

<b>Recipe # :</b>	<b>81212</b>	<b>Student Count :</b>	<b>100</b>
<b>Turkey &amp; Bun : NutriStudents K-12</b>		<b>Serving Size :</b>	<b>1 EACH</b>

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1683 3249	DELI TURKEY HAMBURGER BUN	25 LB 100 QTY	<p>SUB RECIPES: 1683 – DELI TURKEY 3249 – HAMBURGER BUN</p> <p>1.PLACE THE TURKEY ONTO A WHOLE GRAIN HAMBURGER BUN.</p> <p>2.SERVE EACH 1 TURKEY BUN.</p>

Nutrients based on 1 Serving Size	
<b>Calories</b>	0 kcal
<b>Total Fat</b>	0 g
<b>Sodium</b>	0 mg
<b>Carbs</b>	0 mg

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

<b>Recipe # :</b>	<b>1683</b>	<b>Student Count :</b>	<b>100</b>
<b><u>Deli Turkey : NutriStudents K-12</u></b>		<b>Serving Size :</b>	<b>4 OZ</b>

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	
<b>Calories</b>	121 kcal
<b>Total Fat</b>	3.04 g
<b>Sodium</b>	728.99 mg
<b>Carbs</b>	2.03 mg

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

<b>Recipe # :</b>	<b>3249</b>	<b>Student Count :</b>	<b>100</b>
<b>Hamburger Bun : NutriStudents K-12</b>		<b>Serving Size :</b>	<b>1 EACH</b>

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903995	BUN HAMBURGER - BAKER BOY - 31014	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	
<b>Calories</b>	110 kcal
<b>Total Fat</b>	1.5 g
<b>Sodium</b>	190 mg
<b>Carbs</b>	21 mg

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

**Recipe # :** 1129

**Student Count :** 100

**Fresh Shredded Lettuce 1/2 CUP : NutriStudents K-12**

**Serving Size :** 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904416	LETTUCE SHREDDED - GENERIC - -	49 & 3/4 CUP + 1 Tbsp + 2 Tsp	<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 A 1/2 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:TAYLOR 30040 1/2 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF OTHER VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
<b>Calories</b>	4 kcal
<b>Total Fat</b>	0 g
<b>Sodium</b>	4.45 mg
<b>Carbs</b>	1.33 mg

Components	
<b>Meat/Alt:</b>	0
<b>Grains:</b>	0
<b>Vegetable:</b>	0.25 cup eq.
<b>Fruit:</b>	0
<b>Milk:</b>	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	NO COOK
			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 1/2 OF A CUP EACH.
			CREDITABLE PRODUCTS:
			PRODUCT#:BUSH'S 1885
			1/2 OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF LEGUMES VEGETABLE SUBGROUP
			PRODUCT#:USDA 100359
			1/2 OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF LEGUMES VEGETABLE SUBGROUP

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

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