

Recipe # :	81214	Student Count :	100
Turkey Bagel : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1683 1690	DELI TURKEY WHOLE GRAIN BAGEL	25 LB 100 QTY	SUB RECIPES: 1683 – DELI TURKEY 1690 – WHOLE GRAIN BAGEL 1.PLACE THE TURKEY ONTO A WHOLE GRAIN BAGEL. 2.SERVE EACH 1 TURKEY BAGEL.

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:	2 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	1683	Student Count :	100
Deli Turkey : NutriStudents K-12		Serving Size :	4 OZ

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904535	DELI TURKEY - HORMEL - 32236	25 LB	<p>COOKING METHOD: NO COOK</p> <p>STEPS: HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1.SERVE EACH STUDENT 4 OZ EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT# HORMEL 32236 4 OZ, CREDITS AS 2 MEAT/MEAT ALTERNATIVE</p>

Nutrients based on 1 Serving Size	
Calories	121 kcal
Total Fat	3.04 g
Sodium	728.99 mg
Carbs	2.03 mg

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

Recipe # :	1690	Student Count :	100
Whole Grain Bagel : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904583	BAGEL - LENDERS - 74	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>SERVICE: SERVE EACH STUDENT 1 EACH.</p> <p>PRODUCT#:BAKER BOY 31014 1 EACH, CREDITS AS 2 WHOLE GRAIN RICH EQUIVALENTS</p>

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

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

Recipe # :	1697	Student Count :	100
Tortilla Chips 1G : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
904007	*CHIP TORTILLA 1.25OZ - SHEARERS - 203630312	150 QTY	NO COOK
904006	*CHIP TORTILLA BAKED SCOOP - FRITO LAY - 42537	150 QTY	
			SELECT ONE BELOW:(ALL CREDIT AS 1 WHOLE GRAIN RICH EQUIVALENTS)
			PRODUCT#:
			PRODUCT#:SHEARER 203630312
			PRODUCT#:TOSTITOS 42538

Nutrients based on 1 Serving Size	
Calories	120 kcal
Total Fat	4.25 g
Sodium	118 mg
Carbs	19.5 mg

Components	
Meat/Alt:	0
Grains:	1 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	3345	Student Count :	100
Mayo PC : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903889	MAYONNAISE PC - HEINZ - 5317	100 QTY	COOKING METHOD: NO COOK SERVICE: 1.SERVE EACH STUDENT 1 EACH.

Nutrients based on 1 Serving Size	
Calories	80 kcal
Total Fat	9 g
Sodium	65 mg
Carbs	0 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	1128	Student Count :	100
Fresh Shredded Lettuce CUP : NutriStudents K-12		Serving Size :	CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904416	LETTUCE SHREDDED - GENERIC - -	100 CUP	<p>COOKING METHOD: NO COOK</p> <p>STEPS:</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:TAYLOR 30040 1 CUP EACH, CREDITS AS 1/2 OF A CUP OF OTHER VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	9 kcal
Total Fat	0 g
Sodium	8.89 mg
Carbs	2.67 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.5 cup eq.
Fruit:	0
Milk:	0

Recipe # : 1041

Student Count : 100

Canned Black Bean 1/2 CUP : NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
904165	*BEAN BLACK CANNED - BUSH'S - 01885	49 & 3/4 CUP + 1 Tbsp + 2 Tsp	NO COOK
904166	*BEAN BLACK CANNED - USDA - USDA - 100359	49 & 3/4 CUP + 1 Tbsp + 2 Tsp	
			STEPS:
			1.OPEN AND DRAIN CANS.
			2.ADD BEANS TO A PAN AND WRAP WITH PLASTIC WRAP.
			HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.
			SERVICE:
			2.SERVE EACH STUDENT A ½ OF A CUP EACH.
			CREDITABLE PRODUCTS:
			PRODUCT#:BUSH'S 1885
			½ OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF LEGUMES VEGETABLE SUBGROUP
			PRODUCT#:USDA 100359
			½ OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF LEGUMES VEGETABLE SUBGROUP

Nutrients based on 1 Serving Size	
Calories	114 kcal
Total Fat	0.5 g
Sodium	140 mg
Carbs	21.5 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.5 cup eq.
Fruit:	0
Milk:	0