

Recipe # :	81217	Student Count :	100
Egg Salad Wrap : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1695 373	DELI EGG SALAD WHOLE WHEAT TORTILLA	49 & 3/4 CUP + 1 Tbsp + 2 Tsp 100 QTY	<p>SUB RECIPES: 1695- DELI EGG SALAD 373 - WHOLE WHEAT TORTILLA</p> <p>1.MIX EGG AS SHOWN IN RECIPE 1695, SCOOP CHICKEN ONTO THE TORTILLA AND CREATE THE WRAP.</p> <p>2.SERVE EACH 1 EGG SALAD WRAP.</p>

Nutrients based on 1 Serving Size	
Calories	0 kcal
Total Fat	0 g
Sodium	0 mg
Carbs	0 mg

Components	
Meat/Alt:	2 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 1695

Student Count : 100

Egg Salad : NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904704	EGG HARDBOILED - MICHAEL FOODS - 85018-00	116 QTY	<p>COOKING METHOD: NO COOK</p> <p>STEPS: 1. IN A LARGE BOWL MIX THE EGG, MAYO, SPICES & VEGETABLES UNTIL WELL BLENDED.</p> <p>HACCP: KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1. SERVE EACH STUDENT ½ OF A CUP OF EGG.</p> <p>CREDITABLE PRODUCTS: PRODUCT# MICHAEL FOODS 85018-00 1 EGG, CREDITS AS 1.75 MEAT/MEAT ALTERNATIVE</p>
904220	CELERY STICKS - GENERIC --	7 & 3/4 CUP + 1 Tbsp + 2 Tsp	
904389	ONION RED RAW 5# - GENERIC --	3 & 3/4 CUP + 1 Tbsp + 2 Tsp	
S2	SELECT ONE BELOW		
903893	*MUSTARD YELLOW - CF SAUER - 06453	1/4 CUP + 1 Tbsp + 2 Tsp	
903896	*MUSTARD YELLOW - SPEACO - 911659	1/4 CUP + 1 Tbsp + 2 Tsp	
903887	MAYONNAISE LIGHT BULK - KRAFT - 10021000643018	5 & 3/4 CUP + 1 Tbsp + 2 Tsp	
904116	BLACK PEPPER GROUND - GENERIC --	1 Tbsp + 2 Tsp	
904131	SALT KOSHER - GENERIC --	1 Tbsp + 2 Tsp	
904129	DILL WEED - GENERIC --	1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
Calories	123 kcal
Total Fat	10.3 g
Sodium	251.13 mg
Carbs	1.62 mg

Components	
Meat/Alt:	2 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # : 373

Student Count : 100

Whole Wheat Tortilla : NutriStudents K-12

Serving Size : 1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903999	TORTILLA 9" WHOLE WHEAT - CATALIA - 40029	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:CATALLIA 40029 1 EACH, CREDITS AS 2 WHOLE GRAIN RICH EQUIVALENTS</p>

Nutrients based on 1 Serving Size	
Calories	150 kcal
Total Fat	3.5 g
Sodium	210 mg
Carbs	25 mg

Components	
Meat/Alt:	0
Grains:	2 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	992	Student Count :	100
Frozen Corn 3/4 CUP : NutriStudents K-12		Serving Size :	3/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904442	CORN FROZEN - USDA - USDA - 100348	75 CUP	<p>COOKING METHOD: STOVE TOP: STANDARD OVEN:4" DEEP FULL HOTEL PAN</p> <p>STEPS: 1.ADD THAWED CORN TO PAN OR POT. 2.WRAP PAN WITH PLASTIC WRAP & TINFOIL.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.</p> <p>TEMP: *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*</p> <p>4.PREHEAT OVEN TO 325°</p> <p>HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.</p> <p>SERVICE: 2.SERVE EACH STUDENT 3/4 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:USDA 100348 3/4 OF A CUP EACH, CREDITS AS 3/4 OF A CUP OF STARCHY VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	25 kcal
Total Fat	0.38 g
Sodium	0.38 mg
Carbs	6 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.75 cup eq.
Fruit:	0
Milk:	0