

<b>Recipe # :</b>	<b>71210</b>	<b>Student Count :</b>	<b>100</b>
<b>Garden Salad : NutriStudents K-12</b>		<b>Serving Size :</b>	<b>1 EACH</b>

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1698	DELI GARDEN SALAD	100 QTY	<p>SUB RECIPES: 1698- DELI GARDEN SALAD</p> <p>1.SLICE EGGS, CHEESE, TOMATO &amp; CUCUMBERS AS SHOWN IN RECIPE 1698, PLACE SALAD TOPPING INTO A CONTAINER ONTOP OF A BED OF LETTUCE.</p> <p>2.SERVE EACH 1 GARDEN SALAD.</p>

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

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

**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 &amp; VEGETABLES.</p> <p>2. IN A CONTAINER PLACE, EGG, &amp; VEGETABLES &amp; 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, &amp; 1/4 CUP OF CHEESE, 1/8 CUP OF CUCUMBERS &amp; 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	
<b>Calories</b>	124 kcal
<b>Total Fat</b>	8.27 g
<b>Sodium</b>	150.07 mg
<b>Carbs</b>	3.59 mg

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

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

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	
<b>Calories</b>	100 kcal
<b>Total Fat</b>	2 g
<b>Sodium</b>	70 mg
<b>Carbs</b>	17 mg

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

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

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	
<b>Calories</b>	100 kcal
<b>Total Fat</b>	2 g
<b>Sodium</b>	70 mg
<b>Carbs</b>	17 mg

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

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

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	
<b>Calories</b>	19 kcal
<b>Total Fat</b>	0.88 g
<b>Sodium</b>	162.58 mg
<b>Carbs</b>	2.75 mg

Components	
<b>Meat/Alt:</b>	0
<b>Grains:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Milk:</b>	0

**Recipe # :** 1134

**Student Count :** 100

**Fresh LCR Salad Mix 1/2 CUP : NutriStudents K-12**

**Serving Size :** 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904421	SALAD MIX LCR - 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 12730 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 # :** 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	
<b>Calories</b>	22 kcal
<b>Total Fat</b>	0 g
<b>Sodium</b>	16 mg
<b>Carbs</b>	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