WW Tortilla • 1 oz spoodle Ranch Dressing • 1 oz spoodle Guac • 4 oz spoodle tyson grilled strips • 2 oz spoodle diced tomatoes • 1 oz spoodle crumbled bacon • 2 oz spoodle Cheddar Cheese • 8 oz spoodle shredded Romaine Lettuce • Roll, Put in Container, & Label
<p>Sriracha Crispy Chicken Wrap <i>Assemble in the following order</i></p> <ul style="list-style-type: none"> • 1- 12" WW Tortilla • 1 oz spoodle Sriracha Mayo Dressing • 4 oz spoodle chopped crispy chicken • 2oz spoodle of diced tomatoes • 2 oz spoodle Mozzarella Cheese • 8 oz spoodle shredded Romaine Lettuce • Roll, Put in Container, & Label 	<p>Crunchy Vegetarian Bean Wrap <i>Assemble in the following order</i></p> <ul style="list-style-type: none"> • 1- 12" WW Tortilla • 1 oz spoodle chipotle ranch dressing • 4 oz spoodle fiesta black beans, drained • 2 oz spoodle pepper jack cheese • 1 oz spoodle tortilla strips • 8 oz spoodle shredded romaine lettuce • Roll, Put in Container, & Label



R2261 Chicken Bacon Ranch Wrap

Category: Entrees

Serves: 1 (wrap)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Chicken, Egg, Gluten, High Fructose, Milk, None, Pork, Soy, Soybean Oil, Wheat	None	None

PICKLIST
1 Bag 5 lb of Bacon, Chips, 1 Bag 5 lb of Cheese, Shred Cheddar 5#, 1 Patty of Chicken, Filet Breaded Tyson 70302, 1 Gallon of Dressing, Ranch 4/1 gal, 1 Bag 2 lb of Lettuce, Romaine Shredded, 1 Pkg 12ct of Tortilla, 10in white, LaBanderita

#	INGREDIENTS	INSTRUCTIONS
1	1 x Patty of Chicken, Filet Breaded Tyson 70302	Heat chicken filet according to manufacturer's instructions. Cool. Dice cooled chicken filet into dime-size pieces. Control Measures: After Cook 165, Cool 40 w/in 6 Hours
2	1 x Tortilla of Tortilla, 10in white, LaBanderita 1 x Cup of Lettuce, Romaine Shredded 1/2 x Ounce of Cheese, Shred Cheddar 5# 2 x Tablespoons of Bacon, Chips	Lay out tortilla and place diced chicken, cheese, bacon bits, and lettuce down middle of tortilla. Roll tortilla burrito style Wrap the chicken wrap in paper wrapper and cut in half diagonally.
3	2 x Tablespoons of Dressing, Ranch 4/1 gal	Pour 2 Tbsp dressing in a 2oz portion cup and top with a lid. Place wrap and cup of dressing in clear plastic clamshell. 1 serving = 1 wrap Control Measures: Cold Holding 40

NUTRIENT	WRAP
Calories	768.2282 kcals
Saturated Fat	13.0755 g
Sodium	1665.1271 mg
Total Carbohydrate	46.4271 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
wrap	2.500 oz Meats/Meat Alternates, 3.250 oz Grains, 1.000 oz Whole Grain-Rich (Grains), 2.250 oz Non-Whole Grains (Grains), 0.500 cups Vegetables, 0.500 cups Dark Green (Vegetables)

F504 Breaded Chicken Filet

Category: Entrees
Serves: 1 (Patty)
HACCP Process: Process #2 (Same Day Service)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Chicken, Gluten, Soy, Wheat	None	None

NUTRIENT	PATTY
Calories	199.9998 kcals
Saturated Fat	1.5 g
Sodium	289.9998 mg
Total Carbohydrate	9 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Patty	



R2260 Chicken Caesar Wrap

Category: Entrees

Serves: 1 (wrap)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Chicken, Egg, Fish, Gluten, Milk, None, Soy, Soybean Oil, Wheat	None	None

PICKLIST
1 Bag 5 lb of Cheese, Parmesan Shredded, 1 Patty of Chicken, Filet Breaded Tyson 70302, 1 Bag 40 oz of Crouton, WG 40 oz, 1 Gallon of Dressing, Caesar gal, 1 Bag 2 lb of Lettuce, Romaine Shredded, 1 Pkg 12ct of Tortilla, 10in white, LaBanderita

#	INGREDIENTS	INSTRUCTIONS
1	1 x Patty of Chicken, Filet Breaded Tyson 70302	Heat chicken filet according to manufacturer's instructions. Cool. Once completely cooled, dice chicken filet into dime-size pieces. Control Measures: After Cook 165, Cool 40 w/in 6 Hours
2	1 x Tortilla of Tortilla, 10in white, LaBanderita 1 x Cup of Lettuce, Romaine Shredded 2 x Tablespoons of Cheese, Parmesan Shredded 1 x Ounce of Crouton, WG 40 oz	Lay out tortilla and place diced chicken, parm cheese, crushed croutons, and lettuce down center of tortilla. Roll tortilla, burrito style. Wrap the chicken Caesar wrap in a paper wrapper and cut in half diagonally.
3	2 x Tablespoons of Dressing, Caesar gal	Pour 2 Tbsp dressing in a 2oz plastic portion cup and top with a lid. Place wrap and cup of dressing in clear plastic clamshell. 1 serving = 1 wrap Control Measures: Cold Holding 40

NUTRIENT	WRAP
Calories	759.6945 kcals
Saturated Fat	9.6732 g
Sodium	1307.1386 mg
Total Carbohydrate	62.1566 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
wrap	2.000 oz Meats/Meat Alternates, 3.250 oz Grains, 1.000 oz Whole Grain-Rich (Grains), 2.250 oz Non-Whole Grains (Grains), 0.500 cups Vegetables, 0.500 cups Dark Green (Vegetables)



R2262 Chicken Honey Mustard Wrap

Category: Entrees

Serves: 1 (wrap)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Chicken, Egg, Gluten, High Fructose, Milk, None, Soy, Soybean Oil, Wheat	None	None

PICKLIST
1 Bag 5 lb of Cheese, Shred Cheddar 5#, 1 Patty of Chicken, Filet Breaded Tyson 70302, 1 Gallon of Dressing, Honey Mustard gal, 1 Bag 2 lb of Lettuce, Romaine Shredded, 1 Pkg 12ct of Tortilla, 10in white, LaBanderita

#	INGREDIENTS	INSTRUCTIONS
1	1 x Patty of Chicken, Filet Breaded Tyson 70302	Heat chicken let according to manufacturer's instructions. Cool. Once completely cooled, dice chicken filet into dime-size pieces. Control Measures: After Cook 165, Cool 40 w/in 6 Hours
2	1 x Tortilla of Tortilla, 10in white, LaBanderita 1 x Cup of Lettuce, Romaine Shredded 1/2 x Ounce of Cheese, Shred Cheddar 5#	Lay out tortilla and place diced chicken, cheese, lettuce down center of tortilla. Roll tortilla, burrito style. Wrap the chicken Caesar wrap in a paper wrapper and cut in half diagonally
3	2 x Tablespoons of Dressing, Honey Mustard gal	Pour 2 Tbsp dressing in a 2oz plastic portion cup and top with lid. Place wrap and cup of dressing in clear plastic clamshell. 1 serving = 1 wrap Control Measures: Cold Holding 40

NUTRIENT	WRAP
Calories	588.877 kcls
Saturated Fat	9.5898 g
Sodium	945.0063 mg
Total Carbohydrate	50.5738 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
wrap	2.500 oz Meats/Meat Alternates, 3.250 oz Grains, 1.000 oz Whole Grain-Rich (Grains), 2.250 oz Non-Whole Grains (Grains), 0.500 cups Vegetables, 0.500 cups Dark Green (Vegetables)



R2266 Spicy Black Bean Wrap

Category: Entrees

Serves: 1 (wrap)

HACCP Process: Process #1 (No Cook)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Egg, Gluten, High Fructose, Milk, None, Soy, Soybean Oil, Wheat	None	None

PICKLIST
1 Can #10 of Bean, Black #10, Reduced Sodium, 1 Bag 5 lb of Cheese, Shred Cheddar 5#, 1 Gallon of Dressing, Ranch 4/1 gal, 1 Container 32 oz of Garlic, In Oil 32 oz, 1 Bag 2 lb of Lettuce, Romaine Shredded, 1 Lb of Onion, Red Fresh, 1 Lb of Pepper, Red Fresh, 1 Each of Spice, Cilantro Dried 1.25 oz EA, 1 Each of Spice, Pepper Black 18 oz EA, 1 Each of Spice, Pepper Cayene 14 oz EA, 1 Can #10 of Tomato, Diced #10, 1 Pkg 12ct of Tortilla, 10in white, LaBanderita, 1 LB of Vegetable, Corn Frozen USDA

#	INGREDIENTS	INSTRUCTIONS
1	1/4 cup of Bean, Black #10, Reduced Sodium 1/4 cup of Cheese, Shred Cheddar 5# 2 tablespoons 2 teaspoons of Vegetable, Corn Frozen USDA 1 tablespoon 1 teaspoon of Onion, Red Fresh 2 tablespoons 2 teaspoons of Pepper, Red Fresh 2 tablespoons 2 teaspoons of Tomato, Diced #10 1/4 teaspoon of Spice, Cilantro Dried 1.25 oz EA 1/2 teaspoon of Garlic, In Oil 32 oz 1/8 teaspoon of Spice, Pepper Black 18 oz EA 1/8 teaspoon of Spice, Pepper Cayene 14 oz EA	Drain black beans. Thaw corn. Drain & rinse corn. Chop onion and red pepper. Drain canned diced tomatoes. In a bowl, combine all ingredients except for dressing, lettuce, and tortillas. Mix well.
2	1 x Tortilla of Tortilla, 10in white, LaBanderita 3/4 cup of Lettuce, Romaine Shredded	Placed a slightly heaping 8oz spoodle of mixture down middle of tortilla. Top with 3/4 cup shredded lettuce. Roll up wrap burrito-style. Wrap the black bean wrap in a paper wrapper and cut in half.
3	2 tablespoons of Dressing, Ranch 4/1 gal	Pour 2 Tbsp dressing in 2oz plastic portion cup and top with lid. Place wrap and cup of dressing in clear plastic clamshell. 1 servings = 1 wrap Control Measures: Cold Holding 40

NUTRIENT	WRAP
Calories	582.9271 kals
Saturated Fat	11.5947 g
Sodium	969.2942 mg
Total Carbohydrate	58.5901 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
wrap	2.000 oz Meats/Meat Alternates, 2.250 oz Grains, 2.250 oz Non-Whole Grains (Grains), 0.750 cups Vegetables, 0.250 cups Red/Orange (Vegetables), 0.375 cups Dark Green (Vegetables), 0.125 cups Starchy (Vegetables)



R2265 Spicy Chicken Wrap

Category: Entrees

Serves: 1 (wrap)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Chicken, Egg, Gluten, Milk, None, Soy, Soybean Oil, Wheat	None	None

PICKLIST
1 Bag 5 lb of Cheese, Shred Cheddar 5#, 1 Patty of Chicken, Spicy Filet Breaded Tyson 70312, 1 Bag 2 lb of Lettuce, Romaine Shredded, 1 Gallon of Sauce, Boom Boom gal, 1 Pkg 12ct of Tortilla, 10in white, LaBanderita

#	INGREDIENTS	INSTRUCTIONS
1	1 x Patty of Chicken, Spicy Filet Breaded Tyson 70312	Heat chicken let according to manufacturer's instructions. Cool. Once completely cooled, dice chicken filet into dime-size pieces. Control Measures: After Cook 165, Cool 40 w/in 6 Hours
2	1 x Tortilla of Tortilla, 10in white, LaBanderita 1 x Cup of Lettuce, Romaine Shredded 1/2 x Ounce of Cheese, Shred Cheddar 5#	Lay out tortilla and place diced chicken, cheese, lettuce down center of tortilla. Roll tortilla, burrito style. Wrap the chicken wrap in a paper wrapper and cut in half diagonally
3	2 x Tablespoons of Sauce, Boom Boom gal	Pour 2 Tbsp sauce in a 2oz plastic portion cup and top with lid. Place wrap and cup of sauce in clear plastic clamshell. 1 serving = 1 wrap Control Measures: Cold Holding 40

NUTRIENT	WRAP
Calories	614.8479 kcals
Saturated Fat	10.5226 g
Sodium	1069.6341 mg
Total Carbohydrate	47.406 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
wrap	2.500 oz Meats/Meat Alternates, 3.250 oz Grains, 1.000 oz Whole Grain-Rich (Grains), 2.250 oz Non-Whole Grains (Grains), 0.500 cups Vegetables, 0.500 cups Dark Green (Vegetables)



R2350 Wrap, Turkey Bacon Ranch

Category: Entrees
Serves: 1 (wrap)
HACCP Process: Process #1 (No Cook)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Egg, Gluten, High Fructose, Milk, None, Pork, Soy, Soybean Oil, Wheat	None	None

PICKLIST
1 Bag 5 lb of Bacon, Chips, 1 Bag 5 lb of Cheese, Shred Cheddar 5#, 1 Gallon of Dressing, Ranch 4/1 gal, 1 Bag 2 lb of Lettuce, Romaine Shredded, 1 Pkg 12ct of Tortilla, 10in white, LaBanderita, 1 Pkg 1 lb of Turkey, .5oz slice, Jennie-O

#	INGREDIENTS	INSTRUCTIONS
1	1 x Tortilla of Tortilla, 10in white, LaBanderita 5 x Slice .5oz of Turkey, .5oz slice, Jennie-O 1 x Cup of Lettuce, Romaine Shredded 1/2 x Ounce of Cheese, Shred Cheddar 5# 2 x Tablespoons of Bacon, Chips	Lay out tortilla and place turkey slices, cheese, bacon bits, and lettuce down middle of tortilla. Roll tortilla burrito style Wrap the turkey wrap in paper wrapper and cut in half diagonally.
2	2 x Tablespoons of Dressing, Ranch 4/1 gal	Pour 2 Tbsp dressing in a 2oz portion cup and top with a lid. Place wrap and cup of dressing in clear plastic clamshell. 1 serving = 1 wrap Control Measures: Cold Holding 40

NUTRIENT	WRAP
Calories	659.895 kcals
Saturated Fat	12.4088 g
Sodium	1683.4604 mg
Total Carbohydrate	37.427 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
wrap	2.000 oz Meats/Meat Alternates, 3.250 oz Grains, 1.000 oz Whole Grain-Rich (Grains), 2.250 oz Non-Whole Grains (Grains), 0.500 cups Vegetables, 0.500 cups Dark Green (Vegetables)



R2352 Turkey Boom Boom Wrap

Category: Entrees

Serves: 1 (wrap)

HACCP Process: Process #1 (No Cook)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Egg, Gluten, Milk, None, Soy, Soybean Oil, Wheat	None	None

PICKLIST
1 Bag 5 lb of Cheese, Shred Cheddar 5#, 1 Bag 2 lb of Lettuce, Romaine Shredded, 1 Gallon of Sauce, Boom Boom gal, 1 Pkg 12ct of Tortilla, 10in white, LaBanderita, 1 Pkg 1 lb of Turkey, .5oz slice, Jennie-O

#	INGREDIENTS	INSTRUCTIONS
1	1 x Tortilla of Tortilla, 10in white, LaBanderita 5 x Slice .5oz of Turkey, .5oz slice, Jennie-O 1 x Cup of Lettuce, Romaine Shredded 1/2 x Ounce of Cheese, Shred Cheddar 5#	Lay out tortilla and place diced chicken, cheese, lettuce down center of tortilla. Roll tortilla, burrito style. Wrap the turkey wrap in a paper wrapper and cut in half diagonally
2	2 x Tablespoons of Sauce, Boom Boom gal	Pour 2 Tbsp sauce in a 2oz plastic portion cup and top with lid. Place wrap and cup of sauce in clear plastic clamshell. 1 serving = 1 wrap Control Measures: Cold Holding 40

NUTRIENT	WRAP
Calories	506.5147 kcals
Saturated Fat	9.356 g
Sodium	1047.9674 mg
Total Carbohydrate	38.4059 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
wrap	2.000 oz Meats/Meat Alternates, 3.250 oz Grains, 1.000 oz Whole Grain-Rich (Grains), 2.250 oz Non-Whole Grains (Grains), 0.500 cups Vegetables, 0.500 cups Dark Green (Vegetables)



R2351 Turkey Caesar Wrap

Category: Entrees

Serves: 1 (wrap)

HACCP Process: Process #1 (No Cook)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Egg, Fish, Gluten, Milk, None, Soybean Oil, Wheat	None	None

PICKLIST
1 Bag 5 lb of Cheese, Parmesan Shredded, 1 Bag 40 oz of Crouton, WG 40 oz, 1 Gallon of Dressing, Caesar gal, 1 Bag 2 lb of Lettuce, Romaine Shredded, 1 Pkg 12ct of Tortilla, 10in white, LaBanderita, 1 Pkg 1 lb of Turkey, .5oz slice, Jennie-O

#	INGREDIENTS	INSTRUCTIONS
1	1 x Tortilla of Tortilla, 10in white, LaBanderita 6 x Slice .5oz of Turkey, .5oz slice, Jennie-O 1 x Cup of Lettuce, Romaine Shredded 2 x Tablespoons of Cheese, Parmesan Shredded 1 x Ounce of Crouton, WG 40 oz	Lay out tortilla and place turkey slices, parm cheese, crushed croutons, and lettuce down center of tortilla. Roll tortilla, burrito style. Wrap the turkey Caesar wrap in a paper wrapper and cut in half diagonally.
2	2 x Tablespoons of Dressing, Caesar gal	Pour 2 Tbsp dressing in a 2oz plastic portion cup and top with a lid. Place wrap and cup of dressing in clear plastic clamshell. 1 serving = 1 wrap Control Measures: Cold Holding 40

NUTRIENT	WRAP
Calories	669.6946 kcls
Saturated Fat	9.1731 g
Sodium	1387.1385 mg
Total Carbohydrate	53.1565 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
wrap	2.000 oz Meats/Meat Alternates, 3.250 oz Grains, 1.000 oz Whole Grain-Rich (Grains), 2.250 oz Non-Whole Grains (Grains), 0.500 cups Vegetables, 0.500 cups Dark Green (Vegetables)