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|--|--------------|------------------------|---------------|
| Recipe # : | 81215 | Student Count : | 100 |
| Old Fashioned Chicken Wrap : NutriStudents K-12 | | Serving Size : | 1 EACH |

| Ing # | Ingredient Name | QTY & Measurement | Cooking Instructions |
|-------------|--|--|--|
| 1692 373 | DELI OLD FASHIONED CHICKEN WHOLE WHEAT TORTILLA | 49 & 3/4 CUP + 1 Tbsp + 2 Tsp 100 QTY | <p>SUB RECIPES: 1692- DELI OLD FASHIONED CHICKEN 373 - WHOLE WHEAT TORTILLA</p> <p>1.MIX CHICKEN AS SHOWN IN RECIPE 1692, SCOOP CHICKEN ONTO THE TORTILLA AND CREATE THE WRAP.</p> <p>2.SERVE EACH 1 OLD FASHIONED CHICKEN 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: | 2 oz. eq. |
| Vegetable: | 0 |
| Fruit: | 0 |
| Milk: | 0 |

Recipe # : 1692

Student Count : 100

Old Fashioned Chicken : NutriStudents K-12

Serving Size : 1/2 CUP

| Ing # | Ingredient Name | QTY & Measurement | Cooking Instructions |
|--------|--|-----------------------------|--|
| S2 | SELECT ONE BELOW | | COOKING METHOD: |
| 904241 | *CHICKEN DICED - TYSON - 46012-928 | 14.5 LB | NO COOK |
| 904242 | *CHICKEN DICED - USDA - USDA - 100101 | 12.5 LB | |
| 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 | STEPS: |
| 903947 | -----SAUCE----- | | |
| 904653 | YOGURT PLAIN | 1 &3/4 CUP + 1 Tbsp + 2 Tsp | 1. IN A LARGE BOWL MIX THE THAWED CHICKEN, MAYO, YOGURT SPICES & VEGETABLES |
| 903887 | MAYONNAISE LIGHT BULK - KRAFT - 10021000643018 | 5 &3/4 CUP + 1 Tbsp + 2 Tsp | UNTIL WELL BLENDED. |
| 904116 | BLACK PEPPER GROUND - GENERIC -- | 1 Tbsp + 2 Tsp | |
| 904131 | SALT KOSHER - GENERIC -- | 1 Tbsp + 2 Tsp | HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE. |
| | | | SERVICE: 1.SERVE EACH STUDENT ½ OF A CUP OF CHICKEN. |
| | | | CREDITABLE PRODUCTS: PRODUCT# TYSON 46012-928 2.3 OZ, CREDITS AS 2 MEAT/MEAT ALTERNATIVE PRODUCT# USDA 100101 2 OZ, CREDITS AS 2 MEAT/MEAT ALTERNATIVE |

| Nutrients based on 1 Serving Size | |
|-----------------------------------|-----------|
| Calories | 136 kcal |
| Total Fat | 7.76 g |
| Sodium | 269.46 mg |
| Carbs | 1.68 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 # : | 993 | Student Count : | 100 |
| Canned Corn 1/2 CUP : NutriStudents K-12 | | Serving Size : | 1/2 CUP |

| Ing # | Ingredient Name | QTY & Measurement | Cooking Instructions |
|--------|-------------------------------------|------------------------------|--|
| S2 | SELECT ONE BELOW | | COOKING METHOD: |
| 904440 | *CORN CANNED - GENERIC -- | 49 &3/4 CUP + 1 Tbsp + 2 Tsp | NO COOK |
| 904441 | *CORN CANNED - USDA - USDA - 100313 | 49 &3/4 CUP + 1 Tbsp + 2 Tsp | NO COOK |
| | | | STEPS: |
| | | | 1.OPEN & DRAIN CANS. |
| | | | 2.ADD CORN INTO PAN. |
| | | | 3.WRAP PAN WITH PLASTIC WRAP. |
| | | | HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE. |
| | | | SERVICE: |
| | | | 1.SERVE EACH STUDENT A ½ OF A CUP EACH. |
| | | | CREDITABLE PRODUCTS: |
| | | | PRODUCT#:MARQUIS 44105-70020 |
| | | | ½ OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF STARCHY VEGETABLE SUBGROUP |
| | | | PRODUCT#:USDA 100313 |
| | | | ½ OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF STARCHY VEGETABLE SUBGROUP |

| Nutrients based on 1 Serving Size | |
|-----------------------------------|----------|
| Calories | 72 kcal |
| Total Fat | 1 g |
| Sodium | 162.5 mg |
| Carbs | 16 mg |

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

Recipe # : 988

Student Count : 100

Frozen Corn 1/2 CUP : NutriStudents K-12

Serving Size : 1/2 CUP

| Ing # | Ingredient Name | QTY & Measurement | Cooking Instructions |
|--------|------------------------------------|-------------------------------|--|
| 904442 | CORN FROZEN - USDA - USDA - 100348 | 49 & 3/4 CUP + 1 Tbsp + 2 Tsp | <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 A ½ OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:USDA 100348 ½ OF A CUP EACH, CREDITS AS 1/2 OF A CUP OF STARCHY VEGETABLE SUBGROUP</p> |

| Nutrients based on 1 Serving Size | |
|-----------------------------------|---------|
| Calories | 67 kcal |
| Total Fat | 1 g |
| Sodium | 1 mg |
| Carbs | 16 mg |

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

Recipe # : 1124

Student Count : 100

Fresh Cabbage 1/4 CUP : NutriStudents K-12

Serving Size : 1/4 CUP

| Ing # | Ingredient Name | QTY & Measurement | Cooking Instructions |
|--------|--------------------------------------|-------------------------------|---|
| 904199 | CABBAGE GREEN SHREDDED - GENERIC - - | 24 & 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 1/4 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:FRESH CABBAGE 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF OTHER VEGETABLE SUBGROUP</p> |

| Nutrients based on 1 Serving Size | |
|-----------------------------------|---------|
| Calories | 11 kcal |
| Total Fat | 0 g |
| Sodium | 8 mg |
| Carbs | 2.5 mg |

| Components | |
|-------------------|--------------|
| Meat/Alt: | 0 |
| Grains: | 0 |
| Vegetable: | 0.25 cup eq. |
| Fruit: | 0 |
| Milk: | 0 |