

Recipe # : 1698

Student Count : 100

Deli Garden Salad : NutriStudents K-12

Serving Size : 1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904704	EGG HARDBOILED - MICHAEL FOODS - 85018-00	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>STEPS:</p> <p>1.SLICE EGGS & VEGETABLES.</p> <p>2. IN A CONTAINER PLACE, EGG, & VEGETABLES & SPINKLE CHEESE OVER THE TOP OF A BED OF LETTUCE.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 3.SERVE EACH STUDENT 1 EGG, & 1/4 CUP OF CHEESE, 1/8 CUP OF CUCUMBERS & 1/8 CUP OF TOMATOES.</p> <p>CREDITABLE PRODUCTS: PRODUCT# MICHAEL FOODS 85018-00 1 EGG, CREDITS AS 1.75 MEAT/MEAT ALTERNATIVE</p> <p>PRODUCT# BONGARDS 75571 ½ OZ, CREDITS AS 1/2 MEAT/MEAT ALTERNATIVE PRODUCT# LAND O LAKES 41749 ½ OZ, CREDITS AS 1/2 MEAT/MEAT ALTERNATIVE PRODUCT#USDA 100012 ½ OZ, CREDITS AS 1/2 MEAT/MEAT ALTERNATIVE</p>
S3	SELECT ONE BELOW		
904096	*CHEESE CHEDDAR SHREDDED - BONGARDS - 75571	62.5 LB	
904439	*TOMATO GRAPE FRESH - GENERIC - -	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	
904274	*CUCUMBERS FRESH - GENERIC - -	12 & 1/4 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
Calories	124 kcal
Total Fat	8.27 g
Sodium	150.07 mg
Carbs	3.59 mg

Components	
Meat/Alt:	2.25 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	1255	Student Count :	100
Dinner Roll : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903996	DINNER ROLL - BAKER BOY - 31142	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT# BAKER BOY 31142 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS</p>

Nutrients based on 1 Serving Size	
Calories	100 kcal
Total Fat	2 g
Sodium	70 mg
Carbs	17 mg

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

Recipe # :	1255	Student Count :	100
Dinner Roll : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
903996	DINNER ROLL - BAKER BOY - 31142	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT# BAKER BOY 31142 1 OZ, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS</p>

Nutrients based on 1 Serving Size	
Calories	100 kcal
Total Fat	2 g
Sodium	70 mg
Carbs	17 mg

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

Recipe # :	900263	Student Count :	100
Ranch Dressing : NutriStudents K-12		Serving Size :	1 TBSP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
903940	*DRESSING RANCH FAT FREE - HIDDEN VALLEY - 85645-HVR	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK. SERVICE: 1.SERVE EACH STUDENT A TBSP EACH.
903943	*DRESSING RANCH LITE - HIDDEN VALLEY - 13449-HVR	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
Calories	19 kcal
Total Fat	0.88 g
Sodium	162.58 mg
Carbs	2.75 mg

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

Recipe # :	1133	Student Count :	100
Fresh LCR Salad Mix CUP : NutriStudents K-12		Serving Size :	CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904421	SALAD MIX LCR - 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 12730 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 # :	1123	Student Count :	100
Fresh Cabbage 1/2 CUP : NutriStudents K-12		Serving Size :	1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904199	CABBAGE GREEN 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 ½ OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:FRESH CABBAGE ½ OF A CUP EACH, CREDITS AS ½ OF A CUP OF OTHER VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	22 kcal
Total Fat	0 g
Sodium	16 mg
Carbs	5 mg

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